

The Heron

Community Magazine

October 2020

Delivered to homes in Christchurch, Euximoor and Tipps End

No. 78

In this issue!

Townley School	2
Local News/Community Info	3
Advertising in the Heron	4
Editorial/Heron News	5
Christchurch History (WI)	6
The Hen Harrier	7
Gardening Club	8
Parish Council Snippets	9
Meet a Parish Councillor	10
Craft Club	10
Music in Lockdown	11
Book Club	12
Nature Notes	13
Hallowe'en/Berries Anagram	14
AFC Christchurch	15
Kids Corner	16
Upwell Health Centre	17
Art Group/Your Letters	19
Cambs Fire & Rescue	20
Puzzles/Stargazers	21
Food Recommendations	22
Church News	23
Rural Bulletin	24
Recipe	25
Useful Numbers/Answers	26
Christchurch Artist	27
Dun Cow Car Meet	28

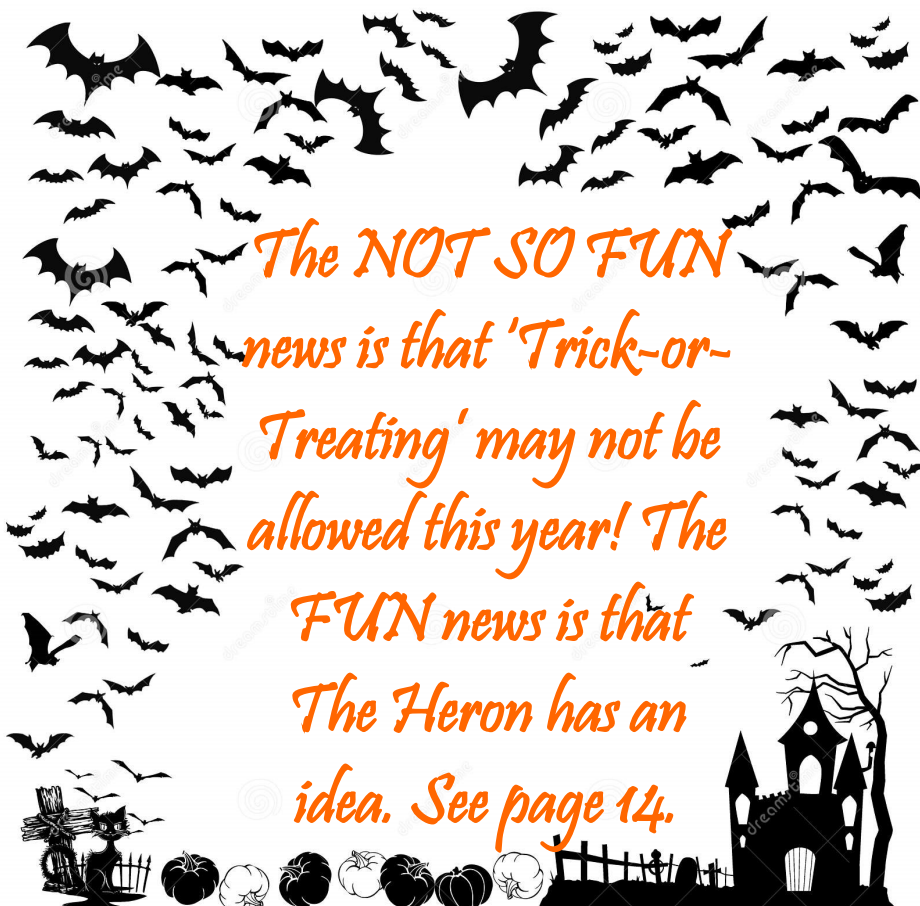


Photo: Sam McGonagle

Annie Nason—Editorial Team Leader

Elaine Reed-Hughes—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 638310

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



Facebook—Townley School
and Pre-School

September 2020

What a wonderful start to term!

It has been a fantastic start to the school year! It has been wonderful to see the children again and to welcome all of the new children. Everyone has supported us with social distance, entry and exit times, and changes with timetables. Parents and Carers have ensured one adult collects and drops off the children, which really helps keep things moving quickly. The children have been brilliant working within their 'Bubbles' and seem pleased to be back in school. Although we have used an awful lot of soap and paper towels – with each child washing their hands at least eight times a day, you can only begin to imagine the cost! We have had a few suspected cases of COVID within the children, but mainly this has been due to the children having the usual back to school coughs and colds.

We have welcomed a number of new faces to the school, which has been nice and Nursery is almost full to bursting! We have one space each in Years 1, 4, 5 and 6 for children who move into our catchment and three spaces in Year 3. There are no spaces in Reception, or Year 2! There are still a small number of sessions in Nursery, but these are limited.



Thank you

We have received a number of offers of help with reading; we will be in touch with you soon to arrange dates and times.

Community Information

Mobile Post Office:

Visits Monday to Thursday in the lay-by on Upwell Road

Monday and Thursday - 16.30 to 17:00

Tuesday and Wednesday - 16.10 to 17:00

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!

NEW INFORMATION: The van might sometimes leave before 5pm, once the post has been collected (4.40). The Driver has discretion as to when they leave Christchurch. This depends on whether or not there is anyone waiting to be served. *The best thing to do is to get there before, or at, 4.30pm to guarantee service. On some occasions, there is no signal, so that complicates matters, and can't be helped. However, the van always has to be there to collect the mail from mail boxes, brought by another post van, at 4.40pm.*

LATEST COVID RULES- Masks/Face Coverings are now mandatory when entering the Post Van (unless you are medically exempt). Thank you.

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.

What a quote: "The virus doesn't move, people move it. We stop moving, the virus stops moving, the virus dies. It's that simple."

Heron Calendar: 2021 Christchurch Skies

Get your order in!

If you have visited our Web Site www.theheron.info you should have spotted all the beautiful pictures that villagers have sent in for our 2021 Calendar Christchurch Skies. Our judge, Rex Ockendon, is finding it difficult to choose the Gold, Silver and Bronze winners, and you can see why! The winners will be announced at the end of October, and their photos will be in the November Heron. Look forward to that! Our deadline for photos to go into the competition is **OCTOBER 12th**. Every entrant will have at least one of their photos on the calendar. The size of the calendar is the size of The Heron. Just turn your Heron sideways to landscape orientation, and you will see how it will work. It will have a hole punched, to hang it up with. As you open the magazine out in landscape mode, the top page will be full of photographs, and the lower page will have the monthly dates on, and there will be space to write in the date boxes. One very beautiful and useful Christmas present. It will fit in an A4 (C4) envelope so it will be easy to send through the post.

You can buy them from November 1st. £6 for one, but a bargain multibuy offer of £15 for 3.

This project is our "Covid-safe" fundraising event, and we need our readers' support with this project. That means YOU! If you could see your way to supporting us with orders, then please do this during October. It will help us enormously to know how many we should print. Obviously, if we have leftovers, then later orders will be able to be fulfilled. Please get your orders and money (up front only) to our Treasurer, Elaine Reed-Hughes. Cheques made payable to *Heron Publishing* or BACS details available upon request. Her contact details are on the front cover.

Note to our Advertisers: We will be pleased to put your company details in the calendar, for a donation of £12 (or more). Please get in touch with our Ads manager about this. Contact details on the front cover of the magazine.

Annie Nason



Would you like to advertise in the Heron? Here are our prices for 2020:

Full Page (27.7cm High x 19cm Wide)
(occasional inclusion by special arrangement)

Half Page (14cm High x 19cm Wide)

6 x issues £85

12 x issues £160

Quarter Page (14cm High x 9.5cm Wide)

6 x issues £50

12 x issues £90

Eighth Page (6.5cm High x 9.5cm Wide)

6 x issues £34

12 x issues £64

Please contact adverts@theheron.info or phone Elaine on 01354 638310.

