

The Heron

Community Magazine

Delivered to homes in Christchurch, Euximoor and Tipps End

October 2022

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This Harvest Time Buy British and Back British Farming

Thank You to all our local Farmers!



EDITORIAL TEAM:

Editorial Team Leader - Annie Nason

Treasurer, Advertising Manager, Publisher - Elaine Reed-Hughes

Editorial Team Members: Sue Norman, Elaine Reed-Hughes, Hollie Dorward, Wendy Yates,

Marie Jenkins, Tracey Jenkins

Deliveries Manager - Annie Nason

Support—Lewis Bennett (IT), the Delivery Team and Printers

ENQUIRIES

editor@theheron.info Tel: 01354 638088 adverts@theheron.info Tel: 01354 638310



Website: www.theheron.info



Christchurch Scarecrow Competition

On the Monday 29th August, to celebrate the 100th edition of The New Heron, Christchurch decided to do what all the neighbouring villages have done this year and held its own Scarecrow Festival.

Well, Christchurch did not disappoint, and with generous sponsors - which included Cach Training, Newman Property Experts and 2 other anonymous sponsors - there was some great prize money and vouchers up for grabs for the best adult, child and club scarecrows.

A big thank you to Kay Miller for providing the straw which was used to build a lot of the scarecrows and to Nate Lansdell for taking the photos.

The judges had a real job on their hands trying to decide who the winners would be as there was so many fabulous entries. It was so good to see the villagers out and about looking at the scarecrows. Who can forget the flying pig and the workmen in Upwell Road with their traffic sign (I know that caught out a few motorists, who actually did STOP at the sign!). Every single scarecrow was a winner as far as The Heron are concerned but the judges decision was final and the winners were:-

	Adult	Children	Club
	Lisa Darville	Lorna and Willow Garlick	Christchurch WI
2 nd Place	Elaine and James Hughes	Alfie Amess	
3 rd Place	Carol and Martin Tebbs	Amy Avory	

The children's judges also awarded a special prize to the most ECO scarecrow and this was awarded to James & Harriet Barltrop.

Pat Rigby

Competition Winners!



Winner of the Adult Category "The Queen" by Lisa Darville



Winner of the Children's Category "Christchurch Has Talent" by Lorna & Willow Garlick



Winner of the Clubs Category "NHS Nurse" by Christchurch WI

Please turn to page 14-15 for pictures of all the entries.

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!

Mobile Library:

OUR MOBILE LIBRARY COMES ONCE A MONTH, ON THE FIRST TUESDAY, AT 12.15-1.00PM.

The van parks in the lay-by on Upwell Road, opposite to the entrance of Fen View. **USE IT OR LOSE IT?**

You can <u>use the Select and Collect service online</u>, or by calling <u>0345 045 5225</u>.

https://cambridgeshire-self.achieveservice.com/ service/Select_and_Collect

Please support your local Library Service, right in the heart of your community.



Our beloved Queen. May she rest in peace after her 70 years of unfaltering and dedicated service to our Nation and the Commonwealth.

We thank you Your Majesty.

Elizabeth II - 1926-2022

Useful Telephone Numbers

Useful Te	lephone N	lumbers			
Age UK Cambridgeshi	re	0300 666 9860			
Alzheimer's Society (F	01945 580480				
Churchwarden - Mrs H	01354 638092				
Citizens' Advice Burea	u, Wisbech	03442 451292			
Community Centre Bo	okings (Bryan Burfield) 07918 664402			
Community Fire Safety	/ Officer	07717 858166			
District Councillor - Wi	ll Sutton	01354 638025			
District Councillor - Mic	chelle Tanfield	07908 707129			
Electricity Faults - UK	Power Networks	105			
FACT		01354 661234			
Fenland District Counc	:il	01354 654321			
Floodline		0845 988 1188			
Library - March		0354 045 5225			
National Debtline		0808 808 4000			
NHS		111			
Norfolk Dial-a-Ride		01553 770310			
Parish Clerk - David G	ibbs	07932 191050			
Parish Councillor - Jill	Bliss	01354 638343			
Parish Councillor - Sha	aron Pomeroy	07837 407536			
Parish Councillor - Rog	ger Gladwin	01354 638538			
Parish Councillor - Jan		01354 638310			
Parish Councillor - Kay		01354 638232			
Parish Councillor - Pet		01354 638847			
Parish Councillor - And		01354 638020			
Police - Emergency		999			
Police - Non Emergene		101			
Telephone Preference		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 - Th	e Crossings (D'Mkt)	01366 382219			
Water Emergencies		03457 145145			
Club Contacts					
Art Club - Jan Clifford		01354 638217			
Book Club - Pat Rigby		07776 142642			
Gardening Club - Mari	on Hawthorn	01354 638230			
Short Mat Bowls Club		01354 638681			
WI - Margaret Hayes					
WI - Margaret Hayes 01354 653240 Jazz Club - Cat Johnson musiciancat@hotmail.co.uk					
Christchurch Stargaze	rs - Mark Andrews	07425 165415			



Advertising in the Heron

Quarter Page (14cm High x 9.5cm Wide)

Portrait Format

6 x issues £50

12 x issues £90

Eighth Page (6.5cm High x 9.5cm Wide)

Landscape Format

6 x issues £34

12 x issues £64

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

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

Do you know someone who would like to receive a Heron each month, who doesn't live in the village? Contact us at adverts@theheron.info and we will send them a subscription form.

The cost is £25.00 per year (including P&P).

Diary Dates

DATE	EVENT	TIME	PLACE	PAGE
Sun 2 nd	Welle Cinema	2pm	3 Holes Village Hall	30
Tues 4 th	Mobile Library	12.30	Lay-by (Fen View)	3
Tues 4 th	Book Club	7.30pm	Brimstone Manor	23
Sat 8 th	Harvest Supper	6.30pm	CCC	18
Sun 9 th	Holistic Event	10am – 3pm	CCC	7
Mon 10 th	Parish Council Meeting	7.30pm	CCC	
Tues 11 th	Art Club	1.30-3.30pm	CCC	23
Tues 11 th	WI	7pm	CCC	25
Weds 12 th	Lunch Break	12-2pm	CCC	25
Sat 15th	Sausage Supper	7.30pm	CCC	18
Tues 18 th	Gardening Club	7pm	CCC	25
Tues 25 th	Art Club	1.30-3.30pm	CCC	23
Weds 26 th	Lunch Break	12-2pm	CCC	25
Sun 30 th	Joint Benefice Church Service	10.30am	MANEA	11
Sun 30 th	JAZZ CLUB	12.30-2.45pm	CCC	
Every Mon	Short Mat Bowls	7-9pm	CCC	8
Every Weds	Chair-based exercise class Kathleen Henderson	10-10.50am 07880 543821	CCC	
Every Thurs	Coffee, Cake & Chat	2-3pm	CCC	11
M,T,W,TH	Mobile Post Office	Various	Lay-bye (Fen View)	3

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

Welcome to our bumper October edition of The Heron! After the skinny one in September, it will make a nice change. Enjoy the Scarecrows... such a success, I am sure you will agree. If yours has been left out, sorry; it's because we need a photo. Send us one and it will be in the next Heron

Schools have been back a while and are already looking forward to Half Term! Check out the Townley page – 9. And there's lots going on in October (p 6).

THERE'S A VERY IMORTANT ANNOUNCEMENT on Page 5. Our Winter Fundraiser will be a great success, I am certain, so get art-ing and craft-ing y'all! Should be fun. Enjoy October – leaves turning, cosy evenings, and hot suppers come to mind (Page 18).

Annie Nason.



Copy Deadline - The deadline for copy for the November edition of the Heron is Monday 24
October.

Heron News

Our NEW winter fundraiser!
We're looking forward to
receiving your *original
Christmas Card designs.
So let's get going, as there are
only 3 weeks to do this!

As mentioned last month, we are asking people to submit artwork that will be used as Christmas Card designs this year. We plan to sell packs of 6 cards instead of the usual calendars. Adults and children – all welcome to submit one or more designs.

