

# The Heron

Community Magazine

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

May 2016

## Community Centre opens for business - and the community approves

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Cllr Russell cuts the tape after the speeches, Cllr Sutton looks on with the local community.

### Editorial Team:

Richard Guilford – Editor

Paul Haresnape – Technical Support

Vivien Haresnape – Administration

Enquiries: [editor@theheron.info](mailto:editor@theheron.info) / 01354 638990

Advertising: [adverts@theheron.info](mailto:adverts@theheron.info) / 01354 638381

Web Site: [www.theheron.info](http://www.theheron.info)





# After 16 gruelling years, the Community Centre is Open

Over 120 villagers, and officials gathered on a sparkling sunny day when the New Community Centre in Christchurch was finally, officially opened. Cllr Will Sutton welcomed all

*Cont. below*



efforts and general support before and during the process. The new hall, now named as the Christchurch Community Centre was formally opened when Cllr Russell cut a blue ribbon, held by his



and outlined the catalogue of events from inception in June 2000 to the start of construction last year. Cllr Nigel Russell, chair of the Parish Council, expressed thanks to the structural engineer Matthew Hall and the building contractor John Cooke who had performed "above and beyond" in completing the new hall to such a high specification. Locals dignitaries including the present committee members and the late Mac Cotterell and Wolsey Rolfe were thanked for their

grandchildren. Inside the Community Centre is a main hall with tables and chairs for up to 150 people, a fully fitted out kitchen and a licensed bar. There are changing rooms with showers and a direct access to the recreation ground and the children's play area. There is also a smaller meeting room able to seat 30 people, and this opens out to the bowling green.

Bookings for the Community Centre can be made through Sandra Kay on 01354 638478.

See Ad page 12

# 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

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

## Community Centre Bookings

are being taken by Sandra Kay on 01354 638478.

There is a large hall with bar facilities, a smaller meeting room, a large kitchen accessible from both the above. It is equipped with sports changing rooms with showers and is available for private or village functions

## BodyCare Conditioning classes

start in June, Mondays 7:30pm at Townley School Hall. It will help improve posture, builds strength & safely reshapes the entire body. SUITABLE FOR ALL AGES. For more details please ring Jane on 01354 638378

**Andy Day tells us** he has 50 or so old 'Which?' magazines dating from 2010-2014. Free to anyone that wants them or will go to the blue bin. Contact him on apdayemea@yahoo.co.uk

## The Bus For Christchurch

form. Cllr William Beswick has had a great response with 50 forms and more than 70 names backing this initiative. This is ongoing until May 6th so it's not too late for anyone to still get their forms in. The shop will still accept them until then. We will update you when we know more. So, watch this space.

## With the Queen's 90th Birthday

Celebrations of 23rd, 24th April and her official birthday due on 11th June with the Trooping of the Colour, we wondered if any of our 'Royalist' readers would like to express their own congratulations to Her Majesty? If so, we will publish all that we receive in June's issue of The Heron. If there is a good response we would like to send Her Majesty a copy.

## EDITORIAL

Well what a month April was? We had the Grand Opening of our Community Centre on the 9th, then of course the three course Parish Lunch on the 17th for all the over 64's, with great entertainment from Jeremy. Personally I believe it was the best yet, certainly since I've been in the village; so many people on their feet dancing; even doing the conga around the room. In part I think this was elation at finally being in our newly completed Community Centre. You can see some of the results of these two events in our colour pages.

Sadly a couple of our regular columnists are missing again this month due to pressure of work, but they will return. There are a couple of controversial articles on pages 16, and 18. Do please let us have your own thoughts on these. There's another interesting family history letter, this time from Heather Hannan, on page 3. We wish her every success and hope to hear some news from her soon.

To celebrate beginning our third year as your Editorial Team we've put a special 'Heron Quiz' together on page 12. There's an update on the forthcoming Police & Crime Commissioners Elections on 5th May on page 22, several other articles which we hope you'll find of interest, as well as all the other usual features.

Enjoy

'Till next month!

*Reshond*





# DIARY DATES

Abbreviations for commonly used venues:

TS = Townley School, CCC = Christchurch Community Centre, (new Hall)

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:**

May 2 <sup>nd</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
May 3 <sup>rd</sup>	Christchurch Craft Club - Bring and Make - TS - 7pm
May 6 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
May 6 <sup>th</sup>	Mobile Library visits - Upwell Rd Lay-by 3-3:40pm
May 8 <sup>th</sup>	Welle Film Project presents "The GOOB" Cert 12 - £2 - doors open 1.30 - TH
May 9 <sup>th</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
May 10 <sup>th</sup>	WI - Resolutions Evening and Games - 7pm - CCC
May 13 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
May 14 <sup>th</sup>	Garden Club Plant Sale - 10am-3pm - CCC
May 16 <sup>th</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
May 16 <sup>th</sup>	Christchurch Parish Council Meeting - 7:30pm - CCC
May 17 <sup>th</sup>	Garden Club - Heathers - Charles Nelson 7.00pm - CCC
May 18 <sup>th</sup>	Christchurch Community Centre Committee meeting - 7:30pm - CCC
<b>May 19<sup>th</sup></b>	<b>Village Resource Centre AGM - 7pm - All Welcome - "Glynan" Crown Rd</b>
May 20 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
May 23 <sup>rd</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session
May 25 <sup>th</sup>	Christchurch Book Club - 7:30pm at Pear Tree Farm, Padgetts Rd
May 25 <sup>th</sup>	Christchurch Residents Association - 7:30pm - The Old School
May 27 <sup>th</sup>	"Cake, Coffee and Chat" Parish Church 2-3pm - All Welcome
May 28 <sup>th</sup>	Auction for Townley's Pool roof and changing area - View from 3pm - TS see Pg 6
May 30 <sup>th</sup>	Pilates for all ages - 6:30pm TS - All Welcome - £5 per session

## Parish Church Services

May 1 <sup>st</sup>	10am	H Chappell, A Day	All Age Worship in Townley School
May 8 <sup>th</sup>	9:30am	Rev J Webb	Holy Communion
May 15 <sup>th</sup>	6:30pm	V Smith	Evening Prayer
May 22 <sup>nd</sup>	11am	Rev J Webb	Morning Prayer
May 29 <sup>th</sup>	10am	Wardens	United Service WELNEY
Jun 5 <sup>th</sup>	11am	H Chappell, A Day	All Age Worship in Townley School

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

Thank you to all those that helped and supported the coffee morning on Saturday 23rd April. We raised £197 for church funds.