As most small businesses are struggling under the current, uncertain climate, we have decided to leave our prices as they are at the present time.

GRANARY STUDIO
Christchurch

Bespoke picture framing

Call us on 01354 638614

Wall art for your home

Go to www.wallartonline.uk

Personalized pictures

Go to www.frameyourphoto.uk

Corporate pictures

Call us on 01354 638614

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

How observant are you?

This photo was taken in one of our villages (Christchurch, Euximoor or Tipps End), but where?

Answer next month!



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.

BANK BACS DETAILS: Sort Code: 53-81-42 Account no: 04140109 - *Heron Publishing*

Copy Deadline - The deadline for copy for the October edition of the Heron is 23 October 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.

Editorial

To Autumn

*"Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eaves run;"*

These are first few lines of one of my favourite poems, written by the English poet, John Keats. We are well into Autumn now, having had a lovely sunny and warm September...mostly, anyhow. Our village is looking great, with shrubs, trees and berries showing their Autumn colours. We live in a lovely area, and are able to watch harvesting, ploughing, and planting going on in the farmers' fields around us. I am sure you love Sam's picture of a pumpkin field on our front cover this month. Such colour!

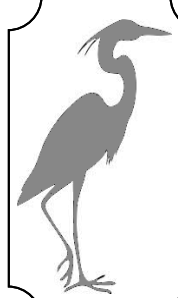
The Virus is still with us, and will be for some time to come, it seems. We, as a village, have come together in so many ways already, and hasn't it been great to see how folks have been looking out for each other! We will continue to do that, I am sure, and also continue to find interesting and Covid-safe ways of doing things. Remember VE Day? That was fun! This month's idea... check out our Hallowe'en suggestion (page 14), pinched from social media, I admit (thanks for the heads up, Rachel Crout).

Enjoy October. Enjoy our October Heron. And stay safe everyone.

Annie Nason



Heron News



Admin news: Our AGM is to be very different this year. We had hoped that we could hold it in the Community Centre. However, the "6 people only" rule has put paid to that. Zoom is impractical, as a number of the voting members are not on the internet. The Management Committee has agreed to hold a paper AGM instead.

Documents have been circulated to all members of The Friends of The Heron (who are the only people allowed to vote), along with a voting form to be returned to the Secretary. If "postal voting" is good enough for my Building Society, then it's good enough for The Heron! Needs must. Deadline for return of the voting forms is October 16th. Results in next month's Heron News.

At this point, you might be asking "Why do we need an AGM anyway? We could surely postpone it until next year". It's a fair question. There are several reasons why we need to hold the AGM shortly.

- Our Financial Year runs from April. To allow time for our Accounts to be audited, we should have the AGM on the first Monday in July, in order that they can be presented and accepted formally at that meeting. We deal with other people's money, and a lot of it, so our procedures MUST be correct and transparent.
- Our Constitution states that we should hold the AGM every 12 months, but definitely not leave it longer than 15 months. October 2020 is about 15 months after the last AGM.
- The Draft Minutes of the last AGM need to be approved.
- The Management Committee needs to be elected each year.
- The Management Committee has revised the Constitution, making it more relevant to our situation. Changes to the Constitution can only be accepted at an AGM.

Friends of The Heron: If you would like to become more involved with your Community Magazine, then become a Friend of The Heron. NO CHARGE, btw, but you have voting rights at the AGM. Too late for this year, though. Email editor@theheron.info or call me on 638088.

Annie Nason

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!

A step back in time to 1982 ...

After three years of fund-raising, the WI were finally able to present the village with a village sign to mark the



Admiring the sign which tells anyone visiting the village that he is in Christchurch — not Brimstone Hill. In the foreground, left to right, are painter Godfrey Palmer, carver David Turner, Coun Roland Singleterry, committee secretary Connie Symons, the Rector and Institute president Margaret Sparrow.

birth of Prince William. The sign had been carved by Mr David Turner and painted by Mr Godfrey Palmer. It was presented to the Upwell Parish Council by Mrs Margaret Sparrow, President of Christchurch WI.

The sign depicts two views of the Parish Church, along with sheaves, pitchforks and strawberries - showing the different types of farming in the Christchurch community - along with the Townley School badge.

A new bus shelter was moved slightly to accommodate the new sign.

Sadly, in later years, the sign was vandalised several times. The last time it was found to be irreparable and after a time, a new one was erected by the Parish Council.

Source: *Malcolm Hicks Scrapbooks*. THANK YOU MALCOLM!

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**

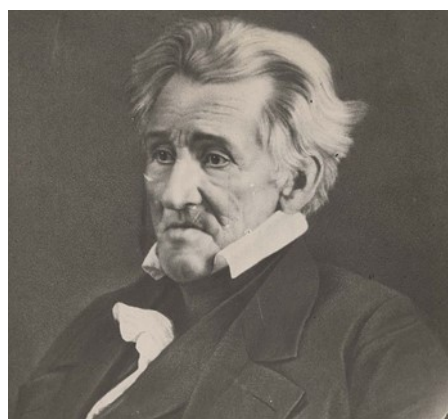
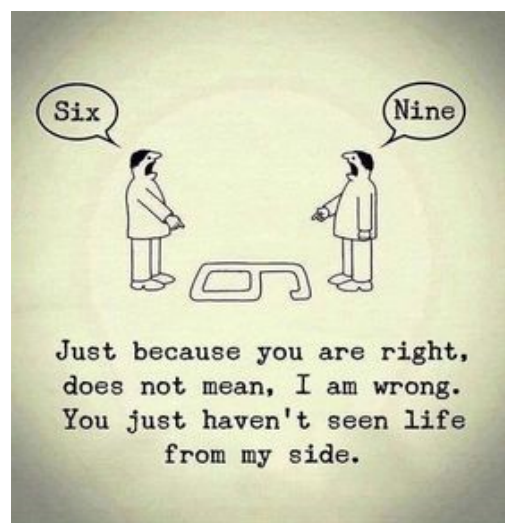
SAND, BALLAST, GRAVEL

SCREWS, NAILS, BOLTS

PAINT, SILICONE, HAND TOOLS

**LOCKS, ELECTRICALS, PLUMBING,
GUTTERING
UNDERGROUND PIPE & FITTINGS**

CEMENT, MULTIFINISH, PLASTERBOARD



Further to the article in September's Heron another Pet Grey Parrot story!

USA President Andrew Jackson and his foul-mouthed parrot.

President Andrew Jackson (in office 1829–37) was a hard-edged war hero, renowned for fighting lethal duels and once even incapacitating his would-be assassin by battering him with a walking stick. But by the time he died in 1845, Jackson had become a quiet and deeply religious man, which is why mourners at his funeral were so surprised when his pet grey parrot, Poll, began blurting out offensive swearwords. Clearly, the bird had picked up some of Jackson's saltier language in the ex-soldier's heyday, and had chosen the worst possible moment to showcase it.



The Hen Harrier

This wonderful Raptor is under threat of extinction in the UK. Well-loved Naturalist and Broadcaster, Chris Packham, has asked that people write to their MP, voicing their concern. One of our villagers (name and contact details provided but withheld) did exactly that and received a prompt reply. Here is a shortened version of the email, from Katy Lipscomb, Assistant to Rt Hon Stephen Barclay MP, Member of Parliament for North East Cambridgeshire.

