

NEW The Heron

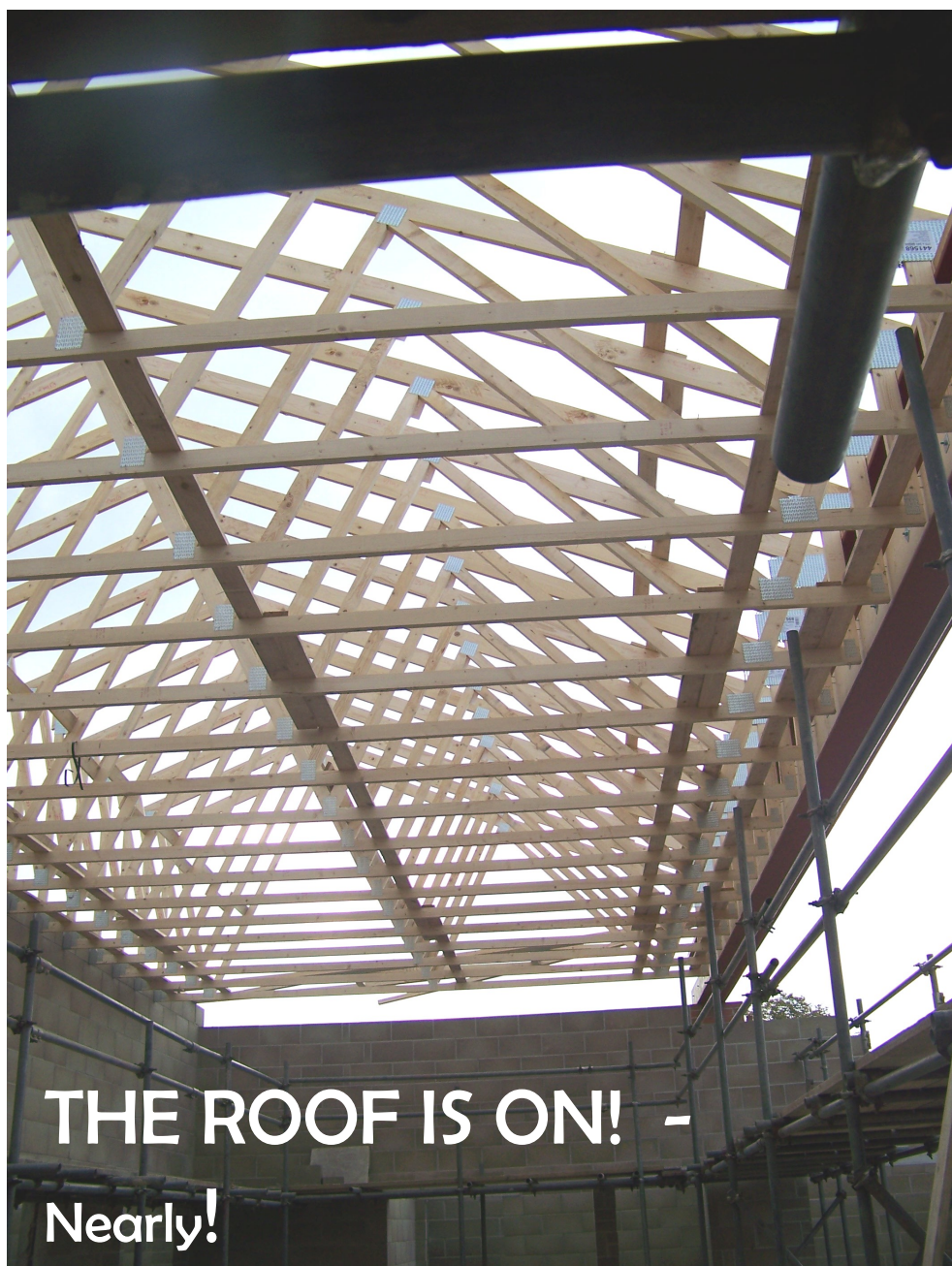
Community Magazine

Delivered FREE to the residents of Christchurch, Euximoor and Tipps End - £1 where sold

November 2015

In this issue!

Diary Dates	2
Church Services	2
Letters to the Editor	3
Editorial	3
Community Info	4
Village Hall Update	5
Health and Fitness	6
200+ Club	6
Trivia Quiz	7
Police History	8
Neighbourhood Watch	10
Joan Smith Column	11
Fireworks	13
Book Club	14
WI	14
Garden Cub	15
Craft Club	15
Old Post Office	16
Townley News	17
Local Businesses -	
Part One - Dun Cow	19
Small Ads	26
Fly Tipping Crime	26
Quiz Answers	26
Useful Numbers	28
And Finally	28



Village Hall Update - Page 5

Editorial Team:

Richard Guilford – Editor

Paul Haresnape – Technical Support

Vivien Haresnape – Administration

Enquiries:

Advertising:

Web Site:

editor@theheron.info / 01354 638990

adverts@theheron.info / 01354 638381

www.theheron.info

DIARY DATES

Abbreviations for commonly used venues:

TS = Townley School, TH = Three Holes Village Hall,

UH = Upwell Village Hall, WH = Welney Village Hall

If you have any important up and coming events let us know for inclusion here:

Nov 2 nd	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Nov 3 rd	Christchurch Craft Club - decorating a heart shaped piece of wood - TS - 7pm
Nov 6 th	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Nov 6 th	Mobile Library visits - Upwell Rd Lay-by 3-3:40pm - you can join here as well
Nov 6 th	Outwell Fireworks - Outwell Playing Field - 6pm
Nov 7 th	Skylark Fireworks to Music - 6:30pm - (see inside back page for discounts!)
Nov 9 th	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Nov 9 th	Christchurch Parish Council Meeting - Sports Pavilion - 7:30pm - All Welcome
Nov 10 th	WI - glass blowing with Bob Scott - 7pm - TS - All Welcome - £3 non-members
Nov 11 th	Christchurch Residents Association - 7:30pm - The Old School
Nov 13 th	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Nov 16 th	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Nov 19th	Christchurch Village Resources Centre - "Glynan" Crown Rd - 7pm - All Welcome
Nov 20 th	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Nov 20 th	Gumbo and Quiz Night - Organised by FoTS for all to enjoy - TS - see p7 for details
Nov 23 rd	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Nov 24 th	Christchurch Garden Club - Fish and Chip Supper
Nov 25 th	Christchurch Book Club - 7:30pm - 'Life of Pi' by Yann Martell - venue t.b.c.
Nov 27 th	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Nov 28 th	Christmas Fayre - Parish Church - 2-3:30pm - with Father Christmas see pg 12
Nov 29 th	Christchurch Garden Club - Christmas Shopping Taverham and Norwich (for all)
Nov 30 th	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session

Parish Church Services

Nov 1 st	11am	H Chappell, A Day	All Age Worship in Townley School
Nov 8 th	9:30am	Rev J Web	Holy Communion & Act of Remembrance
Nov 15 th	3:30pm	V Smith	Evening Prayer
Nov 22 nd	11am	V Smith	Morning Prayer
Nov 29 th	10am	Churchwardens	United Advent Praise Service
Dec 6 th	11am	H Chappell, A Day	All Age Worship in Townley School

Every Friday 2-3pm Coffee, Cake and Chat in the Church building

The New Heron Deadline

The 25th of the previous month is the deadline for all copy. However, due to the amount of copy we are getting, if you leave it till then, we may not have space. So - AS EARLY AS YOU CAN

At the time of going to press, all information is as accurate and up to date as we can make it. Changes and updates may be published subsequently. All information contributed by outside agencies, including dates etc., will be assumed to be correct.

Letters to the Editor



Dear Richard,

The Welney Wader is not really like the animal that haunts Loch Ness. St.Columba (521-597CE), who has never sought to keep his name - 'a closely guarded secret' - and whose life is well documented, was travelling through the Highlands, and converting the Picts, when, one day, he had to cross Loch Ness. Suddenly, the plesiosaurus, if that is indeed what it was, reared up out of the water and appeared to be moving towards a man swimming near the shore. Columba, or Columcille, raised his head, and called out to it - "Come no further! Touch not the man!", where upon the huge animal disappeared back into the loch. This is, I think, the earliest report of its kind.

Loch Novar, not as deep as Ness, near the coast, and north-west of Fort William, is believed to have a similar creature in it. Do I believe in the existence of these 'monsters'? I don't know, but I would certainly not swim in either Loch!

As to the Welney Wader, something makes me enquire whether the local 'unknowns' who have discovered it might not perhaps be related to those other anonymous ones who laid a perfect Mandlebrot set (a very complicated mathematical proposition, expressed geometrically) in a wheatfield near Cambridge, where less ornate crop circles were exercising quite a few minds as to their origin?

Just a stray thought!

A.P. Hutchins

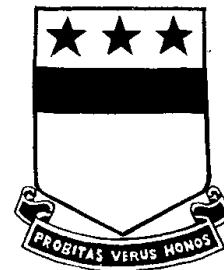
So! If I get your gist, you think it a hoax, but probably wouldn't swim in any of the waterways that the Wader is thought to frequent? What of the fossil evidence in this case? There is none authenticated that I know of for Loch Ness. It would be interesting to hear what other readers might think of this subject? Thank you anyway for taking the time to write a very interesting letter. - Ed'.

