

The Heron

Community Magazine

March 2016

Delivered to homes in Christchurch, Euximoor and Tipps End - £1 where sold

In this issue!

Dog Mess Menace	2
Community Info	3
Editorial	3
Diary Dates	4
Church Services	4
Letters to the Editor	5
Health and Fitness	6
My First Car	8
Easy Riders	8
Joan Smith Column	9
Craft Club	9
Other Clubs	10&11
Little Free Library	12
Fire & Rescue Service	13
Sandra Kay Curtains	14
Townley News	17
Distribution Policy	20
Alan Russell	21
Colin Rolfe - follow up	22
Small Ads,	24
Housing proposal	24
Got Pain? What to do	25
Useful Numbers	26
And Finally	26
Phil & Shirley Evans	27
Woodland Planting	27
Community Centre	28

School children campaign against dog mess



The Children of Townley School made posters to try and persuade dog owners to be more responsible. This is Molly's poster, one of the winners. Clearly they feel very deeply about this appalling issue

Editorial Team:

Richard Guilford – Editor

Paul Haresnape – Technical Support

Vivien Haresnape – Administration

Enquiries:

editor@theheron.info / 01354 638990

Advertising:

adverts@theheron.info / 01354 638381

Web Site:

www.theheron.info



Townley Children lead in the great dog mess menace!

The main reason for dog fouling laws is because dog faeces are unhygienic and a health hazard. Dog fouling is unsightly, unpleasant and can lead to toxocariasis in humans. Fouling laws do not cover faeces from other animals, because they aren't hosts for toxocara and are less likely to foul in areas where the public walk or play, Toxocariasis causes serious illness and even blindness. It is caused by a parasite known as *Toxocara Canis* (also known as Roundworm). These parasites live in dogs' digestive systems. Eggs are released in the faeces of infected animals and contaminated soil. If someone ingests infected material, the eggs may hatch into larvae and can lead to toxocariasis. Toxocariasis usually affects children aged between one and four years. But cases of toxocariasis have been reported in people of all ages. Young children are most at risk because they are more likely to put things into their mouths and less likely to wash their hands properly. Symptoms of toxocariasis can include seizures, breathing difficulties, a very red and painful eye, and clouded vision, usually only in one eye. Left untreated, toxocariasis can cause permanent loss of vision in the affected eye.

Children of Townley School have taken a lead in trying to highlight and stop the on-going menace of dog fouling outside their school. Last month they spent some time making posters to raise the issue. Teachers and Parents have backed their stance in an attempt to clean up this threat to health of their children.

Mrs B, parent of several children at the school stated she has to take her buggy on the road and look out for her other two children, helping them around the mess, which she says is in the same area continuously and trails between the Wayside Estate and the school.

A parent who wishes to remain anonymous, believes it is somebody letting their dog out at night unsupervised.

There have been a few incidents at school, where mess has been brought in. One such case ended up with a year 2 pupil distraught when mess ruined her new tights.

The issue was once again raised at the Parish Council meeting in February. Parish Councillor Peter Owen, himself a dog owner, cited the appalling state of the pavement outside the school. Others agreed that dog fouling on all the paths, droves and tracks around the village had recently got worse.

Last year the Christchurch Resident's Association began a campaign using special fluorescent paint to highlight the 'dumps', but only one outing to do this had taken



place and any benefit could best be described as 'short lived. A CRA spokesman gave The Heron the following statement:

"Since the Dog Poo Patrol Team was last in action, sadly the situation has deteriorated once again. Bearing in mind that we no longer have a regular street cleaning service anymore, we have to take action ourselves. Dog walkers that one regularly meets when out and about with ones pooch all seem quite conscientious and pick-up after their dog. However, some just don't seem to care. Dog fouling has become a real problem down Crown Road, and outside the school, of all places, hence them launching their own campaign (as featured on this months cover – Ed'). Many of the offending piles seem to come from larger dogs. In Northamptonshire there is now an on the spot fine of £75 in place. Concerned dog owners are now campaigning for a similar system to be put in place by FDC. Responsible owners are now encouraged to carry their mobile phones so that they can immediately report any offenders. We should NOT need to be taking this kind of action if ALL dog owners adopted a more responsible attitude. Please -THINK OF THE CHILDREN!"



Peter Owen and Marley

Community Information

Mobile Library: first Friday each month
in the Lay-by Upwell Road 15:00 - 15:40

Mobile Post Office: visits Mon - Thu
in the Lay-by Upwell Road

New Hours - Please Note:

Monday and Thursday 16:30 to 17:00

Tuesday and Wednesday 16:10 to 17:00

Fridays - no service

The Little Local village shop opening hours

- ♦ Monday to Saturday 8am to 5pm
- ♦ Sunday 9:30 to 11:30

The Pharmacy phone number is now
01945 774934

If you'd like to contribute to Friends of
Townley appeal for new changing facilities at the
school then please use the following link to make
donations

<https://www.gofundme.com/aqghgst8>

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.

A Police Presence is on the cards again
with the re-instatement of Sue Clark as our PCSO.
You'll remember that she and Tessa were
appointed to our patch in June 2015, before being
withdrawn soon after. Sue helped in the first Dog
Poo spraying event. Sue sent the following
invitation; "I will be on the Horizon bus on
Thursday 3rd March at 12.30-13.30, parked in
Church Road if anyone would like to visit. I will be
carrying out a survey as to what problems are
occurring in order to register our priorities within
the South Forum.

Look forward to seeing you there."

PCSO 7140 Sue Clarke

Dog Fouling - What the Law says:

If you are a dog owner, you have a legal duty to clean up
every time your dog messes in a public place. Only
registered blind people are not forced to clean up after
their guide dogs.

Most local councils require dog owners to carry a poop
scoop and disposable bag whenever they take their dogs
out to a public place. The Anti-Social Behaviour, Crime
and Policing Act 2014 now permits local authorities to
make a 'public spaces protection order', which can allow
local councils and communities to make dog-owners
behave more responsibly, including clearing up dog mess.

Source: www.environmentlaw.org.uk

EDITORIAL

Hi all!

Could it be that Spring is actually in the air? With
the sunny weather we've been having, even
though cold at night, my chickens have even
begun roosting on the roof of their coop rather
than inside! Here's hoping!

Sadly the spectre of 'dog poo' rears its head
again this month. It's got so bad down Crown
Road that even the school has done a poster
campaign on it!

Come on you people -

THINK OF THE CHILDREN!

Apart from all our usual features we have a
photographic update on our new Community
Centre on the back page. Yes it really is finished!
So we can look forward to the Grand Opening on
the 9th of April.

There's a wonderful article from Malcolm Hicks
in response to the Colin Rolfe letter from last
month, see page 22.

Great to see that Sue Clarke is back with us as
our PCSO. See the note in Community Info.

Please note the May Day Celebration originally
planned has now been changed to a celebration
of the Queen's 90th Birthday and her being our
longest ever reigning monarch. So street parties
as per 1977 I think? See STOP PRESS on page 6

Great news about John Sparrow also on page 6
He looks ten years younger now; though I
wouldn't recommend the method!

Interesting article re village shop history on page
27 too!

Hope you are all liking our new colour pages?

Enjoy! 'Till next month!



