

The Heron

Community Magazine

July 2020

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

No. 75

In this issue!

Townley School News	2
Editorial	3
Green Energy Boost	4
Your Letters/Notices	5
The Dun Cow	9
Clubs Pages	10-11
Health/Marrowfat Peas	12
A Point of View	13
Story of a Song - Part 2	13
Rural Bulletin	14
Wimbledon Trivia	16
'The Forces Sweetheart'	18
A Point of View Cont...	19
Premier League Returns	19
Kids/Pets Corner	20
Parish Council Snippets	21
VJ Day 75th Anniversary	22
Guide Dogs/Sudoku	22
Church Mouse/Rectory	23
Church Times - Update	23
Useful Numbers/Jupiter	26
Recipe/Chocolate Quiz	27
Competition	28



Dame Vera Lynn

20 March 1917 - 18 June 2020

The 'Forces Sweetheart' dies aged 103

A National Treasure - Sadly Missed

Story on Page 18

EDITORIAL TEAM:

Annie Nason—Editorial Team Leader

Linda Webster—Treasurer & Ad. Manager

Editorial Team Members: Sue Norman, Sheila Day, Peggy Warby, Sandra Kay

Support—Lewis Bennett (IT), Sandra Lloyd, the Delivery Team and Publishers

ENQUIRIES

editor@theheron.info Tel: 01354 638088

adverts@theheron.info Tel: 01354 638124

Website: www.theheron.info





TOWNLEY SCHOOL AND PRE-SCHOOL

Christchurch, Wisbech, Cambs. PE14 9NA

office@townley.cambs.sch.uk

Website: www.townley.cambs.sch.uk

01354 638229



Townley School and
Pre-School

July 2020

We are getting used to this new social distancing in school! We have signs up and a few floor markings, but actually the children are better at it than me I think!



I think our school Governors have been some of the unsung heroes of this Lockdown, I have found their support invaluable, they have kept us going and, at times, 'rolled their sleeves up' and helped. Our Chair, Sue Rudge, has not just done this for us, but also for others in Cambridgeshire and as such has been recognised by the Local Authority as a Cambridgeshire Leader of Governance. We are proud of her! When she moved in locally, I think she thought she might have a quiet retirement! – No chance of that! Well done Sue!

It is very much business as usual for the staff, albeit with fewer children! Reports are still being written, lessons planned for and feedback given! We are currently only open to the children of critical workers, the constraints of the government guidelines make it impossible to open to other children. We hope to have year six in for a 'goodbye' session, but are awaiting further guidance from the local authority. The staff who need to remain at home are calling families, who are not in school weekly, to check in with them. Hawker Class, year one and two, were our guinea pigs this week with using Zoom to meet. Unsurprisingly, the internet was terrible and there were lots of glitches, thank you for bearing with us! We are going to try a different way next week and give it another go. If we have more success, we may try it for other year groups and also the Reception children's parents meeting. Watch this space!

Community Information

Mobile Post Office:

Visits Monday to Thursday in the lay-by on Upwell Road
Monday and Thursday - 16.30 to 17:00pm
Tuesday and Wednesday - 16.10 to 17:00pm
Fridays - no service.

ANYONE WISHING THEIR ITEMS TO BE POSTED,
ON THE DAY, WILL NEED TO GET THEIR POST TO THE
VAN BY 4.40PM - WHICH IS WHEN IT IS COLLECTED.

Use it or lose it!

Community Car Scheme:

This scheme is still running for Christchurch and surrounding villages. To book a ride or to become a volunteer driver please ring 07902 316360. An additional driver is still required for the scheme. For more information please ring the number above.

Something to mess with your brain. Is this woman looking at you from the front or the side?



Please remember that no dogs are allowed on the playing field. Thank you. Your co-operation is much appreciated.

Editorial

Hello, and welcome to the July 2020 issue of The Heron. We hope everyone has been able to stay safe during Lockdown. We have a bumper edition once again. I am sure you will enjoy reading it, especially our tribute to Dame Vera Lynn, who recently died, aged 103. (Page 18). Let me remind you of the fun day in Christchurch last month, celebrating the 75th anniversary of VE Day....and this lovely notice on Cockney Jock's "stage". A real tribute to "The Forces Sweetheart".



Vera Lynn also travelled to The Far East, among other places, to entertain the troops. Next month, on August 15th, there is another WWII 75th Anniversary. It is known as **VJ Day**; when the war in the Far East ceased. (See page 22). In next month's magazine, we will be featuring various family stories about that conflict, so be sure to make your family's contribution. My Dad served in Burma in that "Theatre of war".

It's so great to see Townley School getting to grips with the difficult situation all schools face. Well done to all. I am sure I speak for the whole village when I say we are very proud of you. All the very best as both staff and pupils work towards some sort of "normal" in the coming weeks.

Dog poop seems to feature highly in this edition! Well, it IS an important topic. If you have ever wondered why dogs are not allowed on our field, check out page 22.

And finally, be sure to study our back cover to see how you can help The Heron raise some funds. This magazine is for our Village. Everyone can help - either enter the 2021 Heron Calendar Competition, or buy a calendar or three once they are printed. Thank you to Rex for his help and enthusiasm. Much appreciated. Lockdown is easing, but the virus hasn't gone away, so stay safe everyone.

Annie Nason

Apology

It has been mentioned to me that the crossword in the June edition of the Heron was too small. We're sorry and this comment has been taken on board. Efforts will be made to increase the size of things like this in the future.

Ed.

An unexpected consequence of the Pandemic in Britain... A Green Energy Boost

(Source: June 9th. BBC News Web Site)

Britain passed a significant landmark at midnight on June 10th. The country went two full months without burning coal to generate power.

A decade ago, about 40% of the country's electricity came from coal; coronavirus is part of the story, but far from all.

When Britain went into lockdown, electricity demand plummeted; the National Grid responded by taking power plants off the network. The four remaining coal-fired plants were among the first to be shut down. The last coal generator came off the system at midnight on 9 April. No coal has been burnt for electricity since. The current coal-free period smashes the previous record of 18 days, 6 hours and 10 minutes which was set in June last year. The figures apply to Britain only, as Northern Ireland is not on the National Grid. But it reveals just how dramatic the transformation of our energy system has been in the last decade.

That the country does not need to use the fuel that used to be the backbone of the grid is thanks to a massive investment in renewable energy over the last decade.

A decade ago, just 3% of the country's electricity came from wind and solar, which many people saw as a costly distraction. Now the UK has the biggest offshore wind industry in the world, as well as the largest single wind farm, completed off the coast of Yorkshire last year.

At the same time Drax, the country's biggest power plant, has been taking a different path to renewable energy. A decade ago, it was the biggest consumer of coal in the UK but has been switching to compressed wood pellets. "We here at Drax decided that coal was no longer the future," explains Will Gardiner, the chief executive of the power group. "It has been a massive undertaking and then the result of all that is we've reduced our CO2 emissions from more than 20 million tonnes a year to almost zero." He says the plant now uses seven million tonnes of pellets a year, sourced from commercial forests in the US and says Drax will phase out coal entirely by March next year.



BACK BRITISH FARMING

Thanks to you, we've reached 1 million petition signatures!

Thank you. Your support has meant that more than one million people have joined us, making it clear to the UK government that the world leading standards that British farmers produce our food to, must not be undermined.

But the journey isn't over yet. As new trade deals are pursued, we will continue to campaign on your behalf to ensure the food on your plate is produced to the high standards you value.

Parish Church

See page 23 for the latest Government Guidelines and opening hours at our church.

Advertisers - all our advert rates and conditions can be found on our website www.theheron.info. Business advertisers can book series of 6 or 12 adverts, paid in advance. Adverts for village fundraising events, personal announcements, or small private ads are usually free.

Copy Deadline - The deadline for copy for the June edition of the Heron is **24 July 2020**.

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.

NB as a matter of courtesy no content from the Heron should be used without prior permission.

Your Letters

Now we are getting back to some kind of "normal" with The Heron, it would be nice to receive some letters, so get thinking! If you haven't an idea, why not comment on this quote from the famous author, Mark Twain? Add your experience about the difference – *if there is one* – between schooling and education. It has got me thinking, it has to be said. *Ed.*

We had a letter sent anonymously to the editor which unfortunately can't be published as we need contact details. Maybe 'Flossie Gossip' could make him/herself known to the team. We can withhold your name from publication, if needed, but we need your details. Many thanks.

Dear Heron Team,

I would like to thank all the people who have worked hard to keep The Heron going in these hard times. May it carry on well into the time when we can meet again.

Valerie Parker.

Trifle Tasters: The Heron Team's verdict on Val's Trifle (page 27) was unanimous - Brilliant! Thank you Val for donating your Trifle to the Team as a "Thank You" for our hard work getting The Heron out each month. Much appreciated! *Ed.*

Hello. I have Something to add to your "Fewer and Less" campaign. These bug me! People get them wrong so often, and it matters.