Richard

Please could you put this in the New Heron?

Can anybody in the village cast their minds back until the time they were at Townley Primary School. I am interested in knowing how the original school logo (shield or badge) came into being. It is a shield or badge shape with three stars at the top and a Latin motto 'probitas, verus, honos' ('honesty (integrity) is the true honour' or variations on this theme) around

the bottom. Nobody currently at the school can throw any light on where it came from and its connection to Townley School let alone who designed it, except that it has been around for a very long time. If you have any information that might throw some light on this mystery please email me. It could an interesting story for the pupils to hear about.



Thankyou. John Garlick

john.garlick@yahoo.co.uk

Thanks for another interesting letter, John. We'd love to know about this too! Perhaps you could let us know your findings.

Please can anyone help? - Ed'.

EDITORIAL

So there I was watching TV one Tuesday evening when I received the most wonderful phone call from a lady in Friday Bridge who used to do a bread round in Christchurch, Tipps End and surrounding villages. She told me how much she enjoyed reading The New Heron and made sure she got a copy each month. On hearing of Alan Russell's forthcoming sojourn for a few months, and reading his signing off paragraph, she wondered if we would like her to 'step into the breach' so to speak. Naturally I jumped at the chance of hearing some more local history, and anecdotes of characters, etc. She began to pour forth all sorts of interesting local details over the phone, and I knew immediately that this was going to be another rich vein of information to tap into. So on the afternoon Friday afternoon 23rd of October, I popped round to Joan's for a cup of tea and a chat! Read her opening profile on page 11.

Please note on Thurs 19th Nov there is the next meeting of the Christchurch Village Resources Centre at Paul & Viv's "Glynan" Crown Rd - All Welcome! (See bottom of page 4)

Lots of building and renovation going on. Interesting developments at the Old Post Office - 'Syringa House'. Discoveries too! See page 16. And, FINALLY the new Village Hall building work is nearing completion. Fit-out soon! See the update on page 5. More local history too! - With The Dun Cow p.19, and an old village 'bobby' p.8.

So - Enjoy!

'Till next month!

Richard

Community Information

Mobile Library: first Friday each month

in the Lay-by Upwell Road 15:00 - 15:40

Mobile Post Office: visits Mon - Fri

in the Lay-by Upwell Road 16:15 - 17:00

Norfolk Dial-a-Ride Bus

Every first Wednesday into MARCH

All other Wednesdays into KING'S LYNN

The Dial-A-Bus number is 01553 770310

You need to be a member which is FREE. There is a new supply of leaflets and Registration Forms in the village shop - The Little Local

Community Car Scheme

Door-to-door transport for; medical, shopping, or social trips for those who cannot/don't wish to drive themselves. Call the trip co-ordinator on 01354 638448 or 01354 638758.

A contribution towards the cost of the journey is asked and paid to the driver.

The scheme is looking for more volunteer drivers.

The Little Local village shop has recently taken on the role of an Amazon 'Pass my Parcel' parcel shop. You can arrange to have your parcels delivered to this convenient place.

Post Van Changes are mooted in a recent consultation document - available from the van. Needless to say these will involve reducing the 'service'. What's proposed is attending Monday and Thursday - 4:30 to 5pm and Tuesday and Wednesday 4:10 to 5pm. No Friday service. To have your say go to postofficeviews.co.uk or email comments@postoffice.co.uk or call 03457223344. You can also write using the address 'FREEPOST Your Comments' - that's the whole address apparently!

The Resident's Association did not meet in October due to illness. All being well it will meet on Wed 11th November - see Diary Dates page 2.

The Wednesday Meal Deal at the Dun Cow which has been previously for over 60s is now open to all. Phil, the landlord, is providing two courses for just £5 on alternate Wednesdays at 1pm. In November it will be 11th and 25th 4 November. ALL WELCOME

Flu Jab Clinic Draw Results for the Hunter-Rowe Trust, held annually at the flu jab sessions, organised and run entirely by The Patient Participation Group, to benefit The Hunter Rowe Trust.

Prize Winners:

1st	Ivan McLaughlin	Lamb and Flag £30 voucher
2nd	G Harwin	Goldings £25 voucher
3rd	Roger	Crown Lodge £20 voucher
4th	Mr Colman	Spikins Butchers £15 voucher
5th	Peter Gardner	Tweeds Butchers £10.00 voucher
6th	Mr Spaxman	Russells Butchers £10 voucher
7th	L. Kirk	Three Holes Auctions £10 Tesco voucher
8th	Mr Cubberley	Stotts Fish & Chips Meal for two voucher
9th	J Brand	Navradys Fish & Chips Meal for two voucher
10th	Mick	FMV Three bottles of wine
11th	Mrs Connor	FMV Bottle of Champagne
12th	Mrs Diane Wilson	M&B £6 voucher

A further prize of two bottles of wine won by Mr & Mrs Delahove was returned to fund for the next raffle and they generously chose to make a further £25 donation to the Hunter Rowe Trust.

We will be getting an article about the Trust for publication in December's New Heron, I hope you agree we'd like to know more - Ed'.

Friends of Townley are holding a 'Gumbo and Quiz Night' with food on 20th November 7pm start. You can come for the quiz only if you want. However you MUST pre-book with Elaine on 01354 638310 or Tina in the School Office. It'll be lots of fun! See ad page 7. **ALSO**

Stallholders Wanted for the Friends of Townley School Christmas Market in December - See details in their ad - page 23

"Christchurch Village Resource Centre"

The organisation that oversees The Hew Heron and other village events would like to remind members, and any other interested residents, of the next CVRS meeting on Thursday 19th November at 7:00 pm at Paul and Viv's, 'Glynan', Crown Rd.

We will be considering how the New Heron might move forward, whether we should do another readership survey, and also hoping to set up the initial committee to work towards next year's Gala on July 2nd 2016.

Please come along. WE NEED YOUR INPUT!
All welcome.

Village Hall Update

After many years of fundraising, feuding, planning and at last, building, it seems the END IS FINALLY IN SIGHT!

As many of you will presumably have noticed, the roof trusses were finally installed on the building last Saturday (16th October). There had been just over a week's delay in the trusses arriving which had held work up. Prior to this the construction work had been on schedule, or even slightly ahead, with no major problems encountered.

Despite the delay with the roof trusses, the builders have worked hard to catch up and everything is now back on schedule once more. There are six daylight or sun tubes to go in the roof which will not be visible from Upwell Road. They will be situated on the far slope of the roof facing the sports field. They will provide ambient light to the main hall at all times. The roof covering itself is made up of embossed metal sheeting made to look like roof tiles. This was done mainly for security reasons, there being less exposed joints. As you can see it looks very effective.

Now the roof is on and nearly completed, once the windows and external doors are in place, work can begin on the internal finish and fit out. Facilities will include; an entrance hallway, storage room, kitchen, small meeting room, two bars, toilets of course, and main hall. There will also be a space provided for changing room facilities and showers etc., though these will be completed at a later date. A loop system for those who are hearing impaired will also be installed as a priority.



The committee looks around

Recreation Ground Charity Committee members, who oversee the development, visited the site on Saturday the 24th October to see the final layout first hand, and to decide on the final positions of plug sockets, TV sockets, and telephone sockets for phone and broadband. Discussions have already taken place regarding the final fit-out and orientation of the kitchen area, and also regarding floor coverings, particularly for the main hall. Though grant funding is available for both of the above, application is

complicated by the way the current funding is administered. Ways of improving this situation are also being currently considered.

Final landscaping of the site will be done mainly as a self-help project, overseen by some members of

the committee. Also, as most villagers will have observed, the new run of pavement across the front of the New Village Hall site up to the new housing plots on Upwell Road is also nearing completion.

So, so far so good! We have even had our first booking request for an event in January. So fingers crossed! There will be further updates as soon as things have developed further.

Thanks to all you fund raisers by the way. We already have 22 tables from the old hall but will need to purchase a few more plus a whole new set of

decent, padded, comfortable chairs. Other additional items that will be required are a portable stage, and a PA system. So keep up the good work!



Oak porch taking shape



Six "daylight tubes" to go on far roof slope then tiling can be completed!