DIARY DATES

Abbreviations for commonly used venues:

TS = Townley School, NEW HALL = Christchurch Community Centre,

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:

Mar 1 st	Christchurch Craft Club - Make Easter Cards - NEW HALL - 7pm
Mar 3 rd	Horizon Bus visits us Church Road - 12:30-1:30pm - Meet our local 'Bobby' Sue
Mar 4 th	Women's World Day of Prayer - Parish Church - 2pm - All Welcome
Mar 4 th	Mobile Library visits - Upwell Rd Lay-by 3-3:40pm
Mar 6 th	Welle Film Project presents "Brooklyn" - 12a - £2 - doors open 1.30 - TH
Mar 7 th	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Mar 8 th	WI - Safe Traders - 7pm - NEW HALL
Mar 11 th	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Mar 13 th	Upwell Jazz Club - Special Event - clarinettist from USA, Pete Neighbour - TH - 12:30
Mar 14 th	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
Mar 14 th	Christchurch Parish Council Meeting - TS - 7:30pm - All Welcome
Mar 15 th	Christchurch Garden Club - Fruit Trees and Fruit Bushes - 7pm - NEW HALL
Mar 18 th	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Mar 21 st	Pilates for all ages - 6:30pm - TS - All Welcome - £5 per session
Mar 22 nd	Christchurch Residents Association - 7:30pm - The Old School
Mar 23 rd	Christchurch Book Club - 7:30pm - 5 Fen View
Mar 23 rd	Hall and Recreation Committee meeting - 7:30pm - TS - Ruth Ingram - 01354 638419
Apr 1 st	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
Apr 1 st	Mobile Library visits - Upwell Rd Lay-by 3-3:40pm
Apr 5 th	Christchurch Craft Club - Fabric Painting - TS - 7pm

Parish Church Services

Mar 4 th Fri	2pm	Women's World Day of Prayer at Parish Church
Mar 6 th	11am	H Chappell, A Day All Age Worship in Townley School
Mar 13 th	9:30am	Rev J Webb Holy Communion
Mar 20 th	3:30pm	Rev J Webb Palm Sunday service
Mar 27 th	11am	Rev J Webb EASTER Communion
Apr 3 rd	11am	H Chappell, A Day All Age Worship in Townley School

Every Friday (except Good Friday) 2-3pm Coffee, Cake and Chat in the Church building

The 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



Good Morning

We are working with Cambridgeshire County Council to raise awareness of their NHS Health Checks service to residents of Cambridge and help them increase uptake. NHS Health Checks are free and are aimed at adults in England aged 40 to 74. They check your vascular or circulatory health and work out your risk of developing some of the most disabling - but preventable - illnesses.

We will be running an outreach programme, which will involve attending local community events to do face-to-face interventions and talk to the general public about Health Checks and how they work.

We would like to recruit local people with good local knowledge to work with us, either as outreach workers for the duration of the campaign, or to become advocates who can go on to become NHS Health Checks champions with the possibility of continuing to work with the council in the future. Another option could be that we come along to any events you already have planned in.

If you know anyone who might be interested, please spread the word and feel free to pass on our contact details (we will provide full training for anyone who would like to get involved). We will give you a call next week to follow up this email, but please do not hesitate to contact us either by replying to this email or by calling 020 8688 0650.

Thank you and kind regards,

Marisa Silva

The Campaign Company

thecampaigncompany.co.uk

Hello Richard

Sorry for not having been in touch about the cottage and things we've found but we've not been down in weeks as we can't get on with the renovation until our current property sells (unfortunately fell through before Christmas) and we get despondent that we can't start!

Anyway the purpose of this email was to answer your question in The Heron about the sun sign on the front wall (if no one has already). According to my father-in-law it was an insurance policy notification/sign, from I believe Sun Alliance.

We intend to open the post office up as a little museum as it would have been at the turn of last century and everyone will be most welcome then!

We love the interest that is being shown and will be delighted to share the finds, however, it is private property and it is going to be our home and we feel like it seems to be a free for all for anyone to have a wonder around at the moment. Hope you understand - don't want to cause waves before we are even there! Hopefully we have a buyer in place and will be able to start down there soon. So excited.

Thanks Hazel

Hi Hazel

Apologies if our articles featuring aspects of Syringa House have led to some over enthusiastic villagers visiting your property uninvited. We hope that your letter will make them think twice in future. As a matter of interest we have been developing a bit of a museum in the hall of The Old School over the last eight years and were hoping to ask you for some exhibits to have on loan at sometime in the future if you might consider this? -Ed'

Dear Richard,

Did anyone else notice the strange ironic incongruity of your front page and lead article, bemoaning the passing of the long line of eel trappers, and your back page article trumpeting the success of the Middle Level Commissioners in enhancing the breeding opportunities of the otter?

I wonder if they realised that there might be a conflict, promoting the 'natural' predator over the poor guy trying to scrape a living? It strikes me that the Commissioners may be, in no small measure, responsible for completing what the Duke of Bedford and his 'Adventurers' began over 300 years ago in annihilating the Fenman's way of life!

Name and Address supplied

The Heron Annual Postal Subscription

We are now offering an annual postal subscription scheme for people living out of the area. The cost is £25 per year to cover the magazine, postage and packing. Application form and details are on the website www.theheron.info or from "Glynan" Crown Road, Christchurch, Wisbech Cambs PE14 9NF email adverts@theheron.info

with - Stephen Aish



Hydration

Staying hydrated is one of the most important things you can do for long term health. Many experts simply recommend increasing the amount of water people drink to fix a lot of common problems.

Recommendations have varied over the years, but a good guide is around 1 litre per 20kg of bodyweight. This is a target to work up to over time as to go from a state of dehydration to drinking 4 litres of water every day will be a bit too much for many people. The best way to ensure you get your daily dose is to sip throughout the day. Have the bottle on your desk and literally have a few mouthfuls every 10-15 minutes to ingrain a new habit.

When you understand just how important hydration is then the necessity of a method that ensures you stay hydrated is second only to breathing.

Dehydration can cause and lead to the following – <http://www.nhs.uk/Conditions/Dehydration/Pages/Symptoms.aspx>

Unfortunately, when you read that liver, muscle and joint damage can be caused by dehydration then the impact this can have on training progress becomes apparent. More recently, thousands of care home deaths were revealed in the UK as being caused by dehydration. As for the wider statistics it is estimated that around 75% of the USA are chronically dehydrated with a large portion of this being related to the fact that the thirst mechanism is so weak, it is often mistaken for hunger. In most cases, a single glass of water at night is enough to suppress hunger.

Hydration can be greatly increased by the use of electrolytes that help cell communication in the body. Studies have shown that forest fire-fighters using a water backpack needed 70% less fluid to stay hydrated compared to controls when the water contained electrolytes. They are also very good for stopping cramps in endurance activities. Some interesting water facts can be found here – <http://www.waterwise.org.uk/pages/fun-facts.html>

Thirsty?

Stephen Aish is a Personal Trainer living in Christchurch see his Ad on page 16 - Ed'

John Sparrow - "In the pink" again

Following the report in the last issue regarding my accident, as you can see I have made an excellent and quick recovery.

Our sincere thanks must go the Queen Elizabeth Hospital Kings Lynn & Broomfield Hospital (Burns Unit) Chelmsford for their treatment, care and attention during my stay, which has all helped in me making such a good recovery.

My thanks also for the many cards, telephone calls and good wishes that I have received, they have all been very much appreciated. I am pleased to say I am slowly getting back into circulation and realize how lucky I have been.

John Sparrow



Just to prove it we got him to send this photo - Ed'

STOP PRESS

- Following the CCC Committee meeting
- (24th February)

The Grand Opening on the 9th April
 will now be a Barbeque due to cost
 and the May Day Celebrations have
 now been cancelled as it was
 considered more appropriate to
 celebrate the Queen's Birthday as
 the longest serving monarch with the
 national celebrations on the day of
 the Trooping of the Colour on
 Saturday 11th June.

- All attractions originally listed
- will remain the same.

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.