Date: 1 September 2020 at 11:21:31 BST 01354 656635

Good Morning

Thank you for contacting Mr Barclay about the protection of birds of prey. He recognises the conservation and economic benefits that shooting sports bring to rural communities.

All wild birds are protected under the Wildlife and Countryside Act 1981 and there are strong penalties in place for offences committed against birds of prey and other wildlife. To address concerns about illegal killing of birds of prey, senior Government and enforcement officers have identified raptor persecution as a national wildlife crime priority. The National Wildlife Crime Unit monitors and gathers intelligence on wildlife crime, including raptor persecution, and aids police forces in their investigations when required. Mr Barclay is pleased that the Government will continue to work to ensure a sustainable, mutually beneficial relationship between shooting and conservation.

After speaking to the Minister, it is clear that the Government is very concerned about Hen Harrier populations, which is why it took the lead on the Hen Harrier Action Plan. This sets out what will be done to increase Hen Harrier populations in England and includes measures to stop illegal persecution.

Thank you again for contacting Mr Barclay on this issue.



Upvc Windows and doors
Aluminium Windows and doors
Bi-folding doors

Fascia, soffits and guttering
Supalite Warm roofs
Conservatories


THE WINDOW & DOOR BUSINESS LTD

Thewindow&doorbusinessltd@gmail.com | 07875 745125



Christchurch Gardening Club

"Gardening for the People"

Since the arrival of our most unwelcome guest (the Pandemic) I, like many other people, have become even more aware of the daily events featured on the various news channels throughout the day. The almost ritual-like flocking to the beach or any other public space, at the merest hint of a sunny day. Watching these reports of the mass craving for the outdoors, made me wonder who and when did somebody come up with the idea of recreational open space - both public and private? The answer seems to lay in the dim and distant past.

It all began with "forest gardening" when a plant based pro-food system was established along jungle infested riverbanks, in the wetter, monsoon areas of the world. This, it seems, involved a gradual process of cultivating useful plants and eradicating any undesirable species. It seems funny to think of our prehistoric ancestors fighting off Mr Weed!

The enclosure of outdoor space is believed to have occurred around 10.000BC. Though of course no one can be sure of the exact timing of these events. It seems likely that the idea was to construct a barrier to keep out animals looking for an easy meal and of course those pesky weeds.

Garden design - a precursor to landscape architecture - began in West Asia. Eventually making its way westward via Greece, Spain, Germany and France, before arriving belatedly in Britain. The very word garden is derived from the Old English word "geard" which denotes a fence or enclosure.

As civilisation spread, it was the more affluent who were able to create private outdoor spaces for their own aesthetic purposes, as they were less concerned with food production, they could afford to be generous with their own private space. Egyptian tomb paintings, of the sixteenth century BC, depict lotus ponds surrounded by symmetrical rows of Acacias and palms. I feel sure we are all aware of the Hanging Gardens of Babylon, one of the Seven Wonders of the World. Darius the Great was said to have his own paradise garden. So when we are contemplating our own little haven of peace and tranquillity, maybe we should spare a thought for our ancestors who started it all - as there really is nothing new under the sun.

Stay safe.

Steve



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



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

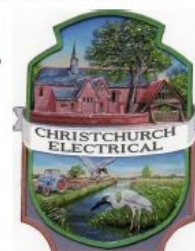
CHRISTCHURCH ELECTRICAL

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

Parish Council Snippets

Once again this month's PC meeting was held over Zoom, and after a short delay as the Chairman's computer crashed, the meeting started at 7.45!

There were no members of the public present, and no Councillors had any topics to bring up so the meeting proceeded swiftly. Due to Covid there was no progress to report on the bus shelter paving improvements. UK Power networks will be trimming the larger trees along Green Lane to prevent any winter damage to the overhead power lines. The perennial street lights agenda item then raised its ugly head - the Clerk has had a quote for replacement of a number of posts and heads but it is not for the actual requested work, and it's possible that an alternative contractor will be cheaper anyway, so further work is to be done to get the final costings.

No Police report has been received this month, and no-one present had anything to report on this subject.

Cllr Will Sutton then reported on the issue with the garden waste bins not being collected the previous Friday - this was due to a lorry breakdown. He had emailed FDC over the matter during the weekend, and the bins were collected on the following Monday.

Cllr Sutton has also been following up on the Stonea Rail bridge closure. There is some progress to report, in that the new beam is in place, and the current delay is due to waiting for the concrete to set, which can take

over 6 weeks. It is hoped that the repairs will be complete by the end of Autumn.

The clerk made a number of reports, but of major interest is the quote for the new canopy to be installed at the Community Centre. This will be a 21m x 4m paved area with a canopy over the whole area, attached to the field side of the hall. The PC has received a large grant of £15000 towards this - currently the quote for the works is for £23700, slightly more than expected. The clerk will get two more quotes, but it seems the PC will only have to pay at most £8700 towards the cost of this fantastic new addition to the Community Centre.

And that's about it for September. Full detailed minutes will be made available on the PC website in due course.

James Hughes



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

Meet a Christchurch Parish Councillor ...

Sharon Aldridge

Sharon is our newest Parish Councillor having been on the Parish Council for just over a year.

Although Sharon has only lived in the village for three and a half years, she has a long association with the village as she lived in Upwell for 10 years prior to moving to the Christchurch, and for some of that time her daughter attended Townley School, Sharon serving as a school governor. Two years ago Sharon's mother moved to Christchurch and she now feels that she has a strong commitment to our village.



Sharon enjoys being part of the Parish Council and has been made to feel very welcome by the longer serving members of the team. She has been impressed that in the absence of parish council meetings the use of Zoom meetings has been a significant help.

Sharon was born in Surrey but had a number of different homes in Surrey, Hertfordshire and Northamptonshire throughout her childhood as the family needed to move because of her Father's career. She freely admits being "a bit of a rebel" at school - being the first girl to take woodwork and metalwork in order to make a stand against sexual stereotyping - then not shining in her exams because she "wanted a social life".

Although Sharon had always wanted to teach, she describes herself as "a child of Thatcher's Britain" and set her sights on making money! After working in an estate agency, she decided the real money was to be found in running her own business, so with this in mind she opened her own recruitment business in partnership with her Mother. At 27, Sharon became disenchanted with the lifestyle she was leading and "dropped out" - heading off to Northampton University at the age of 28 where she spent what she describes as an idyllic 3 years studying art, drama and equine studies - everything she was passionate about! After university, Sharon worked on Government funded contracts in training, recruitment and troubleshooting.

2004, was Sharon's "annus horribilus", she had two children and was going through a divorce. This led to a move to Littleport and this is where she met her husband Thomas. Life became more settled in 2007 when she moved to Upwell, and then into Christchurch 10 years later.

Sharon has three children ages 13, 19 and 24 and loves her job at the Rosebery School, where she teaches art. Although Covid has meant many changes, she is philosophical about the need to adapt.

On behalf of the village, we thank you for being willing to serve on the Parish Council!

Sheila Day

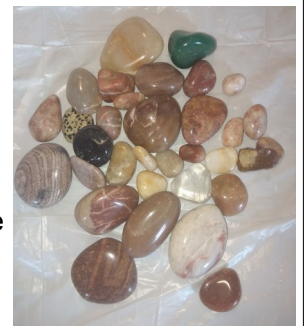


Christchurch Craft Club

of going to the beautiful beaches with the children and the dog. One of our favourite things to do on the beach is collect unusual stones. At one point we all just found ourselves scouring the beach for some stone or other that we found interesting and pretty.