Bigger THAN ... more interesting THAN ... but different FROM Practice (noun) and Practise (verb)." Football practice is at 4pm". "I practise Yoga".

Disinterested means something quite different from *uninterested*: **Disinterested** - having no personal involvement or receiving no personal advantage, and therefore free to act fairly. "Impartial" or "not taking sides". **Uninterested** - means not showing any interest.

Complimentary and Complementary: these words mean very different things. It's important to use the correct word in the correct context. **Complimentary** with an **i** is used when something is free or when you give someone a compliment. **Complement** with an **e** means something that completes something else, as when two things go well together.

Worst case scenario v **Worse** case scenario. The **worst-case scenario** definition: the most unpleasant or serious thing that could happen in a situation. People sometimes drop the "t" when speaking, but when written it should always be "Worst".

Name and address supplied, but withheld on request.

Letters to the Editorial Team

The Editorial team welcome letters from its readers. Please email letters to: editor@heron.info or post them to *The Editor of The Heron, Grasshopper Cottage, 5 Upwell Road, Christchurch, PE14 9LF.*

PLEASE NOTE: Letters will only be considered for publication if they are accompanied by name and contact details - names will be published, but not contact details. The Heron will not share any contact details unless given permission.

The team look forward to hearing from you!

Heron Notices



July sees our first full print run since the Lockdown. Hurrah!

SAFETY: Your copy of The Heron has been dormant in its cardboard box for 3 days, along with the rest of the copies, before being delivered to your home. Deliverers will have washed their hands before delivering them. If you are at all anxious about this,

just put your magazine aside for another 3 days and then read it (though we don't believe that this is necessary).

DELIVERERS: A **BIG THANK YOU** to our volunteer deliverers, some of whom are new to the task. All of them are under 70. The Over-70s who usually deliver some of the routes, are not doing so for this edition, just as a precaution. Some intend to return to their usual beat for the August issue, depending on the National Guidelines with regard to Covid19.

THE 2021 HERON CALENDAR: theme "Christchurch Skies" is launched this month (see the back cover). It's a fund raiser and also a competition. Do be sure to enter some of your photos. There will be no calendar without them, of course! We would like to thank Rex Ockendon for agreeing to judge the competition, and especially for providing a prize for the overall winner. The Heron has a lot of real support in Christchurch, for which we are very grateful. Once it is released for sale, get your copies! They will make great Christmas presents, and will be easy to mail to friends and family.

NEW WEBSITE: Let us know how you feel about our new website, designed for us by Lewis of Upwell Computers. The Gallery is a new feature, and we will be expanding that over the next few months. Watch this space!

SUNFLOWERS: How are yours doing? Slugs and snails love them, so beware.



CHRISTCHURCH ELECTRICAL

Simon Freeland Hill Farm, 3 Church
Road, Christchurch, PE14 9PQ

Tel:01354 638802 Mobile:07727 046439



Domestic electrical work undertaken.
No job too small.
Free quotations / estimates.



www.electricalcompetentperson.co.uk

www.electricalsafetyregister.com



Booklet Printing
Business Cards
Digital Photos
Leaflets
Newsletters
Banners

01354 656614

sales@marchsp.co.uk

5 Fenland Walk, March, PE15 8TW

Old School Honey Farm



**Specialists in
swarm capture
& removal**

Honey

**Honey Products
including: spreads
face creams &
other health
products**

**Suppliers of
Dried Pollen,
Beeswax
& Propolis**



Dr. Richard WB Guilford (PhD. Env. Sci.)

The Old School
Church Road,
Christchurch,
Cambridgeshire
PE14 9PQ

Tel: 01354 638800

Email: richiethorn@aol.co.uk

We support



**Helping to reduce
single use plastics
with Beeswax based
Food Wraps**

**Beeswax Polishes
& Candles
Incense Burners**



FLOW HIVE



GRANARY STUDIO
Christchurch

Contemporary pictures and bespoke framing

Introducing

Frame my Photo

Upload your photo on our website
www.framemyphoto.uk

Special 20% discount
for Heron readers

Coupon code - HERON20

This discount is over and above quantity discounts

Alternatively
Call us on 01354 638614

The Granary, Hall Farm, Upwell Road
Christchurch Cambs PE14 9LJ



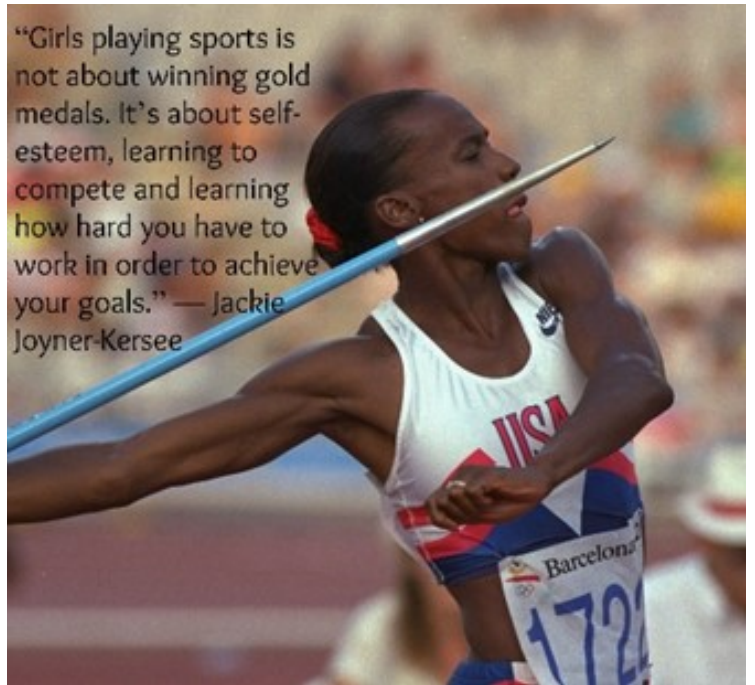
#YOUARENOTALONE

**CALL 999
FOR URGENT HELP**

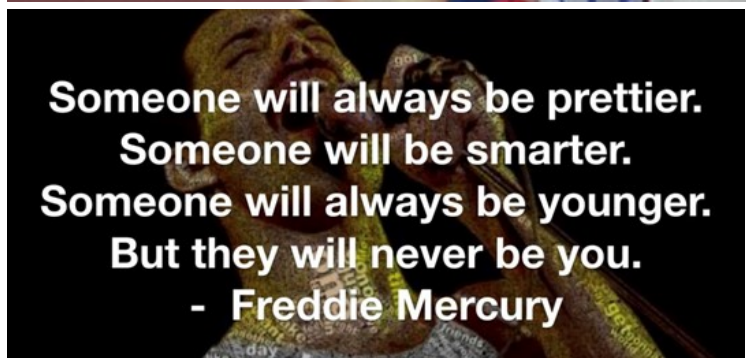
**IF YOU CAN'T SPEAK,
DIAL 55 WHEN PROMPTED
BY THE OPERATOR
(MOBILE ONLY)**

FIND SUPPORT AT: [GOV.UK/DOMESTIC-ABUSE](https://gov.uk/domestic-abuse)

"Girls playing sports is not about winning gold medals. It's about self-esteem, learning to compete and learning how hard you have to work in order to achieve your goals." — Jackie Joyner-Kersey



**Someone will always be prettier.
Someone will be smarter.
Someone will always be younger.
But they will never be you.
- Freddie Mercury**



Paul Braybrooke

Oil Fired Boiler Engineer

Boiler Servicing & Breakdown Service

**Commissions
Tank Replacements**

**Phone 01353 777788
07946 735691**



BRIAN TWEED
and **SON LTD**

FAMILY BUTCHERS

FRESH BEEF, PORK, LAMB AND POULTRY
OUR SPECIALITIES ARE HOME MADE SAUSAGES AND BURGERS
HOME COOKED HAM, ROAST BEEF, ROAST PORK AND HASLETS
ALSO HOMEMADE PIES AND SAUSAGE ROLLS

Telephone: 01945 773248 48, Town Street, Upwell PE14 9DA

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

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

Upwell Computer Repairs

Sales – Repairs - Maintenance - Upgrades

**Sales & Support
Internet Setup
Virus Removal
Tuition
Web Design
Email Setup
System Installations
Data Recovery Services**



**Laptop Screen Replacement
Windows Reinstallation
Hardware Upgrades
Software Upgrades
On-Site Services
Custom Built PC's
Internet Security
Network Installations**

Contact Lewis today for a free consultation

01945 772717 - 07849 778525

support@upwellcomputerrepairs.co.uk - www.upwellcomputerrepairs.co.uk

Connie's Care Services

01945 774250 - 07887 563106

www.connies-care.net

connie@connies-care.net

Personal Care - Social Care - End Of Life Care - Cleaning -

Dementia Care - Shopping—Sits - Over 65's Care



caters for all occasions
music from the 70s to 2000s

M & K Roadshow

Martin
Mobile Dj

Keith 01354 638615
07479943870
turbo.bruce586@gmail.com

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



The Dun Cow

Green Lane, Christchurch, PE14 9PG
01354 638323

OPENING HOURS from 4th July – Midday Sat & Sun
Mon to Thursday variable, Friday from 2.00pm.