## 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



Dear Richard

Christchurch Parish Lunch 2016.

We would like to congratulate the committee for putting on another excellent lunch.

The meal was perfect along with the entertainment, everybody looked like they were enjoying themselves.

As for the new community centre, it is a great asset for the village a place Christchurch can be proud of.

Once again thanks to all the committee members and not forgetting all the other helpers for a job well done.

Carol and Marin Tebbs.

*Many thanks for this. I'm sure the Committee and helpers will appreciate your comments. It really was a great afternoon. Well done all! - Ed'.*

---

Hi Richard,

We spoke on the phone a few days ago. I feel I know you from Joan [Smith]. I have been very interested in your Heron magazine, which Joan sent me, especially the last one April, with the Rayners connection, (I hope). I will try to start at the beginning. My name is Heather, my maiden name was Rayner. I am the granddaughter of James and Emily Rayner, nee Cook. My father was Fredrick Leslie Rayner (born 1906), married to my mother Annie Maud Rayner, nee Woolner (born 1911). My parents had 5 children in descending age Margaret, Trevor, Jean, Heather (me) and Paul. This is where your Magazine comes in.

In the last issue you had an article about a 50th wedding anniversary of a Mr K Rayner living in Coates, not far from me at Whittlesey. In this piece were some amazing highlights, such as the mention of Euximoor. My grandparents lived in Happy Row, sadly not there now. I was so disappointed about that as my family had at least three of the cottages there. Granddad had one, my uncle Jack had one and I believe cousin Bertha had one. My father's brother lived next to him, and I believe from my sister Margaret (who is quite a bit older than me) that she and cousin Bertha were close as children so that part of my search seemed to come to an end. I have been told many stories of the happy times there.

Memories recounted include those of Granddad making shoes to earn extra money, and keeping pigs (which frightened me at a young age not having been born on the Fens) I would say they were little market gardeners

of the day, strawberries for the jam factory, pigs to sell and eat, vegetables as well in season and Granddad Rayner made shoes from a shed full of leather and such to supplement the household budget. My sister tells me there was always a large amount of beer in the shed with him. Virtually all of the men in the Rayner family were, whilst on the Fens, journeymen. Indeed my father learnt to drive and operated a steam traction engine and I believe my father was at one time Caretaker of Townley School. My grandmother Woolner was the cook. My parents were married in Christchurch. Mum and Dad lived in Crown Drove not far from the coffin maker as Margaret remembers and a few other work places, which led onto the buttercup field where they played.

I also remember each time we came back for a visit, Dad would take us down his favourite pub, The Dun Cow, It has been told that his favourite place was in the corner. Not knowing what corner, I have sat in all the chairs there, hoping to glean some info on Dads habits. I find it funny that my father's age group never enlightened us all on too much of their child hood, maybe some thing to do with war, I don't know.

The other pub up the road is no longer there, but I know that it was Crown Drove, which I think we saw the sign says Crown Road now. My sister Margaret said it was some thing to do with cattle, maybe some one can up date me. The article has given me hope that research work of memories of others may expand the family history and find lost relatives. My Mum and Dad moved away before WW2 to Hertfordshire.

I've just highlighted Dad's family (Rayner never Raynor!!), Mum's family, the Woolners are quite a story as well, but my second cousin Joan Smith who writes an article may enlighten you on those folks, our granddads were brothers. There are a lot of my family in the Cemetery at Christchurch, including my grandparents so there must still be some out there, We were one of the largest families on the Fens in 1961, so here is hoping.

Yours sincerely

Heather Hannan, nee Rayner

*Thanks Heather. I have passed your interest on to Alan Russell and I hope you will get in touch with each other, to see if you can make progress with your family history research. Good luck! Please keep us posted on any developments - Ed'.*

# The Alan Russell Column

## Holiday in London - what we saw!



*After we arrived at Uncle Bill and Aunt Rose's house in late 1946, we were ready to experience London's sights and sounds ...*

The next day we had our first experience of the Underground. This was a thrill in itself. How the trains all worked, doors opening and closing, stopping exactly at the platform, the workings of the escalators and taking us to the exact location where we wanted to be. Who had worked all that out?

As we had several days we took in all of the usual sights, not hurrying as everyone else seemed to do, but first wandered where Uncle Bill planned. Listening every night during the war for the sound of Big Ben for the nine o'clock news it, was unbelievable for us from the Fens to hear and see it live.

Several times I got my wish and rode right up front on the top deck of buses, everything looked different up there and we saw and never will forget the bomb sites, fire gutted buildings, houses, shops and offices blown to smithereens.



*Big Ben about the time of Alan's visit*

One day on the bus we toured the dock area, where some resemblance of normality and trade were beginning to return. How ever anyone survived through it and had the guts to start up again in the midst of this awful devastation was beyond us. One day Uncle Bill took us for tea at one of his workmates and we walked along one of his delivery routes. He showed us this particular street that had at least 30 houses blown up by a stick of bombs but he had found, by the front of some of the flattened front doors, his empty milk bottles with a note for him put out the night before; the occupants were obviously killed. It still brought tears to his eyes to remember old customers and friends for years, some of them they never found trace of.

On a happier note Uncle Bill took us to several markets both in buildings and street ones – forerunners to today's car boots many of them. The range of goods on offer had to be seen to be believed. One of them that I recall to this day was a Camels Saddle!! Where and how it came to be in Stratford Market or Petticoat Lane I can't begin to imagine (just to upset my present neighbour, John, it might have been or a West Ham footballer as they have always been slow and plodding!!) Sorry John!