Having brought the stones home, I didn't do what I normally do and just leave them in a bucket in the garage or shed, I actually dusted off my stone polisher and put it to work. Having overcome the first hurdle of the barrel exploding at the first attempt (it has been a long time since I have used it and the plastic of the barrel had gone brittle with age - so a replacement was purchased) I put the machine to work on polishing our lovely stones. The process takes about two weeks in total using a variety of grades of silicon carbide grit and water. The noise is horrendous so I find I have to do the whole process over a longer period of time to save our ears! The results are really quite special. Now what to do with them ...



Elaine Reed-Hughes

Don't stand so close: how live music has changed its tune in lockdown



From drive-in concerts to livestreaming on Fortnite, the industry has had to adapt creatively to the current restrictions. Punk gigs don't usually lend themselves to quiet introspection. By their nature, they should be noisy, chaotic and rammed with fans. But music under lockdown has warped into new ways of being. So Free Word's festival of feminist punk, streamed live on YouTube from each artist's home, is a discombobulating experience; **Ms Mohammed**, a musician costumed in blood red against a wall draped in shawls, reminds

herself to "pause and wait for the applause" at the end of each song, despite not being able to see any of the 60 fans who have tuned in to see her.

The scene is doing its best to connect, given the circumstances. But with an industry on its knees, where 80% of UK music venues are now under serious risk of permanent closure and £900m has been wiped from the £1.1bn live sector this year, the need for nimble innovation is urgent. But what exactly will live music look like after lockdown? Gigs can be reconfigured to meet social distancing guidelines – the crucial question is whether they will work.



The idea of virtual concerts is not new. But the mammoth speed of data and technology required to run them, plus their limited appeal to artists and audiences, means they have been slow to take hold. **Travis Scott** ventured into the market last month by playing a concert on videogame Fortnite, while Massive Attack "performed" in the Lego videogame, Minecraft. Keen to take a lead, Sony began recruiting this month for a team dedicated to building large-scale virtual concerts.



The escalating costs of extra security to enforce social distancing, increased sanitation, insurance, potential protection for venue staff in the future is a minefield for the industry, already grappling to stay afloat. Live Nation, one of the world's largest concert promoters, has furloughed 20% of its staff and postponed its 2020 shows. John Reid, company president for Europe concerts, told the *Observer* that it has been working on alternative ways to adjust its model, including "drive-in concerts, reduced-capacity shows and fan-less concerts from iconic venues ... the hope is that we will have tickets for the big 2021 tours on sale before the end of the year."

Musicians who spoke to the *Observer*, including Lovett, Grant, Pictish Trail and Big Joanie, said the live show aspect of the job was their financial bread and butter. **Johnny Lynch of Pictish Trail** is optimistic that venues will enjoy a bounce once restrictions ease. "Mass gatherings will be difficult, but gigs at 100-200 capacity venues are likely to come back quicker. A lot of them are my lifeblood." "Most bands wouldn't exist without those small venues," says Stephanie Phillips of Big Joanie. "But it's frustrating, because small venues aren't seen as important to the culture in the UK." Across the board, venues, booking agents and promoters are all feeling the pinch. Tom Baker, whose company Eat Your Own Ears puts on 200-250 shows a year, is wary about how social distancing could work at his shows: "It's not like managing a supermarket where it's bright lights in the daytime – a venue is dark. It's not a clinical space, it's about people coming together and enjoying a shared experience, not standing two metres apart on their own."

Source: *The OBSERVER 2020*

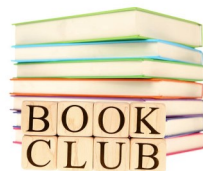


DID YOU KNOW?

Hedgehogs are mammals members of the family Erinaceidae. They are among the most primitive mammals still alive, showing little change during the past 15 million years. Through the study of fossils, scientists have discovered some primitive ancestors of the hedgehog, including the *Litolestes*, the *Leipsanolestes*, *Oncocherus*, the *Cedrocherus* and the *Deinogalerix*. The chemical analysis and the anatomical comparison of fossil-bones have helped to link these primitive animals to modern hedgehogs, but some of their habits and features still remain a mystery to science.

Christchurch Book Club

Oh dear! I'm afraid Book Club has not got its act together at all! (In fact it is Sheila Day who has not got her act together!)

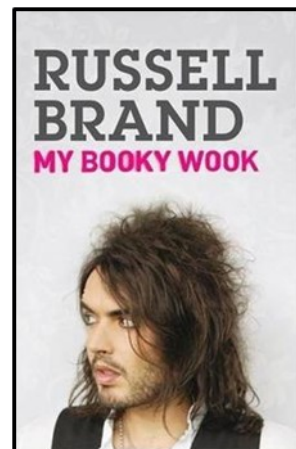


We were meant to be meeting in a member's garden at the end of August - which was rendered impossible by the weather - and since then....um...nothing!

HOWEVER - we have a plan! Members have been asked to keep the evening of Tuesday October 20th free, but plans as to what will happen that evening are, at the moment, uncertain and will depend on the weather and government rules/guidelines at that time. It may even end up being a zoom meeting!

Meanwhile we are reading "My Booky Wook" by Russell Brand.

It is always good to welcome new members - if you are interested in joining us, please contact Sheila on 07946635908.



Paul Braybrooke

Oil Fired Boiler Engineer

Boiler Servicing & Breakdown Service

Commissions
Tank Replacements

Phone 01353 777788
07946 735691



645 Services Ltd

For your complete Oil Services

*Registered Office: 12/13 The Crescent, Wisbech, Cambs PE13 1EH – Director: B E Easey
Company Registration Number: 07872493 ~ VAT Number: 126 5422 30*

To join our local syndicate (Outwell, Upwell, Christchurch, Tipps End, Welney) and to get a competitive heating oil quote, please call 645 Services' local representative Elaine, on 01354 638310 or 07803 178824 or Email: elaine@645services.co.uk

We will always try and be the best price around - with local deliveries scheduled for the middle of the month, every month.

Nature Notes - Moths

Moths are often misunderstood, but they hold vital roles in the wildlife ecosystem.











Although many people overlook them, moths are numerous and widespread, with over 2,500 species in Britain living in a wide range of habitats.

Since 1914 there have been 56 moth extinctions. Six of these have since recolonised or been re-found.

Gardens are important places for moths, especially as intensive agriculture is limiting the number of suitable habitats in the countryside. There are likely to be over a hundred species in just an ordinary urban back garden! The way you manage your garden can really help moth conservation.

Moth identification

wildlife watch

DAY FLIES  50-58mm <input type="checkbox"/> Hummingbird hawk-moth	 30-38mm <input type="checkbox"/> Six-spot burnet	 35-40mm <input type="checkbox"/> Silver Y	 34-46mm <input type="checkbox"/> Cinnabar	 18-20mm <input type="checkbox"/> Mint
NIGHT FLIES  42-52mm <input type="checkbox"/> Large yellow underwing	 30-38mm <input type="checkbox"/> Heart and dart	 32-46mm <input type="checkbox"/> Scalloped oak	 42-50mm <input type="checkbox"/> Angle shades	 65-90mm <input type="checkbox"/> Poplar hawkmoth

www.wildlifewatch.org.uk

Let Them Sniff

Why is it important to let your dog sniff on walk?

- Dogs "see" the world through their noses
- Slow scent/sniffy walks let your dog absorb and process all the scents
- Gives you insights into their behaviours
- Mentally and physically stimulating
- Decreases their heart rate
- Decreases their stress levels
- Improves behaviour
- It's their walk not yours



W.F.A.

www.welfare4animals.org





HALLOWE'EN IN VIRUS TIMES

Here's a village idea for children and adults alike. Why not join in? Let's make Hallowe'en 2020 a fun occasion, in spite of the restrictions! October 29,30,31.