*The winning designs will be made into A6 Christmas Cards. Your artwork should be your interpretation of a Christmas scene or design. It can be a Christchurch Christmas scene, or anything that represents Christmas for you and you can use any artistic medium you like. Paint, pastels, embroidery, collage – you name it! Your artwork can be larger or smaller than A6 if you prefer; that won't be a problem, as it will be digitalised (scanned or photographed), and we will be able to re-size it to fit, using the computer.

Rex Ockenden has agreed to be involved and will choose several designs he thinks are best, and they will be printed as Christmas Cards. We plan to put all the designs on our website.

PLEASE - We will need to receive your artwork by **Monday 24th October**. so that we can include a selection in the November edition - along with details of how these can be purchased. Please get your original designs to our editor, Annie Nason, at Grasshopper Cottage, 5, Upwell Road, Christchurch.

Don't forget to include your name, and age if you are a child, and maybe a title as well. We will be organising the wording on the inside of the cards, and putting the details of the artist on the back page. However, do feel free to put a greeting on the front with your design, if you would like to do so ... such as 'Happy Christmas', 'Merry Christmas', 'Season's Greetings', or any other appropriate greeting of your choice.

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. The Heron will not share any contact details unless given permission.

The team look forward to hearing from you!



EXCITING TIMES AHEAD FOR THE DUN COW

Some of the more eagle-eyed amongst you may have noticed the recent hive of activity that surrounds The Dun Cow most days. Thanks to Kieran Moss, his Mum Brenda and the team they are making some changes to our local pub. Along with Robbie and Nikki Williams (featured in the July Edition of the Heron), Kieran and the team have some new and exciting ideas and plans for our beloved 'boozer'.

Hailing from Kent originally, but living the last ten years in Lowestoft where she was a Childminder, Brenda now runs the kitchen with Nikki. Brenda and Nikki met 3 years ago in Lowestoft and together they ran local children's groups and hope to use their years of experience by holding events for children, throughout the year (themed around key times like Birthdays, Halloween and Christmas - and other key dates in the village calendar). They bring with them lots of fun ideas and equipment to turn the beer garden into an exciting arena for children - like the bouncy castles and climbing wall they provided at the recent Scarecrow festival for example. There are also plans to use the marquee to hold workshops for the children during school holidays and foam parties! Brenda is also trying to start up a toddler group – which she hopes will be held in the Community Centre – so watch this space!

Kieran, who is the Bar Manager, has been in the hospitality industry since the age of 17. Starting out as a DJ, he has carried out a variety of jobs in pubs, working men's clubs, night clubs, cocktail bars and restaurants in London and Kent – working his way up to management level in recent years. Kieran has been a competitive body builder and is a qualified personal trainer. Once things settle down with the pub, he hopes to eventually be able to offer some fitness groups and bootcamps.

Kieran brings with him a wealth of ideas and already the pub has seen some considerable changes. The introduction of food* throughout the week (except Thursdays), Sunday Roasts, a Cocktail menu and a vast selection of bar snacks (from your favourite chocolate bar to a variety of savoury bites). The 'Bonus Ball' is also back. £2 buys you a chance to win a cash prize when the weekly lottery bonus ball is announced. The team have also introduced 2 more TVs so that

customers can enjoy the recently purchased Sky Sports. These have been brought in, in preparation for the Football World Cup in November. A new Juke Box has also been purchased and this doubles up as a Photo Booth which will come in handy on those nights when the pub hosts some of the events they have planned for the future – Games Night, Pub Quiz, Vinyl Night, etc. They also hope to bring back a pool table and start up a team so that they can offer pool tournaments and competitions - to run alongside the darts matches that already take place there.

Some things, however, don't change. You will still see the familiar faces of Brenda, Sue and Lillyanna behind the bar and the pub will still offer a weekly 'guest ale'

and a staple favourite like 'Cambridge' for those regulars who love their beer. Kieran says that he will be adapting his guest ales depending on the season. Lighter blond beers during the summer and the darker ales and porters during the winter months.

I think you will agree that the team have certainly hit the ground running. What they have introduced, in the 12



short weeks that they have been here, is really rather impressive. Their plans for the future sound exciting and will, I am sure, continue to make the Dun Cow the hub of the village and a fun place for the villagers to meet and enjoy.

*See advert on page 23 for opening times and a list of days and times that food is served throughout the week. Also the pub's Facebook page (@theduncowchristchurch) will be constantly updated with menu changes, opening times, dates and events, etc.

Forthcoming events for the diary:

- Breast Cancer Awareness Evening "Pink Ladies"

 1st October 7pm An evening of cocktails, games, fun and all things 'pink'. All in aid of a worthy cause.
- Halloween Event Saturday 29th October
 - Children 4-7pm in the garden
 - Adults 7.30pm-late Music with Rick

Elaine Reed-Hughes

Your Letters



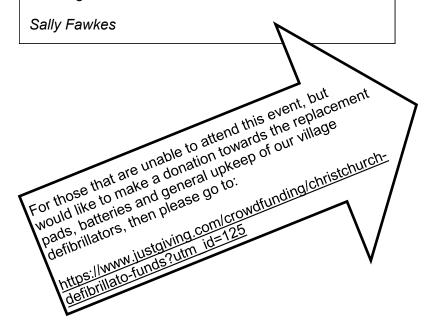
NEW POPPY APPEAL ORGANISER FOR CHRISTCHURCH AND MANEA

Hi there. My name is Sally Fawkes. I am your new Poppy Appeal Organiser for Christchurch and Manea. I am also Poppy Appeal Organiser for Upwell & District, and have been for the last 18 years. When I heard that Lesley Kennedy was taking a step back from her role as PAO for Christchurch & Manea, I felt I had to offer to continue her wonderful work. Lesley has been a regular face for the last good few years and I would like to thank her for all her painstaking and meticulous work for the Poppy Appeal in the villages. I will be keeping in touch with Lesley as she continues to support the work of The Poppy Appeal.

If you, or anybody you know, would like to help in any way to fundraise for the Poppy Appeal, please do not hesitate to contact me on 01945 351225 or 07884478598 or by email: salnrog@sky.com. I will personally contact current house-to-house collectors, and also static points to introduce myself in due course. I will be distributing poppy boxes during the third week of October, so please feel free to stop and have a chat, or gain any information you might need from me. I shall collect boxes in the days following Remembrance Sunday. This year I am proud to say I have a card processing terminal facilitating cashless donations! If anyone would like to purchase a wreath either for private or corporate use, I have a comprehensive selection of them all year round.

Thank you for taking the time to read my introduction and I look forward to meeting some of you in Christchurch and Manea very soon.

Kind regards



A "Thank You" From Magpas

Paul and I had a lovely letter from MAGPAS AIR AMBULAN MAGPAS Air Ambulance, thanking us for helping raise funds by welcoming the Fenland Farmers' Tractor Run to The Dun Cow back in May.

Total donations raised on that day, from all local areas collectively, were £2073.22.

Not a lot of people know that "MAGPAS serve the communities of Cambridgeshire, Bedfordshire and across the East of England and are dispatched by both the East of England and the East Midlands Ambulance Service Trusts – caring for a population of over 10 million.

The oldest emergency medical charity of its kind, since 1971 we've treated over 60,000 patients. *MAGPAS Air Ambulance is not a state-funded service and relies on generous public donations to continue saving lives.*"

Recently, a villager required the services of the MAGPAS Air Ambulance. Living where we do, we realised just how much they are relied upon and how they are always there for us when needed.

Sue and Paul Simpson





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

WHY DO THESE BARNS STAND EMPTY?

Poem by Bramble Bee Farms

Why do these barns stand empty, On this old family farm? And when did farming smaller holdings, Actually do the country harm?

He was happy with his hundred ewes, Few horses, hens and sows, And never really saw the need, To milk more than thirty cows.

Most of what they ate, he grew, As DEFRA looks to blame, He didn't need the plastic tags, He knew his stock by name.

But he finds himself retiring, Because his joints are stiff with age. His sons moved to the city, Where they pay a proper wage.

So he's in the hands of agents, And their joy is plain to see. Not a thought about his lifetime's work, Just a big fat sellers fee.