*A visit to Petticoat Lane market*

*(to be continued)*

## Friends of Townley School (FOTS)

**Bank Holiday Auction  
Saturday 28<sup>th</sup> May 2016**

**Townley School, Crown Road,  
Christchurch  
6.00pm**

**(Viewing of Lots from 3.00pm)**

Continuing with our fund raising efforts for the Townley School swimming pool and changing rooms, we have the pleasure in announcing our next auction. To be run by Lakes End Auctions who have kindly offered us their time, and expertise to run this for a very good cause. **Do you have any unwanted items that you would like to auction off?**

If you do, we would be glad to auction them for you in exchange for 20% for the sale price going to FOTS.

**Donations of items would also be gratefully received (with all the proceeds going to FOTS) Items will need to be with us before the day and for further details on where to bring your items, or to arrange the collection of a Lot donation please phone Bex on 07718490974 or Garf on 07745 263829 (leave a message if no answer)**

A selection of food available to buy on the night, together with tea, coffee and soft drinks. We look forward to seeing you there!





# 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

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Alternate Wednesdays May 11th, 25th & 8th June - MEAL DEAL 2 courses for £5.50 - Pre-Booked ONLY

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## My First Car by Paul Haresnape

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

I was just 17, it was the 1960s and I had been riding motor bikes for some while, but I'd just passed the car driving test and thought I'd love a beach buggy - they'd just been invented and were a kit car made from a VW beetle chassis and a fibre glass body.

There was no way I could afford this, so when I saw an advert for a Landrover for sale in the centre of Liverpool for £50, much more my budget, I persuaded my dad to take me to look.

We found ourselves in one of those areas of tenements that you really had to think hard, "Do I need to go there?" before risking it. To be fair, when we tracked down the owner, he was a 6ft 7in black Youth Leader who had done up the Landrover with a group of locals to give them some



A typical Liverpool Tenement

life skills and keep them off the streets. It was a Series 1 - probably about 1949, though the documents were not clear about that. I loved it

when I saw it. It was a soft top, without any canvas to speak of, the windscreen was folded flat on the bonnet. (It would make a great beach buggy I thought.) It was painted royal blue with red wheels and some other detail. Mine was like the one below but never had a cab roof, the canvas top would have gone over the cab as well as the back, though I seldom had mine on!

I drove it for about a year, taking it to my work on a dairy farm daily. Eventually I needed to sell it as I was due to go off to Agricultural College.

I advertised it and had several callers. When I started it for one of them, he remarked, "You didn't tell me it was a diesel!" Of course it was not, but made such a rattling noise, with worn valve guides and tappets, it sounded like one. I sold it for £50 in the end - and was quite happy!



Christchurch Village Resource Centre

## The Heron's parent organisation

**We need you to get involved** - so we can take more regard of what our readers say about The Heron. Please come to the Annual General Meeting on the 19th May 7:00pm at "Glynan" - opposite the school - 01354 638381

Drinks and Biscuits - and none of it will cost you anything but a few hours a year!



# Wartime Booty

During World War II my dad served in the REME, he was No 1788375 (Private). The regiment was following behind another regiment (possibly parachute) on the way to Arnhem. The convoy was passing through Nijmegen. The whole area had been ransacked by Germans and Americans (and us). However, in a large shop window was a coat-hanger! "At last I can hang my coat up", thought my dad and took it, eventually bringing it home. For years it hung in his wardrobe. When dad died my brother and I had to sort his belongings. "Who is having the coat-hanger?" was the question. In the end I took it to send back to the original owners with a covering letter as an apology. Just where to send it involved some research into the names on the coat hanger.

The research came up with some shocking events. I found out this company was a large clothing manufacturers obviously who also owned shops. Hertzdahl (Salomon Victor) was a Dutch



Jew and taken prisoner (presumably with his family) and sent to Poland (Oswiecim) concentration camp and died shortly after aged 55. His wife, Marie Anne Helene survived the ordeal and died aged 81 after dreadful circumstances in the camp. I understand a granddaughter has written about the grandmother (The Circle by Karel Hertzdahl).



I still have the coat-hanger, and now I'm still not sure who to send it to. I'm feeling sad

and embarrassed such awful things that have happened to these innocent people.

It is my wish that I can return it to the family soon.

Beryl Jolley

## PLANT SALE

CHRISTCHURCH GARDENING CLUB

SATURDAY MAY 14<sup>TH</sup> 2016

AT CHRISTCHURCH COMMUNITY CENTRE  
UPWELL ROAD PE14 9LL

## TEN TILL THREE

PLANTS FOR SALE AT GREAT PRICES

TEA AND COFFEE

BACON BUTTIES

11am till 1.00 pm

CREAM TEAS

ALL ARE WELCOME



April's Craft Club meeting was fabric painting. We had done this before, so not a lot

of help was needed. You would not believe it but they were all so different. I believe everyone who was there enjoyed themselves.



Fabric painting

We had our usual raffle with our tea, coffee & biscuits. I look forward to seeing you all

next month. It will be 'Bring and Make'. Whatever you're doing at home at the moment. i.e. sewing, knitting, painting. I look forward to seeing you there.

Remember - only £1.50 entrance  
Raffle 50p a strip, Tea /coffee 20p

As we pulled into the car park outside the new Community

Centre, which was looking clean and finished in the morning sun, to prepare for the opening of the Hall. It was impossible not to reflect on the long journey to this moment, a thought re-stated by Will Sutton later in the day as the ribbon was cut and the hall was officially opened. The gardening Club had a small stand at the back of the hall and we enjoyed meeting and swapping stories with friends old and new during the course of a very busy but satisfying day.

We were back at the hall again last Tuesday 19th April, for our regular monthly meeting, which was very well attended. The evening had a real buzz to it with a great atmosphere.

Our guest speaker was Barry Gayton who is an old friend of the club making a welcome return to give a talk on Scented Plants. Barry, replete with slides, held our members rapt attention for well over an hour, eliciting gasps as he showed a slide of his huge cactus, a night blooming cereus also known as Selenicereus Grandiflorus (right) (other names for this cacti are Queen of the night or Honolulu Queen) the plant with flowers 300mm or 12 inches across, only blooms once a year and even then only for five to six hours. As Barry told us, "The drawback is, it flowers between ten at night and five in the morning!" Sounds to me like that's one sleep deprived gardener.