Covid 19 Dun Cow update

New restrictions and protocols will be in place for the sake of **your community**, so maintaining a social distance of 1 metre+ is a **MUST**.

Some of the control measures in place will be; separate entrance and exit, hand sanitising available and sneeze screens on the bar along with a separate smoking area. At the time of going to press these measures are in line with guidelines from Fenland District Council.

A big thank you to all the volunteers and workers who have kept Christchurch going; you know who you are.

Susan and I would like to thank the community for their good wishes and kind gestures people have made over the past 14 weeks. We are so glad to have moved here and are proud to be part of this community.

I will update via social media of any changes for you to be aware of.

Happy Hour - Fridays 4.30 to 6.30

Hello again
Christchurch
Stargazers. June
wasn't a great
month for
stargazing, due

to weather conditions; sometimes I have just missed an opportunity, due to being at work.

Well. What does July bring in our night skies?

July 5th will see a full moon. **July 14th** will see Jupiter at



Jupiter

'opposition', which means it's on its closest approach to earth. It will be brighter than any other time of year, and visible all night long. It is the best time to photograph Jupiter and its moons. A medium sized telescope should be able to make out the cloud bands. A good pair of binoculars

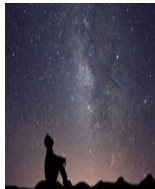
should allow you to see the 4 largest

moons which will appear either side of the planet. Can anyone tell me the name of these moons? Answers in next month's Heron - or you can tell me your answers via the Facebook group.

July 20th will see a new moon. Also, Saturn will be at opposition and another great opportunity to view or photograph its moons. **July 22nd** will see Mercury at it greatest 'Western opposition'. This is the best time to view, and it will be at its highest point above the horizon in the morning sky. Look for it in the low eastern sky just before sunrise. **July 28th & 29th** will see the Delta Aquarids meteor shower. Maybe 20 per hour. They are debris left over from comets Marsden and Kracht. Best viewing after midnight and will radiate from the constellation of Aquarius.

Don't forget - *never* look at the sun with the naked eye or through binoculars; *always* use the correct equipment. Happy Stargazing! P.S. don't forget to look out for the ISS and Starlink satellites.

Christchurch Stargazers



Membership Subscription Extension

theWI
INSPIRING WOMEN

The NFWI has been very concerned about the disruption this lockdown period has had on WI meetings and activities and your membership experience this year. We recently held consultations with all federations to discuss ways in which we can acknowledge this in our membership subscription this year.

We are delighted to share with you that as a result we are offering a three month extension to this year's membership subscription. The next renewal date for membership subscriptions will therefore be 1st April 2021. In addition, from this point onwards, membership renewals will always be in April. This is to acknowledge the feedback many of you shared with us during the recent Strategic Vision consultation about the challenges of the January payment date and how you wished to see this changed in the future.

We have added full FAQs to "My WI" to help you understand a bit more about the process and how this will impact WIs. The FAQs can be found here: <https://mywi.thewi.org.uk/essential-information/subscription-rates/faqs-membership-subscription-extension>

The Christchurch Committee will be meeting in the very near future to discuss the remainder of the 2020 programme and will await the outcome, from the Community Centre Committee meeting, where they are to discuss the latest on when the centre will be re-opening.



SWEET PEAS

We all love Sweet Peas, particularly the deeply scented annual varieties. You may imagine that the flower has a history! Scottish nurseryman Henry Eckford (1823-1905) cross-bred and developed the sweet pea, turning it from a rather insignificant, if sweetly scented flower, into a floral sensation of the late Victorian era.

In the late 1980s, the Sweet Pea Society of Wem, a small market town in Shropshire, England, started an annual show. Many of the street signs now carry a sweet-pea motif, and an area of the town is known as Eckford Park. There is also a cultivar 'Dorothy Eckford', named after a family member.

Original Sweet pea history has been traced to southern Italy and Sicily, where the plant grew wild. The sweet aroma and simple but beautiful blooms apparently delighted a Sicilian monk so much that he sent seeds to plant collectors and botanical institutions around the world, including a number of English growers.

What do sweet peas symbolize? When it comes to floral language, the sweet pea flower is associated with delicate pleasure, blissful pleasure, departure, goodbye, thank you for the lovely time, and adieu.



Christchurch Gardening Club

Christchurch Art Group



Ideas for all Budding Artists

We are no longer able to meet yet for a while, but we can still keep our art work going. Now perhaps in between gardening and our daily exercise we can spare some time to practice. I hope you found some of the ideas I suggested in previous issues of the Heron helpful

If you have had a look at some of your favourite art works perhaps it has inspired you to have a go

Hopefully when Lockdown restrictions have eased a bit more some art galleries and museums will be open. The Fitzwilliam in Cambridge is one of my favourites and it is so close to home. Well worth a trip to see their good collections of art and ceramics

Whilst we wait for normal activities to return how about spending some time outdoors with a sketch pad and pencil. The weather is better now and it makes a change from taking photographs

No art materials? No problem just use what paper/pen or pencil you have to hand!

Jan Clifford



Christchurch Craft Club

Lockdown. My guilty pleasures.

You'll often find me sloping off to my shed, aka my craft room.

I have tried a few new crafts during lockdown, but none as relaxing as papercraft. Coloured card, white pre-printed card, a sharp scalpel and peace and quiet are all that are needed.



The outcome is effective, the process enjoyable and relaxing.

Next month, quilling. Outcome, uncertain. Watch this space.....

Liz Scott

Christchurch Book Club



No meetings, of course, so I sent out a plea on our book club WhatsApp group to ask what everyone had been reading...and it seems there has been a lot more gardening than reading!!!!

However, there are some recommendations:

One of our members decided to try another Dickens and read Oliver Twist - if you've only seen the musical Oliver!, then there are a few surprises!

Another recommendation is "Three things about Elsie" by Joanna Cannon. It is about a lady called Florence who lives in a care home and gives the reader insight as to how the elderly become "invisible".

"The Silent Patient" by Alex Michaelides is a psychological thriller about a woman who kills her husband and then never speaks another word.

One member (can anyone guess who this is???) has read Quant by Quant and Dior by Dior - inspired by a pre-lockdown trip to the Victoria and Albert Museum in London.

A sequel to "The Handmaid's Tale", "The Testaments" by Margaret Atwood has also been recommended - I am guessing reading "The Handmaid's Tale" first would be a good idea.

One challenging but thought provoking read was "Invisible Women" by Caroline Criado Perez. The author, an unapologetic feminist, demonstrated how society has consistently failed to take into account the needs of women in a great many areas. Not an easy read, but a worthwhile one - easier through audible!

Finally one of our members is working her way through "The Detective's Daughter" series, by Lesley Thomson. They must be good books as she is already on book 3 out of 7!

In theory, we are meant to be meeting on Tuesday July 28th at Sue Norman's 5 Fen View - but as future restrictions are still uncertain, it is unclear whether this meeting will take place - updates will be on the local FaceBook pages. If you would like to join our WhatsApp group contact Sheila Day on 07946635908, its open to everyone, even if you are unable to attend meeting in "normal times"!

....and don't forget the boxes of books at the entrance to Fen View, which are freely available for anyone to borrow. Keep healthy, keep safe....and keep reading!

HEALTH LEADERS CALL ON PEOPLE TO MAKE THE CHANGE FOR DIABETES AS STUDY SHOWS INCREASED COVID-19 RISK.

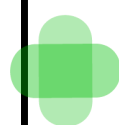
* **NHS CAMBRIDGESHIRE AND PETERBOROUGH CCG**

Local health leaders in Cambridgeshire and Peterborough have called on residents across the region to “make the change” to their diet and lifestyle to better manage their diabetes or diabetes risk during Diabetes Week 2020, as a new study reveals that people living with diabetes are up to three and a half times more at risk of dying in hospital with COVID-19.

The world-leading study funded by NHS England and Public Health England shows that people with diabetes are at significantly more risk from COVID-19. People living with type 2 diabetes are at double the risk of dying in hospital with the virus compared to those without the disease. The figure is even higher for people with type 1 diabetes, with those individuals at three and a half times the risk compared to people without diabetes.

An estimated 46,000 people in Cambridgeshire and Peterborough live with a diabetes diagnosis, and nationally someone gets diagnosed with diabetes every two minutes. Diabetes has a huge impact on long-term health, contributing to 169 amputations, 680 strokes, and 530 heart attacks every single week.