They split the farm up into lots, Such is their endeavour. Without the sickening realisation Another farm is lost forever.



When the farmhouse sells at auction, Should he really mind? When it's bought by the very people Who have robbed his pension blind?

It's sold with tiny paddocks, Because they'd like to keep a horse. But they love the look of foxes So they'll never hunt, of course.

They won't like crowing cockerels, Or the smell of muck being spread; The winter sound of gunfire Or the thought of game shot dead.

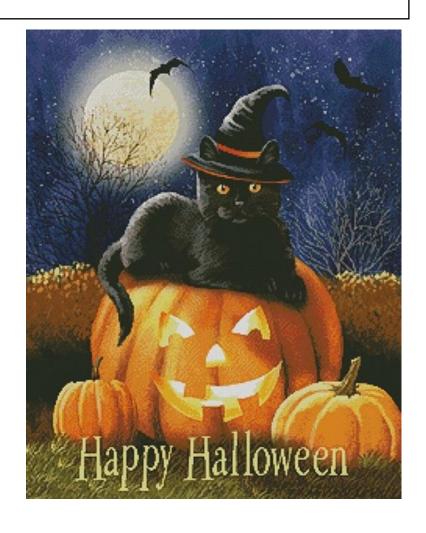
These barns have stood a century, Will soon be filled with glass and steel. Developers will leave some beams in So it has that country feel,



Brilliant idea by a Restaurant in Australia. No cellphones means 10% discount on Bill The parents love it.

Look at the kids ??







TOWNLEY SCHOOL AND PRE-SCHOOL

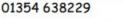
Christchurch, Wisbech, Cambs. PE14 9NA office@townley.cambs.sch.uk

Website: www.townley.cambs.sch.uk



Facebook—Townley School and Pre-School

Remember that our website has lots more information about school.



September 2022

It was supposed to be a normal start to the school year - following the past few years of covid, little did we know that there would be another major event to change the start of the year! We were certainly not expecting the death of Queen Elizabeth. We have celebrated the life of Queen Elizabeth in a special assembly and the eldest child in school poignantly updated our timeline of history. We have sent a card of condolence to Buckingham Palace, and some of the children laid flowers at Sandringham on our behalf.

We have had a wonderful start to the new school year. We have welcomed some new families to the school and the children have settled in well to life at Townley. We also have welcomed two new members of staff, Mrs Lansdell-Hill and Mrs Aish. The children in Emerald and Emperor Classes have had the opportunity to take part in Bikeability (you may know it as cycling proficiency!) - did you see them cycling around the village?











Our Forest School training is well under way and we are so excited to bring what we have learnt back to school. We are hoping to roll out our pilot project after October half term with Emperor Class and Early years, however to do this we will need some specialised tools and resources. Other classes will begin after Christmas. We would love some volunteers to support with our Forest School sessions. If you love being outside and can spare an afternoon a week (1pm until 3pm) please get in touch with the school office using the details at the top of the page. You will need to complete our safeguarding checks, but there are no costs involved to you for doing this. Our children are a delight, and love to learn from others.

This term we are running a football club and a cookery club after school on a Monday. Mrs Beers would love some apples to make fruit crumble with the children if you have any going spare.

For the first time since I have been at Townley every year group other than Reception and Year 5 are full! So much so we have had to split our Year 4 children across Emerald and Emperor Class and I have had to turn a family away who live out of our catchment. There are a few spaces in Nursery for children aged 2 and up. Please contact the school office if you would like to know more about a place for your child.



Ben Fogle on exams and exam results.

"Isn't it amazing that in 2022, in one of the most advanced, developed countries in the world, that our education system still distinguishes the difference between success and failure with a simple letter, A, B or C, or in my case N and U. I failed my exams but I'd argue that exams failed me. They crushed my spirit.

Let me be clear, education, and exam excellence are vital and for those who plan to follow vocational work into the sciences or medicine. Work hard and you will rise to the top of academia and become the next great doctor or scientist, but it is not one size fits all. We are not all destined to be physicists or brain surgeons.

Learning and education are key in life but our obsession with exams as a means of testing and qualifying an individual is as archaic as it is broken. There are some people who are better equipped at absorbing and cramming information and then regurgitating it on command.

Exams are an unfair marker of our talent and ability because they assume we are all the same When I look at my children, I reflect on their personality, their kindness, their interest, their ability to interact, sociability, curiosity, thoughtfulness.

We are so much more than an exam grade.

For many years, my exam grades made me feel inadequate. I felt like a failure, despite my ability to excel and achieve in other areas. For me, the pressure of expectation at such a vulnerable part of my life crushed my spirit. I would prefer my children to learn the school of life. Rather than exams, I'd prefer they learn how to grow crops, cook healthily and how to do DIY. Real life skills. Exams instil a notion of competition too early. If you have failed your exams, don't be too despondent. We live in a world where there is always another way. It is not survival of the smartest but of the most versatile and resourceful. We want all-rounders. The key of course are the real heroes. The teachers. Underpaid and under resourced. They should be the pillars of our community teaching for life not for league tables.

The letter of your A Level results (or any other results) does not define you, it's your character that counts."

Looking for somewhere to go? What's on in October 2022

1st October 2022 Saturday 10.00am-5.00pm Welney RUG Apple Pressing Day at William Marshall Centre, Welney PE14 9SD bring your own apples for pressing, stalls, freshly pressed apple juice, refreshments, raffle prizes include: meet the alpacas, hamper, flight in a Stearman aircraft and more.

1st October 2022 Saturday starts 7.00pm- The Dun Cow Christchurch Pink Ladies Cocktail Night in aid of Breast Cancer Awareness, men welcome but must wear something pink. Buffet, raffle, cocktails and games.

8th October 2022 Saturday from 7.30pm-10.30pm Quiz Night at St John The Baptist, Church End, Parson Drove. £10 per team maximum 4 to a team, bring own drink, refreshments available, raffle.

22nd October 2022 Saturday 10.00am-2.00pm Lego Show and Sell at Murrow Village Hall, 9 Murrow Bank, Wisbech St Mary, Wisbech PE13 4HB. £1 entrance fee.

22nd-30th October 2022 10am-5pm Skylarks Week of Wickedness, Pumpkin Picking and carving, magic and comedy show, tractor rides, daily fancy dress competitions, pig racing and more. Skylark Garden Centre, Manea Road PE15 0PE. Tel: 01354 741 212 <u>info@skylarkgardencentre.co.uk</u>

28th October 2022 Friday from 6.00pm Outwell bonfire night at Outwell village hall and playing field. 136 Wisbech Road, Outwell PE14 8PF. Adults admission £6 children £3.

Church News

Hello Everyone. What a busy, eventful and sad month September turned out to be, as we said goodbye to HRH Queen Elizabeth II. We have had our Harvest Festival and collected loads for March Food Bank. A big thank you to all who have made such generous donations. We also raised £230 towards the church repairs at the car show; thank you to all for your support.

So, what's going on for our church in October? 8th October at 6.30pm: in Christchurch Community Centre we have our Harvest Supper. If you haven't got tickets yet, and would like to come along, please contact either Karen Beers, Kay Miller or Helen Chappell before it's too late!

We only have one service, here in the village this month but there is a service every Sunday somewhere in the Benefice (see below).

Here we are at the beginning of October, there's a definite nip in the air and we are planning ahead for that word that shouldn't be mentioned yet. In November we will be holding our Christmas Fayre. There will be lots of stalls for adults and children. Anyone who thinks they could help out by manning a stall please do let us know. And watch out in November's Heron for the details of the Fayre.

Helen Chappell

BENEFICE CHURCH SERVICES FOR OCTOBER

2nd October

10.30 Harvest Service, Manea 10.30 Holy Communion, Wimblington 15.00 Harvest Service, Welney

9th October

10.30 Holy Communion, Doddington 15.00 Harvest Service, Benwick

16th October

10.30 Holy Communion, Manea 10.30 Harvest Service, Wimblington

23rd October

10.30 Holy Communion, Christchurch 10.30 Morning Prayer, Doddington

30th October

10.30 United Benefice Services, Manea



Coffee, Cake and Chat

Come along on Thursday afternoons from 2-3pm and catch up with friends and make new ones. Held in the Community Centre while repairs are made to the church ceiling.