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

A's Florals

Funerals, Weddings & Special Occasion Flowers

07442017798

Email: angelamayes21@yahoo.co.uk

J. Mallett Carpentry

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

Contact Jonathan Mallett

t. 01354 638656

m. 07581 368725

j.mallettcarpentry@hotmail.co.uk

www.facebook.com/jmallettcarpentry

www.tackk.com/jmallettcarpentry

Caroline's Flowers

For All Your Floristry Needs

West Star Farmhouse, Upwell Road,
Christchurch, PE14 9LJ

Find us at Caroline's Flowers on facebook



01354 638038 / 07915 647453

carolinesflowers@outlook.com

SANDRA KAY

SOFT FURNISHINGS & CURTAINS

HAND MADE (your own fabrics)

01354 638478



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

Saturdays & Thursdays - Steak Night - bookings only

Alternate Wednesdays Mar 2nd, 16th, 30th & April 13th- MEAL DEAL 2 courses for £5 - Pre-Booked ONLY

Bookings - **01354 638323** - Bookings

Happy Hours

Friday 5-6pm

Saturday 6-7pm

All Draught beers £2.50/pint



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



My First Car by Sam Godfrey

Let us know what your first car was, and some of your memories of it - we'll help with writing and photos if needed!

My first car was a Vauxhall Viva HA 996cc saloon car. It had 2 doors, a heater and no radio. I bought it with my mate Bryan for £100, that is £50 each, as neither of us could afford to get a car on our own.

When it was new it had about 45 horsepower but it had lost a few by the time we got the car in the late 70s. It had 'quarter light' windows so if you got too hot you could open them and not get a draft.



The Vauxhall Viva HA - restored to show condition - this is a four door version, but white just like Sam's

We took it out for a run from Ramsey, where I lived then, up the A1 to blow out the cobwebs intending to come back via Peterborough but ended up in Doncaster so we went to the Cinema there then drove home. I have fond memories of that car as it was the first real taste of freedom I had encountered.



Sam Godfrey

The Vauxhall Viva HA was introduced in 1963, and was the first small car from Vauxhall since WWII. Vauxhall introduced this small car as a direct competitor to Ford's 100E, the Morris Minor and Austin's A35 saloon. The car was built at a newly constructed production facility at Ellesmere Port, In Cheshire. The original launch enabled buyers to choose from two models, the standard was £527.7s.11d (inc tax) and a De-Luxe model at £566.1s.3d. (inc tax)

THE EASY RIDERS

There once was a time, in an open-topped car,
We'd go for a jolly good spin.
Along country lanes, with the wind through our hair
And wearing a satisfied grin.

With AA patrolmen along every route
Saluting each recognised member.
And petrol was five bob a gallon (or less)
(It's hard now to really remember).
A short course of lessons at two quid a go
Would teach us to drive on the road.
With one or two questions to ascertain
Our knowledge of the Highway Code.
We'd give our hand signals to indicate where
We wanted to steer our Jalopy.
Much better than giving no signal at all
(Though now it's considered quite soppy).
Coppers on duty would point us the way
At all of the main intersections,
Always relaxed to be doing the job
Because there were never congestions.
In those days of yore we'd none of us heard
Of air-bags or seat belts and such.
As in our old bangers we just bowled along
Not thinking of speeding too much.

And parking was something that caused us no stress

(No road rage or wardens galore)
As one would arrive at the place of one's choice.
And simply just park at the door!

Road hogs and tailgaters didn't exist,
For we were all knights of the road
And even those long-distance drivers of old
Would carefully trundle their load.
But now we have motorways . stretching for miles
With three or four lanes (maybe more)
And speed-traps to film us as we drive along,
In case we are breaking the law).
Motor insurance and MoT tests
That annually just seem to rocket.
And fortunes to pay for a full tank of gas,
(Small wonder we're all out of pocket!)
So if you still pine for those old country lanes,
(With wind through your hair, and the like)
Perhaps it is wiser to garage your car
And get out your rusty old bike!

Robert Ben-Nathan,
Denium, Bucks.



The Joan Smith Column

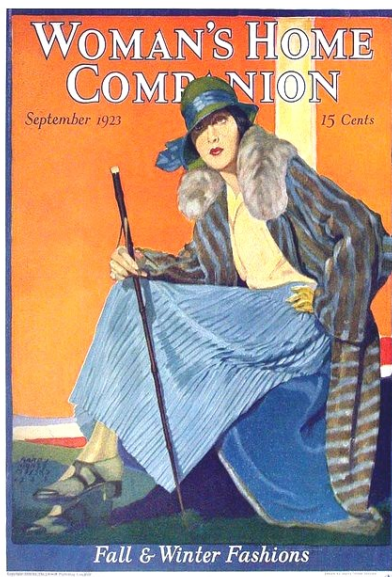


Each month I seem to get more disorganised. There is never enough time in the day. How about you? The older one gets, the quicker the days and weeks go by. Here we are in March with Spring just around the corner already!

Anyway, to carry on where I left off last month.....

Arriving at my new customer's caravan, I could see that the door was open. I quickly left the order for his relatives at the house then on my way back to the bread van I yelled, "Anyone at home?" He popped his head out of the door, took from my basket what he required, no cake this time and I asked, nosily, "So what's this magazine you act as Agony Aunt for then? If you don't mind me asking?" "Not at all", he replied.

But, do you know, it's so long ago now my memory fails me. It was something with Companion in it. Either 'Woman's Companion', 'Ladies Companion', or perhaps just 'Good Companion'? I'm 87 now and my memory isn't as good as it used to was! Can any of our older readers out there remember such a magazine? If you can do please write in to The Heron and let us know. We'd like to solve the mystery and maybe do a bit of research on the subject.



In the days of this gentleman's writing responses to his readers letters, rather like Richard does, he told me that they weren't like the current day ones; mostly about relationships and who's gone off with who and the like. He told me one example, more common of the time, of a woman complaining her neighbour was always copying what she did; e.g. new dress – only better, new plants in the garden or birdtable – only better. Sort of a 'keeping up with the Jones' kind of thing. She asked our gentleman Agony Aunt if he thought she should speak with her neighbour and ask her to stop copying. Apparently he suggested she asked why as it might actually be a form of flattery, or remove said bird table and see what she did then! I did actually go to Craggs paper shop to get a copy one time (now the Old Upwell Post Office). There were never any names printed. All anonymous, quite interesting sometimes.

After another three months or so I gave up the bread round and became Mrs Lunn's housekeeper full-time. I was there for more than 20 years. In the meanwhile my husband Jack managed on his own until the new sliced bread made an appearance and the bakery was sold. Mother's Pride bought up Mr Johnsons old place and brought in a manager from Alnwick in Northumberland. Later Mother's Pride sold it on to Wagg's of Docking who then asked Jack to become manager at their King's Lynn bakery, with bread rounds in various areas of that town.

So we left Upwell! I left Mrs Lunn's but still paid her a friendly visit from West Wynch where we were then living. We rented a nice bungalow, owned by Mr Wagg, "Ceres" was its name. I found out after a while that Ceres was the Greek God of Agriculture. Later I found myself a very different job where I also stayed for over 20 years. Seems a long time ago now. Hope you still enjoy my jottings? -

Joan

The Editorial team wonder if it's the one illustrated, though it is priced in Cents so possibly not the one for the UK - Ed'

We enjoyed our February meeting, making pin cushions, followed by a nice cup of tea or coffee and biscuits. We had the raffle of course too.



Our meeting on March the 1st will be in the NEW HALL.

I look forward to meeting you there. We will be the first club to use it.

LUCKY US !!

On the night we will make Easter cards.