The club's next big event will be on Saturday 14th May when we hold our annual plant sale, the club's only fund raising event, which this year will be at the Community Centre between Ten and Three. Peggy Warby has taken charge of the catering and is promising some big juicy Bacon Butties (Just like Mama used to make) and some delightful Cream Teas. Sounds like a "Proper Job" She'll be happy to see you. As always we will also have some stunning plants for sale at very competitive prices. These are provided in part by the members and are also sourced locally from the club's friends in the commercial sector. So please stop by and say hello.

Finally we were all very happy to welcome five new members to the club this month. By all accounts they enjoyed their first meeting and we hope to continue seeing them on a regular basis as we do all our valued members. The Hampton Court trip is now sold out, well done Marion.

The raffle for May 2016 is provided by Jane Williams, Sandra Lloyd, Alison Hawes and Diane Hall. Till next month

## Minutes of the Monthly WI Meeting held in the Christchurch Community Centre on April 12th 2016

Peggy welcomed members and a guest to our monthly meeting.

Apologies Wendy will be arriving later.

### Correspondence

W.I. at 100

Isle cup competition

Literary Lunch

Coffee evening

"Brasket" gardening competition

Saving Denman appeal

W.I. complaints procedure

Transport Arrangements were made for :

Birthday Dinner

Friday Bridge

Group Meeting

Federation Evening

Resolution Meeting

The recent whist drive, held at Marion's, raised £35.11, the eventual winners being Tracy and Wendy who both scored 75 points. After cutting cards Tracy got the highest number and won the prize of a voucher.

Our speaker this month was Margaret Ringham who demonstrated one stroke painting. It was fascinating to watch the pictures that she produced

by putting two colours of acrylic paint on the brush and using one of four basic strokes to produce flowers and leaves.

Members enjoyed having a go and

seeing the items that she had painted .

### Competition Results

Handmade Greeting Card:

Val 5, Margaret B5, Anne A 5, Beryl 4, Margaret S 4, Sandra K. 3, Sandra L.3, Sue N.3, Marion 3.

### May Meeting

Resolutions and Games Evening

Competition:

A mini maypole

### Raffle Rota

Wendy, Anne H, Doris T, Val

- Contact info: Peggy Warby 01354 638339

theWI  
INSPIRING WOMEN



Members try "one stroke painting"



# Christchurch Residents Association

Members were pleased that the lorry parking issue in Church Road appeared to have been resolved, and that the 'No Through Road' signs for Crown Drove and Green Drove were being pushed for by the Parish Council. However, concerns were still expressed about the tree felling that had taken place in Green Lane last month. Despite being assured that the trees would recover, members were not convinced. We would watch with interest their supposed recovery.

Members were sad to learn of Colin Butcher losing his wife to stomach cancer, and also the death of Margaret Everitt (nee Frost), a former Christchurch resident, who her daughter thought some older villagers might remember. Both would have their obituaries in May's Heron.

There was much discussion of the success of the Grand Opening of our new Community Centre, and the Parish Lunch which all agreed had been the best yet. There would be colour features on both these events in May's Heron. The forthcoming "Picnic in the Park" event in celebration of HRH's 90th Birthday was mentioned but members had not yet heard much about it. There would be an advert in May's Heron.

Richard had emailed the list of Speedwatch volunteers to PCSO Sue Clark but had so far received no reply. He had recently re-sent the email but was still awaiting a response. This was disappointing as we really want to get on with this now to try and reduce the number of vehicles speeding through the village.

There followed a lively and intense discussion regarding villagers' worries over our village becoming over developed with all the inherent problems that involves. Richard had done a lot of research on this regarding other local villages with similar problems. There would be an article on this topic in May's Heron covering many of the issues relating to it.

Another lively discussion ensued over whether we should remain in or leave the EU. All agreed there were complicated issues to be considered (too lengthy to report). However, on balance, all members agreed that they felt Britain would be better off on the whole leaving the EU. Concerns were also expressed that the new Superfast Broadband speeds had dropped off again since BT had done recent work in Upwell Road. The Padgetts Road end still seemed OK. Richard would query this with BT and PlusNet.

There had been a good response to the Bus For Christchurch campaign which was still running until May 6th. If there were any late entries, Cllr Beswick

would report back next month. It was also confirmed that Highways have promised to sort out the slope at the end of the widened pavement in Upwell Road from this years forthcoming budget post April.

James Hughes had written a letter on behalf of the Parish Council in response to the letter from three local teenagers in last month's Heron. The meeting closed at 8.55pm. Next meeting Wed May 25th.

Shirley Knight (CRA Secretary)

## Short Mat Bowls Club

The Short Mat bowls club have been meeting at Manea while they waited for the new Hall to be finished, but are now back in the village, and looking for new members! They meet every



*Jean Cowles promoting the club at the Community Centre opening*

Thursday evening from 7-9pm at Christchurch Community Centre. You can have a free trial on your first visit, and after that it is £2.50 a week.

They say they are a friendly bunch, and please come and join them! Contact Wendy 01945 772732

## Christchurch Book Club

Book Club met on 28th April. We had been reading 'What You See is what You Get', Alan Sugar's autobiography. It was a **huge** book, and several of us did not finish it. We had a mixed response. Alan is a fascinating character and we learned a lot about him that we did not previously know, however sometimes the technical detail was tedious (although we acknowledge many would have found it fascinating) and also the section about Alan's involvement in football had limited appeal.

Book club meets on Wednesday 25th May 7.30 at Pear Tree farm, Padgetts Rd. We shall be discussing 'Northern Lights' by Philip Pullman.

info: Sheila Day 07846 635908

# CHRISTCHURCH COMMUNITY CENTRE

comprising

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## HERON QUIZ

### 2 YRS AND COUNTING....

As we begin our third year as the incumbent custodians of The Heron, we thought we ought to mark the occasion somehow. So eventually we decided that a quiz based on your very own Community Magazine would be appropriate. So how's your memory?