Health and Fitness

with - Stephen Aish



Prevent a cold from the cold weather

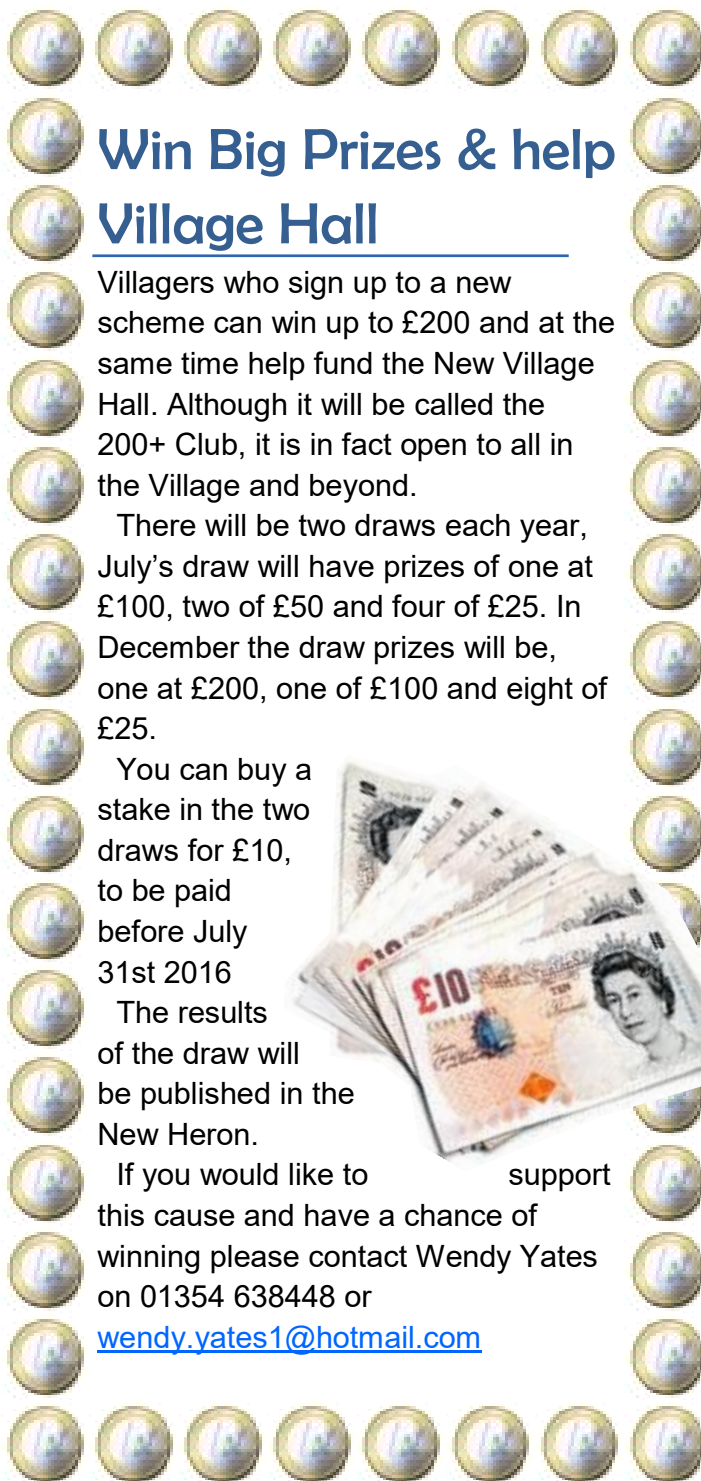
Let's face it, summer has truly gone and as the leaves begin to fall it is time to wrap up for the colder months ahead. As winter approaches it is also very important to take care of your health as this is peak time for the runny nose and sore throat.

Many articles will tell you about certain supplements to prevent colds and speed up the recovery process. However, there is very little research to back this up for claims about vitamin C, Echinacea and zinc. What is mentioned regularly is a healthy lifestyle. While the temperature dropping is not a reason for people to become ill, what they have found is that those carrying any symptoms of a cold, of flu, virus are more likely to develop that illness when the body is exposed to cold and the virus is allowed to spread more easily.

Research has also shown that the amount of sleep you get each night has a significant impact on how vulnerable you are to being ill. The chances of catching a cold when exposed to a virus were close to 50% for those sleeping less than 5 hours each night and less than 20% for those with at least 7 hours of sleep.

While there is still no cure for the common cold, prevention is your next best measure. Regular exercise, healthy food and plenty of warm fluids are the best precaution as most recommended remedies are really no better than placebo control.

Hygiene is also very important such as washing your hands thoroughly and regularly with an anti-bacterial agent, using tissues once and binning them, always sneezing, or coughing, into a tissue and avoiding touching your eyes and nose as this can easily lead to infection. Should you develop any cold, or flu-like symptoms, it is always advisable to seek advice from your GP.



Win Big Prizes & help Village Hall

Villagers who sign up to a new scheme can win up to £200 and at the same time help fund the New Village Hall. Although it will be called the 200+ Club, it is in fact open to all in the Village and beyond.

There will be two draws each year, July's draw will have prizes of one at £100, two of £50 and four of £25. In December the draw prizes will be, one at £200, one of £100 and eight of £25.

You can buy a stake in the two draws for £10, to be paid before July 31st 2016

The results of the draw will be published in the New Heron.

If you would like to support this cause and have a chance of winning please contact Wendy Yates on 01354 638448 or wendy.yates1@hotmail.com



WI Open Meeting

If you are interested in glass blowing, we have a demonstration by Bob Scott on Tuesday 10th November at 7pm, in the Townley School Dining Room. This is an open meeting for all that are interested. Cost £3 - non-members.

An Apology

I'm afraid a few errors crept into last month's issue of your Community Magazine! I guess that's what happens sometimes when you are trying to keep several balls in the air. Sometimes, inevitably, you drop one – or two! These included last month, a letter being attributed where it should not have been, a lack of responses on my part to last month's readers letters, a quiz clue being numerically incorrect, and a sentence finding its way into Alan Russell's column which was not actually written by him and the sentiment being wholly refuted by him. Unfortunately we know not from whence it came! So, apologies to all for those, as well as more than the usual number of 'typos', including the loss of the end of one sentence entirely!

Many readers have often praised The New Heron in the past. Praise I have of course shared with my colleagues and helpers. However, when it comes to errors and mistakes, 'the buck stops with me'! I knew that when I took the job on!

I shall endeavour to return The New Heron to our usual high editorial standards this month, and indeed in all future issues. Normal service will be resumed... etc – Ed'

Archaeology Feedback

You may remember that Cambridgeshire Acre was asking for volunteers to take part in a couple of digs at Earith and Fen Drayton in August. They knew it was short notice and in the event, no-one from our villages actually took part. (They actually made some significant discoveries. See website)

However they are going to extend the opportunity again next digging season and this time it's much nearer - at the Manea Colony - You can sign up for alerts at <http://ousewashes.org.uk/>

Great British Trivia Quiz

1. What was used for blood in the famous shower scene in Alfred Hitchcock's 'Psycho'?
2. The world's first underground train subway system was built in London in which year?
3. Which 'Shakespeare in Love' actress was made a Dame in 1988?
4. Traditionally where does the 'Peter Pan' race take place?
5. In which city is there a Minster and the Shambles?
6. How many times are the words 'Hey Jude' sung in the well known Beatles song? 18 or 24?
7. For which film did Elizabeth Taylor become the first star to receive \$1 million?
8. Scottish king Malcolm IV was unfortunately nicknamed the Maiden or Empress?
9. George Dunhill, a chemist from Pontifract, first made what kind of confectionary?
10. The 'caber' in the Scottish sport of 'caber tossing' is a what?
11. Which seaside resort was the first in England to have an officially designated nudist beach?
12. What year did 'yada-yada' make it into the OED? 2004 or 2006?

Answers on Page 26

Friends of Townley School

GUMBO & QUIZ NIGHT

£10 Quiz and Meal - £5 Quiz Only

Friday 20 November 2015

Townley School Dinner Hall - 7.00 pm start
Come and join the quiz-meister James Hughes for another mind-blowing quiz with a raffle at half time.

Pre-Booking Essential.

Ring Elaine on 01354 638310 or see Tina in the Townley School Office.

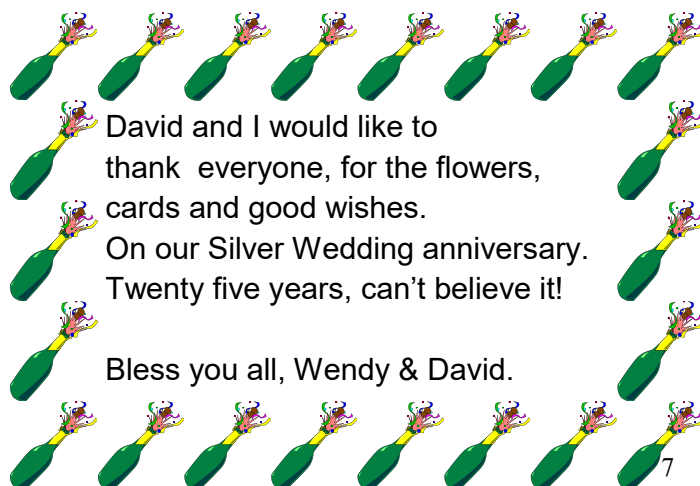
All proceeds towards the next FOTS fundraising project -

Changing Rooms for the New Swimming Pool.

Your support is always appreciated.

Thank you. Look forward to seeing you there.

FOTS Committee



PC Robert Blanchflower - 1861-1931 - Christchurch PC

Some years ago, when he was a member of the Parish Council, John Sparrow received the following letter:

Dear John,

If you have a mini-museum in Christchurch, here is a contribution. If not, perhaps you might feel inspired to start one, or, alternatively, I'm quite sure that Granddad Blanchflower would be quite happy to end his days hanging up on the wall of one of your local hostleries.

The loose pages enclosed are photocopies from the Christchurch section of a ring binder covering his eight Cambridgeshire village postings, plus his final retirement at Emneth, Norfolk.