Wendy

- Contact info: Wendy Yates 01354 638448

It's been a long haul but the new village hall is about to be



opened and the Club will be holding its first monthly meeting there on Tuesday March 15th 2016. The meeting will be getting underway at 7.00 pm when our speaker will be John Pierrepont who will be giving a talk on Fruit Trees and Fruit Bushes. John is not only an expert in most aspects of plants and planting, but also runs the retail arm of Delamore Garden Centre. He is a good friend to the club and is always good value so please come and support us. You don't even need to be a member.

This month saw the Club's A.G.M. On Tuesday 16th February 2016, where the main order of business was to elect a committee.

All previous members of the committee were happy to carry on and were re-elected unanimously with the exception of the Club's Chair person Bubbles Whiting, who has decided to stand down due to personal reasons. Her place will be taken by Stephen Hawthorn newly elected as Chairman.

The club is in robust financial health and has no debts.

Bubbles has long been the figure head of the club since its inception in 1997 but in spite of her changed circumstances we hope she will still be around to keep us in order.

Other big news is a fantastic trip organised by our very capable club Secretary Marion Hawthorn.

The outing which will take place on Sunday July 10th 2016 to Hampton Court Palace Flower Show, an event to rival Chelsea in the RHS calendar. The show takes place in the grounds of the palace which acts as a Tudor backdrop to a show featuring some of the best Horticulturists in the UK.

Marion has been able to negotiate a great price for this event so tickets should go quickly.

Please book early to avoid disappointment.
Members and Non-Members welcome.

CALL MARION ON 01354638230 TO BOOK.

The raffle prizes required for the March meeting will be provided by Steve, Anne, Jenny and Sheila Dore.

In conclusion I am very much looking forward to joining the hardworking committee as Chairman and becoming part of the team that guides the club so deftly with the member's consent.

We, as a club, are always happy to welcome new members, so please feel free to come along and check us out. Call for details.

See you next Month Steve

- Contact info: Marion Hawthorn 01354 638230



Minutes of the Monthly WI Meeting held in the dining room of Townley School on February 9th 2016

Peggy welcomed everyone with apologies from Ann H and Margaret H.

Minutes were acknowledged and signed.

Correspondence:

A change of shop for the Queen's Shoes in Ely.

An invitation from the Board of Trustees for Christchurch WI members to provide the flower arrangements for the Annual Federation Meeting in April.

Details of Lady Denman Cup writing competition.

An invitation on the 27th March to meet the membership team.

A thankyou note from Susan Quail for the plant she was given on retiring from being treasurer.

Transport Arrangements:

These were given out for the jigsaw morning, 10 pin bowling, coffee morning, sewing for pleasure.

AOB:

Whist Drive to be held at Marion's on 30th March.

Birthday Dinner to be held at West End on April 13th. Peggy to arrange this and get menus.

Speaker:

Mr John Smith brought a large display of items that he had acquired from yesteryear. Some of the items were familiar but many needed an explanation of what they were for. An unusual item, approx. 11cm long with a pattern of holes had the members stumped. It turned out that it was something in which to trap fleas. It was an amusing and interesting talk. Members found his collection of old, enamel, WI badges especially apt

Competition Results:

A Holiday Souvenir:

Marian (5), Sandra K (4), Margaret S (3), Beryl, Sandra L, Wendy, Val, Peggy Doris W, Tracy, Anne A, Viv, Sue N, Michelle, Margaret B, Sue Q all received 2 points. Vouchers were presented to Margaret S and Sue N.

March Meeting :

Safe Traders- Eileen le Va

Competition- A decorated crème egg

Raffle Rota- Marion, Sandra L, Margaret B, Alma.

- Contact info: Peggy Warby 01354 638339

Christchurch Residents Association

Our February meeting was held on Wednesday 10th. As we had not held meetings in December and January, due to illness then the festive season, there was much to discuss and catch up on. The previous minutes were agreed and there were no matters arising.

The sad death of Helen Steenson was mentioned and our thoughts and condolences were very much with her husband Colin. A wreath was mentioned, but after some consideration it was considered that a £25 donation to McMillan Cancer care and treatment would be more appropriate. Several members would be attending the funeral on Friday 12th.

Unfortunately one local resident had forced the Parish Council to have an external audit due to concerns over the funding of the new Community Centre. A full report will be published in due course. This has cost the Parish Council a lot of money which could have been put to better use; especially when funds are tight. On a more positive note, the kitchen units and flooring are nearing completion and an update with the latest photos would be published in March's Heron.

Unfortunately also Christchurch Gala has had to be cancelled for this year due to difficulties in obtaining insurance cover, and also the number of other fundraising events planned for this year. The FOTS have set up an online fundraiser for a roof and new changing rooms for Townley School Swimming Pool. Members were encouraged to support this. It was also suggested that there might be HeronAid II around September/October time with profits split between The Heron and the FOTS as before.

The archaeological survey was currently in process for the housing development to the rear of The Old School. Also residents in Upwell Road opposite the scrap yard had been informed of proposals for this land to be sold for the development of sixteen houses on the vacated site. (*see the outline plan on page 24 - Ed*) Whilst there were no concerns in principle to this development, this would bring the total number of proposed new homes in the village to 30; with developments to the rear of The Old School, Green Lane, the corner of The Croft, and the latest in Upwell Road. This would place a heavy demand on the current village infrastructure

particularly with regards to electrical supply and sewage outfall. We do not want to return to the days of multiple power cuts due to a system overload, or further sewage problems as occurred when the vacuum system was first installed.

With Neighbourhood Watch still developing, it was hoped that the first SPEEDWATCH could be held towards the end of March beginning of April. Further to the lorry traffic through the village it was proposed that a chicane or width restriction be placed at the Padgett's Road end of Church Road to discourage heavy goods vehicles from coming through the village except for those needing access; members were to attend the next Parish Council meeting to push this point forward.

The 'dog poo' problem had reared its head again! (Or should I say tail!?) It has become particularly bad again at the Padgett's Road end of Church Road, up Green Lane and on Crown Road up to and outside, the school. Please be vigilant in identifying the culprits and we can prosecute. The Dog Poo Patrol plans another 'spray-day' in due course.

The possibility of a new Chairman was discussed due to Richard's growing commitments as Editor of The Heron. Simon Freeland had been asked if he might consider taking up the post. He was considering this but in the meanwhile Richard would continue as Chairman.

The meeting closed at 9.15pm. Next meeting – TUESDAY 22nd March, 7.30 at The Old School.

Shirley Knight (CRA Secretary)

Christchurch Book Club

Book club met on 24th February. We had been reading 'The Water's Lovely' by Ruth Rendell. Some members had read other books by this author, but there was a general sense of disappointment in this book. It was felt the situations were rather contrived, and characters undeveloped.

This month we are reading 'My Sister's Keeper' by Jodi Picoult. Book club meets next on Wed. March 23rd at Sue's, 5 Fen View. For further details please contact Sheila Day 07946635908 . New members always very welcome.

info: Sheila Day 07846 635908

The worldwide 'Little Free Library' could come to Christchurch! Jane Rees

Following Jane's letter in the Feb Heron, she has followed it up with information and a suggestion - Ed'
The Little Free Library movement was started in the USA in 2009 by Todd Bol. He built a model of a school house and put it in front of his house. On it, a sign said 'Free Books'. He made more and gave them away - all with the same sign 'Free Books'.

This has now spread worldwide - 36,000 Little Free Library book exchanges in over 70 countries; could Christchurch join in the fun?

The Little Free Library is a 'take a book, return a book' free book exchange. Anyone can take a book or bring a book to share. What better way to share your favourite book with our community?

You don't need to return the book you've taken - just replace the book with another book.