A Time of Change

Well, we're now into Autumn proper; the leaves are turning, crops are being harvested, sunlight weakens and the nights are drawing in. Our children are settling into a routine at school, whilst our teachers are already looking forward to half term! The seasons move on relentlessly and we're reminded of that old adage, 'time and tide wait for no man'. For all our technology, for all our



ingenuity, we cannot freeze time or transport ourselves into another timezone, like Dr Who in the Tardis. We are on this planet, here and now and what we do with the time we have, can challenge us all. Sometimes, as we reflect on our lives, do we wish that we could have done some things differently?

As I write this, the final preparations are being made for the funeral of HM Queen Elizabeth II following a reign of seventy years; that's a very long time. Yet, through those years, we were constantly reminded of her selfless devotion to duty, her determination to carry on working way beyond the normal retirement age, to support others and to reconcile differences. A remarkable woman in every sense of the word, who will be sadly missed. However, she has left a lasting legacy in this country and around the world. A role model, not constructed through social media or a fashion magazine but based on her great generosity, how she treated people, and all done with a twinkle in her eye.

In the Bible, in the Book of Ecclesiastes, we read 'there is a time for everything, a time to be born and a time to die, a time to weep and a time to laugh, a time to mourn and a time to dance'. As we grieve, and then give thanks for her life, is it time for us to maintain that legacy? Can we be more generous, more cheerful, more forgiving and follow the example she set in our everyday lives?

Richard Holding; Licenced Lay Minister; Benefice of Six Fen Churches

CALLING ALL DOG OWNERS ... FIERCE CAT OWNERS ... ANY OTHER AGGRESSIVE PET OWNERS ...

CONTAIN YOUR PETS PLEASE!

Please note the following: Sadly we have to report that one of our Heron deliverers was bitten by a dog whilst delivering the September Heron to a property in our village. Fortunately, it was not a serious bite but it could have been much worse. As a consequence, we won't be delivering to the property in question until it is proven that their dogs are safely contained - so that people can get to their letter box without fear of being attacked. (The Heron can, of course, be viewed online.)

Our deliverer did not wish to take the matter further as an apology was made immediately (there were difficult, extenuating circumstances in this particular instance which meant that the dog was able to escape without being noticed). However, in the future, we will take any similar incident straight to the police.

So, in light of this, if your pet indoors tends to jump up at the letter box, risking the deliverer's fingers being injured, then please provide a safe, obvious place for the deliverer to put your magazine (mailbox near your front gate for example). Please remember that the Heron Team is made up of volunteers who, out of the goodness of their hearts, give up their time freely to help our efforts. Thank you.

Annie Nason



Are you learning to drive?
There are way too many drink- and drugrelated car accidents on our roads. What's the law and why is it important?

DRINKING AND DRIVING - THE LAW

The legal alcohol limit in England, Wales and Northern Ireland for driving is 80 milligrams of alcohol per 100 millilitres of blood or 35 micrograms of alcohol per 100 millilitres of breath. In Scotland the limit is 50 milligrams of alcohol per 100 millilitres of blood or 22 micrograms of alcohol in 100 millilitres of breath. There is no way to know how much you can drink and stay under the limit, since it can depend on your weight, age, metabolism, the amount of food you've eaten and other factors.

It's impossible to get alcohol out of your system quickly, it always takes time. A shower, a cup of coffee or other ways of 'sobering up' may make you feel better but won't remove the alcohol from your system. If you've been out drinking, you may still be affected by alcohol the next day and could lose your licence if you drive and are still over the legal limit.

Are you learning to drive?

Alcohol affects everyone differently and any amount can impair your ability to drive. The only safe option is to avoid alcohol completely if you're driving as even 'just one drink' could put you over the limit. If you're driving, don't drink any alcohol at all.

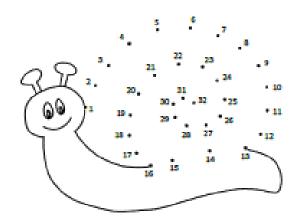
DRUGS AND DRIVING - THE LAW

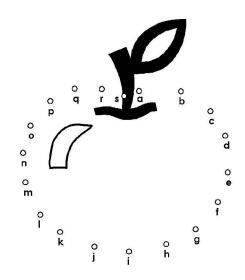
It's an offence to drive with any of 17 controlled drugs above a specified level in your blood. This includes illegal and legally prescribed drugs. The limit set for each drug is different, and for illegal drugs the limits set are extremely low. They aren't zero to rule out any accidental exposure (e.g. from passive smoking). You should always check with your doctor or pharmacist if you're unsure about whether your prescription or overthe-counter medication will affect your ability to drive.

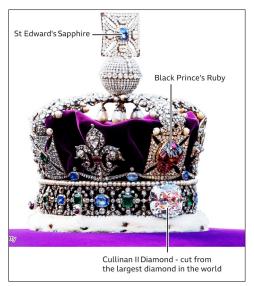
RISKS AND PHYSICAL EFFECTS. The biggest risk you take when driving under the influence of alcohol or drugs is the risk of causing a collision. Driving under the influence of drink or drugs is extremely dangerous and can affect your driving in numerous ways, such as:- the ability to judge speed and distance; reaction and coordination skills; blurry or impaired vision; drowsiness; aggression; erratic behaviour; panic attacks and paranoia; hallucinations; nausea; dizziness; tremors.

Alcohol and drugs can also create a false confidence which can lead to an increase in risk-taking behaviour, which puts your life and the lives of others in danger.

Kids Corner







Have you been lucky enough to visit the Tower of London and see the Crown Jewels? Here are some really interesting facts about the Imperial State Crown.

The crown sparkles with nearly 3,000 stones - including 2,868 diamonds, 273 pearls, 17 sapphires, 11 emeralds, and five rubies.

"It can be quite hard to look at sometimes because of the sheer light that comes off them. It's literally dazzling... visually overpowering," says historian and author of The Crown Jewels, Anna Keay.

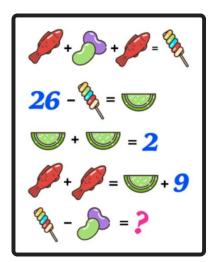
Made in 1937 for the coronation of the Queen's father, King George VI, the Imperial State Crown weighs in at a hefty 2.3lbs (1.06kg).

The Imperial State Crown includes the 317 carat Cullinan II diamond - sometimes called the Second Star of Africa.

It also includes the oldest gem in the royal collection - a sapphire said to have once been worn in a ring by the 11th Century king of England, St Edward the Confessor. The stone is now set at the centre of the cross that tops the crown.

The Queen was particularly keen on a large red gemstone in the crown - known as the Black Prince's Ruby. It is thought to have been worn in 1415 during the Hundred Years' War by Henry V at the Battle of Agincourt - when English forces beat the French to the south of Calais. Legend has it that the king placed a feather in a hole drilled into the ruby. "It's fun to see," the Queen told the BBC in 2018, "the idea that his plume was put into the stone on his helmet - bit rash, but that was the sort of thing they did, I suppose, in those days."

Puzzle A



Puzzle B

Answers on page 27.