Please make this material available to any family or police researchers who might be interested.

They are welcome to make photocopies of these records, should they so wish.

The complete binder may be seen at the police archives, Thorpewood Police Station, Peterborough, or at my home at the above address (can be supplied to enquirees – Ed'). I am always pleased to hear from anyone who can possibly supply any additional material, and/or exchange information.

If you do find a nail, or some such, somewhere in the village, to hang granddad on I would be very pleased, in due course, to have a photo of him in situ. Perhaps in the company of one or two living locals – including yourself!?

Yours sincerely

John McNulty

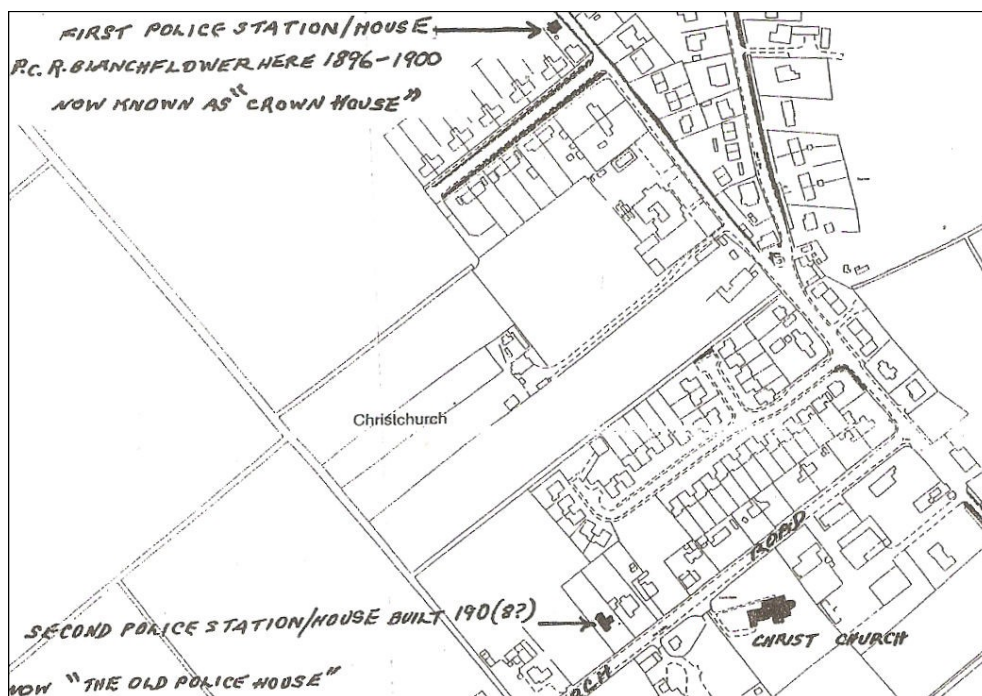
What we know of Robert from the records enclosed with the photograph is that Robert was serving in Christchurch from 1896 to 1900. He had been promoted in his previous posting at Ring's End, to 1st Class PC, after being demoted in an earlier posting for "being absent from his station and making a false statement as to the reason". Following that he was "fined 5 days pay for being under the influence of drink whilst on duty" He made an application to be moved from Ring's End and landed up in Christchurch.

During his time at Christchurch, Robert and his wife Rosa Ellen had two children, a little girl Gladys Ellen, born 24th June 1897 and a little boy, Harry Archer 28th November 1899. Both were Christened by Rev Charles F Townley. Shortly after that he was moved to Littleport, and retired March 1908.

Sadly John McNulty has now passed away and contact with the family has been lost. That is of course unless any of our readers know better? Please contact us if you have any knowledge, or know possible whereabouts, or contact details, for any family member



P.c.Robert Blanchflower 1861-1931
Isle of Ely Constabulary, Christchurch 1896-1900



Roger Giles, a collector from Manea, apparently has one of these old machines. Perhaps we might get to see it at next year's Gala. Are there any more of you out there who own any 'classic bikes' or 'classic cars' who would be willing to put them on show on 2nd July 2016 at the Christchurch Gala? Please let us know ASAP.

In due course the New Heron hopes to make a presentation to Phil at The Dun Cow of the photograph opposite, and other information; thus acceding to John McNulty's wishes for his

connections; for either John McNulty or P.C. Robert Blanchflower.

Do any of you remember your old village 'bobby' who lived at Christchurch's first Police House, now known as Crown House, in Crown Road? Do any of you recall John McNulty? If so, in either case we would love to hear from you. Do any of you remember P.C. Northern who used to live at the newer 'Old Police House'; where James and Elaine Hughes now live? Any stories about these old village characters would be great!



The original Police House now called Crown House in Crown Rd



The Old Police House in Church Road

John Sparrow has already relayed to us some information on P.C. Osland who lived at Three Holes, and who was seen guarding the

crashed Meteor in last months NH. Apparently he rode a very quiet, cream coloured, Velocette LE motorbike, which had a hand gear change.



The Velocette LE - The Police "Noddy Bike"

The LE was a Velocette motorcycle made from 1948 to 1970. The designation LE stood for "little engine".

Used by over fifty British Police forces, the police riders became known as "Noddies" because they were required to "nod" to senior officers, (as saluting would be unwise) and the LE was nicknamed "the Noddy Bike".

Production ended in 1970 when the company ran into financial problems and went into voluntary liquidation.

Neighbourhood Watch

With the demise of any further PCSO or even police crime reports or updates, Neighbourhood Watch takes on an even greater importance. Accordingly all local co-ordinators will receive regular updates and warnings on local crime threats via their emails. We have now set up this system and, where necessary, local residents will be informed directly. If there is no potential immediate danger, general warnings and other information and updates will be published in The New Heron as they become available

Please keep your local co-ordinators informed of any nefarious activity you witness or suspect so that we can take the necessary action ASAP. This includes any instances of 'dog fouling' that is not 'picked up'. Any emergencies

should of course be dealt with in the normal way by dialling 999. However, on occasions Neighbourhood Watch teams may be able to offer a short term quicker response until police arrive.

You can now receive police updates and alerts direct by email through the Neighbourhood Watch scheme. If you have joined your local scheme and contact your co-ordinator supplying your email address you can receive any local crime updates and alerts as soon as the police become aware of any problems in the area. This is well worth doing as it speeds up the whole process. Sadly, crimes, particularly burglaries, tend to rise around Christmas time, so now would be a good time to join your local Neighbourhood Watch scheme.



FENLAND LEISURE PRODUCTS PLAY SOLUTIONS SCHOOLS, PARKS & LOCAL AUTHORITIES

Designing and manufacturing
play equipment in the UK for
over 21 years specialising in:

- Multiplay Towers
- Net Play
- Aerial Runway
- Outdoor Gyms
- Roundabouts & Seesaws
- Spring Rockers
- Slides
- Trim Trails
- BMX & Mountain Bike Tracks
- Seats & Bins
- Fencing
- Surfacing Solutions
- Bespoke Build Service



www.fenandleisure.co.uk

Tel: 01354 638359 Email: sales@fenandleisure.co.uk

BUILDING DECONSTRUCTION

Buildings bought and demolished
all materials recycled/upcycled

Pre-1930s preferred
but all buildings considered
from barns to cottages
including site clearance

FREE QUOTATIONS GIVEN

Call Matt or Sarah Lawrence

Mobile: 07856 291787

Tel: 01354 638977

**Toll Farm, Ha-Penny Toll Road,
Three Holes, Norfolk PE14 9LJ**

Email: buildingdeconstruction@yahoo.com

The Joan Smith Column

Joan was born at a house in Town Street, Upwell, (now No. 99 St Peter's Road, next to Russell's Butchers) on 24th August 1928. Initially the family lived there at grandma's house until mum and dad moved with Joan to a rented semi in March



Riverside when Joan was only about 9 months old. When she became of school age Joan went to St. Peter's Primary School at Upwell, which still operates as a school there today. Though Joan passed her 11+ her

parents could not afford for her to travel to Grammar School. So she went to Upwell Secondary Modern in Scholars Road (now a housing estate). Interestingly enough, apparently, if you lived more than three miles from the school you were loaned a bike by the school to make sure you had no excuse for being late! Bicycles were returned when you left. Joan left school at 14yrs old as most did then.

Grandma had said to Joan that, once she was earning a wage, she could move back in with her if she so wished. Her first job was working for the then local doctors – Dr. & Mrs. Ferry – as a sort of housekeeper and general dogsbody. She

was always amused that, working for doctors, her first job every morning was to pick up 60 Kensitas for the Doc, and 60 Senior Service for Mrs. Ferry. Yes! 60 of each every day! Joan was always envious of the beautiful cigarette cards that came with the Kensitas. They were larger than most.

A couple of years later the Doctor was taken quite ill himself and retired to Clevely in Cornwall where the climate was warmer. They wanted Joan to go with them but she thought it too far away then as she had rarely left Upwell at the time.

Sadly, a couple of years later Joan's granny, who she was living with again, was taken seriously ill and passed away. Joan clearly remembers throwing stones at Uncle Billy Sutton's, the local butchers, window (now Russell's) at 2.30am to come and help. She then cycled all the way to March Riverside to tell her dad.