The Little Free Library could be located at the community centre, near the Dun Cow or the shop, or at the front of someone's house in the traditional manner - anywhere that it can be easily accessed.

All we'd need to get it going is our own version of Todd Bol's school house and people to donate plenty of books.

I would be happy to oversee the Christchurch Little Free Library if the community is interested in having one.

Questions? Views? Interested? Please do get in touch - janemegan@aol.com



Maybe you could liaise with our Village Shop who already run a similar scheme - Ed'.

MAJESTIC

WINDOWS . DOORS . ROOFING

BI - FOLDS . CARPENTRY

CONSERVATORIES

COMPOSITE DOORS

HOUSE RENOVATIONS

GARAGE CONVERSIONS

FASCIA, SOFFIT, GUTTERS

FREE QUOTATIONS AVAILABLE

MIDDLE-MASS@LIVE.CO.UK

MOBILE : 07875 745125

OFFICE : 01354 461172

MARCH, CAMBS

CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

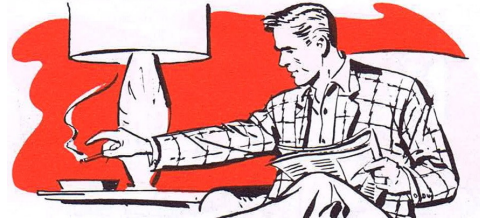
DID you know that being a smoker or living with someone who smokes, puts you at higher risk of having a fire in your home?

Throughout March we're raising awareness of the fire risks associated with smoking and we'd like you to join in.

We often find smoking is one of many factors making someone more at risk of fire, for example, when combined with poor mobility, health problems or being elderly, it increases someone's chance of having a fire.

Here are some tips to take on board or give to friends and family that smoke:

MAJOR CAUSES OF FIRE- MATCHES-SMOKING:



- ◆ Never leave a lit cigarette or pipe unattended.
- ◆ Always use a proper ashtray and make sure the contents are cold before you tip it in the bin
- ◆ Never smoke in bed and avoid smoking in a chair if you are likely to fall asleep

Most importantly, fit a working smoke alarm and test it regularly. Don't forget to also test the smoke alarms of those you love. If you have an elderly or vulnerable relative, friend or neighbour, pop by and make sure they have a working smoke alarm.

If you think someone is vulnerable and could be at a higher risk if a fire broke out in their home, then please call us on 0800 917 9994 and we can provide advice and support.

For more information, call 01480 444500, visit www.cambsfire.gov.uk. Find us on Twitter, Facebook and Instagram.

To find out more, log on to www.cambsfire.gov.uk. Like our fan page on Facebook: www.facebook.com/cambsfrs, follow us on Twitter @cambsfrs.

To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.



Beauty Treatments By Jane

N.V.Q. – i.b.d. – Babtac

LCN Microdermabrasion
Facials

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

Rose Cottage,
Christchurch
Telephone: 01354 638378

FULL SERVICE

All tiling including floors
Underfloor heating
All Electrics
All Plumbing

All work carried out by
certified installers

Free estimates and design consultation

Sandra's Soft Furnishings

Sandra Kay runs a business making curtains and soft furnishings from her home in the village.

Originally from Stoke Newington, Sandra's working life started when she left school and went to train as a dressmaker in the 'sample room' of the well known clothing chain C&A. Her mum was a machinist, and her dad was an upholsterer, so the skills run in the family! For those of you too young to remember them, C&A was a popular chain of shops, very good at designing and producing well made, but affordable, versions of the latest fashions. The sample rooms were where small teams, including a designer and a cutter, would develop new lines of clothing for the shops. Sandra would sometimes be asked to go in a taxi to the West End store to show them samples of the new ranges they had made, which she says was exciting for a teenager, and made a nice change from a normal working day!

When her family moved to Harlow, she began work for a lady who did individual dresses, including wedding dresses, for clients. She went on to work for other companies, including 14 years as a workroom supervisor for a big shop in Bishop Stortford - making curtains etc for private clients. She has also worked for a firm in Linton, near Cambridge, and for a while she and her husband Brian had their own workshop, with Brian doing the deliveries. This led to some amusing encounters - such as the time Sandra had done a garden swing, and when Brian arrived to deliver it, somewhat to his surprise, that lady said, 'I'll have to go inside to get the money from my husband. Can you hold my horse for me?'

She and Brian moved from Essex to Prickwillow, near Ely, and then into Ely itself for a short time, before coming to Christchurch about 15 years ago because they wanted to live in a village again. She says that when they first moved in, and she went across to the village shop, people said 'Hello' and she realised what a friendly place this is! She is now very involved in village life, including doing a great job as Delivery Coordinator for the Heron!

Another in our series of features on local businesses. Please contact us if you would like yours to be included.

Since moving here, she has worked from home, mostly for a shop in Saffron Walden, who send her the fabric to make up for clients, but also for a designer in Clare. She recently made bed valances and curtains for a hotel in Chelmsford. As well as this, she will make up curtains for people in the local area (see her advert on page 7) She can do upholstery, though she does not do so much 'big stuff' these days. Her son Barry, who lives in Essex, also does



Sandra on a Chaise Longue which she has restored, now for sale!

upholstery and is a curtain fitter (as well as doing up cars and motorbikes!) He and Sandra sometimes work together, and once made leather seats for a Landrover!

Sandra says that what she enjoys about the job is 'seeing the finished article when you've made it.'

VMH

Electronic Prescriptions are coming...

To ensure that you can continue to receive your prescriptions from Upwell Health Centre Pharmacy, please complete an electronic prescription nomination form and return it to the Reception or the Pharmacy. Nomination forms can be obtained by asking at Reception or the Pharmacy. They are also available in the waiting room. Please note you can only sign up to one pharmacy at a time!

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

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) 772393**

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

Personal Trainer Fenland



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

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

The Little Local

Groceries and Newspapers

Fresh Bread,

Fruit, Vegetables available.

Card Payments,

Cashback up to £50

Phone Top-ups

Open 7 days a week.

MON-FRI 8 am - 5.00 pm

SAT 8 am - 5.00 pm

SUN 9.30 am - 11.30 am

Church Road, Christchurch.



We are an
Amazon "pass
my parcel"
Shop!





TOWNLEY SCHOOL AND PRE-SCHOOL

Christchurch, Wisbech, Cambs. PE14 9NA

Email: office@townley.cambs.sch.uk

Website: www.townleyschool.org.uk

The children have all taken part in the NSPCC sponsored physical activities in February, from mini circuits to star jumps and we raised a fantastic £1000! Well done to everyone. KS2 children were also given a talk on keeping safe on the internet by the NSPCC as part of SID (Safe Internet Day) 9th February 2016.



Continuing the theme of E-Safety, three pupils managed to obtain their Bronze ACE (Accreditation of Competence in E-Safety) award—
Congratulations!

Class 2's Theme for the first half of Spring Term was volcanoes. They have produced some lovely pictures, poems and found out lots of information. They also made their own erupting volcanoes. Here are some pictures, but don't forget to check out the video on the website!

Natural Resources wanted

Thank you for all the donations we have received so far. Please keep them coming!
Remember we are looking for things such as twigs, pebbles, shells, pine cones or anything natural!
Our library of natural resources will give the children endless possibilities in terms of their learning.

Dates

3rd March - World Book Day

24th March - 1.15pm Easter Assembly & Raffle
- All Welcome

24th March to 12th April Easter Holidays



WELLE FILM PROJECT

Sunday 6 March

Three Holes Village Hall

BROOKLYN 12a

Set in the 1950s, the tale of a young girl torn between a new-found romance in New York and a family emergency back at home in Ireland.