You can of course find all the answers on our website - [www.theheron.info/](http://www.theheron.info/)

1. What featured on our very first colour cover?
2. In July 2014 we had a double feature. What was it?
3. In which issue did Prince William feature on the cover?
4. When did Penelope Keith visit Christchurch?
5. Who was Father Christmas in December 2014?
6. Who were our 'diamond couple' in April 2015?
7. Who was The Ancient Mariner?
8. Which Beatle featured on the cover in September 2015?
9. What famous waterman featured in February this year?
10. How many times has our heron logo been dressed differently?
11. When did we first introduce 4 regular colour pages?
12. In which month did The Heron masthead change?

Answers on the website, or somewhere else in the Heron!

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## In Memoriam

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The funeral service will be held at Christchurch  
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Private Family cremation at 1.30 - then  
There will be a wake from 2.15 onwards at  
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### In loving memory of Margaret Ann Everitt (formerly Frost)



who sadly passed away after a short illness on  
20th March 2016  
at Peterborough City Hospital, aged 73.  
Daughter of the late Stephen & Ada Frost of  
Christchurch.  
Beloved wife of Derek (Dick),  
loving Mum to Beverley & Stephen,  
Mother-In-Law to Matthew  
and a Grandma who was adored  
by Daniel, Georgina, Marcus & Ellie-May.  
The funeral, which was very well attended,  
took place at  
Thorney Abbey, Thorney  
on Thursday 7th April 2016.  
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## NFU against Brexit

According to the National Farmers Union (NFU) farmers' interests are likely to be best served by the UK remaining within the EU. This position has angered Brexit campaigners within the industry.

The NFU Council passed a resolution which states: "On the balance of existing evidence available to us at present, the interests of farmers are best served by our continuing membership of the European Union." The NFU, which has around 55,000 members, agreed its position following a series of 28 referendum road shows around the country. Campaigners had voiced the opinion that trying to maintain a neutral position would effectively remove the industry's voice from the debate under Electoral Commission rules, prior to the vote on the 23rd of June.

The NFU Council debate focused on the implications for Britain's agricultural trade with the EU and the rest of the world; the impact of future national policies on subsidy structures, and the potential consequences of a "leave" vote for regulation, labour availability, and product approvals. *Don't agree? - let us know - Ed'.*



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## IT'S NOT ONLY US THEN! - by Richard Guilford - Sources 'Eastern Daily Press' and 'Your Local Paper'

Christchurch residents are not the only villagers that are concerned about their local community being subject to overdevelopment with a possibility of 47 new homes in the pipeline. Villagers of Gayton, West Norfolk, are voicing their fears that they believe their local community will be "spoilt beyond belief" if the proposal for up to 50 new homes goes ahead. If all these new homes are built it will increase the size of their village by nearly 33%; in the case of Christchurch the increase would be 13%. Both of these figures contravene government guidelines which state that any such developments should not be in excess of 10%. Gayton resident Sarah Petch stated "This overdevelopment will cause considerable harm; it simply outweighs any benefits." Claire Loan said, "Some villagers are already considering a move if this development goes ahead."

A new 'five year plan' may plug the new homes 'free-for-all' that is currently happening all over the country; with smaller villages, like Christchurch, likely to suffer the most. A government framework states that any such 'infill' developments must be favoured by planners only if there was no local land supply plan. This position would be tested thoroughly at an inquiry in West Norfolk which is due to take place between 17th and 24th May. Hopefully, if local villages stand together, Fenland District Council can be forced to mount a similar enquiry.

In effect, planning applications which have not already been given approval, or which do not have a resolution to approve, will have to be considered on the basis of existing or emerging local policies within the council's Local Plan. In practice this means that rather than being assessed against the National Planning Policy Framework's presumption in favour of sustainable development, applications for housing should now be assessed against local development boundaries, and other locally agreed housing supply policies; with local residents concerns, particularly within small villages, being addressed as a key part of this process.

## AND THAT'S NOT ALL

The parish of Grimston, also in West Norfolk, has also had nearly double the required number of homes approved. Like Christchurch, residents have become very concerned over the impact such

developments would have on the parish's already struggling drainage system. Parish Council clerk, John Missing, stated that councillors were "very concerned". Approval had been granted in Grimston for 50 homes as compared with the original 23.

"The main problem we have concerns about is the sewerage situation. It already isn't coping!" said Bob King, Chair of Gayton Parish Council, "We had Angela Bell from Anglian Water (*who also wrote in the Sept 2014 Heron pg 14 - Ed.*) at our meeting who clearly stated that they have no capital expenditure programme in place to cope with all this development." Christchurch has already suffered sewage problems since the mains sewage and sewage plant was brought into the village. Some villagers still continue to have problems with the vacuum system. There was also some major flooding in four Christchurch homes just two years ago. Excessive housing development within the village would only place further pressure on an already fragile and inadequate infrastructure.

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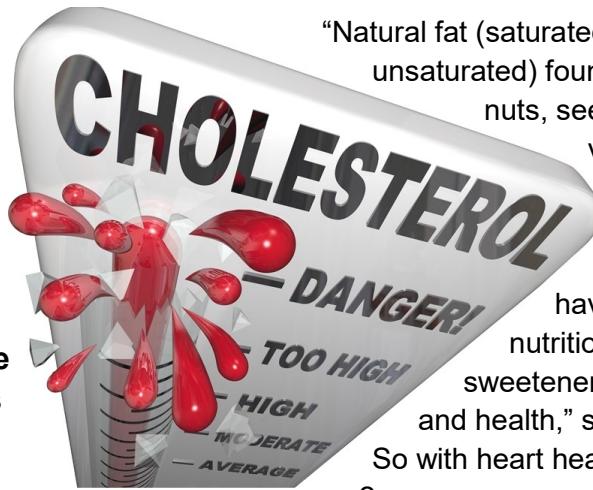
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# What to do about Cholesterol - Michele O'Connor explores the latest on statins.

**They have been hailed as a 'superdrug' since they appeared in the late 1980s, but it's only in the last decade statins have polarised medical opinion. Seven million Brits are currently taking them but, contrary to popular belief, the decision to prescribe them is not just about lowering cholesterol.**



“Natural fat (saturated, mono-unsaturated and poly-unsaturated) found in meat, fish, eggs, dairy, nuts, seeds, olives and avocados is vital.

“We should avoid man-made trans fats and processed foods, ones where natural fats have often been replaced with nutritionally void sugar and sweeteners, if we care about our weight and health,” says Zoe.