After that Joan then took a job as a cook/housekeeper at Lodge Farm, Hunstanton.

She had telephoned about this appointment from the Upwell public phone box, which is still there on the canal bank. Joan only worked there for a couple of months as she became unsettled when one of the children was taken ill having taken some tablets from the medicine cupboard.

She then returned to work as a live-in housekeeper again at Algre House in

Weasenham Lane in Wisbech. In 1946 she met her future husband Frank Smith having been stood up for a cinema visit by his friend Keith who was indisposed. Frank explained the problem with Keith and offered to take her instead. The film was "For Whom the Bell Tolls", and, a year later, it tolled for Joan and Frank on 21st October 1947 when they got married. Funnily enough Joan had been at school with Frank's twin brother and sister, John and Mary. Frank had only just come out of the army on a Class B release for Land Work. Before the war Frank had worked at Tubby Reeve's bakery in Wisbech, a trade he was to return to after working for Mr Rogers, a local smallholder and strawberry grower. Frank and Joan couldn't marry until they had a house, but Mr Rogers, who had hired them both, rented them their first home. Whilst Frank was in hospital following a strangulated hernia from carrying the heavy grain sacks, Joan started a new job, as a home help for Mrs. Lunn at March Riverside, just up from where her mum and dad still lived, which paid a little more money. Some new council houses were being built at Hallbridge Road Upwell and Joan applied for one, No.16, and got it. Whilst Joan was there one day Johnnie Tombleson, who worked for Mr Johnson the baker was late with his delivery one day. When Joan asked why he explained they were very short staffed due to illness. Joan mentioned Frank's previous job as a baker and said that he'd be looking for a new job when he came out of hospital. So it was arranged that Mr. Johnson would visit Frank once he was home again.

Frank was astounded when he came home to the new house and was worried about how they'd pay the rent. When Mr Johnson eventually visited, Frank jumped up thinking Joan owed him money. When he offered Frank a job at the bakery Frank was concerned as to whether he was quite up to it yet. But it was coming up to Christmas and Mr. Johnson said they could sit him down and surely he'd be able to ice-up some cakes. Frank agreed, and, two weeks later, was picked up by Mr. Johnson's son at 9.00am. to begin his new job.

And so the next phase of Frank and Joan's life together began. A year later, when one of the other roundsmen became ill Frank and Joan started delivering bread and cakes etc. to Christchurch, Tipps End, Welney and Lakes End in Mr. Johnson's grey Jowett Javelin van. Similar to the one below. Perhaps some of our older residents may remember Joan Smith delivering bread in the village. Walter Chamberlain

certainly would as apparently they are old friends. Joan hopes to visit Walter at Delph House, Welney in the very near future. That'll no doubt be another story for her to tell us about. If any of you have memories of Joan, Frank or the old bread deliveries please let us know. Joan will begin her new column with us next month, and we're looking forward to it! How about you? Thanks Joan and welcome to the team!



4 Hollycroft Road
Emneth, Wisbech, PE14 8AY

Jade House

FISH BAR & CHINESE TAKEAWAY

01945 586955
07443 144113

Telephone Orders Welcome

Opening Hours

Sunday	5.00pm-10.30pm
Monday	Closed
Tuesday	5.00pm-10.30pm
Wednesday-Saturday	12.00noon-2.00pm 5.00pm-10.30pm
Open Bank Holiday	5.00pm-9.00pm

L.W Vehicle Services Car & Commercial repairs



Est 2003

- ~ Electrical and Mechanical Diagnostics and Repairs
- ~ MOT Preparation & Testing
- ~ Servicing and Inspections
- ~ On Site Service
- ~ Breakdown / Recovery Service
- ~ Van and Car Sales

Contact Lee on 07717 738796 Or Tel 01354 610172
March Road, Welney



Beauty Treatments By Jane

N.V.Q. – i.b.d. – Babcac

LCN Microdermabrasion
Facials

St.Tropez Spray tanning
Gel pedicures
Shellac manicures
Week-end & semi permanent
eyelashes

Rose Cottage,
Christchurch
Telephone: 01354 638378



Parish Church
Christmas Fayre

Saturday 28th November

In the Parish Church, 2pm-3:30pm

Various stalls Cakes

Raffle Games

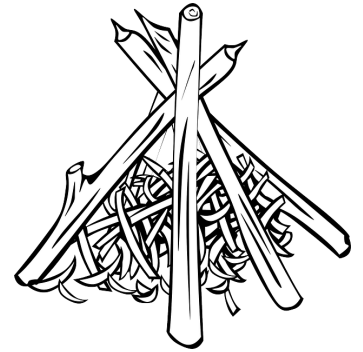
We hope Father Christmas will visit us from
around 2:15-3:15



CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

FIREWORKS and bonfires can be plenty of fun for all the family to enjoy. The fire service recommends going to an organised firework display instead of holding one at home, however, if you do use fireworks or light a bonfire at home, we would ask residents to take on board our safety advice to ensure it is just their fireworks that go off with a bang:

- 💣 Keep fireworks in a closed box and always follow the instructions.
- 💣 Light them at arms length using a taper and stand well back.
- 💣 Never go back to a lit firework.
- 💣 Never put fireworks in your pocket or throw them.
- 💣 Don't light bonfires in unsuitable weather, particularly in windy conditions.
- 💣 Don't leave bonfires unattended.
- 💣 Build bonfires well clear of buildings, fences and hedges.
- 💣 Never use flammable liquids to start the fire, and never burn dangerous rubbish such as aerosols, paint, foam furniture, rubber tyres, and batteries.
- 💣 Before you light the bonfire, check that children and animals are not hiding inside and are a safe distance away.



Like our fan page on Facebook: www.facebook.com/cambsfrs

follow us on Twitter @cambsfrs.

Contact 01480 444500 for any queries.



The Plotters

Guy Fawkes was arrested whilst guarding some high explosives placed under the House of Lords. King James I survived the plot to kill him, and announced that on this day every year he gave the public a day of thanksgiving. Since then, people across the country shut away their pets and make their way to the local bonfire display, where fireworks (and sometimes a 'Guy' placed on

"Remember, remember, the fifth of November" - a chant that was first heard in the 1700's in Britain to commemorate the failed Gunpowder Plot of 1605.

For the past four hundred years people across the UK have remembered the foiled plot to blow up the Houses of Parliament by members of the Gunpowder Plot. It was the fifth of November when

top of the bonfire) entertain and thrill crowds. Here's our list of bonfire and fireworks displays this year:

Outwell - Nov 6th - 6:30pm

Skylark - Nov 7th - 5pm - Pg 27 for discounts

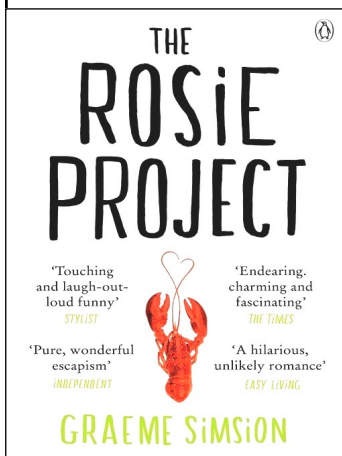
Denver - Nov 7th - 6pm

KEEP SAFE!

Christchurch Book Club

At our last meeting, at the end of September, we were discussing 'The Bonesetter's Daughter' by Amy Tan. This was an unusual story about a daughter born in the USA and her Chinese born mother and grandmother. Parts of the book were set in China in the 1920s and 30s, and parts in the USA. Some people found it very interesting and enjoyable, while others found it 'hard to get into.'

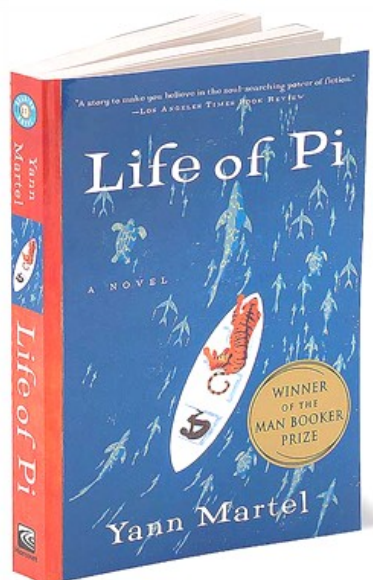
One of the things we all like about the Book Club is that it introduces us to authors and types of books that we might not have thought of trying otherwise. We often have differing views about the books, and it is interesting to hear what other people think about them. We enjoy our discussions, and sharing ideas about what books we could choose for future months.



This month, we are reading 'The Rosie Project' by Graeme Simson, an Australian writer, and our meeting is on October 28th.

Our book for November is 'Life of Pi' by Yann Martell, and we will be meeting on November 25th. Venue to be arranged.

For more information, or if you would like to come along to a meeting, please call Sheila Day on 07946 635908.



Minutes of the Monthly WI Meeting held in the Dining Room of Townley School on the 13th Oct. 2015.

theWI
INSPIRING WOMEN

Peggy welcomed a guest (a prospective new member), members and the speaker.

Minutes were signed.