Starts 2pm doors open 1.30pm

£2 per person

Money raised by
HealthSuccess
through



BAR & REFRESHMENTS

For details tel.

01945 773710 or
772824

www.threeholesvillagehall00.org.uk



**Manea
School of Gardening**



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



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 **niCEM** **ECA**
Certification Ltd

www.electricalsafetyregister.com



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**



**500 SINGLE SIDED
A5 GLOSS LEAFLETS**

£35

**SPECIAL
HERON
OFFER**

*in Feb and March 2016
on production of this advert*

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

Heron Distribution Policy

We have been very pleased with the response to our colour pages. Even if you were to be paying £1.00 per copy that's real value for money, we hope you agree? With that in mind it is perhaps timely to remind you that a yearly donation of just £12 would cover costs and enable us to increase the number of colour pages in due course. A big thank you to the Parish Council, and the many other Christchurch residents who have both made generous donations and supported our fund raising events. As most of you will realise we distribute over 420 free copies; that's one to each home in Christchurch, Euximoor, and Tipps End. We also have copies for sale at The Little Local (our village shop), the Three Holes Shop, Upwell Surgery, Outwell Garage (Bloom & Wake), M&B Farm Shop Outwell, Joanne's Pantry Upwell, and Skylark Country Store & Garden Centre. We would however point out that as Christchurch residents you are NOT ENTITLED to extra free copies from these venues. Copies supplied from these outlets are FOR SALE only at £1.00 each. Should you have any friends or family who live outside our

distribution area you can of course purchase extra copies from any of the above outlets, or, you could make use of our Postal Subscription Service for just £25 including postage and packing to anywhere in the country (See details page 6). We have already had a quite good response to this service and so far post copies of The Heron as far afield as Wales. Thanks to Sandra Lloyd for this.



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



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

The Alan Russell Column

Holidays - countryside to town



Last month I wrote of our plans for a London holiday in 1946. Alighting at Liverpool Street it seemed like chaos to us. The station concourse was so much different then to now, being dark and dismal and being full of steam and smoke.

I wondered then how Uncle Bill would find us but realize now we must have stuck out like a sore thumb with our country bumpkin clothes and suitcases.

Greetings were exchanged and he guided us out to the street where we caught our breath at our first sight of London. Obviously not accustomed to the underground he took us to catch a Double Decker bus (I don't think I had ever seen one before). I hoped we could go up top but with our cases we had to keep below.



London buses of the sort we used to get to Wellington Road

We went through, or saw signs, to Leytonstone West Ham, Stratford and Bethnal Green, places I had heard of on the radio, actually getting off about 500 yards from Wellington Road. No 89 being our base for the next 10 days. No 89 was in the middle of a long terrace of houses with small gardens backing onto the next terraced house's garden, of course with no rear entrance.

Aunt Rose was very house proud with paintwork, windows and furniture all gleaming but we were made very welcome. No longer did we have to carry our gas masks with us but identity cards and ration books were, I believe still necessities.

As it was by now quite late we must have had a meal and then bed.

Mentioning meals, we noticed, or rather my parents did and told me years afterwards, that the plates were small to what were used to at home.

They had had to endure six years of strictly controlled rationing in London with endless queuing, whereas in the country, vegetables were plentiful and rabbits, hares, pheasants and chickens supplemented our meat rationing. What mum never understood was whereas she shopped once a week, town people only bought enough for one day at a time and then had to trot off to the shop every morning.

I came to the conclusion later in life that because of the bombing every night during the first few years of the 1940s, they believed they might not be alive to need a week's rations so never bought ahead, or is that's what town people do?

(to be continued)

S & H

Painters and decorators

Steven Horne

Christchurch, Cambridgeshire

Tel: 01354 638124

Mobile: 07905145680



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

Colin Rolfe 1922-45

Following the letter to the Editor in the February edition of the Heron from Mr Colin Coulson, I feel compelled to put two fingers on the laptop and tell the short but tragic story of the brave young man he is enquiring about. Colin Rolfe lived in our community for only a short period of his life. When Colin's name is read out at our service of remembrance, I realise that local people attending have no idea who Colin was and this account will bring him to recognition.

Colin Rolfe was born in 1922, the ninth child of Walter and Harriet Roofe in Sheffield Yorkshire. Walter was born in Christchurch and moved to Sheffield, where he married Harriet in 1905 and was employed as a horseman. Colin's surname recorded on his birth certificate was then spelt as Rofe. Soon after the birth of his youngest sister Irene in 1928, Colin's mother died and in 1933 his father was kicked by a horse and killed.

Two aunts who attended Walter's funeral brought Colin and his younger sister Irene back to Fenland to live with them. Colin came to Euximoor to reside with his uncle and aunt John William and Mary Ann Watson (right)(my great grandparents). John William, a farmer, lived in a cottage on Euximoor Drove almost opposite Ortons Farm (now called Chamberlains Cottage). I believe the cottage was demolished in the 1960's. Colin was educated at the newly built Townley School and upon leaving school aged 14 worked on his uncle's farm.

It's not clear if Colin volunteered or was conscripted, but he joined the army as a reservist and did his training with the Suffolk Regiment and sometime later was enrolled with the Parachute Regiment.

During January 1942 when he was on military training, his aunt died and his uncle moved to Wisbech to live, but Colin still came back to Euximoor whenever he was on leave. He would stay with Joe and Violet Frost (right)(my grandparents) who were living and farming at Ortons Farm.



In the September of 1944, Colin was posted near Spalding for training and also to help Lincolnshire farmers to bring in the crops.

On a beautiful sunny autumn day the 17th September 1944, Operation Market Garden was launched which saw thousands of airborne troops parachuted into the Netherlands

whose objective was to join with ground forces to take and secure many road and rail bridges, ready for the allied assault on Germany. Colin's 3rd parachute regiment's target was to take and hold the bridge at the Dutch town of Arnhem. Following nine days of fierce fighting and heavy losses at Arnhem the mission was called off. Colin had been wounded and taken prisoner. He was taken by the Germans to Stalag V11-A at Moosberg an der Isar Bavaria. His POW number was 140092.

The 19th January saw Colin and 1400 wounded allies released in exchange for German POWs. They were taken to Switzerland and transported by rail to the port of Marseilles in the south of France. They boarded the fruit vessel the Arundel Castle and took a voyage back to the south coast of England where Colin was admitted to Basingstoke Hospital.

On 15th July 1945 5836464 Pte Colin Rolfe 3rd Battalion Parachute Regiment, AAC age 22 sadly passed away. His body was taken back to his home town of Sheffield and buried at City Road Cemetery.

Unfortunately these findings are no help in Colin Coulson's quest to find his father through the Heron, as it shows that his conception was during Colin Rolfe's time as a prisoner. I would have been elated if the findings had been otherwise.

All information for this article was provided by relatives and military archives researched by Colin Coulson and myself.

