

# **Bumper Turnout for First Parkrun of 2013**



Every Saturday at 9a.m., the country park fills with runners of all shapes, sizes and ages, for the weekly parkrun event - a free timed 5km run, open to all. The first run of 2013 had 379 finishers - 48 more than this time last year, and including 26 first timers. It looks as though running, and parkrunning in particular, is a popular New Year's resolution this year!

Parkrunning is a great way to keep fit - you get to run as part of a community, and you automatically get sent your results each week, so you can keep track of how you're doing. Even if you don't want to - or can't - run, you can help out as a volunteer: setting up the course, marshalling, timing or dealing with enquiries. As a runner, it's hugely encouraging to see cheery faces all the way round the course, telling you "Well done!" and "Keep going!". If you would like to know more about volunteering, please either email cambridgehelpers@parkrun.com or turn up at the cafe at around 8.30 to chat to that day's volunteers.

If you would like to run, please register first at www.parkrun.com. Once registered with parkrun, you can participate in any of the events at any time without letting them know that you are coming.



# **Farewell Fairways!**

At dusk on 31st December Waterbeach Golf Club closed its gates for the last time. Previously known as 39 Engineer Regiment Golf Club, it was formed in 1968 for use by military and local civilian personnel. Many local golfers will have fond memories of the course, which, although not up to Championship standard, was nevertheless a highly valued local facility and haven for wildlife. Club secretary Major (Retired) Dave Hornby confirmed that the golf course, together with the rest of Waterbeach Barracks, would be handed back to 'Defence Infrastructure' at the end of March 2013 for disposal. The course suffered a rather sad end as it was largely flooded during its last few weeks of operation, as the photo of the 4th fairway shows. It therefore seems rather ironic that future plans are for housing on the site!

Paul Capitain

# SILVER SERVICE TAXI

Licensed Taxi Service, Reliable, Local & Friendly

# lan May Mobile 07989 197816

Tel: 01223 502609

email: silverservicetaxi@gmail.com



Multi-Seater 1 to 8 passengers
Airport & Group Bookings welcome
Special Needs & A Speciality

www.silverservicetaxi.co.uk

Celebrating 10yrs Supplying Taxi Services in Milton

# In This Issue...

What's On (p.3)

**Development Plans (p.5)** 

Readers' Photos (pp.6-7)

Health Quiz Answers (p.8)

**MOBC Quiz Night (p.12)** 

And much more!



# Send us Your News

Please help us to keep the village informed by sending us your photographs and news. The best way to contact us is via email:

# vv@miltonvillage.org.uk

Otherwise, send your articles to Mary-Ann Johnson, 1 Knights Way, Milton CB24 6DE. Deadlines for articles are:

12th January
12th March
12th May
1st September
1st November

Issues will be published approx. 2 weeks after the dates above.

# **Online Archive**

Find back copies of Village View (back to April 2011) on our website:

#### www.mvv.org.uk

Printed by Cambridge Newspapers Ltd.

Delivered Free

Circulation 1,850

## Publisher's Notice

Whilst every effort is made to ensure accuracy the publisher accepts no responsibility for errors or omissions. Views and opinions expressed in the Village View are not necessarily those of the publisher or the editorial staff. The publisher does not accept any responsibility for claims made by advertisers



# Milton to Landbeach Shared Use Cycle/Footpath

In December County Council chiefs approved a £2 million transport boost for Cambridge that aims to reduce congestion, improve health and help support the growth of the local economy. Of the 20 schemes announced the one of most direct benefit to the village is the creation of a shared use pedestrian/cycleway between Milton and Landbeach. The proposals are expected to be designed and built over the next five years as part of a wider programme of improvements to transport.

Paul Oldham

# The Phoenix Trust helping Tesco to help Cancer Research UK...

Cancer Research UK is Tesco's charity of the year and the Milton branch wanted to do something a little bit different at Christmas as part of their fundraising activities. Knowing that the Phoenix Trust had a carpentry workshop, Tesco Community Champion Tara Barratt approached us with an unusual request... Could we make a Santa's sleigh, complete with reindeer, to place in the



foyer? Never liking to say no to a challenge, we set to work!

Here's the result of our students' hard work - we must say, we are pretty proud of ourselves and had a lot of fun making it!

# **Epiphany Carols & Cakes**



With Epiphany falling on a Sunday this year, the ever-popular Wren choir sang an Epiphany carol service at All Saints on the Sunday afternoon. The music included 'Three Kings from Persian Lands' by Cornelius and Sumsion's 'Arise, Shine, Your Light Has Come', as well as congregational carols including, of course, 'We Three Kings of Orient Are'. After the service, we were treated to star-themed cakes lovingly decorated by the young people from All Saints.