Apologies: were received from Beryl, Wendy, Bernice, Margaret H and Doris Wolsey.

Correspondence: Letter from NSPCC regarding afternoon tea.

Other Matters: Baby knitting for hospital and jewellery were collected (to be given in on Federation Day). Members were asked to make drawstring bags for babies at QE2 Hospital, Kings Lynn. Dimensions were given.

Transport Arrangements:

Songs through Centenary – only one member now going.

Federation meeting – Anne A. to pick up Peggy and Sandra L. (reminder to take pack lunch).

Speaker: Dr David Wilkinson gave an interesting and informative talk on the history of the tulip followed by a slide show of pictures taken in the Keukenhof Gardens in Holland when the tulips were at their best.

This month's competition was favourite Harvest Poem. Anne's was the only entry - The Diary of A Church Mouse - which she read out. She received 5 points.

Birthdays: Margaret Beswick.

Margaret Sparrow displayed the finished blanket which was made up of knitted squares created for the previous month's competition. This will be given to Delph House at Welney.

Next Month: Glass Blowing – Bob Scot (there will be items for sale) This will be an open meeting for anyone who would like to come.

Competition: A glass item.

Raffle Prize Rota: Alma, Anne H, Val, Sandra Kay.



Christchurch Garden Club

A Very Good Idea!

Although not that long ago, Christchurch in the late 1990's was a different place to that which we find today. The Parish Council's Village Appraisal Group sent out a survey asking the residents what they would most like to happen in the village. I have it on good authority that the overwhelming response was for a gardening club. Alison Small took up the idea and approached Bubbles

Whiting to become Club President and so the club was born. In the early days the meetings were quite formal I understand, but these days are now more relaxed and good humoured.

The club began in 1999 and is still vibrant and promoting good practice in all aspects of gardening. Regular trips to horticultural places of interest and monthly meetings featuring guest speakers who give the members the inside track on recent developments.

Still the club president today Bubbles Whiting has been the constant guiding hand for the club despite having a break in tenure after a nasty coach accident in Austria. She resumed as president taking over from Wendy and David Yates who ran the club for some considerable time, in her absence. The gardening club was and still is a very good idea; long may it continue.

Those about to shop.....

Sunday November 29th Christmas shopping. A trip has been organised by the club leaving Christchurch at 9 am by coach to Tavenham craft and garden centre later stopping at Norwich for more shopping, returning early evening. Open to members and non-members.

Please call Marion on 01354638230 to book your place.

Come and Join Us

The club is always open to new members, so anyone who would like to join. Just call Marion 01354638230 for details.

Please also book your Fish and Chip Supper for Tues 24th November at Townley 7:30pm



A photograph taken on a recent club visit to Cambridge Botanical gardens



Before the main meeting, and the "making" began, the AGM was held, with all the committee standing again.

Thank you all very much for your support.

Unfortunately the lady who was due to show us how to make marzipan figures was unable to come due to ill health. We wish her well.

So I brought in the card making box. The cards that we all made were very nice.

At our meeting in November we will be decorating a heart shaped piece of wood. All will be provided.

I would like to thank Liz for doing the photo and the write up for the Heron last month.

Many thanks.

See you all in November
Wendy

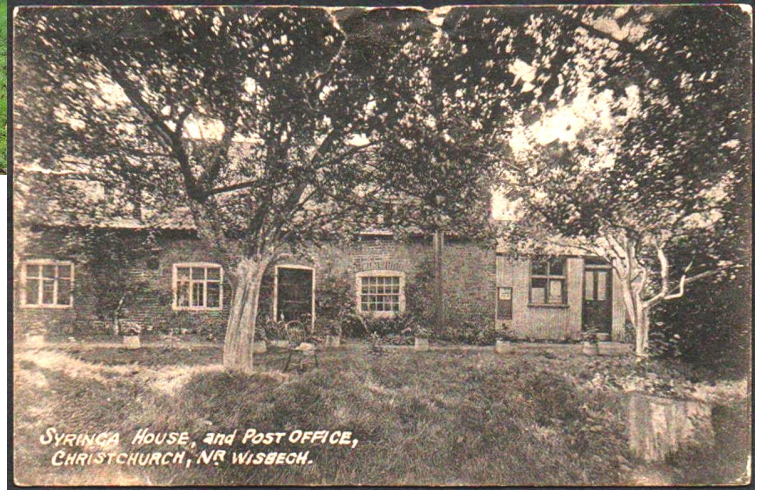
Old Post Office - Restoration begins

As many villagers will have noticed the Old Post Office (also known as Syringa House) is receiving some long overdue attention, with brambles and young trees, which have damaged the building, being removed.

Noel Crawford and his wife have taken on this project which no doubt is going to take sometime to complete. The Old Post Office is now a Grade II listed building, so any restoration and renovation will have to be done sensitively bearing this in mind. The main original building is believed to be over 400 years old with the rear extension being added in the 1940's.



some photos to show these in the hope that some of Christchurch's older residents may remember them and be able to tell us what they used to be used for? We think they may have been



Interestingly with trees and shrubs being cleared away there have been several discoveries; the main one being a group of smaller buildings to the northern side of the main building. We've taken

for livestock of some kind but we really don't know for sure. Any suggestions folks? Also a vintage "pony plough" has been discovered, and the



This old "pony plough" was discovered in the undergrowth remains of an old bicycle which looks similar to the one a Victorian lady was riding in that old photograph of the Old Toll House that we published in our August 2014 issue. Any ideas Mr. Sparrow?

Meanwhile we'd like to wish Noel and his wife all the very best of luck with the project and look forward to seeing the finished result!



*Pictures:
Top centre - Syringa House as it is now, Right top the House and Post office viewed from the other side (impossible to see now due to the vegetation) picture from Facebook page Christchurch Pictures Old and New. Left Centre: Outbuilding behind, also shown Bottom Left*

TOWNLEY SCHOOL

Christchurch, Wisbech, Cambs. PE14 9NA

Email: office@townley.cambs.sch.uk

Website: www.townleyschool.org.uk

Tel/Fax: 01354 638229



As part of Class Two's topic 'Our Changing World' the children will be observing a specific tree throughout the year and keeping a diary of the changes they observe.

Class One have written letters to the Queen to congratulate her on becoming the longest reigning monarch in British history. To mark this occasion we also designed some new beautiful dresses for her. We worked hard on our designs and thought of amazing adjectives to describe the materials we used.

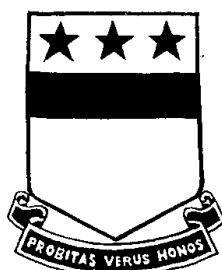


Dates

- 26th October - 2nd November - Half Term
(children return on 3rd November)
- 9th November- School Photographer pm
- 11th November - whole school assembly at the war memorial.
- 12th November - Bedtime read
- 7th / 8th December - School Christmas Presentation
- 16th December - Christingle 6.30pm at the church.
- 17th December - whole school visit to the Pantomime
- 18th December - last day of term
- 5th January 2016—Spring Term opens

PLEASE HELP!

We would appreciate if you could save your Happy Egg cartons. We need to save 100 to help assist our residential trip next year to be at Kingswood. Please take the complete egg box into school. Thanking you in advance!





The Dun Cow

Green Lane, Christchurch, PE14 9PG

Weekdays open from 5.00 pm
Fri, Sat & Sun open from 12.00 noon
Sunday Lunches ~ 12.00 – 2.30

Thursdays - Steak Night

NEW!

Alternate Wednesdays - MEAL DEAL
2 courses for £5 - Pre-Booked ONLY
11th & 25th November 1pm

NEW!

Sat 14th November

Pyeveroti

Singer/Comedian

Bookings - **01354 638323** - Bookings

Upwell Computer Repairs

Virus Removal - Upgrades - System Service -
New Machine setups - Wireless setups -
Printer setups - Call out repairs

Phone - 01945 772717/07849 778525
E-mail - upwellcomputerrepairs@gmail.com

J. Mallett Carpentry

All types of carpentry work undertaken including
doors, laminate flooring, kitchens.

Contact Jonathan Mallett

t. 01354 638656

m. 07581 368725

jmallettcarpentry@hotmail.co.uk

www.facebook.com/jmallettcarpentry
www.tackk.com/jmallettcarpentry

BRIAN TWEED & SON LTD

Family Butcher
Town Street, Upwell.

Tel: 01945 773248

Fresh beef, pork, lamb and poultry.
Our specialities are home made
sausages and burgers.
Home cooked ham, roast beef,
roast pork and haslets.

A's Florals

Funerals, Weddings & Special Occasion Flowers

07442017798

Email: angelamayes21@yahoo.co.uk



Golding Feeds & Nursery Ltd

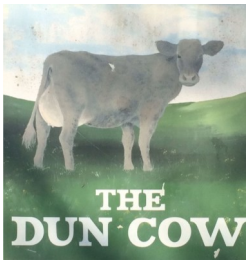
For all of your Pet, Animal & Garden Requirements
Hall Road, Outwell
Wisbech, Cambs. PE14 8PE

Open 7 days a week: Mon - Fri 8am - 6pm
Sat 8am - 5pm
Sun 9am - 2pm

Tel: 01945 772802
Mobile: 07768 397626
Fax: 01945 773159

email: taglodge@aol.com
www.goldingfeedsandnurseryltd.com



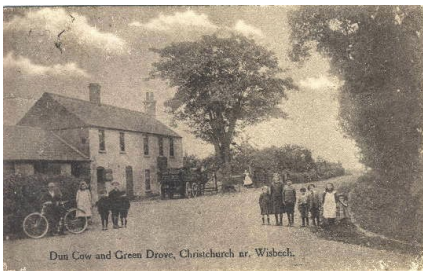


Our Local Pub

The first in a new series on local businesses. Let us know if you would like your business to be featured!