So with heart health, what do the experts agree on?

Doctors look at a combination of factors, including family history, weight, blood pressure and lifestyle, as well as your cholesterol readings, to calculate your risk of a cardiovascular ‘event’ – a heart attack or stroke – within the next 10 years.

Though statins were originally targeted at people with a 30% risk of this happening, guidelines have since been changed twice. Now NICE advises anyone with a 10% risk within the next 10 years should be offered them.

While statins are ‘superdrugs’ to some medics, many experts insist their benefits have been overstated, while others cite debilitating side effects, including muscle pain, fatigue and memory loss.

“There is a grey area between 10-20% of cardiovascular disease risk – and, in fact, most men aged 60 will have a risk close to the guidelines of 10%,” explains Dr Bob Cramb, head of charity Heart UK. “So discuss statins with your GP”.

All drugs have side effects and they don’t necessarily help everybody, he adds. “You have to do your bit too.” That means looking at your diet.

The current health advice is to reduce saturated fat intake: “The data is clear from diet studies that if you reduce the saturated fat you eat, you lower your risk of heart disease,” says Dr Cramb. But, he does add that it’s not practical – or necessary – to try and cut out all saturated fat.

Again, others disagree, including Zoe Harcombe, one of the authors of a paper in The BMJ earlier this year. It showed that reducing saturated fat and/or total fat in the diet had no impact on heart deaths or total deaths. It also showed lowering cholesterol had no impact on these either.

“The biggest error we have made in the history of dietary advice is to demonise fat,” says Zoe. “Fat is essential for every cell in the body – we would die without it.

- **Eat a Mediterranean diet:** A study of 7,500 people over 55 at high risk of heart disease revealed this diet (olive oil, fish, fruit and veg, nuts and red wine in moderation) was better than a low-fat diet to reduce heart attacks and strokes.

- **Ditch sugar:** Experts also agree refined sugar is a major problem – particularly carbonated soft drinks. “These should be avoided,” says Dr Cramb. “They can indirectly increase the amount of fat in the body – and the risk of heart disease.”

- **Lose half a stone:** Studies show that if you lose 5-10% of your body weight – that’s 7lb if you weigh 12st – can lower your blood pressure, reduce ‘bad’ LDL cholesterol and blood fats, -inflammation and blood-sugar levels, and have a real impact on your heart health.

- **Watch your units:** Alcohol has a similar effect to sugar on the body – and also increases blood pressure, adds Dr Cramb.

- **Move your body:** Exercise has numerous health benefits. Canadian studies show if you’re overweight and exercise, your risk of heart disease decreases, says Dr Cramb.

While current guidelines suggest 150 minutes of exercise per week, other studies found shorter bouts of high-intensity activity yields better results. But all agree it’s important to lead an active life and regularly do something that gets you warm and breathless.

- **Get your oats!** These contain beta glucans, which form a thick gel inside the digestive tract and bind to cholesterol in the gut, helping to prevent it being absorbed by the body. Aim for 3g a day – the equivalent of a small bowl of porridge, three oatcakes and two slices of oat bread.

- **Drink tea:** Studies suggest drinking green tea lowers ‘bad’ LDL cholesterol without affecting levels of ‘good’ HDL in your blood. And a separate study found that drinking Earl Grey tea could help guard



against heart disease because bergamot extract – a key ingredient – is as effective as statins.

- Look on the bright side: Middle-aged optimists were found to have better levels of 'good' cholesterol and lower levels of triglycerides, the fatty molecules involved in hardening of the arteries, found researchers from the Harvard School of Public Health, US. It's thought that optimists are more likely to have a healthy body weight too.

- Snack on nuts: Studies show unsalted nuts, particularly walnuts and almonds, which contain monounsaturates, can reduce LDL cholesterol. It's thought this comes from antioxidants in the nut skins. Aim for 70g a day.

- Eat soy protein: Studies have found soy can make small reductions in LDL levels by stimulating the liver to break down cholesterol. Try soya milk, beans and tofu.

- Download a mindfulness app: Stress may cause a long-term increase in cholesterol, say researchers at University College London. But a US study found those who are 'mindful' are 83% more likely to have a healthy heart. Try an app like Headspace for iPhone or Android.



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## Whistling - the lost art

- Viv Haresnape

"I whistle a happy tune  
And every single time  
The happiness in the tune  
Convinces me that I'm not afraid."

So sang the heroine Anna in the musical 'The King and I',

but would she be able to give this advice today to anyone who was feeling nervous in a new situation? Or indeed, how many of us can now

'whistle while we work' as Snow White did to

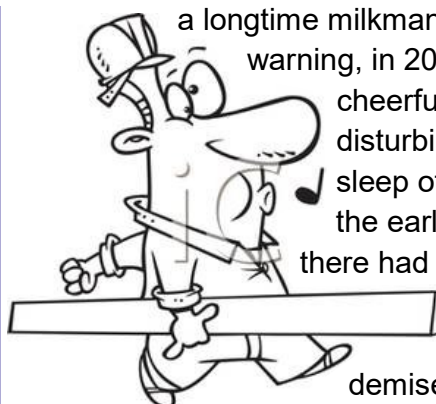
make housework seem easier? How many people today know how to whistle a tune? And even if they do, how many do we hear whistling as they go about their work, as we would have done in previous generations?

It seems that whistling is now out of fashion, and at times, even frowned upon. There are reports of

a longtime milkman receiving a warning, in 2013, because his cheerful whistling was disturbing the hard earned sleep of his customers in the early morning and there had been complaints! What can be the cause of the demise of this once popular pastime? It has been suggested

that one reason may be the decline in the numbers of people in jobs traditionally associated with whistling, like milkmen and errand boys. However, it seems likely that the main cause has been the sharp increase in the number of mobile devices – phones, MP3 players, and all the rest. By providing entertainment on the go, they have eliminated one of the main reasons people have whistled – boredom.

So what are we to do if we are feeling nervous and cannot 'whistle a happy tune' to keep our spirits up? It seems that, as with most things these days, we'll need to rely on our mobiles. Perhaps there's an App for it?