Maintaining a healthy body weight, stopping smoking, getting more regular exercise and eating well all contribute to reducing a person's risk of diabetes, and can play an important part in preventing, managing or even putting diabetes into remission for existing patients.



WELLE PHARMACY

From 18th May

We are changing our opening hours (again sorry)

Monday to Friday

OPEN 8.30am to 12.30pm

CLOSED 12.30 pm - 2pm

OPEN 2pm - 5.30pm

Please remember we will be closing at 5.30 pm.

UPWELL HEALTHCENTRE

Surgery : 01945 773671 Dispensary: 01945 774934 Out of Hours: 111

When visiting the surgery for an appointment please can you ensure that you now bring your own masks/ scarf or face covering where possible. This is because there is a shortage of the amount of masks that we can provide at this current time.

Thank you

“THE LIFE OF THE MARROW FAT PEA” (DRIED PEAS)

By the first few days of June, the pea plants had come into flower with vengeance, followed by developing numerous pods up to 4ins plus in length, which will produce on average 8/9 peas per pod when fully mature. Thank goodness for the recent rains - the crop has made a growth spurt, now standing up to my waist level and its tendrils have interlocked to stabilise the crop and hopefully prevent the crop falling over in storm conditions etc.

Pigeons are still very persistent, unfortunately taking little notice of all mechanical deterrent efforts, so human presence/patrols have taken over, with a

certain amount of success— fingers crossed!!



Next month, hopefully, the crop will have survived the storms now forecast at the time of

writing. At that point they will be nearing the time for the combine harvester to do its job, weather conditions permitting.

More to come in the August issue of THE HERON.

Jill Bliss

A POINT OF VIEW

Let's All Go For a Drink!

At the time of writing we are coming towards the end of lockdown and the pubs are due to reopen in a couple of weeks. Many people will be looking forward to being able to go out for a drink, *but would we be better off if they didn't open at all?*

Since the lockdown started there has been a marked reduction in alcohol fuelled town centre violence and anti-social behaviour. However there has also been a very significant rise in domestic violence; does this mean that people are now doing their drinking at home?

I have often heard it said that if alcohol was invented today it would never be legalized and would be classified as a dangerous drug. That may well be the case but the fact is that it is here to stay; America tried to ban it in the 1920s with dismal results. The truth is that alcohol is a substance that is enjoyed by many and misused by a few.

During my time as a police officer I gained a great deal of experience in dealing with the effects of alcohol on people, in fact it's fair to say that drunkenness is the cause of the majority of the violence which police deal with. Over the years I have attended many fights outside pubs, takeaways and at taxi ranks late on a Friday or Saturday night. I have also dealt with drunks assaulting ambulance staff and staff at A & E departments. I have also dealt with wives that have been assaulted by their drunken husbands and vice versa. And a great many other crimes attributable to the consumption of alcohol.

Many people are of the opinion that this country has an alcohol problem and there is no doubt that excessive consumption of alcohol is responsible for ruining many lives. Are pubs to blame for this problem though?

Speaking from my own experience I believe that pub related incidents of violence have declined sharply over the past few years, this has a great deal to do with improvements which were put in place by The Licensing Act of 2003. The first thing that this legislation states is that any licensing application must comply with the five main licensing objectives:

- The prevention of crime and disorder
 - Securing public safety
 - The prevention of public nuisance
 - Protecting and improving public health
 - The protection of children from harm.

Continued on page 19

Story of a Song – 'Summertime' - Part 2.

Written by Gordon Harvey on 10th September 2014.

What is it about this song that makes it so special and so timeless? Of course, it's in the nature of music that our response will always be very personal, but there must be some fundamentals about the way the song is constructed that make it so universally appealing. It has a kind of ambiguity that allows us to find our own message. To some, it evokes lazy sunny days, to others it has a brooding or yearning quality.

Porgy and Bess came at a time when America was beginning to assert its own serious art forms, and in his composition, the New York Jewish Gershwin looked to southern black culture for the opportunity to develop a unique new musical hybrid. *Summertime*, along with so many others of Gershwin's unforgettable songs, tilled this fertile soil and has given rise to countless wonderful musical flowerings, feeding back into jazz, blues, pop, Broadway and so much more.

Louis Armstrong and Ella Fitzgerald . Check out the link.
https://m.youtube.com/watch?v=InXLVTi_m_M&feature=emb_logo&time_continue=107





Do you have health and wellness goals....?
Do you want better nutrition in your diet....?

WE ARE READY TO HELP YOU START
YOUR JOURNEY!



Amazing results with the 21
Day Challenge



Start today by getting your free wellness profile
with us ~ simply go to

JUSTINJB.GOHERBALIFE.COM
<https://www.facebook.com/JJBSE>
or call
07896292465



Award Winning
Products



Further to the article about Broadband in Rural Areas in The Heron – June, The Department for Digital, Culture, Media and Sport is offering vouchers to those in rural communities who are disadvantaged by poor broadband. Gigabit-capable broadband connections offer the fastest and most reliable speeds available and the Government is committed to a vision of a digitally connected Britain. Homes and businesses in rural areas of the UK may be eligible for funding towards the cost of installing gigabit-capable broadband when part of a group scheme.



Rural premises with broadband speeds of less than 100Mbps can use vouchers worth £1,500 per home and up to £3,500 for each small to medium-sized business (SME) to support the cost of installing new fast and reliable connections.

You can find out more about eligibility and how the scheme works at this link:
<https://gigabitvoucher.culture.gov.uk/>

Some rise in reports of domestic abuse during lockdown in rural areas and concerns over those unable to escape potentially abusive situations during lockdown."

That's the message coming from Graham Biggs, the CX of the Rural Services Network following a survey of member organisations about the impact of covid-19 and lockdown on incidences of domestic abuse and homelessness during April and May.

The results have been collated into a report which will be sent to DEFRA as part of the Rural Stakeholder Impact Forum, which the Rural Services Network forms part of, meeting each week to share input from rural areas. The survey shows that 40% of those that responded, (there were 92 responses from organisations), had noted an increase in reports of domestic abuse. There were concerns that people may not be able to report incidents, due to being isolated with the perpetrator during lockdown. In addition, lack of public transport which has been further reduced in lockdown and normal places of face to face support only being available online have created additional issues for those in rural areas.

At the **Rural Services Network**, we campaign for fairer funding in rural areas. Councils, housing associations and the charities and voluntary sector organisations that support those experiencing domestic abuse and homelessness will need targeted resources to support those rural residents with particular needs as lockdown eases.

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

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



WIMBLEDON TRIVIA

The 2020 Championships would have been held from 29 June – 12 July. A year is a long time to wait, so here is some trivia to help while away the Lockdown hours.

LONGEST MATCH

- 2010, Court 18, played over 3 days. . It began at 6:13 pm on Tuesday, 22 June **2010**, on Court 18, continued on 23 June, and finished on 24 June
- John Isner (USA) beat Nicolas Mahut (FRA) 6-4, 3-6, 6-7 (7), 7-6 (3), 70-68
- 11 hours 05 minutes duration
- Final set lasted 491 minutes (8hrs 11mins), 1hr 38mins longer than the previous longest match in tennis history
- 980 points played in total – Mahut won 502 and Isner 478 of them (Serena Williams won 789 points over seven rounds to win the Ladies' Singles)
- Isner served the most aces in a match – 113
- 123 balls used.

GRASS

Championships playing height 8mm. Court grass composed of 100% rye grass.



Roger Federer



LARGE SCREEN TV

The screen is 40 square metres in size.



Serena Williams

ACES

Most (all time)

Gentlemen: 214 - John Isner (USA) 2018
Ladies: 102 - Serena Williams (USA) 2012

Most (The Championships 2019)

Ladies: 47 - Serena Williams (USA)
Gentlemen: 122 – Sam Querrey (USA)

FASTEST SERVES

All Time

Gentlemen: 148mph - Taylor Dent, USA (2010)
Ladies: 129mph - Venus Williams, USA (2008)

2019

Ladies: 122mph – Serena Williams (USA)
Gentlemen: 143mph – Nick Kyrgios (AUS) - this broke the record for the fastest ever second serve at The Championships.

CENTRE COURT ROOF STATS

- 8 litres per second of fresh air per person pumped into the bowl to manage the environment
- 9 chiller units required to cool the air
- 16 metres - height of the roof above the court surface
- 100 tonnes: weight of each of the 10 trusses with all extras – (eg. motors, locking arms)
- 100 percent of the roof's fabric is recyclable
- 290 million: number of tennis balls that could fit into Centre Court with the roof closed.



The Murray Brothers



Who remembers this guy?

Boris Becker clinched six major championship trophies, including three Wimbledon titles. In 1985, as a 17-year-old 'Wunderkind', he flung himself across the grass of Centre Court to become the youngest man – and first unseeded player – to capture the Gentlemen's Singles trophy at The Championships. The powerful German reached seven finals at Wimbledon (3-4) and called the sport's cathedral – Centre Court – "his living room". Competing as a two-time defending champion in 1987, Becker fell to Peter Doochan in the second round at Wimbledon, famously remarking afterwards, "I haven't lost a war. No one got killed. I just lost a tennis match." Becker won his third title at SW19 in 1989.