2nd in the Children's Category "Townley Schoolboy" By Alfie Amess



3rd in the Children's Category "Playing in the Sandpit" By Amy Avory



Children's Category "Superman" By Blake & Tyler Allen



Children's Category "Homer Simpson" By the Cerys Ballinger



Children's Category "Spongebob" By Cameron & Charlotte Pye



Children's Category "Isla's Flower Shop" By Isla McGonagle



Children's Category "Minion" By Nathan Williams



Children's Category "Birthday Party" By Lily Thorlby



Children's Category "Christchurch Flock" By Harriet & James Barltrop



2nd in the Adult's Category "Lewis Hamilton" By Elaine & James Hughes



3rd in the Adult'sCategory "Witches & Werewolf" Carol & Martin Tebbs



Adult's Category "And Pigs Might Fly!" By Clive Benjamin



Adult's Category "I've Lost My Innards!" By Lucy Pye



Adult's Category "Miranda the Swimmer" By Kay Miller



Adult's Category "V for Vendetta" By Terry Rigby



Adult's Category "She Waits Until Dark" By Michael Brookes



Adult's Category "Physio Nurse" By Liz Scott



Adult's Category "Geoff!" By Janet Harper



Adult's Category "Drunk Again!" By Susan & Peter Norman



Adult's Category "Nacho & Isi" By Aimee Roweth & Sam Towler



Adult's Category "Lord Peter Wimsey" By Annie Nason



Adult's Category "The Artist" By Jan Clifford



Adult's Category "Welder & Fireman" By Andy & Susan Street



Adult's Category "Kill Speed/Speed Kills" By Susan & Paul Simpson



Adult's Category "Men At Work" By Ruth & Colin Ingram



Adult's Category "The Gardener" By Sandra Kay



Latecomer!
"Drunk in a Ditch!"
By Ruth Chamberlain



Adult's Category "Doggy Styling!" By Sam DeVanche



Adult's Category "Gardener Having a Break!" By Caroline Judd



2nd Place Club's Category "Barbara Bookworm" By the Book Club

What a great effort from the village - I think you will agree. Well done to all who participated* and thanks to all who wandered round or drove here to enjoy the display.

CHRISTCHURCH CAR SHOW

The annual Christchurch Car show was held at the Community Centre on Sunday 4th September. After a week of bad weather, fortunately, the day was dry, the sun came out, the people came out; but most importantly the cars came out. A good variety of vintage cars and motorbikes filled the playing field, and it was good to see some cars return from last year, and a lot of new ones. Our Brownies had a game for people to take part in on the field. There were some food outlets as well. The hall was open, with stalls from the Women's Institute, the Parish Church, The Village Cakery and other local producers, selling everything from honey, flowers and preserves, to candles and other hand-made items. As always, a big thanks to Andy

Lansdell who took a lot of pictures and allowed us to use some of them.

Pat Rigby













Farewell. Rest in Peace, Your Majesty.

David Beckham could have used his celebrity status to skip the queue to pay his respects to the Queen... (just like Philip Schofield and Holly Willoughby did), but instead he joined the back of the queue at 2am, and waited around 14 hours for his turn. Being an exserviceman, I love this!!!! Nice one Becks! Liam McCormick *Pinched from social media*



The Queen's Green Canopy.

Most of us could not go down to London to honour the Queen. But we can visit the Queen's Canopy that she helped to set up for her diamond Jubilee. For the same cost as buying a bunch of flowers and travel, you could buy a tree or two.

The Queen's Green Canopy is a not-for-profit initiative with the aim to raise funds that will go towards planting trees and creating green spaces in deprived urban areas and schools across the United Kingdom. https://queensgreencanopy.org

That most British of things, The Queue.

<u>Ruth Ingram</u>, of Christchurch, took herself off to London to join 'The Queue'. These are her comments about her experience.

"Don't know where to start! Truly one of the most amazing days of my life. Who knew standing in a queue for 13 hours could be such a wonderful experience...only the Brits! And ended the day with a personal, serene and beautiful moment with Her Majesty's coffin. Just breath-taking".





30,000 flowers left for the Queen in one day at the Sandringham gates. A number of Christchurch residents went to Sandringham to pay their respects to the late

Queen Elizabeth II. Some also laid flowers there.

A funny and true story about the Queen.

Thanks to Colin Steenson for putting it on your Facebook page.

Around 2005, the Queen and her Personal Protection Officer, Dick Griffin, were walking alone one afternoon in the hills near the Scottish royal castle, Balmoral.

Two tourists approached them, and engaged in conversation. Griffin recalls:

"There were two hikers coming towards us, and the Queen would always stop and say hello. "They were two Americans on a walking holiday. "It was clear from the moment we stopped that they hadn't recognised the Queen, which was fine. "The American gentleman was telling the Queen where they came from, where they were going next, and where they'd been in Britain. "I could see it coming, and sure enough, he said to Her Majesty: 'And where do you live?' "She replied: 'Well I live in London, but I've got a holiday home just the other side of the hills.' "He said: 'How long have you been coming up here?' "She replied: 'I've been coming up here ever since I was a little girl, so over 80 years.' "You could see the cogs whirring, so he said: 'Well, if you've been coming up here for over 80 years, you must have met the Queen.' "Quick as a flash, she said: 'I haven't, but Dick here meets

her regularly.' The hiker then asked Griffin what the monarch was like in person. "Because I was with her a long time, and I knew I could pull her leg, I said: 'Oh, she can be very cantankerous at times, but she's got a lovely sense of humour.' "The next thing I knew, this guy comes round, puts his arm around my shoulder, and before I could see what was happening, he gets his camera, GIVES IT TO THE QUEEN, and says: 'Can you take a picture of the two of us?' "Then we swapped places, and I TOOK A PICTURE OF THEM WITH THE QUEEN. "And we never let on, and we waved goodbye.

"Afterwards, Her Majesty said to me: 'I'd love to be a fly on the wall when he shows those photographs to his friends in America, and hopefully someone tells him who I am'."





The "Plant a Tree for the Jubilee" campaign is run by the 'Queen's Green Canopy' in celebration of the Queen's Platinum Jubilee

Following the wishes of our Patron, His Majesty, The King, The Queen's Green Canopy (QGC) initiative **will be extended to the end of March 2023** to give people the opportunity to plant trees in memoriam to honour Her Majesty.

As a nationwide initiative created to mark the Platinum Jubilee, the QGC was due to conclude in December – the end of the Jubilee year. However, as the official tree planting season in the United Kingdom is from October to March, the initiative will now be extended to include the full tree planting season, beginning in October 2022 and concluding in March 2023. The Queen's Green Canopy is proud to be creating a living legacy with over a million trees planted in Her Majesty's name across the nation during the first planting season, October 2021 to March 2022. The extension of the QGC initiative will build on this legacy and serve as a lasting tribute to Her Majesty's extraordinary service to her country and her people.





Queen Elizabeth and Prince Charles Planted a Tree Together at Windsor Castle. 2021

Christchurch Parish Church Harvest Supper Saturday 8th October 2022 Christchurch Community Centre

From singer and guitarist Simon Rogers.

Chicken and vegetable Risotto

Mushroom and vegetable Risotto

Oi

Jacket Potato with a choice of filling and salad

Dessert

Tea and Coffee

£12.50 per person

Soft drinks will be available but please feel free to bring your own alcoholic beverages.

There will also be a raffle.

Tickets available from Helen 638092, Kay 638232 or Karen 638781

Over 65s Parish Lunch Fundraiser

Sausage Supper

Saturday 15 October 2022 - 7.30pm Christchurch Community Centre

Dancing afterwards to "Brightside".

£15.00 per person.

Bar open from 7.30pm. Raffle and a bit of fun!

Tickets available from Belinda Gladwin on 01354 638538.

Wildlife Watching in October

As nights get colder and frosts begin, the animals around us will start preparing for winter, fattening up and storing food for the more arduous months ahead. Hedgehogs and squirrels, in particular, will be on the hunt and appreciate any food and water you can give them. The grey squirrel is quite a common sight this time of year, near wooded areas, stashing acorns, hazelnuts, and seeds where they can find them later in the year. Squirrels display a

> beautifully clever behaviour when caching. If you keep a sharp eye, you might spot them pretending to bury goods when they feel they're being watched. So other greedy mammals are fooled, and their true cache is safe. Amusingly, any forgotten nuts and seeds that squirrels hide often

come up as saplings the following spring, providing more food and habitat for the years

come.