# **M.J Potts**

#### HEATING & PLUMBING SERVICES LTD

- GAS SAFE REGISTERED
- Boiler Installation Gas & Oil
   Complete Bathroom Design and Installation
- Complete Bathroom Design and installation
   Landlords Certificates
   Winder Floor Heating
   Power Flush
   Tiling
   Gas Boiler Servicing
   Free Estimates
  - \* Covering Cambridge for 30 years \*



Ph: 01223 242544

Email: malcolm.potts@btconnect.com Linit 8, Ronald Ralph Court, Wadloes Road, Cambridge, CB5 8PX



# WHAT'S ON: February—April

# **February**

Fri 8th Charity Scrabble Evening, Church Hall, 7.30-10.30pm

**Sat 9th** Men's breakfast, Church Hall, 8.30am, Speaker: Simon Bradford. All welcome.

Tues 26th All Saints Reading Group, All Saints Church, 7.30pm



Sat 9th MOBC Quiz Night, Community Centre Annex, 6.30pm

**16-17th** Thriplow Daffodil Weekend, 11am-5pm (See http://thriplow.org.uk/dwweekend.php for details)

Thurs 28th Maundy Thursday Holy Communion, 8pm, All Saints Church

Fri 29th Good Friday Messy Praise, 10am / Hour at the Cross, 2pm, All Saints Church Sun 31st Easter Day Holy Communion, 10.30am / Songs of Praise, 4pm, All Saints Church

**April** 

Sat 13th Women's Day, All Saints Church (See below for details)

Sat 31st Easter Treasure Hunt, Country Park

See www.milton.org.uk/diary.html for more event details. See www.miltoncountrypark.org for more park events.

# Women's Day 2013: 'Refresh Your Heart'

On Saturday 13th April, All Saints' Church will once again host a day of worship, prayer and teaching for women from across East Anglia. This year's guest speaker is Anne Coles, leader of New Wine, speaking on the topic of 'Refresh Your Heart'. Bookings open soon — see the church website for details: www.allsaintsmilton.org.uk

# **Create for Christmas 2012**

It may only have been the 26<sup>th</sup> November, but women from all over the village filled All Saints church hall with Christmas joy and sticky fingers!

As always, this was an evening of discovery... as even the most inexperienced person found that they could create the most amazing decorations and presents in our 'Blue Peter' style craft evening. OK, there were some burnt fingers, (and that was the vicar's wife!), as the glue gun smouldered away on the decorative fir cones - but otherwise it was completely within health and safety guidelines!

Revellers left with tummies full of mince pies, mulled wine and gift bags bulging with living table decorations; doves of peace; decorated tea lights; decoupage baubles and sparkling handmade jewellery...

We look forward to meeting you at this year's Create for Christmas!

Julia Chamberlin

# All Saints Reading Group

Will discuss Tom Wright's 'How God became King – Getting to the heart of the Gospels' on Tuesday 26th February 7.30pm.

The Reading Group chooses a different book each term. Membership is flexible – you can come and go depending on whether the chosen book interests you. Contact the church office for more information, on 441007 or office@allsaintsmilton.org.uk



# J.P Morley Roofing

Established 1985

All types of roofing

Flat Roof Specialist

Home Number 01223 863259

Mobile 07941 198771



- Servicing, Installation and Repairs
- Gas Boilers, Fires, Cookers and Central Heating Systems
- Powerflush Cleansing of Central Heating Systems
- Energy Efficiency upgrades
  - Landlord Gas Safety Checks and Certificates

Contact - Eddie Kikas Your Local Gas Specialist

Tel/Fax: 01223 861810 Mobile: 07831 228181

Email: miltongas@btinternet.com www.miltongas.co.uk

51 Bourneys Manor Close, Willingham, Cambridge, CB24 5GX



# Pilates Classes 2013

Mon - Milton CC, 9.30am -- Mat/Ring Mixed Ability Mon - Milton CC, 10.30am -- Mat/Ring Mixed Ability Mon - Landbeach Village Hall, 9.30am -- Mat Mixed Ability Tues - Milton School, 6.25pm -- Ball & Mat Mixed Ability Tues - Milton School, 8.15pm -- Mat Mixed Ability Class Fri - Landbeach Village Hall, 9.30am -- Mat Mixed Ability

Plates helps you to strengthen your core and back muscles whist improving your posture and flexibility. Leave the class feeling stretched and relaxed. Class suitable for all ages, both men and women.