The history

Now the only pub in the village, (there were once four!), The Dun Cow in Green Lane has been meeting the needs of thirsty villagers for over 200 years! Originally called 'The Surveyor's Arms,' the first known official record of it is dated 13th May 1766 and describes 'all those two roods of land (more or less) with a cottage thereon next the cottage of Adam Dols'. The property changed hands a number of times, and was eventually taken over by Elgoods in 1878.



I am indebted to this information to an article in the August 2001 issue of the

Heron! Dave Jelly, the landlord of The Dun Cow at the time, had been researching the pub's history, and Andrew Laing, editor of The Heron, wrote the article. If you would like a copy of the whole article, including a list of all the landlords, please let us know.

In Dorothy L Sayers famous detective story 'The Nine Tailors' (set in the Fens) there is a pub called The Red Cow. Many people believe she got the idea for the name from The Dun Cow in Christchurch!



Happy Wednesday patrons after lunch!

The Dun Cow today

The pub has a steady and improving trade, and special events such as evenings with 'Pyevarotti', have been very successful. On Friday evenings, if you buy your fish and chips from Michael and Michele's van, parked outside the pub, you don't have to eat it outside in the cold, you can take your meal inside and enjoy it with a drink - a partnership which is working very well

"locals say they'll need to carry me out in a box!"

for all concerned! Thursday steak nights and Sunday lunch are popular, and it is advisable to book in advance.

For some years, a lively group of 'seniors' have been enjoying fortnightly lunches on Wednesdays, followed by Bingo or whist. Starting the 11th November, people of any age will be able to get a two course meal for only £5, and good company as well! Can't be bad! (see advert opposite)

Asked how he would like things to be in five years time, Phil, the landlord, said he would "like the pub to be a viable and thriving business". It would be good to be able to attract more 'passing trade,' as so many people drive past the village on the Sixteen Foot or Halfpenny Toll Road, and are not always aware of what is here. It would help if it were possible to have good quality signage on roads approaching the village indicating the pub and village shop. (We understand this is something the Parish Council began looking into - providing "brown" signs for both pub and shop).

Phil, the landlord.

Phil Mountfield, who runs the pub with help from Debbie, Rose, Tegan and Brenda moved here over two years ago from Gedney Drove End, where he was running another Elgoods pub. Originally from Dullingham, near Newmarket, he has lived and worked in many places, including some years in Christchurch in the late 1970s when his father was the vicar here. He used to help out in the Dun Cow bar at busy times, so now feels he has come back home again, but his day job was in the men's clothing chain Foster's. After starting as an assistant at King's Lynn when he was 17, he became manager of the March branch at the young age of 19! He was later moved around to manage branches in Kent and Sussex. He then changed career and ran a bar in Marmaris, Turkey for three years, before returning to the Fens.

Phil said "I'm happy in Christchurch and hope to remain here" and, "Locals say they'll need to carry me out in a box!"



Phil behind the bar



Phil at about 24

P R PARKER

Established 1978

General Building and Maintenance

CARPENTRY	REFURBISHMENT	GLAZING
PLUMBING	AND	PAINTING
PLASTERING	RENOVATION	DECORATING
BRICKLAYING		RENDERING
ROOFING	01354 638380	GUTTERING

FREE ESTIMATES

All Types - Houses - Flats - Shops - Offices

Outwell Timber

For all your Timber and Building Supplies

ISLE ROAD, OUTWELL
PE14 8TD

Tel: 01945 77 21 16

FENCING, PANELS, TRELLIS
TIMBER, PLYWOOD, DECKING

SAND, BALLAST, GRAVEL

SCREWS, NAILS, BOLTS

PAINT, SILICONE, HAND TOOLS

LOCKS, ELECTRICALS, PLUMBING,
GUTTERING

UNDERGROUND PIPE & FITTINGS

CEMENT, MULTIFINISH, PLASTERBOARD

Navrady's OF UPWELL



GOOD FOOD - GOOD VALUE

Opening Hours

Monday	Closed
Tuesday	4.00pm - 9.00pm
Wednesday	4.00pm - 9.00pm
Thursday	4.00pm - 9.00pm
Friday	11.00am - 1.30pm 4.00pm - 9.00pm
Saturday	11.00am - 1.30pm 4.00pm - 9.00pm
Sunday	Closed

10% Discount Given On All Telephone
Orders Over £16

105 School Road, Upwell, Wisbech
(01945) 772398

DROP A DRESS SIZE IN 1 MONTH



Lifestyle Transformations - Safely lose weight the right way so you keep it off and feel great



Performance for sport - Maintain great fitness levels and improve in sports as an athlete



Increased Confidence - Mindset allows you to remove the barriers that hold you back in life

Call us for a FREE consultation today - We are here to help

Entrust your health to a world class coach for world class results

info@personaltrainerfenland.co.uk

Tel : 01354 638 589 - Christchurch

The Little Local

Groceries, Newspapers and Cigarettes,
Fresh Bread,
Fruit, Vegetables available.
Card Payments,
Cashback up to £50
Phone Top-ups

Open 7 days a week.

MON-FRI 7 am - 5.30 pm
SAT 8 am - 5.00 pm
SUN 9.30 am - 11.30 am

Church Road, Christchurch.

NEW!

We are now an
Amazon "pass
my parcel"
Shop!



Maximise the enjoyment of
your home

with the professional help of

Brimstone

Garden Design Services

in association with

SFC Services

Design Development Maintenance

Hard and Soft Landscaping

Household Repairs and Building Maintenance

for free estimates, contact either

Cliff 01354 638217 or 078 080 78518

cliff@brimstonegardendesign.com

or

Steve 01354 638964 or 07725 866445

sfclifford67@gmail.com



Partners: Alan Mitch (mobile 07738 079804) Mary Larham (mobile 07925 106643)

HIGH STREET, MANEA, MARCH, CAMBS PE15 0JA

Telephone: 01354 688089

Are you a keen gardener, passionate about plants, and wanting to learn more?
Or do you want to start a career in horticulture; maybe thinking about a career change? Maybe you already work in the horticultural industry – but without **any qualifications to further your career.....**

RHS Qualifications is a nationally recognised awarding organisation offering a range of qualifications for professional horticulturists and keen gardeners of all ages.

We offer **Royal Horticultural Courses** at all levels

Theory & Practical

New courses commence in September and March

Small, friendly groups in a natural and peaceful setting

PLANT SALES

Wide range of **Traditional** and more **Unusual plants**
all at **direct-from-the-grower prices**

Saturdays only 10am – 4pm

March – June

September - October

www.maneaschoolofgardening.org

E-mail: msog@btinternet.com



Do you need a Helping Hand?

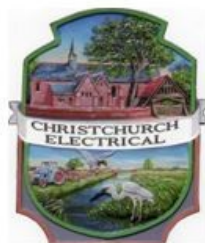
Our **local** care team has been providing award winning quality homecare since 1989.

A family run company we offer you a **one-to-one** 24 hour live in care service that enables you or your loved one to remain at home with compassion and dignity by assisting with: personal care, companionship, errands and housekeeping.

So if you are looking for an **alternative to residential care** or as a **short term answer** whilst recovering from illness or operation - then we're here to help.

To find out how we can help,
call: **0808 180 1016** or
visit: www.helpinghands.co.uk

Recruiting
Carers
Now



CHRISTCHURCH ELECTRICAL



Simon Freeland Hill Farm 3 Church Road Christchurch PE14 9PQ

Tel: 01354 638802

Mobile: 07727 046439

- All domestic electrical installation work undertaken.
- No job is too small (Min ½ Hour Charge).
- Free quotations / estimates.
- Very reasonable rates with no VAT.
- References available throughout the parish.
- Part P Registered - Fully Insured - Government Approved.
- Six Year Warranty Offered.

ELECSA
Part of the ECA Group

www.elecsa.co.uk

www.trustmark.org.uk

Electrical Safety Register

incorporating

ELECSA **NICEIC** **ECA**
Certification Ltd

www.electricalsafetyregister.com



TOWNLEY SCHOOL CHRISTMAS MARKET
FRIDAY 11TH DECEMBER 2015
5 till 7pm

The Friends of Townley School (FOTS) are organising a Christmas Market to be held in the school hall. There will be various Christmas themed items to buy AND Santa will be there!

WOULD YOU LIKE A CHRISTMAS STALL AT OUR CHRISTMAS MARKET?