It was around this time last year that I moved to Euximoor Drove. Throughout that October, I remember hearing a peculiar noise just after dusk. At first, I was convinced it was a kitten mewing and would go out in the dark looking for it in my slippers. It wasn't until about a month later that I realised what the noise was. One early morning, I was lucky enough to see an eager Little Owl, perched on our fence, looking for breakfast. Little Owls have a

fascinating variety of calls. Unfortunately for my soggy slippers, one of them sounds rather like a kitten calling! At this time of year, the juveniles will be fully separated from their parents. They will be exploring and establishing their new territory. I haven't heard any more calls just yet, but I'm hoping some will take a liking to our little spot in the fens again. The majestic Barn owl can also be seen hunting during the day this time of year,

swooping over fields, and looking for additional food. We were lucky to have a regular Barn

owl visitor last year too.



Of course, I could not let October pass by without mentioning the dreaded spiders! For Halloween, people often put up plastic spiders and spider webs, which (in my opinion) pale when compared to the real things. I remember being fascinated as a child by the dewy, sparkly spider webs created by Orb weavers that decorated our garden. Breath-taking, especially when decorated with frost. Spider webs are wonderfully complex and strong. Spiders have several glands they use to create their silk, with different compositions used for different jobs. Even within a simple web, the threads used to construct the frame are a different type of silk from those used in the circular threads. Even if you don't like the creepy crawlies themselves, I hope you can appreciate the art they create!

Hollie Dorward



RHS NATURE NOTES: OCTOBER

Autumn signifies all change for us in Northern climes, with many of our summer breeding birds having departed, we welcome our winter visitors. Fieldfares are just one breed we can spot.



Wherever possible, allow uncut Ivy to flower, as it is an excellent late nectar source for pollinating insects, and the berries last well into winter. Foxes are often seen in gardens this time of year, searching for food, so make sure to secure your rubbish.

TRICK OR TREATING THIS YEAR?

REMEMBER OUR VILLAGE CODE. PLEASE ONLY CALL AT HOMES WITH LIT HALLOWEEN LANTERNS BY THE FRONT GATE OR DOOR. THANK YOU.

For those that want to, please cut out the sign below and stick on your front door or window.





History of Christchurch – New Website

By Michael Brookes

When I first moved into the village back in 2016 (it's hard to believe I've been here over 6 years already!), I wanted to discover more about the village's history. I did what pretty much everyone my age does and searched Wikipedia (whilst not the most trustworthy source, it's usually a good place to start if there are decent citations). I was immediately underwhelmed by the scant information available there. A quick Google also proved quite limited, and so I resolved that I would fix that.

Six years later, I read a local history on Upwell and Outwell containing a short chapter on Christchurch and that reignited my motivation for the project. I initially considered a book project, but realised that would probably end up half finished on a hard drive somewhere with all my existing commitments. A website seemed an obvious place to start piecing together research and collaborating with others to build a repository for our local history. This is now available here https://historyofchristchurch.uk/

It's a decent start, and a framework on which we can build, but I need help. I'm already indebted to Hazel at the Old Post Office for sharing her extensive research on where she lives, and also for discovering a research paper by a Susan Scott called 'Study of a Fenland Village' written in 1972 (coincidentally the year I was born) that is a fascinating history of Christchurch. This has been transcribed in full and available on the website. A big shout out to Jake Carr as well for his research assistance in getting things going.

There's still so much information that needs adding, and finding. Not only will this be a documented history, but also a living one, and so we'll need people to speak to our older residents to gather their memories and add them. Beyond that, I'd love for it to become a useful research tool for people delving into their family histories – in fact I did have the crazy idea of building a family tree covering as many families in the village as possible!

I'm aware of some local groups that I need to contact who already have a wealth of material that we can somehow incorporate. I've also started to collect physical materials, or copies of what could eventually build into something we could host here in the village. As always, I have lots of ideas how things could develop over time, but for now please take a look of what's there and get in touch if you have information to share, or would like to help out in any way – I can't do this alone!



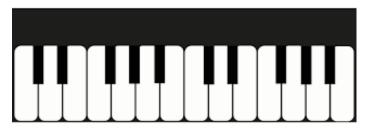
My email: mike b44@hotmail.com My address: Alexandra Villa, Upwell Road, PE14 9LF.



INVESTING IN TWO NEW RESERVOIRS

We are investing in two new reservoirs – one in Lincolnshire, and another in the Fens in partnership with Cambridge Water. They will secure a reliable supply of water for the future and create new opportunities for the region to thrive. These

new reservoirs will allow us to store the extra water we need for decades to come, so it is always on tap when we need it. They will help protect you from future climate events, including hotter summers and potential future droughts. And in doing so we will provide new habitats and areas for wildlife. Reservoirs also create great natural places to explore, and exciting new leisure facilities for people to enjoy. https://www.anglianwater.co.uk/environment



Do you have a keyboard or a piano?

Did you know that you can play the tune of "Amazing Grace" on the black keys? You don't need to use any of the white keys. Try it. Another tune you know is Auld Lang

Syne...try that one too. And for people who know some modern Hymns; "In Christ Alone" can be played on the black keys...except for ONE NOTE in the tune. (Which note is it?) These tunes use an ancient musical scale called the PENTATONIC SCALE. This is not the full doh-ray-me scale, with which we are all familiar.

The word "pentatonic" comes from the Greek word *pente* meaning five, and *tonic* meaning tone. Simply put, the pentatonic scale consists of five notes within one octave (8 notes). The 1st, 2nd, 3rd, 5th and 6th notes in the octave. Pentatonic scales tend to sound good despite any random order, due to the absence of dissonant intervals between them. This is one of the most commonly used scales for rock and guitar music, due to its great sound during chord changes in a key. One can locate the pentatonic scale easily with a piano by simply pressing the black notes. It is believed that the pentatonic scale was used way back in ancient times. The pentatonic scale was known to predate Pythagoras, a Greek philosopher and gnomic poet of Miletus who was born around 560 BC. Historical musical instruments such as bone flutes were made out of the bones of birds, likely due to the hollow bones of birds for sound. These musical instruments were found to be tuned to the pentatonic scale. It is believed that they go back 50,000 years.

https://www.liveabout.com/the-pentatonic-scales



March Foodbank collection in Christchurch – update

We are going to continue to collect for the Foodbank, and the drop off point is at my front door: Grasshopper Cottage, 5, Upwell Road, Christchurch. If you need your contribution to be collected from you, please let me know and I will arrange it. Tel. 638088; email: editor@theheron.info

Here is an extract from a thank you email to us all, after I took the first collection of provisions to the March Foodbank last month. 'Thank you to the people of Christchurch for donating to the Foodbank this week. The weight was 27.9kg'.

Since then, I have taken another load, after our Church's Harvest Festival, held in the Community Centre on September 25th, which was equally as generous, if not more so. I also added what was in the collection box at my front door. **WELL DONE! AND THANK YOU TO EVERYONE WHO CONTRIBUTED**. The situation in the country with regard to prices going up is hitting many people very hard, and it will get worse before it gets any better, that's for sure. This is a real and direct way to be able to help people who are struggling in our area. The March Foodbank covers the villages as well as March Town. And I discovered that they will, in fact, deliver, if you are unable to collect your allocation in person. That's good to know. (call 01354 – 658289).

I spoke to a lady on the Foodbank team and she again expressed their gratitude. I asked her whether she thought it would be a good idea for Christchurch to collect specific items for them. She replied that it would be great if we could. When I asked her which items in particular, this was her reply.

"We are well stocked with pasta, thank you, but we don't receive many **pasta sauces** to go with it, and need some. We also need **tinned meat and fish**, and **Long Life fruit juices**. We get plenty of cereals, but are very short on **Long Life Milk** to go with them. **Small jars of coffee** are needed too. At the moment, we don't need more Baked Beans. Otherwise, whatever people feel moved to donate would be most acceptable. Thank You Christchurch!".

Christchurch Book Club



Book Club met on 6th September, and we had been reading The Narrow Road to the Deep North by Richard Flanagan.

Feedback from some of the group was that it took some time to get into this book but it was worth persevering. Others found it a challenge and not keen to continue. This fictional book is written about a Japanese POW camp on the Burma Death Railway and the struggles of a surgeon trying to save his men from illness and beatings when a letter changes his life forever.

The book we are now reading is The Giver of Stars by Jojo Moyes. Some members of the book club had already read it and enjoyed it so will see what the feedback is from others who have not.