Malcolm Hicks



Colin Rolfe left, Albert Frost and Jack Bellamy

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



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



Paul Braybrooke

Oil Fired Boiler Engineer

Boiler Servicing & Breakdown Service

Commissions
Tank Replacements

Phone 01353 777788
07946 735691

Small Personal Ads

For Sale or
Wanted

Now just 10p per word. Photos extra

FOR SALE

Double bed
orthopaedic mattress
almost new £60
also
Thermostatically
controlled air blown
clothes dryer in
easily
dismantled covered
frame £40
Please contact :
01354638470

£150 o.n.o.
Tel: 01354 638664

FOR SALE

ANTIQUE PITCH PINE
SETTLE
recently painted
ivory,
good condition,
padded seat
width 5foot, height
4foot 11inches,
depth 1foot 6½inches
height
to seat 21½inches
seat depth 15½ inches
£150 o.n.o.
Tel: 01354 638664

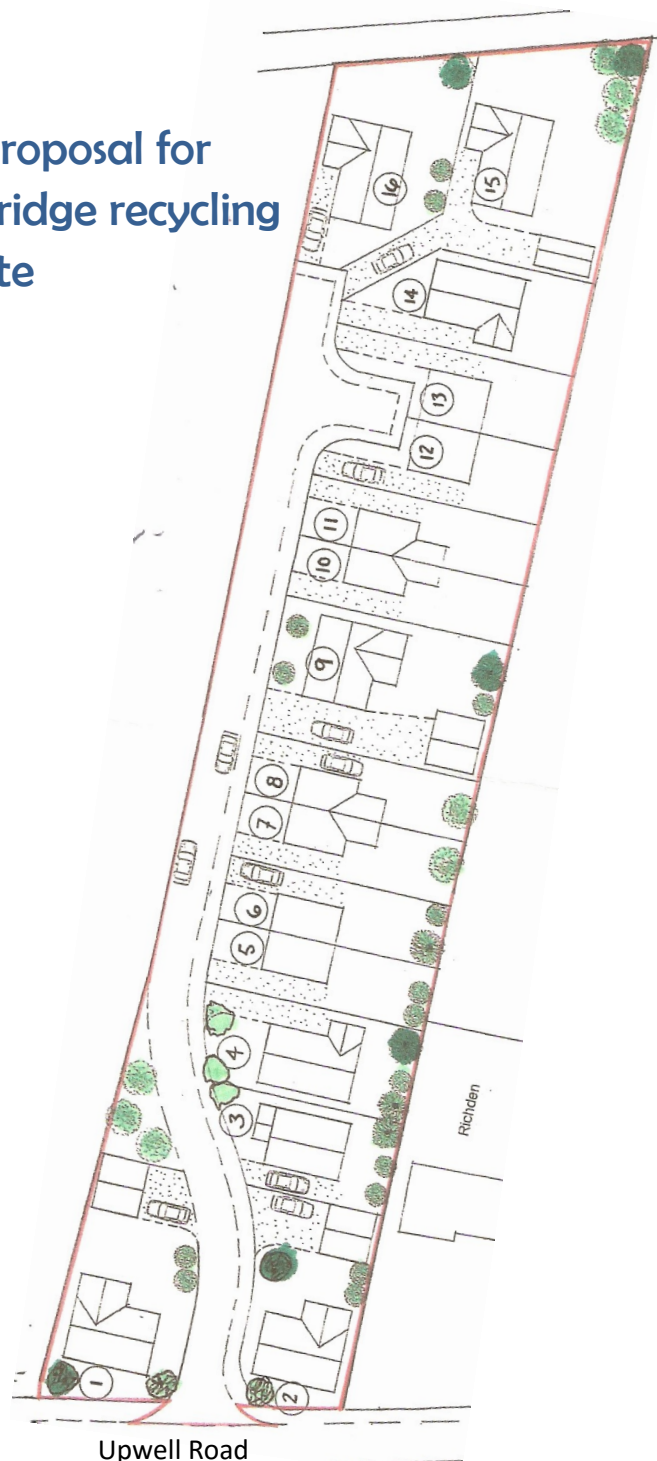


This is the nearest
thing we have to a
Facebook selling
page! Here you can
list all your items
for sale, or even let
the community know
what you would like
to buy.

Upwell Road Housing Development Proposal Consultation

Some residents around the site have received this information. It should be emphasised that the plan below is only an outline 'proposal' and has not yet been submitted to FDC Planning. However, if any residents have any questions, queries or concerns regarding this possible development, feel free to write to us at the Heron. Another worrying possibility is for an all night warehousing facility – that would mean MORE lorries!

Proposal for Fridge recycling site



Come and explore WWT Welney
Wetland Centre, get close to
exciting nature this spring



GIANT DUCK HUNT

Friday 25 March - Sunday 10 April

Search for 11 cheeky ducklings hiding out on the reserve, have a go at pond dipping and pick up an explorer backpack! All activities included in admission.



WETLAND SAFARIS

Bank holiday Mondays

Get closer to our fantastic wildlife with a range of guided activities, dissecting owl pellets, looking for creepy crawlies and much more. All activities included in admission.

For full details see wwtorg.uk/welney

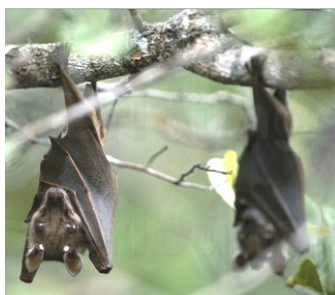


Welney Wetland Centre, Hundred Foot Bank, Norfolk, PE14 9TN
info.welney@wwt.org.uk 01353 860711

Image credits: WWT | James Lees | Richard Allen



Two bats were hanging
upside-down in their roost
discussing getting old and
what the worst thing about
ageing was - "Incontinence!"
they both exclaimed at once.



Sent by Suki Garlick - if you've got
some 'crackers' send them to us at
The Heron and we'll print the best
24

Got Pain? - here's what to do

More than half of British adults have suffered from muscle, bone or joint pain (such as back pain or arthritis). Yet new findings from Bupa reveal that one in four just grin and bear it and wait at least a month before seeing their GP while some don't go at all.

So if your knees creak like a barn door when you squat down, or your hips twinge when climbing the stairs, you're not alone. Here's how to keep your joints healthy and flexible...



Stand on one leg

Keep moving

This is vital, says Dr Yousef Habbab, health services medical director at AXA PPP Healthcare. "It may be the last thing you feel like doing but the more you move, the less stiffness and pain you'll experience," he says.

"Avoid staying in one position. So, if you're working at a computer, get up and move at least once an hour."

The right exercise

Low-impact activities such as cycling and walking, are better for joints than running or aerobics, while swimming takes the weight load completely, says Dr Habbab.

Exercises that target your spinal segmental range of motion, such as Tai Chi, Pilates and yoga, are particularly beneficial as they help improve posture.

See page 4 for when our village Pilates meets - Ed'

Keep lean

"Being overweight is bad for your joints because it adds extra strain," says Shona Wilkinson, head nutritionist at nutracentre.com.

"Every extra pound you gain puts four times the stress on your knees. The flip side is even a small amount of weight loss will give your knees relief. Research shows that losing 11 pounds may improve joint health and cut your risk of osteoarthritis of the knee by 50%."

Get well oiled

You need to keep moving parts of your body lubricated. "Omega-3 fatty acids found in fish not only cut symptoms linked to joint pain but also change the levels of inflammation," explains Shona.

Fish oil slows the production of inflammation-signalling cells. The best sources are oily fish, such as salmon and fresh tuna, or try taking a supplement such as Quest Omega 3 Fish Oil Concentrate 1000mg (£5.16 for 45 caps, nutracentre.com).

Correct posture

Our posture has a big impact. For example, carrying a heavy bag on one shoulder can force your body to move unnaturally which can, in turn, lead to pain in the knees or hips.

Try to spread weight evenly so your core takes the full weight and not just one side. If you're at work, make sure you're sitting comfortably in a chair that supports your back and that your screen is at the right height.

Stand on one leg

Balancing exercises are under-rated but very important, says Tim Allardyce, clinical director at Surrey Physio (surreyphysio.co.uk). "This leg balance exercise strengthens the muscles and ligaments around the ankles and knees, boosting balance and coordination.

"Stand on one leg with your eyes open (progress to eyes closed) and try to keep your balance. Touch the wall for support if you need to, at first. Hold for two minutes daily," adds Tim.