We could all have a go at decorating our front porch, or a window, or our front garden this year, for Hallowe'en. That would make for an interesting socially-distanced walk round the village! Children can still dress up as usual in scary costumes and face paint, and walk round with their parents to have a look at the displays, but just not do the Trick-or-Treating bit this year.



Why not make a Hallowe'en Scarecrow of some kind? Though do beware of the fire risk. Don't use a naked flame in your displays.

If the Virus rules say NO Trick-or-Treating, well, everyone will have had a fun walk round the village!

Thanks to Rachel Crout for the original idea.



A challenge to any older folks. How long would you say it has been since you carved out a Hallowe'en Lantern from a pumpkin? Have a go.

Why not?



FENLAND LEISURE PRODUCTS
PLAY SOLUTIONS
SCHOOLS, PARKS & LOCAL AUTHORITIES

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

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



www.fenlandleisure.co.uk

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

Autumn Berries

Can you guess the names of these berries? Some are very poisonous. NEVER EVER eat berries unless you are certain they are ok for human consumption. Some berries can kill you.



lackrebbesri

Edible - raw and cooked



arapychant

Not toxic to humans, but best avoided



Rerresidebel

Make good wine but sour to the taste if eaten raw



wanor biserre

Make good jelly. Bitter if eaten raw.



wey

These trees are best avoided at all costs. ALL parts of this plant are toxic.



slord dan ideas

Toxic.



leyadd thingeadsh

Will kill a child if eaten.

Answers on Page 26

SUPPORT WORKERS YOU CAN TRUST



"PEOPLE WERE VERY
POSITIVE ABOUT THE
KINDNESS AND
RELIABILITY OF THE
STAFF" - CQC

- PERSONAL CARE • POST HOSPITAL CARE • DEMENTIA PATIENT CARE • PHYSICAL DISABILITY SUPPORT
- SHORT AND LONG TERM CARE • COMPANIONSHIP
- REHABILITATION

CONTACT US TODAY TO SEE HOW WE CAN HELP
T: 01945 773861 A: 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 



AFC CHRISTCHURCH 2020-2021 SEASON



AFC Christchurch The Magpies

Lockdown was hard on our keen Christchurch footballers. There were some pre-season matches, but our first "real" match was on September 19th. Christchurch FC against Doddington. It was a well-matched game. Christchurch scored first, in the first 30 minutes. Doddington then put them under pressure, but Christchurch continued to attack. The score at half time: Christchurch 1 Doddington 0. In the second half, Christchurch came out attacking from the whistle, and went on to score another 2 goals. Doddington pulled one back in the final 15 minutes. Christchurch should have scored more goals, missing a few opportunities. But it was a good win for our first match of the season. Well done all!

Christchurch 3 Doddington 1.

Yvonne Chenery



DO YOU HAVE HEALTH AND WELLNESS GOALS.....?

NOT SURE HOW TO GET STARTED....?

We can help you get into the best shape of your life!

(You could even begin to earn some cash once you've got started)

Start today by getting your free wellness profile

~ simply go to ~



JUSTINJB.GOHERBALIFE.COM
<https://www.facebook.com/JJBSE> or call
 Justin on 07896 292465 or Rebecca on
 07581369795

Your health and wellness is our No.1
 Priority!



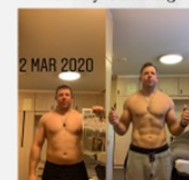
Award Winning Products!



80% NUTRITION
 20% EXERCISE
 100% MINDSET



Amazing results with our 21 Day Challenge!



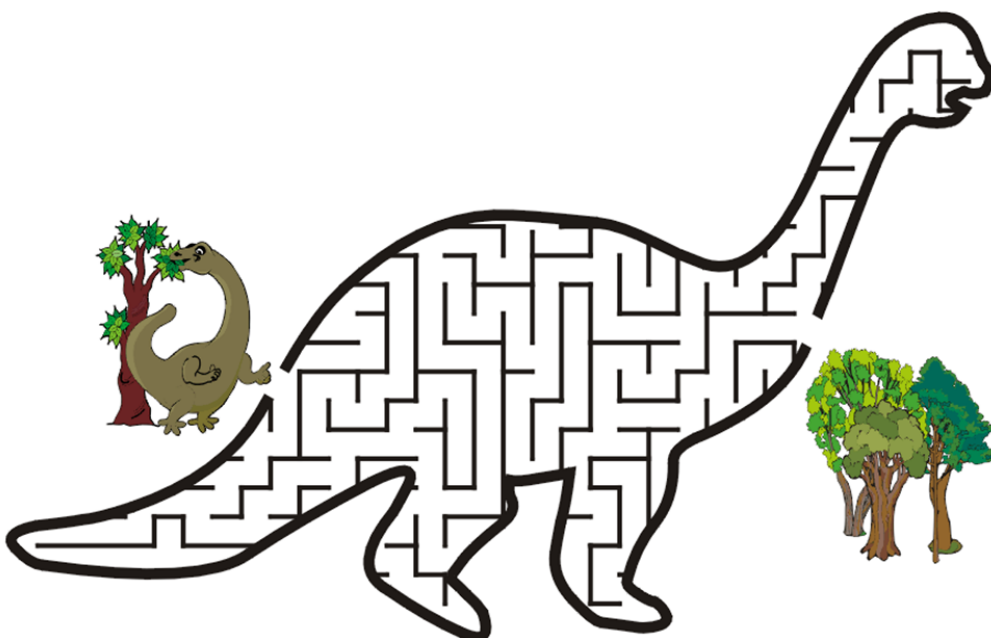
Kids Corner

A dinosaur theme this month...

Did you know?

- Dinosaurs are a group of reptiles that lived on Earth for about 245 million years.
- In 1842, the English naturalist Sir Richard Owen coined the term Dinosauria, derived from the Greek *deinos*, meaning "fearfully great," and *sauros*, meaning "lizard."
- Dinosaur fossils have been found on all seven continents.
- All non-avian dinosaurs went extinct about 66 million years ago.
- There are roughly 700 known species of extinct dinosaurs.
- Modern birds are a kind of dinosaur because they share a common ancestor with non-avian dinosaurs.

Help the dinosaur through the dinosaur maze to find more trees to eat.



Dino Jokes

Q: What do you call a dinosaur with no eyes?

A: Doyouthinkhesaurus

Q: What do you call a sleeping dinosaur?

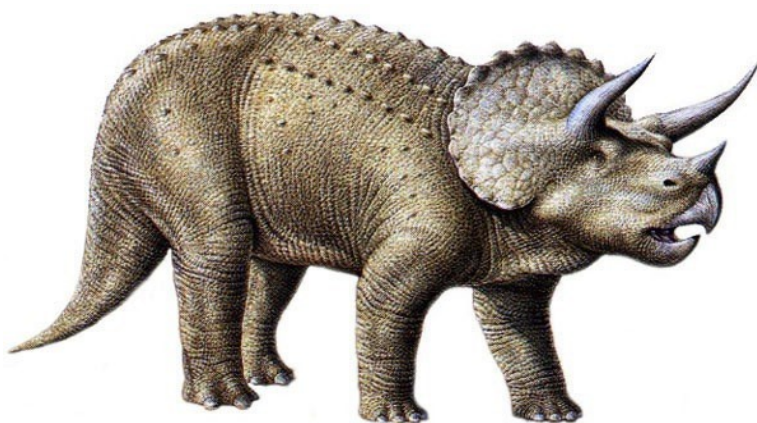
A: A dino-snore!