The next meeting will take place on Tuesday 4th October at 7.30pm at Kay Miller's house at Brimstone Manor, 16ft Bank (almost opposite the old Wheatsheaf) where we will discuss the Giver of Stars. The next book in October will be Eleanor Oliphant is completely fine by Gail Honeyman. New members always welcome. For further details please contact Pat Rigby on 07776 142642.

Paul Braybrooke Oil Fired Boiler Engineer Boiler Servicing & Breakdown Service Commissions Tank Replacements Phone: 01353 777788 or 07946 735691

Christchurch Art Group



We meet on the 2nd and 4th Tuesday of the month 1.30 -3.30 in the Village Hall (term time).

- Our focus is to explore and experiment with the various painting and drawing media
- To enable participants to develop their own style
- Above all to have fun and enjoy the sessions
- The sessions are planned and adjusted to suit, depending on the experience and interests of the group
- The group leader is experienced in a wide range of media, and has some art materials for you to try out if they are new to you. *We have suitable paper for a reasonable cost to purchase and materials can be borrowed until you have your own*. Our group is friendly and relaxed and we love to welcome new folk.

If you would like a programme, please contact Jan and one will be sent with any further information.

Please contact Sandra 01354 638478 or Jan 01354 638217. (clifford.jjr5846@gmail.com)

Christchurch Stargazers



Hello Christchurch Stargazers.

This month is about Quasars. A Quasar is a supermassive black hole feeding on gas at the centre of a distant galaxy. Quasar is short for "quasi-stellar radio source", because astronomers first discovered Quasars in 1963 as objects that looked like stars, but emitted radio waves. Quasars are a different breed of black hole. They reside in galaxies with plentiful gas supplies, perhaps supplied by a recent galaxy-galaxy collision, and they gorge on the in-flowing material. The gas spirals around as it falls in, heating up in the process and emitting radiation across the electromagnetic spectrum. Supermassive black holes in nearby galaxies typically do not have that much gas available to them, so Quasars are typically found in distant galaxies.

Our closest Quasar is Markarian 231, which lies about 600 million light-years from Earth. The size of a Quasar Accretion Disk, which scales with the mass of its black hole, is typically a few light-days across. That dwarfs in comparison to its host galaxy. The Milky Way, for comparison, is roughly 100,000 light-years across. Yet Quasars often outshine their hosts. Despite their brilliance, Quasars are so small and distant that even the most powerful telescope cannot resolve all the structures within a Quasar. Astronomers have to ferret out the details using other techniques, such as analysing spectroscopy (spreading out the light by wavelength), or light curves (spreading out the light by its arrival time).

Remember - never ever look at the sun without the correct protective equipment. *Mark Andrews*.

Heron History Part 2

Mr and Mrs Mills (Pat and Les) purchased 'Red Bricks', Upwell Road, Christchurch in 1997, and subsequently moved into the village in 1997/98. They both joined some village organisations/clubs and quickly integrated into village life.

They took on and re-vitalised the village magazine – 'The Heron', at around the turn of the century, (1999/2000), coming up with new ideas re format and content. A group was formed, with Pat and Les at the helm. Jill Bliss was Treasurer, and a willing group of volunteers formed the delivery team.

Pat took care of the editorial side of things and Les was in charge of collating and printing, and this all worked very well. However, as things progressed and The Heron grew in numbers produced, due to its popularity, Les found his job was becoming a very time -consuming task, with not only the printing to be done but also the compiling and collating of each individual copy. He spent many hours working in their back bedroom, which they converted into The Heron Office, in order to have the latest monthly issue ready for distribution at the beginning of each month. The printer he used was a domestic type, certainly not meant for the volume of work expected, as The Heron copies to print was mounting in numbers each month, due to its growing popularity and the fact that copies were being sold in neighbouring villages. Revenue from these sales went towards the cost of printing ink, paper and other incidentals needed to keep the enterprise 'up and running'.

Eventually, the printer gave up and a group decision was made to have The Heron printed commercially. Having accrued some extra funding from the inclusion of paid advertising, along with funding from The Parish Council, Steve at 'March Stationery and Print' was approached. After some negotiations to do with costs etc., it was agreed to give Steve's business the job (which incidentally, he still does today for the present-day team). All thanks to him and his workforce; very professional.

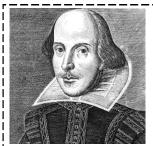
Following the very sad passing of Les, Pat and the team carried on until Pat had to retire in the Spring of 2012, due to failing health. The Heron carried on under the management of Paul and Mandy Warren. Pat sadly passed away in August 2012.

Pat and Les together were very much missed for their efforts and devotion towards the production of The Heron, during their 'reign' of approximately 12 years. Together, they were a great team.

Others continued to produce the magazine until the end of 2013, when it closed. At this point Richard Guilford took it on, along with Viv and Paul Haresnape, who then became the new team.

Jill Bliss

Has anyone any memories of the earlier edition of The Heron, and how it was produced? (With approximate dates please). Perhaps some of our longer-term Christchurch residents have earlier copies stashed away that we could have a look at? Please let me know. Ed.



The Bard pops up everywhere. Our new King quoted words from William Shakespeare's play Hamlet, shortly after his mother died. So poignant.

When Hamlet dies, his good friend Horatio is holding him, he gives him a farewell of infinite tenderness:

'Now cracks a noble heart. Good night, sweet prince, And flights of angels sing thee to thy rest'.



Old Norse has given us plenty of words of war (berserk, club, die, gun, hell, knife, ransack, scare, slaughter, thwart), market words (haggle, loan, scale), legal words (law, bylaw, ombudsman), farm words (bug, dirt, egg, root), and transportation words (axle, billow, cast, fog, girth, gust, keel, knot, muggy, raft, and sky). These all came into English during the age of the Vikings (8th-11th centuries), of course, and they didn't just rob, murder, and pillage. The Vikings also politely left words here and there for the English to pick up after they had all shared a nice cup of tea. *Okay, never mind that last bit.*

(Pinched from social media)

The presence of the consonant cluster /sk/ is one of the best-known ways to recognise Old Norse loanwords in English (besides skirt and scare, we have sky, skull, skin, etc.)

Find out more from https://www.gersum.org/about/Norse terms in English



Our September meeting was cancelled due to the sad passing of our dear Queen Elizabeth II.

You may or may not know that the Queen was a Women's Institute member from 1943 onwards and would have celebrated 80 years' service in January 2023. She became President of the Sandringham & West Newton branch in 2003, following in the

footsteps of the Queen Mother who, in turn, took over from Queen Mary. When in Sandringham she would preside over the meeting and sign the minutes. Several members were from the Sandringham Estate so she was familiar with some of them. Guest speakers were nervous when they arrived, but the Queen soon put them at ease - a thing she was very good at. On one occasion, Alexander Armstrong from the BBC game of "Pointless"

went, and after they played the game, the Queen's team won. This happened to be

one of her favourite TV shows.

Her Majesty Queen Elizabeth II lived a long life of duty and service, was a devoted Mother, Grandmother and Great Grandmother. She will be greatly missed. R.I.P.

Our next meeting is on Tuesday 11th October at 7pm when we will be having a visit from Anglian Water. The competition colour is ORANGE.

New members are always welcome.

Ann Hicks



"The Best Laid Plans"

As Robbie Burns once said, "The best laid plans...". On Tuesday, 20th of September, the members filed into the Community Centre, unaware that the expected speaker Mike Day had bailed just a week earlier, because he had been given an award, and had to go to accept it, leaving us with a space to fill and not much time to do it. Our Secretary, Marion, took to the 'phone and managed to find a very worthy substitute, Liz Wright, editor of the magazine The Country Small Holder, who agreed with not much notice to come along and give a talk on Small Holdings and Allotments. The story doesn't end there though as an accident and closed roads coupled with a problem at a Level Crossing meant her arrival was delayed.

All was not lost, as with a little encouragement, the members began a discussion about the changes some had seen in the village which those new to the area were unaware of; fascinating. The talk did at last get under way and kept the members engaged for over an hour, in which even more facts about the village's past came to light; and, of course, we all know a little more about Small Holdings and Allotments than was previously the case.