**Stalls will be available to “hire”
at a cost of £5 per stall (payable in advance).**

**If you are interested in hiring a stall, would you please contact:
Tina Chisholm, School Secretary, on 01354 638229 or email
friendsoftownleyfots@outlook.com
By Friday 4 December 2015**

**Your support at this and other FOTS events is very much appreciated.
All proceeds go towards trips, equipment and treats that benefit all
pupils at Townley School.**

THANK YOU!



I KEEP SAYING...

SPEED UP TO SLOW AGEING

Just 25 minutes of brisk walking or slow jogging each day could add seven years to a person's life and reduce the signs of ageing.

Professor Sanjay Sharma, a professor of inherited cardiac disease from the St George's University Hospital NHS Foundation Trust in South West London, said: "We may never avoid becoming completely old but we may delay the time we become old."



Exercise is also an antidepressant and improves cognitive function – and there's now evidence that it may slow the onset of

dementia too, he added.

Sharma cited a recent study, at Saarland University in western Germany, which found evidence that if sedentary but otherwise healthy people in their 40s, 50s and 60s take up regular exercise, their bodies become better able to repair ageing DNA.

Even people who only start exercising in their 70s can benefit – a separate study found they're less likely to develop atrial fibrillation, a rhythmic disturbance that affects about 10% of people in their 80s.

Facebook

For those who do not really comprehend why Facebook exists:



Presently, I am trying to make friends outside of Facebook while applying the same principles. Everyday, I go down the street and tell passersby what I have eaten, how I feel, what I have done the night before, what I will be doing and plan to do. I freely spout my political and religious thoughts without regard to theirs. I give them pictures of my family, my friends, my dog, my vacations, my gardening and spending time in my pool. I also listen to their conversation and I tell them I love them. And it works. I already have three people following me - two police officers and a psychiatrist.

S & H

Painters and decorators

Steven Horne

Christchurch, Cambridgeshire

Tel: 01354 638124

Mobile: 07905145680



SANDRA KAY

SOFT FURNISHINGS & CURTAINS

HAND MADE (your own fabrics)

01354 638478

Caroline's Flowers

For All Your Floristry Needs

West Star Farmhouse, Upwell Road,
Christchurch, PE149LJ

01354 638038 / 07915 647453

carolinesflowers@outlook.com

A JONES & SON

TELEVISION SALES/REPAIRS/INSTALLATION

FREE LOCAL DELIVERY

FIRST CLASS AERIAL INSTALLATIONS/ADDITIONAL POINTS

26 March Road, Wimblington, March, Cambs PE15 0RN

Tel: 01354 740320

CLOSED ALL DAY TUESDAYS



HIGHBURY SCHOOL OF MOTORING
*DSA Approved

Learner driver and Refresher Lessons
Friendly, Female Instructor
Intensive Courses
Pass Plus Registered

MOBILE: 077233 20333

EMAIL: highburysom@gmail.com

March Stationery & Print

10% OFF CHRISTMAS CARDS

on production of this advert
in Oct & Nov 2015

Artwork not included

Leaflets • Newsletters • Business Cards
Photo Printing • Plan Copying
Video Copying • DVD/CD Duplication

01354 656614

sales@marchsp.co.uk

5 Fenland Walk, March, PE15 8TW

A.R. CLINGO

FUNERAL DIRECTOR

Family Independant
Business

Private Chapel of Rest
Personal Attention

24 Hour Service

Full estimates given at all times

Golden Charter
Funeral Plans



Pinfold House
St. Peter's Road
Upwell, Wisbech
Phone 01945 772502



MOBILE CATERING

***For freshly cooked fish & chips,
sausages, chicken and pies
every Friday at the Dun Cow
from 5.00 'til 8.00 pm***

For enquiries/quotations call:

07756 170 700

**We also cater for private parties,
functions, charity events**



Small Personal Ads

For Sale or
Wanted

Now just 10p per word. Photos extra

FOR SALE

Refurbished
Genuine Apple iPads
and iPad Minis
£200
01354 638381

FOR SALE

HIGH QUALITY LEATHER
SOFA / RECLINER

Ivory / Cream
2 seater sofa in
comfy but thick
quality leather
174cm/68" long,
84cm/33" deep,
88cm/36.5" high
(approx.)
Both seats recline
and raise footrests
from side catches
£275 o.n.o. Tel:
01354 6389900 for
further details.



This is the nearest thing we have to a Facebook selling page! Here you can list all your items for sale, or even let the community know what you would like to buy. It really can be very successful. What could you turn into cash?

Great British Trivia Quiz - Answers

1. Chocolate syrup.
2. 1863
3. Judi Dench
4. The Serpentine
5. York
6. 24
7. Cleopatra
8. The Maiden
9. Liquorice
10. Heavy pole (telegraph type)
11. Brighton
12. 2006

Fly Tipping - Please help!

The people who dumped a load of building rubble outside of the gates of the AWA Sewage Treatment site left a clue which the authorities hope will lead to the perpetrators of the crime, However we need our readers' help with the problem.

The rubbish was left some time during the week beginning the 18th October. Further investigations may be able to narrow that down - did you see the rubbish if you were down that way? Additionally the load contained a photographic slide which, although



rather scratched clearly shows the image of a couple of people outside a row of Victorian houses. Do you recognise the people, or indeed the houses? If you do please email info@fenland.gov.uk and use the subject line Christchurch Fly-tipping incident.

Let's see if we can catch these criminals!



**£10
OFF**
A FAMILY TICKET
BASED ON 2 ADULTS
BY ADVANCED
BOOKING

Skylark Fireworks TO MUSIC Spectacular

'The Largest Bonfire in East Anglia'

Saturday 7th November

Buy discount advance tickets **online or in store**

Adults £7.50 Children £3.50 Family £20

Tickets on the night - Adults £10 Children £5

Doors Open 5pm Fire Lighting 6.30pm Fireworks 7.30pm

Fireworks & music choreographed by the world famous Kimbolton Fireworks

**BIGGER
AND
BETTER FOR 2015**



heart
102.7 103.0
more music variety

**£200
PRIZE DRAW**

FOR ONLINE TICKET
HOLDERS ONLY.
TO BE DRAWN AFTER
THE FIREWORKS!

+ Funfair + Live DJ + Licensed Bar

Skylark Garden Centre, Manea Rd, Wimblington, March, Cambridgeshire, PE15 0PE
www.skylarkfireworks.co.uk Tel: 01354 741212

Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Anglian Water – Susan Bull	08457 145 145 101
Cambs Fire & Rescue	01480 444500
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	01945 464367
Community Car Scheme (to book a journey)	07902 316360
Community Fire Safety Officer	07717858166
County Councillor - Fred Yeulett	01354 653763
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Electricity Faults - UK Power Networks	0800 783 8838
FACT	01354 661234
Fenland District Council	01354 654321
Fire Station - March	01354 652349
Floodline	0845 988 1188
Library - March	0354 0455225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - Jackie Richardson	01354 677856
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - William Beswick	01354 638758
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Geoff Harper	01354 638681
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen	01354 638847
Parish Councillor - Nigel Russell (Chair)	01354 638279
Police - Non Emergency	101
Police - Emergency	999
Telephone Complaints	0345 145000
Townley School	01354 638229
Trading Standards	845040506
Train Information	08457 484950
Upwell Health Centre (and out of hours)	01945 773671
Water Emergencies	08457 145145
Welle Pharmacy, Upwell Health Centre	01945 774081

Please let us know if you have any news for us or any suggestions for articles.

Neighbourhood Watch

Colin Steenson - Church Rd (East)	01354 638664
Sandra Kay - Crown Rd	01354 638478
Peter Knight - Church Rd (West)	01354 638779
David Yates - Church Rd (West)	01354 638448
Julian Swallow - Upwell Rd (North)	01354 638679
Jackie Wood - Upwell Rd (North)	01354 638679
Simon Freeland - Upwell Rd (South)	01354 638802
Richard Guilford - Area Co-ordinator	01354 638990
David Harrowing - District Co-ord.	01945 870963

And Finally...

Ah! That's better! I hope you agree? Full of interest, though I may hesitate to say – perfect and mistake free? But believe me, we have done our level best to keep the standard up! So what can you spot that we missed? However, some of us could take a lesson from the weather – it pays no attention to criticism, as much of November has shown, despite one or two nice sunny days and afternoons.

If I may draw an analogy – “How is it that one careless match can start a bushfire, yet it takes a whole box to start a campfire?” In other words one mistake or criticism can seemingly open a whole hornets nest, whereas getting other folks to get involved needs constant requests and reminders.

Following on from our cartoon and Facebook comment here are a few modern aphorisms which seem appropriate in these computer (il)literate times –

“Home is where you hang your@”

“The e-mail of the species is more deadly than the mail”

“You can't teach an old mouse new clicks”

“Too many clicks spoil the browse”

and of course, “Windows will never cease!”

To corrupt an old adage, especially where youth is involved, though I can think of a few computer widows who might agree – “Give a man a fish and you feed him for a day; teach him to use the Web and he won't bother you for weeks!”

‘Till next month – Ed’

Any views expressed in The New Heron do not necessarily reflect the views of The New Heron Editorial Team.

The team aim to provide a balanced view of village opinions where such views are expressed.

We reserve the right to edit any submissions where we feel this is appropriate.