Q: How do you know if there is a dinosaur in your refrigerator?

A: The door won't shut!

What sort of Dinosaur am I?

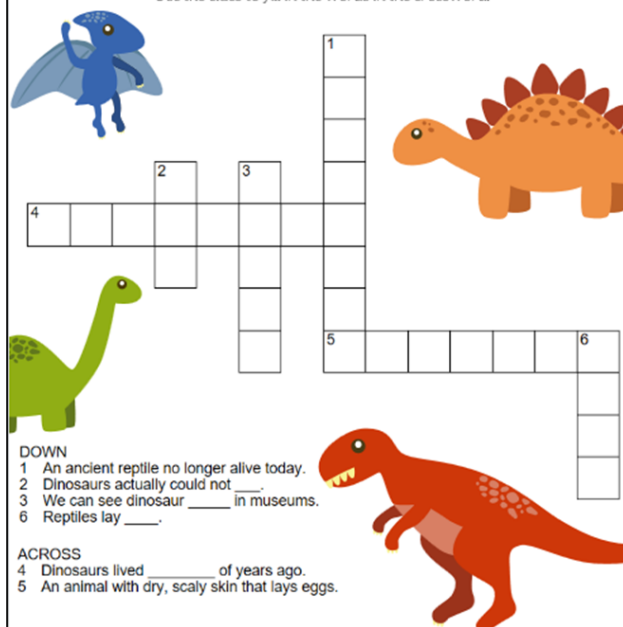
- (a) Tyrannosaurus Rex (b) Diplodocus
 (c) Triceratops



Answers on Page 27

Dino Crossword

Use the clues to fill in the words in the crossword!



A note from Upwell Health Centre

Coronavirus Pandemic

We hope that everyone is keeping safe. The Covid-19 pandemic has had and continues to have huge implications to many aspects of life. It is important to remember that the pandemic is not over and there is a continuing risk of coronavirus outbreaks in the community. The important messages are to continue to follow the social distancing guidelines from the government and take as many precautions as possible. Specifically:

- Try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble).
- Wash your hands with soap and water often – do this for at least 20 seconds.
- Use hand sanitiser gel if soap and water are not available.
- Wash your hands as soon as you get home.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards.
- Do not touch your eyes, nose, or mouth if your hands are not clean.
- Unless you have breathing difficulties or are a child under 3 you should wear a face covering in all places where it is hard to remain a safe distance away from other people. This includes, shops, hospitals, GP practices, public transport etc.

The surgery would also respectfully ask patients not to enter the surgery building unless you have already been asked to by the surgery team. Again, this is to minimise the risk of covid-19 infection to both patients and staff.

'Flu Season

With winter approaching, we are of course nearing the flu season. By the time you read this we will be booking slots for people to be vaccinated against the 'flu virus. Because of the pandemic the way we deliver the vaccine will be quite different this year as we need to maintain social distancing and keep everybody as safe. You will not be able to attend a flu clinic without making an appointment first. You will need to book an appointment at the surgery and arrive no more than 5 minutes before your appointment time.

We will be running flu clinics on some Saturdays and during the week during October and November. **PLEASE DO NOT ATTEND UNLESS YOU HAVE AN APPOINTMENT.**

Please note that people in the 50-64-year old age group (who would not have been eligible in previous years for a flu vaccine) **will not be vaccinated until November and December**, providing there is sufficient vaccine, and no appointments will be offered for this age group until then. This is to ensure that those who are most at risk are vaccinated first. If you are 50-64 and you are in one of the other groups which is eligible for the flu vaccination, for example you have a health condition which puts you at risk from the flu, you will be able to obtain a flu vaccine earlier.

Finally...

If you can, please follow us on Facebook. This is a great way to keep up to date with what is happening in the practice including flu clinic information and helpful health advice.

We can be found at www.facebook.com/UpwellHealthCentre

Best wishes, stay safe and remember the pandemic is not over.

The team at Upwell Health Centre



8 things to remember when going through tough times.

1. Everything can - and will - change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always, something to be thankful for.

© Science & Metaphysics



No Tossers Here!

A notice found on the streets of York ...



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 - Weekdays from 4.00pm
Fri from 2.00pm, Sat, Sun from 12 noon



MONDAY BREAKFAST CLUB - 9.30 till 11.00am
From Bacon Rolls etc. to Full English

FRIDAY FISH & CHIP SUPPER - 5.00 till 8.00pm
Fish, Chicken, Scampi, Homemade Pies

COVID 19 Update

In line with the Government's new instructions, as of Thursday 24th September, we ask **all our customers to wear their masks or face coverings when entering the pub**, and once you are seated, you may remove them. We will serve all your drinks and food at your table. If you need to leave your table for any reason, you will have to put on your mask or face covering again. Once again, when you are finished and wish to leave, replace your mask or face covering before leaving your table. Please continue to follow the one way system that has been in place since we reopened in July. We will be closing at 10pm as instructed. **Please know that we have to ask you to do this as we face fines or worse, closure.** We have not done this to ruin your evening out, or because we are over zealous, or singled you out for any reason - this is demanded by the Government, so please do not complain to staff about these requirements. Thank you all, and stay safe.

Sunday 18th October @ 4.00pm "Luke Wright-the ballad server"

"His performances rumble with rage, passion and humour. They are also peppered with brilliantly smart observations. You will leave this show brimming with energy." Guardian.

This will be an open air event- should the weather be unkind then there will be limited indoor spaces available.

A big thank you to all who attended the Dun Cow car show; a great turnout from all.

Christchurch Art Group

We are not yet able to say when we can meet as a group again, but we can still keep our art work going.

Perhaps now is the time to start thinking about painting some Christmas cards for family and friends. People really appreciate some thoughtful card you have painted yourself. The example here was painted by an art club member. The design is simple, but effective. Why not have a go.

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

Jan Clifford



Interesting Facts About Autumn

1. Autumn begins

There are two different dates when autumn could be said to begin. Autumn, as defined by the Earth's orbit around the Sun, begins on the equinox which falls on 22 or 23 September.

However, to record climate data, it is important to have set dates that can be compared, so meteorological autumn always begins on 1 September.

2. Trees prepare for winter

One of the most stunning signs of autumn is the turning of the leaves. The shorter days are a sign to trees to begin to prepare for winter. During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout autumn, the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.

3. The chemistry of colour

Chlorophyll is the chemical which makes tree leaves green and as it declines other chemicals become more prominent in the leaves. These are responsible for the vibrant ambers, reds and yellows of autumn. The chemicals responsible are types of flavonoids, carotenoids and anthocyanins. Did you know some of these chemicals are the same ones that give carrots (beta-carotenes) and egg yolks (luteins) their colours?

4. People born in Autumn live longer

A study in the *Journal of Aging Research* found that babies born during the autumn months are more likely to live to 100 than those born during the rest of the year. Their study found that 30 % of US centenarians born during 1880-1895 were born in the autumn months.

5. The days get shorter

The word equinox comes from the Latin *equi* (meaning equal) and *nox* (meaning night) accounting for the equinox marking the time when day and night are of equal length.

We often notice the nights begin to draw in from this point as after the autumn equinox, the nights are longer than the days, until this is reversed at the spring equinox.

6. A date for your diary - 24 September 2303

Generally speaking, the autumn equinox always falls on either 22 or 23 September, but not quite always. Because the Gregorian calendar is not quite in perfect symmetry with the Earth's orbit, the autumn equinox will very occasionally fall on September 24. This last happened in 1931 and will next happen in 2303.