Next month the club plays host to Don Potten, a friend of the club, talking on "Bringing New Plants to Gardening". To become a member come along on the night or come as a guest for the first time. Next meeting 18th October.

Steve 01354638230

LUNCH BREAK

Lunch Break this month – 12th and 26th October from 12 noon -2pm, in the Community Centre.



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BYO Lunch. Catch up with old friends, make new ones. Chat over lunch with Tea or Coffee and relax. Or just come for a cuppa.

Always the 2nd and 4th Wednesdays of the month. Our Covid plan is to be cautious.

Contact: Annie on 01354-638088



Indoor Short Mat Bowls

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Forthcoming Events:

Breast Cancer Awareness Evening - 1 Oct Halloween Event for Kids - 30 Oct

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Puzzle answers from page 13



= 4



= 12



= 17



= 8



= 25



= 5



= 1

So the answer to Puzzle A is:

8 or



The answer to Puzzle B is: 5





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Instead of a recipe this month, here are some ideas of how to save energy when cooking.

Someone was on BBC Radio Somerset talking about **slow cookers** on the back of the energy news. Apparently, it costs around 18p to run a slow cooker for 8 hours

Basic slow cooker pointers.

"1) All meat can be cooked in a slow cooker. Some will be better than others. Generally, the cheaper the meat, the better it cooks. So, chicken thighs over breast, shin of beef over rump, pork shoulder over loin etc. 2) You can spend as much time prepping as you want. You can also chuck it all in without any prep. Meat does not HAVE to be browned. It's

preference. The only thing I brown first is sausages as I can't abide anaemic sloppy bangers. 3) You can cook on high or low. Just adjust your times. 4) Slow cookers cost about as much to run as a lightbulb. 5) If your dinner is cooked before you are ready to eat, some sc have a "keep warm" function. Mine doesn't. So, I switch it off and leave it alone. Food stays warm for about 2 hrs no problem. More if it's been on high. 6) The more you faff about with it, the longer it will take to cook. Fill it up, switch it on and LEAVE IT ALONE! 7) If you are cooking beef in it, then a tin of toms will help to soften the meat. 8) Shredded meat will go a lot further than chunks! 9) You do not need as much liquid as you think. Honestly, nothing evaporates. 10) You can cook lots in it, fill it up and freeze some for another day".

Avoid putting on the oven just for croissants...but these don't work for Pain au Chocolat or similar, for obvious reasons!

How to reheat croissants on the stovetop: Cut the croissant in half lengthways using a bread knife. Melt some butter in a pan on a medium heat. Put the croissant face down in the pan and heat it for 3-4 minutes until the cut side starts to turn golden brown. Remove the croissant from the pan and serve. Here are the steps to reheat croissants in the toaster: Cut the croissant in half using a butter knife. Go slowly and avoid tearing the croissant. Place the croissant in the toaster. Set your toaster on a light setting. Toast your croissant in short intervals.

Save energy when cooking with your oven

Ovens account for about 8.3% of the electricity consumed by electrical appliances in the home. Find out which types of oven are the most efficient, which are most environmentally friendly, and how to save energy by cooking in your oven.

8 tips for saving energy when using your oven.

- 1. Cook several dishes at once.
- 2. Don't open the oven door whilst cooking.
- 3. Harness residual heat: Instead of using your microwave, use the residual heat in your oven to heat other dishes and save energy.
- 4. Turn the oven off 5 minutes before finishing cooking the dish. The residual heat will be enough to do the last bit.
- 5. Cook food in smaller pieces. The same amount of food, baked in smaller portions, requires a shorter cooking time.
- 6. Keep the oven well maintained (clean!).
- 7. Use suitable baking containers. Ceramic ones hold the heat, metal ones heat up quickly.
- 8. Pre-cook vegetables before roasting them. This reduces baking times, thus saving energy and the results are amazing.

Bigger breakfasts better for controlling appetite, a study suggests.



Eating a big breakfast and a smaller dinner could aid weight loss by making you feel less hungry, say researchers.

It's an unlikely-sounding way to lose weight, you have to agree! Scientists precisely controlled people's meals in a study, to compare the impact of a large breakfast or a large dinner. The University of Aberdeen team found people burned the same calories whenever they had their biggest meal of the day. But appetite was noticeably smaller after big breakfasts, which could make it easier to stick to a diet.

"If you can start your day with a healthy big breakfast, you are more likely to maintain physical activity levels and maintain that control over appetite for the remainder of the day." Prof Alexandra Johnstone.

Source - https://www.bbc.co.uk/news/health-62797773



'There will be honey': supporting Ukrainian beekeepers in a time of war.

While Ukrainian honey is sent to fighters on the frontline, the beekeeping community worldwide rallies to support the nation's hives.

Honeymaker Dmytro Kushnir hopes there is more than a grain of truth in the old Ukrainian proverb, 'whoever has honey has strength'.

In April 2022, with business grinding almost to a halt, he handed over a van-load of surplus honey – a tiny percentage of the 80,000-100,000 tonnes a year produced in Ukraine – to volunteer soldiers defending against the Russian onslaught. "They are my friends, I wanted to help them," says Kushnir, who is currently based in Kyiv where his company keeps a warehouse.

Previous visits to the frontline gave him a stark insight into the conditions faced by the fighters. "They are living in wet trenches, freezing cold. Many are sick and coughing. The honey will help them to stay healthy. "I told them, 'honey will make you strong'. They said to me they have strength, but right now they cannot have too much. Any support is important."

Ukraine has a rich history of beekeeping stretching back to medieval times, when bees were coaxed into colonising 'wild hives' fashioned from hollowed-out trees. Beekeepers were revered as magicians and invoked mystical spells to defend their treasured bee colonies, handing down their ancestral sorcery from father to son. They placed their faith in prayers as much as the leather ropes used to scale tree trunks to tend their hives, perched a perilous 15 metres above the ground.



The country has around 400,000 beekeepers caring for 3.6m colonies, and pockets of its wild hive heritage survive to this day in the wilderness region of Polesia, often dubbed 'Europe's Amazon'. But in the grip of conflict, the beekeepers of modern Ukraine need more than prayers. Many, including Kushnir's brother, Yuriy Yanyshyn, have

swapped their hive tools for weapons. "Around half our

beekeepers are away fighting," says Kushnir, who cofounded his family enterprise 'Honey Brothers' seven years ago. Others say the Brotherhood of Ukrainian Beekeepers, an NGO of 55,000 beekeeper members, have abandoned their apiaries as they flee from invading Russian forces.

In recent years, Ukraine's beekeeping tradition – and not a little skill – has made it Europe's most prolific honey producer, and one of the largest in the world, with exports worth almost \$140m (£114m) in 2020. Here in the UK, the Brotherhood has had a long association with the National Honey Show – the biggest beekeeping convention in the world – and for 10 years sponsored the Medal of Ukraine, awarded to the best honey from outside the British Isles.

"It's a horrible thought," says Nicola Bradbear of Bees for Development (BFD), a UK charity that nurtures beekeeping in some of the most dangerous and inhospitable corners of the planet. "The beekeepers have had to go off to fight, and the one positive is that the bees will get on with it in their absence. There will be honey to harvest on their return." BFD is one of a number of charities and businesses worldwide that have answered the Brotherhood's impassioned plea for aid.

For now, Kushnir is exploring export opportunities for his honey, farmed in five different regions across Ukraine, with each terroir bringing distinct flavour notes to the final product.

"The Russians destroy everything in their path, and of

course that includes apiaries," he says.
"Beekeeping here is a passion, and for some it means everything – and then it is gone. But we can rebuild. Right now, life is the most precious thing. The help and



support we receive from the UK and the beekeeping community is very appreciated. We will always be grateful. We are fighting great evil and we feel like you are our brothers."

The beekeepers have had to go off to fight, and the one positive is that the bees will get on with it in their absence

Source:

https://www.positive.news/society/there-will-be-honey-supporting-ukraine-beekeepers-in-a-time-of-war/

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