Pure Heart **Homecare Limited** Support Workers You Can Trust

At Pure Heart Homecare we understand home is where your heart is. We know from personal experience that the majority of people feel most comfortable in their own home environment.

We believe you and your loved ones should be cared for with dignity and respect whether you are looking for short term cover or long term ongoing help.

SERVICES WE OFFER:

- PERSONAL CARE • DOMESTIC SUPPORT
- SHOPPING • ATTENDING APPOINTMENTS
- COMPANIONSHIP • LIVE-IN CARE
- WE'LL EVEN HELP YOU TAKE CARE OF YOUR FOUR-LEGGED FRIENDS!

We are able to offer you a service which is tailored to your individual needs and requirements. If you are interested or wish to book an appointment to discuss you or your loved ones care needs please get in touch and we will be only too happy to accommodate your request.

Please contact us on: **01945 773861**

130 Wisbech Road Outwell PE14 8PF

e: admin@purehearthomecare.co.uk w: www.purehearthomecare.co.uk

Care at home... because home is where the heart is 

BUILDING DECONSTRUCTION

Buildings bought and all materials recycled/
upcycled

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

FREE QUOTATIONS GIVEN

We have a large number of salvaged
ARCHITECTURAL ITEMS FOR SALE

Bricks & other building materials,
roof trusses etc.

Firewood, plants, and hanging baskets

**COME IN AND SEE US
AND HAVE A BROWSE!**

Call Matt or Sarah Lawrence on
Tel: 01354 638977 or, Mobile: 07856 291787
Toll Farm, Ha-Penny Toll Road,
Three Holes, Norfolk,
PE14 9LJ
Email: buildingdeconstruction@yahoo.com

Beauty Treatments By Jane

N.V.Q. – i.b.d. – Babtac

LCN Microdermabrasion Facials
NEW Oxygen regeneration Facials - less
outlay than Botox (a celebrity favourite)
NEW - Non-surgical firming lift and tone
St.Tropez Spray tanning
Gel pedicures
Shellac manicures
Week-end & semi permanent
eyelashes

**Rose Cottage,
Christchurch
Telephone: 01354 638378**

Dame Vera - 'Forces' Sweetheart'

Vera Margaret Welch was born in London's East Ham in 1917, Vera's singing talent was discovered at a young age and it was then that she decided to adopt her grandmother's maiden name (Lynn) as her stage name. By age 11 she had left school to pursue a full-time career as a dancer and singer.



*Dame Vera performing for servicemen in 1940.
Image Source: Getty Images*

In 1939, in a poll by the Daily Express, she was voted by servicemen as their favourite entertainer - gaining her the "Forces' Sweetheart" nickname.

In 1940, at the height of the London Blitz, Vera would go to the BBC's underground studios at the Criterion Theatre in central London and there she would broadcast a 15-minute show called "Starlight". This was broadcast at 2:30am to soldiers around the World.

In 1941, Lynn married Harry Lewis, a clarinetist and saxophonist, and fellow member of Ambrose's orchestra whom she had met two years earlier. They had one child in March 1946, Virginia.

After the war Harry worked as Vera's manager and toured with her around the World. Speaking only last year, Vera revealed she drifted off to sleep every night dreaming of her late husband. She said "I still miss him, even after all these years."

The family settled in Finchley in North London after the war.

Once Dame Vera's daughter Virginia had grown up, she went on tour with her Mother as her dresser.



*With husband, Harry Lewis, in 1958
Image Source: Press Association*



Receiving her Damehood in 1975

Dame Vera's singing career flourished after the war having hits at home and overseas - performing throughout the 1960s and 70s. It was around this time that the family moved to Ditchling in East Sussex. In 1976 Lynn was made a dame and in 2000 she was named as the Briton who best exemplified the spirit of the 20th Century.

Since the early 50s Dame Vera has done a lot of charity work - helping to form the 'The Stars Organisation for Spastics' which raised money for the Spastics Society which later became Scope. This was the start of her link with raising money for children with Cerebral Palsy.

In 2001 Dame Vera (along with some of her friends) established the Dame Vera Lynn Children's Charity. Since it began, the charity has helped more than 600 families from across the South East who have children with cerebral palsy and other motor learning impairments.

In 2009, at the age of 92, she became the oldest living artist to make it to Number 1 in the British Charts. The same year as her Biography "Some Sunny Day" was published.

Back in March this year, Dame Vera used her 103rd birthday to call on the British public to "find moments of joy" during the coronavirus lockdown, as she urged the nation to "keep smiling and keep singing". At this year's 75th anniversary of VE Day, she spoke of remembering the "brave boys and what they sacrificed for us" and gave a final "public" rendition of her most famous song "We'll Meet Again", from her home in West Sussex.

After a lifetime of service to her country, Dame Vera was still held as the embodiment of the best of the British spirit.



Image Source: PA Media

Since this Act was brought about, we have seen significant improvements in the management of most public houses as greater responsibility is placed on landlords to keep their house in order. Another very positive step is the regulation of door staff. Unlike in the old days when many bouncers were just thugs who got paid to do thuggery modern door staff are trained professionals. Despite this it is still the case that there are a few problem pubs but these are rare and the police and Licensing Authorities have useful powers to deal with them. The vast majority of pubs are pleasant and safe environments.

It is my belief that the main problem with alcohol emanates from the ever-increasing availability of cheap booze from supermarkets and local shops. Whilst successive governments have continued to increase the price of alcohol in pubs the supermarkets have offered more and more at cheaper prices. This encourages binge drinking, under-age drinking and pre-loading i.e. having a few drinks at home before heading out to the pub. This availability of very cheap and in many cases very strong alcohol is causing a very real public health problem. The British Medical Association has repeatedly called for the introduction of minimum unit pricing across the UK, a call that is all the more urgent as 35 people a day in England are expected to die from alcohol misuse in the next five years. Minimum unit pricing was introduced in Scotland in 2018 and whilst it is too early to say what effect this is having Canada introduced it several years ago and has seen a significant reduction in alcohol-related deaths.

So - alcohol can be bad for you, but so can chocolate, if taken to excess, and how many people would want that to be banned? There is nothing wrong with drinking responsibly in a convivial atmosphere. It can also have very positive effects on one's mental health. In Christchurch we are fortunate to have an excellent village pub which is friendly and well-run. So when they are allowed to open again, why not go along to the Dun Cow and support your local hostelry!

Andy Street



PREMIER LEAGUE RETURNS!

OK. So it isn't quite the same ... but Football Fans have been waiting for their "Live Football Fix" for months now. Tell us at The Heron what you think about ***no fans in the stands!***

Of the Arsenal v Manchester City on June 17th John Murray, BBC Radio 5 Live commentator: *"We've watched a decent game here tonight but I have*

really missed a crowd. Really missed it. It is one of the things that makes big time football – big crowds, noisy crowds. It makes it for everyone. We need it and it can't come back quickly enough. It is really eerie now inside the ground. Normally we would be packing up here and going down to press conferences but they are not happening in the press conference room, they are happening by zoom so all of the journalists are just staying in their seats because those interviews will happen here"

Pat Nevin. Former Chelsea and Scotland winger on BBC Radio 5 Live: *"I enjoyed it more than I thought I would. I remember why I watch football. I watch football for the artistry of it and the entertainment on the pitch. No, it was not as good, but I still saw plenty of that today. Kevin de Bruyne provided much of it, but I can watch this".*

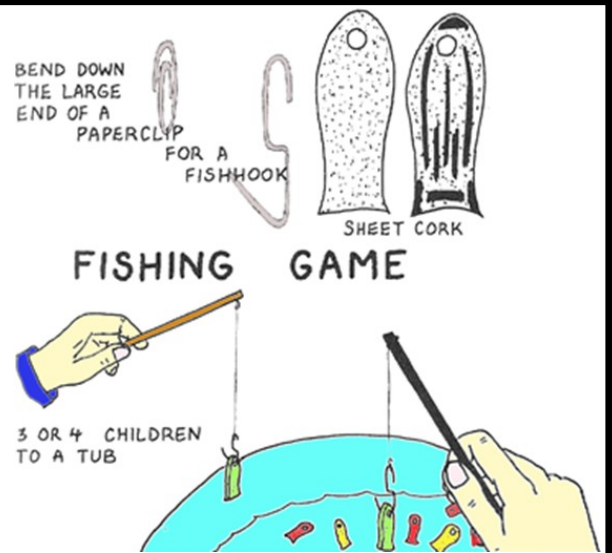
6,500km (4,000 miles) away in Nigeria's commercial capital, Lagos, there was little sign of any social distancing as crowds flocked to watch tonight's game. As the English Premier League resumed, the Sir T pub, in the mainland part of Lagos where there are poor neighbourhoods, was packed with football lovers who defied heavy rain - almost all cheering for Arsenal, who enjoy huge and dedicated support among Nigeria's millions of football fans. Less than 50 metres from the pub was a police checkpoint where officers began enforcing a curfew that began from 22:00, a few minutes before the game ended. *"I have been at home for too long. I have missed football,"* said Tochukwu, an Arsenal fan who kept raising his face mask intermittently to sip his beer.