7. Persephone's return

In Greek mythology, autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking spring.

8. Autumn and Fall

We typically think of 'fall' as the North American version of the word 'autumn', but it was in fact in widespread usage in England until relatively recently. Originally a shortening of the phrase *fall of the leaf*, the phrase was common in England in the 17th century. The word autumn entered English from the French *automne* and didn't become common usage until the 18th century.

Source: Met Office

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



**CAMBRIDGESHIRE
FIRE & RESCUE SERVICE**
Working together to improve community safety

Stay **safe**
Stay **connected**

For more information log on to www.cambsfire.gov.uk, follow us on social media or call 01480 444500.

Getting Ready for Winter

As the colder months draw in, we begin using our fires, burners and chimneys once again to warm our homes. Chimney Fires continue to be a common occurrence in home fires in the winter months. To ensure you keep your home safe from fire, follow our top tips below:

- Whatever fire you have or fuel you burn it is vitally important to have your chimney swept to avoid a build-up of ash and soot
- Avoid burning resinous woods (that quickly build up soot)
- Only burn fuels suitable for your burner (eg. never burn anything other than wood in a wood burner)
- Do not overload the grate/ appliance
- Do not bank fires too high and remember to let them burn out well before you go to bed
- Check the hearth, floor and furnishings near the fire for hot sparks/embers
- Do not place objects on or over the mantelpiece which cause you to stand too close to the fire in order to reach them
- Use a fire/spark guard to prevent accidental fires and make sure it has the kite mark or conforms to British/European standards.

Inspect your chimney breast, particularly the roof space. Make sure it is sound and sparks/fumes cannot escape through cracks or broken bricks. Most importantly, always fit a smoke alarm and test your alarm weekly, and ensure a Carbon Monoxide (CO) alarm is installed in the room where the burner is.



LW Vehicle Services Ltd

Car and Commercial Repairs

March Road, Welney, PE14 9SE

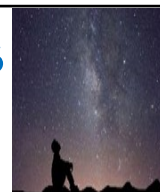
*Class 4 and 7 MOT Testing *Full Diagnostic Service *HGV Maintenance
 *Batteries *Tyres *Exhausts *Welding and Fabrication
 *Timing Belts *HGV PMI Inspections *Air Con Service and Repair
 *Courtesy Car Available *All Service and Repairs Undertaken *Car and Van Sales



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

Hello Christchurch Stargazers

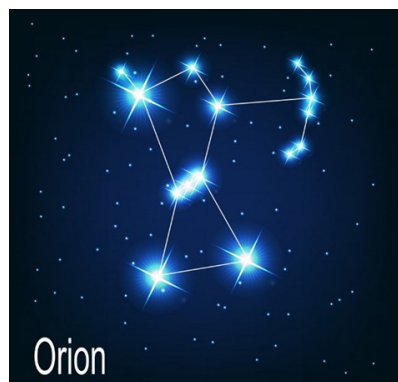
Christchurch Stargazers



Well, another month has passed us by, and the nights are really starting to draw in. Good for sky watching, but wrap up warm.

Planets:

Venus will be a spectacular morning planet rising in excess of 3 hours before the sun comes up. **Mars** is at opposition on the 13th of the month, and shining at magnitude -2.6 so it's very bright. **Jupiter** is an evening planet that remains well placed, but low in the UK, as is **Saturn**, which sits just to the east of Jupiter. **Uranus** is well placed this month, which is between Mars and the constellation of the Pleiades. **Neptune** also remains well placed for observation throughout October.



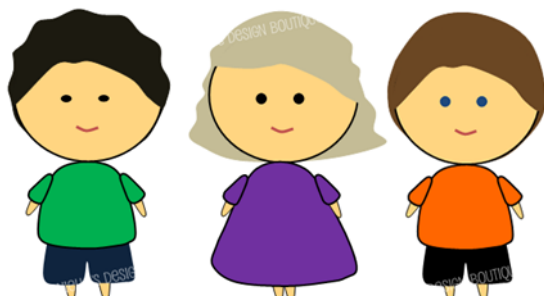
We have the constellation of **Orion** rising in the early hours which will mean good viewing for its Nebulas. This also means we get to see the **Orionid Meteor** shower which will peak on the 21/22 of the month.

Do not forget never ever look at the sun without the correct equipment.

Mark Andrews

Puzzles

Logic Puzzle: Jack is looking at Anne. Anne is looking at George. Jack is married, George is not, and we don't know if Anne is married. Is a married person looking at an unmarried person?



SUDOKU

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

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



This company offers a 7 day cooling off period



Eat-In or Take-Out Food Recommendations. Hungry?

Welcome to our new food article.

We are looking for recommendations for where to eat in the area - this can be eat-in or takeaway, fast food or haute cuisine. We would love to hear from you!



Anne's Thai Kitchen,
March - near the "fountain".

Anne has a few tables to eat inside, but the main trade is take-away. We are regular customers. So much so that she now recognises my husbands voice on the phone!

Thai food is tasty, spicy (but she will vary this for your taste) and lots of the dishes include coconut milk in the sauce. There is a Bain Marie with ready prepared meals which are priced very competitively but there is also a wider menu with a good selection of different dishes. My recommendation is Duck Red Penang Curry and fried rice - with Pad See Ew Noodles with Seafood coming in a close second.

Cost - allow £6 - £10 per person
(depending on if you have starters)

Sheila Day

Please send your food recommendations to
editor@heron.info.

For those wanting to have a go at their own Thai food try out the quick and easy (cheats) Thai Soup on page 25.



Qualified Seamstress

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

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

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

WELL ... AT LEAST
VENTRILOQUISM GOT EASIER





Church News

After the communion service on 13th September, our next planned service will be a holy communion on Sunday 11 October at 11am. The other Sundays in October we will open the church for private prayer from 10am to 12 noon. This will be subject to any further Coronavirus guidelines and appropriate social distancing measures.

In order to maintain social distancing for the 11th October service, we will ask people to let us know beforehand that they want to come and allocate a space to them. It is a possibility that if you come to the service without booking that you may not be able to attend if there is no safe spacing available. We will announce further details a week beforehand (on the noticeboard and Christchurch Community Facebook Page). My wife, Sheila, has again kindly agreed to handle the allocation of seating. If you want to book a space, please email her on sheiladay1@hotmail.com or call 07946 635908 if you don't have email.

Such a shame we can't have a Harvest Festival this year. However, at the moment, we are hoping to hold a short open-air Remembrance service on Sunday 8th November but await further details on how we will be able to conduct this.

Andy Day



Thoughts from the Rectory

Sunday Helps With The Rhythm Of Life

The Old Testament Genesis' account of Creation says that God rested from all his work (Genesis 2:2). So, after making day and night, oceans and sky, trees plants and all living things, God rested on the seventh day in order to enjoy all that he had made.

Life is so ironic,
it takes sadness to know
what happiness is, noise
to appreciate silence and
absence to value
presence.

As the Israelites went out of Egypt and into the desert, God shaped a Slave-minded people into a Covenant (relationship with God) community. He gave them a Sabbath Day of rest as a gift, and said it was to have a different tempo from all the other days of the week. It was a holy day for resting, reflecting, and remembering. (Exodus 20:8).

For all that has changed in the generations since Moses' day, the need for Sabbath keeping, resting, recuperating - call it what you will - has not changed. In a world that is suffering badly from stress, we need to hear the words 'Be still and know I am God' (Psalm 46:10), 'Come unto me all you who are weary...and I will give you rest' (Matthew 11:28).