## Police and Crime Commissioner - Elections on 5th May

*Voters go to the polls on May 5 to elect a new Police and Crime Commissioner for Cambridgeshire. Despite the initial hint of contesting a second term. Sir Graham Bright, the current PCC, has decided not to stand. Four candidates are so far declared. John Hill, chief executive at East Cambridgeshire District Council, is the local police area returning officer. He will be responsible for giving notice of the election, managing the nomination process as well as the calculation and declaration of the result. Here's our look at the four declared runners.*



The **Conservatives** will be putting up **Jason Ablewhite** who currently is the Chairman of the Cambridgeshire and Peterborough Police and Crime Panel and the Executive Leader of Huntingdonshire District

Council.

His ideas are: that he wants to protect frontline policing

He will work with all partners in the public sector to ensure efficiency

He will continue to support the vulnerable and victims of crime

**Labour** will be represented by **Dave Baigent**, currently a Cambridge City Councillor for Romsey Ward. He is a former Fire Fighter and son of a Police Officer and therefore he says he knows what it means to be in the Police Force.



His policy ideas are: to say no to Tory privatisation and fight the cuts.

Ensure all the public servants working for the justice system generally are valued for their contribution.

To sort out the delays on the 101 phone service so people don't wait too long.

**Rupert Moss-Eccardt** will be representing the **Liberal Democrats**.

He previously ran for the PCC post in the 2012 elections. He was a Cambridge City Councillor for the Arbury ward in 2006 to 2011.

His policy points are: to put more resources into helping recently released prisoners, wishing to go straight, to stay out of trouble

Preventing first time offenders going on to reoffend

He would like to put more resources into tackling crime committed by recently released offenders, who don't want to give up a life of crime



**UK Independence Party** will be fielding **Nick Clarke** to stand for this office.

Nick used to be a big hitting Tory Councillor, indeed he was the leader of the Cambridgeshire County Council from 2011 till he lost his seat in 2013. He later became chairman of Cambridgeshire

Conservatives.

His Policy ideas are: there will be no further use of private security companies

He will operate a zero tolerance of criminal behaviour and in particular anti-social behaviour.

He says, "I will challenge political correctness. It is important to give the police confidence that if they act in the best interests of the public I will support them".

Norfolk Residents will have different candidates:

Lorne Green (Conservative)

Martin Schmierer (Green Party)

Stephen Bett (Independent, incumbent)

Chris Jones (Labour)

Jacqueline Howe (Liberal Democrat)

David Moreland (UKIP)

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# The Joan Smith Column



[Thankfully Joan has now recovered and is back with us this month]

So if you recall from my last column I was to be off to pastures new. After moving to West Winch I felt rather odd. I was not getting myself to work because I had no job to go to! Never since I had first left school had I ever been in this situation.

It was a nice spring sunny morning when I took myself into the village to get a local newspaper, so that I could see what 'situations vacant' were available in the area. I had no qualifications whatsoever. Campbell's Soup Factory had been opened a few years previously but I did not really fancy going there. But if that was all there was I would just have to try it. However, as I read through the jobs columns I noticed a job advertised at Jermyns Family Store at Lynn promoting Customagic Stretch chair covers – no experience necessary as full training would be given. Apply in writing to the store, High Street, King's Lynn. So out came my portable typewriter that my brother had given me after he had purchased an electric one. I roughly wrote out the details they needed, and then, with one finger, sometimes two, after three or four attempts I managed to get an application together that was actually worth sending, with no mistakes! I addressed it then walked back to the post office and managed to catch the day's final collection.

Whilst in the post office I asked what organisations were available in the village. There was WI which was on a different week to the Upwell one so I went along there the next time it was on. Keep Fit was on at the local school on another evening so I took myself along there as well. I became more familiar with some of the local events, and found Norfolk people very friendly. One lady at the WI was the local vicar's wife and asked if I would like to come along to the church. It was only a 'stones throw away' so the next Sunday I walked along there and immediately got 'roped in' with the flower rota.



So I guess I'd officially joined their congregation! I felt that I had achieved quite a lot in relatively few days. All I had to hope for was that I got selected for the job at Jermyn's (which is now Debenham's). So fingers crossed, and an extra prayer or two on Sunday, I awaited to hear the outcome of my application.....

More on that next time. Bye for now! Joan



### Costa launches major new campaign to support Keep Britain Tidy

The nation's favourite coffee shop is encouraging people to make the switch from paper to reusable cups and, at the same time, support us.



Every time someone buys their drink in a reusable cup at a Costa store, the coffee chain will donate 10p to us.

The campaign is **good news** for the environment.

In supporting our fight against litter and waste, Costa customers who take in a reusable cup rather than opting for a disposable one, will help to create less rubbish.

Costa, who support our Litter Prevention Commitment and sponsor our Big Tidy Up campaign, have been a valued partner for 18 months.

The Costa campaign will run in participating stores across the UK until 21 June 2016.

- ANSWERS to the Heron Quiz:
1. The church's 150th Anniversary

2. 100yrs since WW1, and 70yrs since D Day

3. September 2014

4. She didn't

5. Alan Russell

6. Joost & Sheila Hoek

7. Neville Chamberlain

8. Ringo Starr

9. The last eel catcher -

10. 4

11. February 2016

12. January 2016



# The Flow Hive - Richard Guilford

Following on from last month's mention - I am a novice beekeeper but I did complete a 6 week beginners course at Sacrewell Farm Centre last year. Before setting out to become a beekeeper I had also had many chats on the subject with bee wizard John Batt-Rawden before he moved out of the village. It's a steep learning curve this beekeeping lark so when a beekeeping quiz popped up on the internet how could I not do it? The forty questions took me about an hour. I'd no idea how I'd done and really thought no more about it.

Now during my pre-beekeeping investigations I had been fascinated by watching various videos on the internet concerning the latest beekeeping technology called a Flow-Hive. More on that later. By now I had joined the BBKA (British Beekeeping Association), had a mentor in Manea, Robert Taylor, and had bought my first hive, a Commercial, from him. This was set up in my front garden at the end of August last year.