(BBC News Website)

Kids Corner

Making a fishing game

This fishing game is designed to be played in water - a bowl or a paddling pool is ideal. You will need a some paper clips for the hooks, some sticks and string for the rods and some sheet cork for the fish (paper ones would get soggy) - it is possible to slice a wine bottle cork to make the fish, but this is tricky and needs to be done by an adult.



Pets Corner – “Man’s best friend”....

Do you have a dog? Or maybe two or more? Such wonderful pets! Treat them gently, love them, and train them properly. Then they will be true friends. No doubt about it. Aren't these puppies cute?

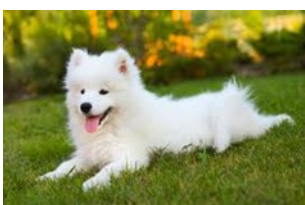


You might wonder why dogs are not allowed on our playing field, behind the Community Centre. Well, there are some very good reasons for that.

If you own a dog, there is no way around it, you will have to deal with dog poo. But amazingly 40% of dog owners still aren't taking responsibility for their pooch and cleaning up their poop. There are an estimated 9 million dogs kept as pets in the UK, which produce 1000 tonnes of waste every day! That's A LOT of dog doo! But what many people don't realise is the risk involved, and the environmental impact your dog's poo can have, if not cleaned up or disposed of properly.

DID YOU KNOW? It is, in fact, the law that dog owners must pick up after their pets. If your dog fouls in a public place, you must clean up the mess under the Dog Act 1996. People who don't clean up after their dog can be given an on-the-spot fine. If a person refuses to pay the fine, they can be prosecuted and may face a court appearance with a maximum penalty of £1,000. (Registered blind dog owners are exempt from penalties.)

Dog waste is an environmental pollutant, which can end up polluting our waterways. Just 30g of dog poo can contain over 23 million microorganisms or bacteria. Picking up your dog's waste isn't just a common courtesy, it's a health imperative. Disease and viruses such as E.coli and Coccidia can be spread in dog poo. These can be passed on to humans, **especially to children playing in poo-prevalent areas such as parks and woods.** Worms in dog poo carry disease too. Over 100 cases of partial blindness in children are seen every year due to worms' eggs in dog poo. Owners must worm their dogs regularly!



So now you know why dogs are not allowed on the field....so that children can play, and be safe from diseases passed on through dog poo. Of course, if every dog owner in the village picked up after their dog, there wouldn't be a problem.

(Source - <https://petopedia.petscorner.co.uk/dog-poo-you/>)

Parish Council Snippets

Speed Signs!

The eagle-eyed amongst us, or at least, those people who have actually been driving about, will have noticed the two new speed activated signs that have appeared in Christchurch. These signs are part of the Parish Council's long-term plan to try and reduce speeding in our village. One sign was bought from PC funds, whilst the other was purchased via the Local Highways Initiative scheme, where Highways pay 9/10ths of the cost. Due to lockdown it has taken a while to get these signs installed, but they are now up and running.



There are three posts installed in the village, so the signs will be moved around each month. This ensures they also stay relevant; if they are in the same place for too long people might start to ignore them! The posts are halfway along Church Road, outside the Community Centre, and just to the north of the traffic chicane on Upwell Road.



From a technical point of view, the signs are slightly different. One has a logging feature which records the time that cars that are exceeding the speed limit go past - it does not record number plates, just times. However, this is useful information and can be used for targeted police action against persistent offenders. The other sign is much more simple, and just displays the speed of the car going past. The signs are set to display when a car approaches at more than 27mph, so you will see a smiley face from 27 to 30mph, then the rather evil frowning face between 31mph and 40mph. Any more than 40mph and the sign will not illuminate.

Speeding is one of the more commonly reported problems with living in villages; please take notice of these signs and keep to 30mph or below. Children are often playing near roads in our village and they deserve to be safe.

Dog Poo!

The other reported problem is people not picking up after their dogs. Sadly, this problem never goes away and, unfortunately, there doesn't appear to be illuminated signs available to help with that! (Also see related article on page 20.)

Report for PC meeting 8th June 2020

Our meeting in June was once again a virtual one. Not a whole lot to report as so many things are on hold due to the pandemic. One member of the public joined the meeting which was held via Zoom video conferencing.

There was discussion on the local highways initiative bids for 2020-21, which is a combined bid to improve safety on "The Forgotten Corner", a stretch of road on the 16ft on the way to Chatteris. Of more interest locally is the LHI bid for 2021/22, which after discussion, will be to improve safety at the junction of Church Road and Padgetts road, with the PC proposing a speed limit reduction on Padgetts to match that through Tipps End, and changes to the road layout to prevent cars cutting the corner when entering Church Road. LHI bids are joint funded (10% PC, 90% Highways), but there is no guarantee each year whether the bid will be accepted. Councillor Hughes volunteered to write up the bid and submit it to our District Councillors for acceptance, which has now been done.

The Clerk gave reports on various letters and communications that have been received. Of most importance here is the PC accounts, which have now been externally audited and confirmed as all correct. The Exercise of Public Rights period will be from Monday 15th June to Friday 24th July. During this period members of the public are able to view the accounts should they wish to. The PC thanked the Clerk for his work on these accounts, with the external auditor also commenting on the excellent standard of presentation and clarity of explanation.

The asset register of materials (Hall, field, play equipment, bus shelter, street lights etc) owned by the PC was also presented by the clerk, along with a Governance Statement, risk assessment and payments summary for the last month. All were agreed by the PC.

James Hughes. Parish Councillor.

August 15th 2020 is the 75th Anniversary of VJ Day.

Send in your family stories about WWII in Asia for our August edition!

We have heard a great deal about VE Day lately, and we at the Heron hope you enjoyed the pictures of Christchurch's "Street Party" in the June issue, but what do you know about **VJ Day**? How did WWII spill over into Asia? Here is a potted history of the conflict. It's important to remember that the British Empire was spread wide across the World at that time.

In 1941, Britain was an imperial power with colonies across South and South-East Asia. In December 1941, Japan attacked British territories in Hong Kong, Malaya (now Malaysia), Singapore and Burma (now also known as Myanmar). Japan, already at war with China, also attacked Dutch and American territories in Asia and the Pacific. By June 1942, Japanese conquests encompassed a vast area of South-East Asia and the Western Pacific. Under Japanese occupation, prisoners of war and enslaved civilians were forced to work for their captors in harsh and often inhuman conditions.

Looking forward to reading some of your family stories in the August Heron. Send them in via editor@theheron.info, or bring them round to 5, Upwell Road.

Sudoku

(solution on page 26)

4	3	8	7	6		1		2
2				9		5	3	
					2	6		8
		4		2	3		5	
3						8		
6								
		5		1		3		9
	1						8	
9			6				7	

Another unexpected consequence of the Pandemic in Britain... Guide Dogs may have a problem...



If there's one type of access worker that doesn't always follow the rules, it's guide dogs. So, has "pawing" their usual routine for three months meant they have lost vital skills?

Pete Osborne from the charity Guide Dogs says while his guide dog has enjoyed playing at home, he's confident that older dogs won't forget their training. Recently-qualified dogs, however, may forget some skills. Owners should "keep things as normal as possible when exercising" to keep skill levels up, he says.

Some transport hubs are adapting their layouts to include one-way systems. Pete says guide dog owners should ask about any such changes before trying the journey out, because "if your dog's not familiar with it they can lose confidence

Human support is also a worry for some visually impaired people. A recent survey by Guide Dogs found that only 22% of the public would feel comfortable guiding someone - which can involve taking someone's elbow. Pete says: "It's always helpful from a two-metre distance to say 'Hello, is there anything you need?' Even though it might be difficult to guide someone, you could watch the road and say when it is safe to cross." Even offering a description of the space could help, especially if things have changed. "Dogs aren't huge respecters of queues and I've heard about dogs treating each person as an obstacle in shops and weaving between them until they've reached the front of a queue."

Between March and June, Guide Dogs paused its breeding programme. Normally about 200 puppies would be born during that time, but because of growing and training time, it will be another 18 months before the charity sees any impact.

**Someone will always be prettier.
Someone will be smarter.
Someone will always be younger.
But they will never be you.
- Freddie Mercury**

Crumbs from The Good Book

By our very own Church Mouse....

A very confused Ebenezer here. I have no idea what is happening... none of our humans have set foot in here on Sundays for months. Now and again, during the week, someone has popped in for about 10 minutes or less. Why?