The rhythm of working and resting, working and resting, used to be woven into our lives; but now, because of the busy lives we live, we need to learn again the rhythm of work and rest. Just as a jar of cloudy river water will settle if it's left undisturbed, so the turmoil of our lives settles when we slow down, stop, and rest.

As the poet Lawrence Ferlinghetti once wrote 'Even in heaven, they don't sing all the time'! Sunday is that wonderful day which comes between the week which has gone, and the week which is about to begin.

'Keeping Sunday special' is having a rest day between two weeks. It's a day that brings its own gift of freedom, for it is my day of rest, and no one can take it away from me. **Rest is not something we do, but what happens to us when we cease to do.** Enjoy your day of rest.

Keep well keep safe.

Ian.

**Many people have to work on Sundays, but the principle holds good – why not use one day in seven for rest and reflection. Ed.*

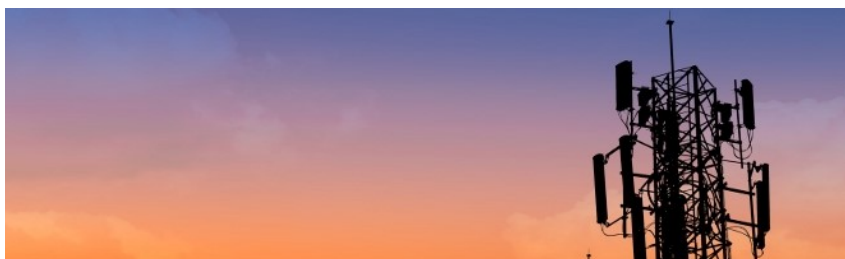


Recent News reports state that rural communities will receive a boost to mobile phone coverage next year as radio waves previously used for TV signals have been made available for mobile use

20 million homes in the UK retuned their Freeview last month, the last wave in a three-year project, making more bandwidth available for mobile phones.

The 700MHz spectrum bandwidth, which has been made available, is ideal for carrying signals into buildings and across long distances.

It has been hailed as a 'major milestone' for improving mobile coverage across the country as one third of the UK currently suffers from little to no coverage.



~ FOR SALE ~

Rustic Wooden Framed Mirror

34" x 22"
Very Good Condition

£20 ono

Tel: 01354 638339



Booklet Printing
Business Cards
Digital Photos
Leaflets
Newsletters
Banners

01354 656614

sales@marchsp.co.uk

5 Fenland Walk, March, PE15 8TW





EASY-PEASEY-LEMON-SQUEEZEY-VERY-LAZY-VERY-TASTY ... THAI SOUP

The nights are drawing in and it's definitely the time of year for hot, warming food. I realise I might

slightly offend those of you who are sticklers for authenticity when it comes to cooking, and for that I apologise in advance. This really is a lazy and quick way of creating a nice, tasty soup, so I am hoping that some of our readers might enjoy it!

Ingredients:

Cooking oil.

(I use Olive Oil but vegetable oil will be fine)

1 red pepper, deseeded and diced.

2 Spring Onions, topped and tailed, with outside leaves stripped off, diced.

1 teaspoon of Medium Curry Powder.

1 good sized tablespoon of Lazy Ginger

(or a teaspoon of Ginger Paste) to taste.

1 heaped teaspoonful of Garlic Paste.

1 pint of good Vegetable Stock

(I use Knorr Stockpots)

1 can of Coconut Milk

A sprinkle of Chilli Flakes, to taste or leave them out if you prefer.

A few Cabbage leaves, chopped and sautéed.

Juice of half a Lime.

1 or 2 cups of cooked Basmati Rice, depending on how thick you would like the soup to be.

Some cooked chicken, or other cooked meat, if you aren't a Vegetarian/Vegan.

Method:

Sauté the cabbage leaves and put aside for later.

Fry the Pepper and Onions in oil, with the Curry Powder, Ginger and Garlic Paste for 5 minutes or so.

Add the Vegetable Stock, Coconut Milk and the lime juice. Add the chillies if you are using them, and bring to the boil.

Simmer for about 5 minutes.

Add the cabbage, rice and chicken and simmer for another 5 minutes.

AND ENJOY!

Annie Nason



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**



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

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

Puzzle Answers:

ANSWER

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

Answer: Yes. If Anne is married, then she is married and looking at George, who is unmarried. If Anne is unmarried, then Jack, who is married, is looking at her. Either way, the statement is correct.

Autumn Berries Anagram Solutions

rerresidebel	elderberries
wey	yew
Arapychatn	pyracantha
lackrebbesri	blackberries
leyadd thingeadsh	deadly nightshade
slord dan lideas	lords and ladies
wanor biserre	rowan berries

Web links in the Heron are active when viewed in our online version www.theheron.info

Talent In Our Midst!

A local artist...



Meet Janet Harper - a lady of many talents!

Janet has enjoyed drawing from a young age, but did not realise how much talent she had. There were clues, though... at 8 years old she won a competition designing and illustrating a booklet about St Mary Magdalen's Church in East Ham, East London. Then at 12 years old, she had a crush on Richard Horton from the TV series "Wagon Train" (I had to look him up - here he is!). Janet drew his portrait and was amazed how lifelike it was. Unfortunately, that picture is now lost and Janet's confidence took a knock when she and a classmate were asked to decorate their classroom wall to represent an Elizabethan theatre. Janet had done her side in minute detail, even down to the eyelashes of the members of the audience, whereas her friend had taken an impressionistic approach – Janet so admired her classmates work that it made Janet feel that she had "done it wrong", and that her belief that she had some talent was somewhat bruised.



So the years went by and Janet left her art to one side, until a friend showed her her son and daughter's school photos and expressed her disappointment that her two children had not been photographed together Janet asked to borrow the photos and produced a pencil drawing of both children together using the photos as a reference. Her friend showed the drawings to other parents at the school, and it wasn't long before Janet was inundated with requests to produce the same for other families. Janet recalls that the commissions were a real help with some financial difficulties she was experiencing at that time.



Since moving to the village 7 years ago, Janet has been able to devote an increasing amount of time to her art and even has a studio in the garden. Her subject matter is very varied and includes animals and celebrities, using photographs as a reference point. She uses a wide variety of media including watercolour, pencil, pen and ink, gouache, charcoal and chalk.

Janet is an active member of the village art club and recognises that it was the club that inspired her to start painting and drawing once more. She has donated her art work to raffles and her entry for the 'Dun Cow New Pub-Sign' competition is hanging in the pub.



We are lucky to have such talent in our village!

Sheila Day

Kids Corner Answers		Crossword Answers	
(c) Triceratops		Down	Across
		1. Dinosaur	4. Millions
		2. Fly	5. Reptile
		3. Bones	
		6. Lay Eggs	

Christchurch Car Meet



Christchurch wasn't able to have its usual Car Meet at the Community Centre this year, so the landlord of our local pub, The Dun Cow, offered the pub garden for this year's setting. And what a glorious day it was! Sunday September 13th was a gorgeous, hot and sunny day with the late summer colours of the overhanging trees, and the dappled sunshine coming through the leaves, which made for a really nice outdoor event.



Regulars and newcomers to the village alike all admired the exhibits. It was obvious that the owners of these vintage motor vehicles love them to bits. Not a spec of dirt on them; all turned out in their "Sunday Best! And the owners weren't too shabby either!

A great big "THANK YOU" to the Pub Landlord, Paul Simpson, for staging the event. Everyone who went along really enjoyed it.

Well done The Dun Cow! You really are bringing the Pub back to being the hub of the village.



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.