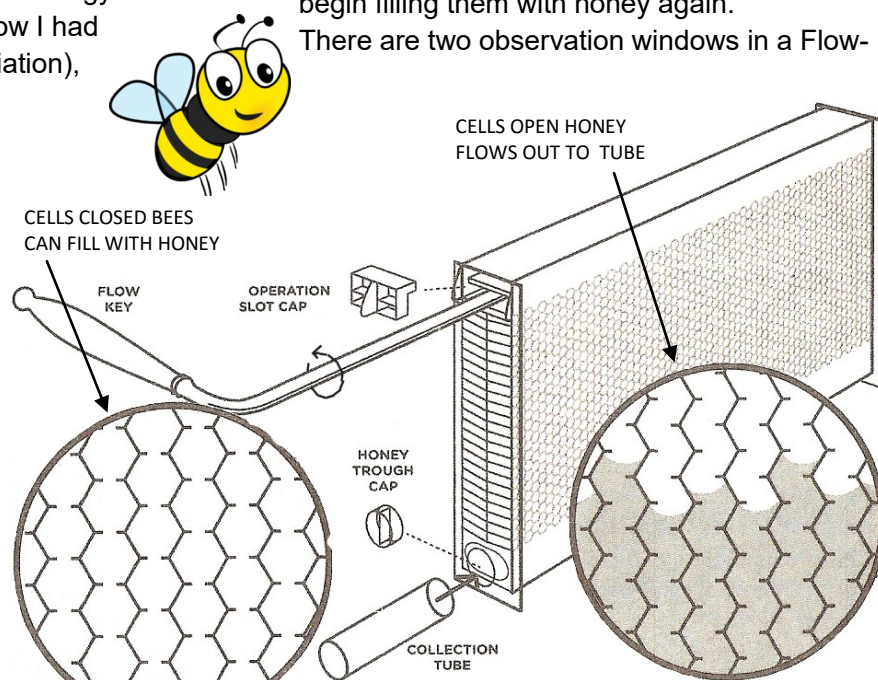
The beekeeping year is over by mid-September so you do your final checks and leave the hive alone over the cold winter months. How surprised was I when, in mid-January, I received an email to say that I had won a Flow-Hive as a result of the quiz I had done. The hive was due to arrive by the end of February, in time to get it assembled, treated with Tung oil, and get the brood frames set up with their wax foundation, ready for this year's beekeeping season, which begins in April. That is now all done and the new hive is ready to go, just need a new swarm to fill it! Having checked my other hive, the Commercial I'd set up last year, all was well and bee numbers had more than doubled. There were lots of new young bees, plenty of brood, and honey stores were already building in the super.

A typical beehive has a large brood chamber on top of the base board and landing platform. This is topped with a queen excluder mesh to stop her entering the 'super' above, the main honey store, and laying eggs there. She is confined to the brood chamber below. With a Flow-Hive it is the honey 'super' that contains its clever new technology, and I thought you might be interested to learn about this. So I hope that the illustrations opposite might help to explain its workings in detail. There are six of these units in a 'super'.

Instead of the normal wooden frame with wax foundation, which the bees draw out and add to, to make the honeycomb, a Flow-Hive has a pre-made plastic comb which looks remarkably like beeswax. The main difference being a keyed mechanism operated from the top which, when turned causes all the cells to

be split vertically, thus allowing any honey stores to flow downwards into the collection trough at the base of each Flow-Frame. Because the whole hive unit is set at around a four degree slope the honey then flows to the rear of the hive and the collection tubes which would have been added before opening up the Flow-Frame. In this way the hassle of honey harvesting; i.e. removing frames from supers, slicing off the capping, and placing them in a spinner in order to remove the honey via centrifugal force, prior to running it off into jars; is no longer necessary. You just turn a tap and drain it off. Most importantly this system does not disturb the bees in any way during the honey harvest. That has to be a good thing! After harvesting you just turn the key again to close up the cells and the bees soon repair them and begin filling them with honey again.

There are two observation windows in a Flow-



Hive. One to the rear of the hive where honey harvesting takes place, and you can see the cells being filled with honey, and one to the side so you can see bees at work on the surface of the comb, capping cells etc. Hopefully, I will be able to prove that this system works in this country, as it originated in Australia, where it is of course much warmer, and the honey season is much longer.

For those of you who maybe interested in seeing videos of the whole Flow-Hive process, from construction to harvest, just type Flow into your search engine, go to the home page, then select – videos and gallery. Even if you have no intention in taking up beekeeping I am sure you will find the videos interesting, the technology fascinating, and both enjoyable.

Incidentally, for any beekeeping 'purists' amongst you a Flow-Hive does not make you any less of a beekeeper. You still have to do your quarter-yearly checks of the brood chamber to see that your queen is laying and that there is no disease present.

So honey for sale SOON! End of August I hope!?

# 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 - PCSO Sue Clarke	07738025220
Police - Emergency	999
Police - Non Emergency	101
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



## 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...

Well it's congrats to her Maj' on becoming a nonagenarian and our longest serving monarch; beating old Mrs Brown into second place! Hope some of you will send in some of your own congrats' so we can publish them next month?

We can look forward to the forthcoming Garden Club Plant Sale on the 14th of next month. Bacon Butties and Cream Teas? Whatever next? Oh what it is to have a brand new Community Centre with its very own quality kitchen. It's already proven itself at the Parish Lunch, so I guess bacon butties and cream teas should be a doddle! And lots of quality cheap plants to be had too as well as the usual 'Grand Raffle'.

I am pleased to report that the honey stores in my Commercial Hive are already into the second super. Looks like being a good harvest. One can normally expect 30 x 500g jars from each super. Those bees are working really hard. I still await a swarm for my new Flow Hive but I'm encouraging any local swarms with pheromone wipes. So wish me luck with that!

Don't forget we have "Party In the Park" on Saturday 25th June as part of the Queen's 90th Birthday Celebrations, with barbeque and bar, bouncy castle, village Olympics, fish & chip van, and musical entertainment.

See you all there!

Till next time! – Ed'.



# Parish Lunch 2016

Diners enjoy a lovely roast beef lunch, a lovely afternoon and entertainment from Jeremy. Below the hosts and hostesses. Pictures by Malcolm Hicks



The Committee and helpers were much applauded!





Too many to name! You know who you are! A great day!

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.