We have been abandoned! Such a horrible feeling. And although there are people to be seen in our Churchyard from time to time, generally speaking they are keeping their distance from each other. Has everyone fallen out with everyone else? I just don't understand. We are missing the people, true, but are also missing the biscuit crumb luxuries we had got used to. Where IS everyone?

As a consequence, words from The Good Book have not been heard in here for ages. It's a good job I have a good memory! I am hoping against hope this is just a temporary thing. When people finally get together again, they surely will be giving each other joyful hugs and kisses! And that puts me in mind of a story that Itinerant Preacher told, about a Dad who had two sons. His youngest son asked for his inheritance early, and then squandered it. Pretty bad, that. When he realised he was at rock bottom, he thought he would return to his Dad and beg him to give him a job as a servant, but wasn't sure his Dad would accept him. He needn't have worried. His Dad spotted him when he was a long way off and ran to greet him. I bet the son was nervous. Perhaps his Dad would be very angry with him, and rightly so, he thought. But no. His Dad threw his arms around him and kissed him and welcomed him back – as his son! The story was told to show how much God loves us. THERE's a crumb to munch on.



COVID-19 RULES REGARDING THE CHURCH - LATEST

From Sunday 5th July and each Sunday thereafter the church will be open for private prayer from 10 am to 12 noon. We will put out various markers to encourage social distancing and there will be hand gel etc available. Please note that there will be no formal services taking place although we hope to re-introduce them soon. If this changes before the next Heron, we will post on the Christchurch Facebook pages and the church noticeboard.

If anyone who has visited the church subsequently discovers they have COVID-19 would they please let me know (telephone 07946 635908 or email apdayemea@yahoo.co.uk) so we can do a deep clean. Obviously if people are feeling unwell or have symptoms then we ask that you please do not attend the church.

Andrew

Thoughts from the Rectory

WHERE DO YOU LEAVE YOUR TROUBLES?

Some things are annoying, but you just have to put up with them, unless you can have them locked away, out of sight. Since our compulsory confinement to the Rectory, I have been watching 'BBC iPlayer' and have been catching up on some of my old favourite programs, such as the BBC series 'Room 101' which I love. The show is named after the torture chamber in George Orwell's novel "1984".

The show entitled, 'Room 101' goes like this. Three competitive celebrities tell the presenter, Frank Skinner, of the things they hate; Frank then decides which one most annoys him and he will send it into 'Room 101'. The contestants on the show who were battling to have their hates sent away to 'Room 101' were, Fern Britton, Robert Webb and Danny Baker. Fern expressed her dislike for sci-fi shows, Danny chose panel shows, and Robert asked for his bald patch to be banished. Viewers will probably be able to relate to at least some of the celebrities' choices during the series. After all, during our lifetime we experience all sorts of things which we would just like to put away out of sight. Some are just minor irritations, but others are genuine nightmares. The people we care about most can rub us up the wrong way or let us down. Our finances may look less than promising. Our hope of landing that all important job starts to fade. Sticky situations can provoke feelings of doubt, hurt and confusion. We want nothing more than to banish all our problems and get them out of the way.

We cannot always control what happens in our lives, but we need not be overwhelmed by anything. The Bible writer, Paul, was sure that nothing need come between ourselves and God's love. Paul's confidence that God cares for us in bad times as well as good led him to write, 'Do not be anxious about anything but in every situation, present your requests to God. And the peace of God which passes all understanding will guard your hearts and your minds in Christ Jesus' (Philippians 4:6, 7 NIV).

We are living in a time of great uncertainty and fear on a scale that my generation has never had to endure. We are living in times where the certain things in life are uncertain. Schools - are they open or are they closed? Is the safe distance one or two meters from the people around us? Can I see my Mum and Dad, or my grandchildren this week? Can I travel to see the latest addition to the family? Can I book a holiday abroad this year? Can I go onto the hospital ward to visit and hold a loved one's hand? Uncertainty on a level most of us have never had to come to terms with. But if we make room in our lives for God, we can know that the uncertainties and problems equal his concern for us, and instead of locking them in a 'Room 101', we will find ourselves laying them at the foot of the Cross, and leaving them there.

Take care, keep safe.

Ian



March Road, Welney, PE14 9SE

LW Vehicle Services Ltd

Car and Commercial Repairs

Class 4 and 7 MOT Testing *Full Diagnostic Service *HGV Maintenance

*Batteries *Tyres *Exhausts *Welding and Fabrication

*Timing Belts *HGV PMI Inspections *Air Con Service and Repair

*Courtesy Car Available *All Service and Repairs Undertaken *Car and Van Sales



Call 01354 610172 Email lwvs@outlook.com Web lwvehicleservices.com

RUSTIC SLEEPERS

Used Railway Sleepers for sale
from £10 each upwards.

Can deliver at cost.

Phone Steve 07970 102651



Qualified Seamstress

All dressmaking and sewing
jobs undertaken. Alterations
to clothing and curtains.

**Please contact: Sandra Kay
on 01354 638478**

Split Logs

Moisture level 12 - 21%



£45 + delivery

(FREE within 5 miles radius of Christchurch)

Tel: 07930 825143

FOUR SEASONS TREE SERVICES

Qualified & Professional Tree and Client Care

PRUNING ● LOPPING ● FELLING
PLANTING ● REDUCING & RESHAPING
CROWN RAISING ● HEDGE TRIMMING
THINNING ● POLLARDING ● STUMP REMOVALS
OVERGROWN GARDENS PUT BACK INTO SHAPE
FRUIT TREES TREATED ● LOG & WOODCHIP SALES

FREE ESTIMATES & ADVICE WITH NO OBLIGATION

For quality jobs at a competitive price call:

Home: 01353 721665 - Mob: 07771 707921

All work carried out to BS 3998 Standard

A genuine family managed business est. for over 30 years - Fully Insured



THE NAME YOU CAN TRUST

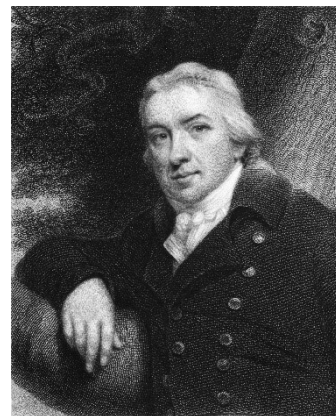


This company offers a 7 day cooling off period

SOUND FAMILIAR? Smallpox was a Pandemic, and has been eradicated.

The origin of smallpox is unknown. Traces of smallpox pustules were found on the head of a 3000-year-old mummy of the Pharaoh Ramses V. The global spread of smallpox can be traced to the growth and spread of civilizations, exploration, and expanding trade routes over the centuries.

Smallpox was a devastating disease. On average, 3 out of every 10 people who got it died. Those who survived were usually left with scars, which were sometimes severe. One of the first methods for controlling the spread of smallpox was the use of variolation, the process by which material from smallpox sores was given to people who had never had smallpox. People usually went on to develop the symptoms associated with smallpox, such as fever and a rash. However, fewer people died from variolation than if they had acquired smallpox naturally.



The basis for vaccination began in 1796, when an English doctor named Edward Jenner observed that milkmaids who had contracted cowpox did not show any symptoms of smallpox after variolation. In 1801, Jenner published his treatise "On the Origin of the Vaccine Inoculation," in which he summarized his discoveries and expressed hope that *"the annihilation of the smallpox, the most dreadful scourge of the human species, must be the final result of this practice."*

Global Smallpox Eradication Programme

In 1959, the World Health Organization (WHO) initiated a plan to rid the world of smallpox. Unfortunately, this global eradication campaign suffered from lack of funds, personnel, and commitment from countries, as well as a shortage of vaccine donations. Despite their best efforts, smallpox was still widespread in 1966, causing regular outbreaks in multiple countries across South America, Africa, and Asia. The Intensified Eradication Program began in 1967 with a promise of renewed efforts. This time, laboratories in many countries where smallpox occurred regularly were able to produce more, higher quality freeze-dried vaccine. A number of other factors also played an important role in the success of the intensified efforts, including the establishment of a surveillance system to detect and investigate cases, and mass vaccination campaigns.

By the time the Intensified Eradication Program began in 1967, smallpox had already been eliminated in North America (1952) and Europe (1953), leaving South America, Asia, and Africa (smallpox was never widespread in Australia). The Program made steady progress toward ridding the world of this disease, and by 1971 smallpox was eradicated from South America, followed by Asia (1975), and finally Africa (1977).

A World free of Smallpox.

Almost two centuries after Jenner published his hope that vaccination could annihilate smallpox, on May 8, 1980, the 33rd World Health Assembly officially declared the world free of this disease. Eradication of smallpox is considered the biggest achievement in international public health.