Stretch

Stretching before and after exercise is important, and doing a few gentle stretching exercises as part of your daily routine will help keep muscles and ligaments flexible and strong.

There are two beneficial types: static stretching, which holds the stretch of a joint for about 30 seconds, best done after exercise; and secondly dynamic stretching, which involves moving your joints in their full range of motion repetitively to warm up.

Beware of dairy and citrus fruits

Eating lots of dairy products isn't wise if you suffer from arthritis, warns Alison Cullen, nutritional therapist at A.Vogel. The body can find it hard to break down the calcium properly, so it causes more swelling.

"To solve this problem the body needs a good source of calcium and magnesium, such as leafy green vegetables, oats, dried fruit, seeds and beans, as this helps the body to utilise calcium properly," says Alison. "Avoid citrus fruits because they can make symptoms worse."

Also, foods from the deadly nightshade family (potatoes, tomatoes, peppers and aubergines) contain alkaloids, which have been shown to inhibit the repair of collagen in those with arthritis and will help to create inflammation and therefore pain. Coffee and tea should be also be minimised.

Be kind to your knees

"Your knees should last you a lifetime," says GP Paul Stillman from Talking Knees (www.talkingknees.co.uk): "If you have to kneel or squat at work, in the garden or cleaning the house, always use a kneeling pad or knee protectors. Don't wait for your knees to complain – do it anyway."

Don't wait to get help

"Pain and stiffness can creep up gradually so it's easy to put off doing anything about it," warns Dr Stillman. "Seek professional help as soon as it starts impacting on your life. There is so much we can do – from self-help advice to medication to physiotherapy."

Useful Telephone Numbers

Age UK Cambridgeshire	0300 6669860
Alzheimer's Society (Fenland)	01945 580480
Anglian Water – Susan Bull	08457 145 145 101
Christchurch Resident's Association	01354 638990
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
Floodline	0845 988 1188
Library - March	0354 0455225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - Jacquie 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
Pharmacy at Upwell Health Centre	01945 774934
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

Club Contacts	
Book Club - Sheila Day	07846 635908
Craft Club - Wendy Yates	01354 638448
Garden Club - Marion Hawthorne	01354 638230
WI - Peggy Warby	01354 638339

PANEFUL

Wife texts husband on a cold winters morning -

"Window's frozen, won't open!"

Husband texts back -

"Gently pour some lukewarm water over it then gently tap the edges with a hammer."

5 minutes later the wife texts back -

"Computer is REALLY messed up now!!!"

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...

Silver Laced Orpingtons! What a posh name and me a b****y Cockney too! The term cockney has had several distinct geographical, social, and linguistic associations over the years. Originally a pejorative term applied to all city-dwellers, it was eventually restricted to Londoners and particularly to those born within earshot of Bow Bells; the bells of St Mary-le-Bow in the Cheapside district of the City of London. More recently, it is variously used to refer to those in London's East End, or to all working-class Londoners generally.

However, the term 'cockney' appears to derive from a much earlier time. It is first noted in 1362, when it meant a 'cock's egg'—that is, a defective one. So it was then a derogatory term. But there was an alternative use, first recorded in Chaucer, as 'a mother's darling'; a cockered child, pet; 'a child tenderly brought up'. Hmmm! Could have been me! (lol)

Now I said Silver Laced Orpingtons because I bought some youngsters earlier in the year (16 weeks old), a cockerel and four hens, the latter of which have just started laying. My intention is to breed them. The cockerel is now the size of a turkey but much more handsome. In my days of working in the old original Covent Garden Market, a place which still has its own unique atmosphere, many a time I was greeted with "Alright me old cock?" as I arrived just after dawn.

Well! That's it for now. So I'm off up the old 'apples and pears', brush me 'barnet', clean me 'Ampsteads' and off to 'count some sheep'! 'Till next time - Ed'.

Phil and Shirley Evans

I believe several long time residents of Christchurch will be interested in this letter we received recently.

Dear Annette and Alan,

It is with deep regret that I have to inform you that Shirley Evans died on the 22 September 2015. She fought her cancer to the very end. Last year she had an extended period in Hamilton Hospital. While she was in hospital, her son Brett flew out from the UK for six weeks to be with her. After being released from hospital she was cared by friends in Taurangi until she passed.

Shirley had a large funeral service at the local Returned Services Association. Lots of nice things were said about her, which is understandable as she was involved in lots of different groups in Taurangi. After the funeral Brett and I sorted out the gifts Shirley wanted to give to people. The number of people who came to help clean out her house was amazing. In two days we had everything sorted.

We will miss her and her baking.

Kind Regards



Mr and Mrs Evans (Phil and Shirley), and their children Brett, Mark and Tracey came to England about 40 years ago and ended up running the very successful village shop at Christchurch. We got to know them reasonably well being regular customers and having children of the same age. After they decided to return to New Zealand we kept in touch with calendars, cards, small presents and family letters every Christmas.

Shirley enjoyed her time here but Phil could never get used to the cold and wind but he used to tell me that keeping a village shop, hearing gossip and scandals etc., and the excuses some customers made to obtain credit were, in his words, "A Blaady Education"! Brett married an English girl and they live somewhere in the Greater Peterborough area.

Shirley came for a holiday with a friend in 2014 (Phil had died about 12 years previously) and much to Brett's annoyance wanted to keep it a secret and just turn up as a lovely surprise for us and others but of course surprises don't always work out as planned. She came from the other side of the world but unfortunately we had left on holiday only 4 hours before. What a pity she had not let us know of her plans as we would have really enjoyed seeing her again, but that's one of the twists of life.

Now it's the end of another chapter of our lives.

Alan and Annette Russell.



Picnic Area refurbishment

Thanks to the Woodland Trust, during March, the

Parish Council will receive 105 saplings that are to be planted along the front of the picnic area, next to the new tarmac path on Upwell Road. This is part of the Woodland Trust's Community Tree planting scheme, where they provide, for free, various trees, in order to increase the amount of woodland in the UK. The saplings being donated are of various species, including downy birch; rowan; hazel; hawthorn; crab apple and holly.

The current plan is to remove some of the shrubbery from the picnic area, give it a general tidy up, and plant the saplings about 1m back from the path, to form a hedgerow the full length of the area, leaving an access point for the new houses at the Northern end.

The Parish Council are going to need help planting out these saplings, which are expected sometime in March (specific date as yet unknown). So if you have some spare time and



A bluebell wood - image Woodland Trust

are willing to get your hands dirty (and have a spade), please contact a member of the Parish Council or Heron editorial team, who will get in touch closer to the time.

Six large silver birches are also to be planted down the southern edge, next to the wooden fence and railings. - Ed'

More details of the Woodlands Trust and their community schemes can be found on their website at www.woodlandtrust.org.uk.

James Hughes

Christchurch Community Centre - Update

Well! You might not believe it! IT'S FINISHED!

And I think it looks fantastic! As you can see from the photos below the kitchen is in and is really plush!

The entrance hall is more than fit for purpose as are the WCs. All



the floors are down! The main hall looks wonderful with its finished floor, sun-tubes and the anti-scuff rail around



the wall. The bars look really professional. The small meeting room has its carpet tiles (though still cluttered with chairs at present). Not only that but the CHANGING ROOMS AND SHOWERS have also been COMPLETED to a high standard. Thanks to our builder, savings had been made in other areas to make this possible. And AMAZINGLY the whole project has been brought in ON BUDGET! The new chairs will be arriving the second week of March along with new table samples. The older, but perfectly serviceable, tables from the Old Memorial Hall still need to be brought up from the Church, and in time, we will need to purchase a portable stage. But we ARE there!

Despite all the doubters – WE HAVE OUR NEW COMMUNITY CENTRE!



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