Centres for Disease Control <https://www.cdc.gov/>

Marmont Canoe Hire

Marmont House, March Riverside,
Upwell, PE14 9AR
01945 774486

NEW TO OUR FLEET! We now have 2 two seater Kayaks available for hire! Ideal for two adults or an adult & child. Easy to manoeuvre and user friendly. Just £25 for a days hire! We can't guarantee the sun but we can guarantee lots of fun!



<https://www.facebook.com/Marmont-CANOE-Hire-Well-Creek-Norfolk-682938938473934/>

Useful Telephone Numbers

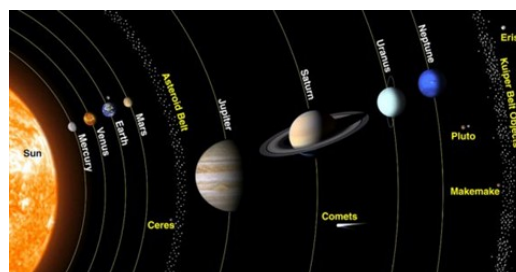
Age UK Cambridgeshire	0300 666 9860
Alzheimer's Society (Fenland)	01945 580480
Christchurch Resident's Association	01354 638990
Churchwarden - Mrs. D. Symons	01354 638352
Citizens' Advice Bureau, Wisbech	03442 451292
Community Car Scheme (to book a journey)	07902 316360
Community Centre Bookings	01354 638478
Community Fire Safety Officer	07717 858166
District Councillor - Will Sutton	01354 638025
District Councillor - Michelle Tanfield	07908 707129
Electricity Faults - UK Power Networks	105
FACT	01354 661234
Fenland District Council	01354 654321
Floodline	0845 988 1188
Library - March	0354 045 5225
National Debtline	0808 808 4000
Norfolk Dial-a-Ride	01553 770310
Parish Clerk - David Gibbs	07932 191050
Parish Councillor - Jill Bliss	01354 638343
Parish Councillor - Sharon Pomeroy	07837 407536
Parish Councillor - Roger Gladwin	01354 638538
Parish Councillor - Geoff Harper	01354 638681
Parish Councillor - James Hughes	01354 638310
Parish Councillor - Peter Owen (Chair)	01354 638847
Parish Councillor - Kay Miller	01354 638232
Police - PCSO Sue Clarke	07738 025220
Police - Emergency	999
Police - Non Emergency	101
Telephone Preference Service	0345 070 0707
Townley School	01354 638229
Trading Standards	03454 040506
Train Information	03457 484950
Upwell Health Centre (and out of hours)	01945 773671
Upwell Health Centre - Pharmacy	01945 774934
Veterinary Centre - The Crossings (D'Mkt)	01366 382219
Vicars - Ian & Lynda Brady	01354 740627
Water Emergencies	03457 145145
Club Contacts	
Art Club - Jan Clifford	01354 638217
Book Club - Sheila Day	07946 635908
Craft Club - Sandra Lloyd	01354 638956
Gardening Club - Marion Hawthorn	01354 638230
Short Mat Bowls Club - Wendy Keen	01945 772737
WI - Peggy Warby	01354 638339
Jazz Club - Nigel Smith	01945 773121
Christchurch Eco - Nate Lansdell	07401 319347

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

Jupiter Is Massive:

It's no secret that Jupiter is the largest planet in the Solar System. But this description really doesn't do it justice. For one, the mass of Jupiter is 318 times as massive as the Earth. In fact, Jupiter is 2.5 times more massive than all of the other planets in the Solar System combined. But here's the really interesting thing:

If Jupiter got any more massive, it would actually get smaller. Additional mass would actually make the planet more dense, which would cause it to start pulling it in on itself. Astronomers estimate that Jupiter could end up with 4 times its current mass, and still remain about the same size. If Jupiter got any more massive, it would actually get smaller.



Sudoku solution from page 22.

4	3	8	7	6	5	1	9	2
2	6	1	8	9	4	5	3	7
5	7	9	1	3	2	6	4	8
1	8	4	9	2	3	7	5	6
3	9	2	5	7	6	8	1	4
6	5	7	4	8	1	9	2	3
8	4	5	2	1	7	3	6	9
7	1	6	3	4	9	2	8	5
9	2	3	6	5	8	4	7	1

Valerie's Trifle

You will need:

1 x Packet of Trifle Sponges or Madeira Cake
 Fruit of your choice (I used strawberries for this one)
 1 x Jelly (matching the jelly to whatever fruit you choose)
 1 x Pint of Custard (I used custard powder and a pint of milk)
 Double Cream

- Put the sponge pieces in the bottom of the bowl then arrange the fruit.
- Make the jelly - pour over sponge pieces and fruit then leave to set.
- Make the custard and leave to cool. Once cooled, pour over the jelly and leave to set.
- Whip the cream and add to the top (ensuring the custard has cooled first).
- Decorate the top with nuts or grated chocolate. Enjoy!

(To ensure jelly and custard set entirely, this process could be done over a couple of days.)

Val Parker



Chocolate Puzzle

Have you put weight on during lock-down? If you do well at this puzzle, you probably know the reason for the weight gain!

Can you match the picture with the chocolate bar?



Bounty	Kit Kat Chunky	Lion Bar	Reece's Nut bar	Topic
Yorkie	Fudge	Picnic	Snickers	Boost
Star Bar	Double Decker	Mars Bar	Cadburys Caramel	Crunchie
Milky Way	Toffee Crisp	Wispa Gold	Peppermint Aero	Turkish Delight

Answers on the back page.

The 2021 Heron Calendar Photographic Competition

Theme: "Christchurch Skies"

From our Calendar Photo Competition Judge, Rex Ockenden, of The Granary Studio:

"This couldn't be a better theme for Christchurch. When we came here 5 years ago, friends and family asked us what it was like. My response was simple... pollution free - the air is clean, birds can be heard, stars can be seen. Seeing the stars clearly is largely down to the lack of light pollution. People living in towns and cities suffer badly from this. Fen skies are magical: particularly here. Christchurch dwellers may not know how lucky they are. Just think what Constable would have done with a smart phone!"

RULES:

- 1. YOUR PART.** Send in up to 4 of your Christchurch Sky pictures, day or night photos, to editor@theheron.info. If you don't want to send the photos via email, but wish to send a real photo, then get it to Annie Nason at 5, Upwell Road. Be sure to add your name, where, and month/season (to each photo please). Remember that we will need some photos from each of the seasons. Permission to crop photos will be assumed.
- 2. SHORTLIST.** One picture from each person will be put on the shortlist. That way, everyone has a chance.
- 3. THE WINNER.** There will be an overall winner, and Rex has very kindly offered to frame the photo free of charge, as a prize.
- 4. DEADLINE - MONDAY OCTOBER 12th.** The calendars will be for sale from November 1st, just in time for Christmas Present Planning! Price around the £6 mark. Help raise funds for The Heron!
- 5. WEBSITE GALLERY.** All the photos entered will be placed in our web site Gallery, unless you state you do not wish this to happen, once the calendars are printed and ready for sale.

Mr 'Facebook Christchurch Sunsets' himself, Andy Lansdell, has written this little piece about himself. Goes without saying that we love your Sunset photos, Andy.

Hello. My Name is Andy Lansdell, I've been asked to say a little bit about myself, hope it's not too boring! I'm an Essex boy, born and bred, living in Harlow most of my life. We moved to Christchurch in 2013. I have been married to Margaret for 41 years. We have 3 Children, Nate (who you know!!) Sarah, and Kristina, who is married to Scott, and lives in Nordelph. They have 3 wonderful children twin 2-year-old girls, and an 8-month-old boy.

I served in the RAF as a MT Driver/Balloon Operator, and have worked in and around Aviation most of my working life, having worked, at one time, as an Aircraft Tug Driver at Stansted. I am also a Founder of "The North Weald Airside Safety, Marshalling & Re-Fuelling Team". We operate at many air shows and events around the East of England. The main ones I do are the Air Show at the Lancaster Museum at East Kirkby near Boston, and the BBC "Children in Need" Air show at Little Gransden.



My Interest in photography goes hand in hand with my interest in aviation. I mainly take pictures of Aircraft, wherever I can, and am quite a regular visitor to RAF Marham, Lakenheath and Mildenhall and I work at Air Shows. My Interest in sunset photography started when we moved here. There's just something about the vast Fenland skies, the colours and flatness of the Fens make the sunsets out of this World!

Andy Lansdell

Chocolate Puzzle - Solution from previous page.

16 Toffee Crisp	17 Cadburys Caramel	18 Turkish Delight	19 Picnic	20 Crunchie
11 Yorkie	12 Wispa Gold	13 Snickers	14 Boost	15 Fudge
6 Topic	7 Star Bar	8 Kit Kat Chunky	9 Peppermint Aero	10 Reece's Nut bar
1 Bounty	2 Mars Bar	3 Lion Bar	4 Milky Way	5 Double Decker

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.