Contact Liz to book your space and check availability on 07768 155278 or email liz.dolman@lovepilates.co.uk www.lovepilates.co.uk

Visits www.lovepilates.co.uk for full details and other classes held in the local area

# **MILTON GOOD COMPANIONS (Formerly Milton Day Centre)**

The Good Companions had a very enjoyable and busy Autumn term. Starting in September, we raised a donation for Macmillan Cancer Research by holding our own informal coffee morning. Our members always look forward to the visits each term of the top two classes from Milton School, who join them for a game of bingo, followed by a chat.

We have shared musical entertainment with other residents of Barnabas Court and listened to various interesting speakers. Members particularly enjoyed making Christmas cards and calendars for 2013, as well as Christmas floral arrangements, thanks to the assistance of some of our talented volunteers.

Thank you to every one who supported our annual November coffee morning, bring and buy event, which raised funds for our Christmas lunch. A total of forty members and volunteer helpers sat down together for a delicious Christmas meal, followed by carol singing.

We are always looking for volunteer helpers to keep us running efficiently, and in particular this year we will need a new Secretary when Pauline Waters our present one retires in June. If you would like to give support to the elderly in our community and wish to help, please contact Margaret Nunn (Chairman) 860829 or Pauline Waters (Secretary) 860620.



# You can help older people in your community!

Local charity Care Network Cambridgeshire is looking for local people to help older people find their way to activities and services which they would enjoy or find useful.

There are lots of good groups, services, and support available in Cambridgeshire but not everyone knows what is out there or how to access it. We want all older people in Cambridgeshire to have someone in their community who they can turn to for information. The type of information being given could be pointing people in the direction of a club or activity group, helping them access local transport like a community car scheme, or they may need information on benefits, modifications to their home, or help



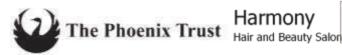
at home with the things they find difficult. Whatever the query we want all older people to have a 'Community Navigator' local to them who can help them find what they want.

By helping people find what they want, at the time when they need it, you can help older people avoid isolation and loneliness and remain active and independent for longer.

We will provide free training and on-going support to help you build up the skills, knowledge, and confidence to carry out the role. Plus your local co-ordinator will always be on hand to answer any questions you may have.

Being a Community Navigator only takes a few hours a month, and compliments any involvement you may already have in your community. It is an opportunity to be part of something that can make a real difference to people's lives, and it should be interesting and fun too!

Whether you are already active in your community, or you would be willing to learn, we want to hear from you. Contact your local co-ordinator Rob Wallace for more information: call: 01954 211919 or email: Rob.W@carenetwork.org.uk



For all your Concrete and Wooden Garden Products

Paving, Edging, Omaments, Trellis, Planters, Bird Feeders, Next Boxes, Picnic Benches

> Tel: 01223 420669 www.phoenixtrust.org

> > Unit 8, Milton Trading Estate

# Harmony



www.harmonysalon.co.uk

Expert hair stylists for Men. Women and Children Beauty therapists offering a range of treatments

Telephone 01223 863636 to book an appointment

6 High Street, Milton, Cambridge, CB24 6AJ

Open 9-6pm Monday - Friday 9-2pm Saturday











Milton School, Humphries Way, Milton **Tuesday Evening** 7.20pm Zumba for all Come along for a FREE taster session

- Helps reduce chalesteral levels
- Adapts body to burn fat so you lose weight and tone up
- Improves cardiovascular fitness levels
- Decreases blood pressure and reduces stress levels
- Improves posture, flexibility and range of motion

Have fun, make new friends and enjoy getting fit for once

ntact Liz on 07768 155278 or email liz.dolman⊗love Liz is a fully Qualified Fitness and Licensed Zumba Instructor

# **Have your say on Development Plans**

More public consultation events have been announced to help residents, businesses and organisations have their say on how South Cambridgeshire should be developed over the next 20 years.

New options for supporting up to 30,000 new jobs being created in the district were suggested during a public consultation in the summer, and the consultation now asks views on extra options for housing sites and where a possible community stadium could be located. The latter will be of particular interest to Milton as one of the locations for the stadium is close to the Butt Lane Park & Ride side, the site being called Union Place.



The consultation runs until 5pm on Monday 18th February. All the site options can be viewed by visiting the local plan page on the SCDC web site (www.scambs.gov.uk/ldf/localplan). Responses can also be made using the online form or by email and post.

Paul Oldham

# **Heavy Commercial Vehicles (HCV) Strategy**

Cambridgeshire County Council has recently reviewed its Heavy Commercial Vehicle (HCV) strategy. The policy recognises the economic importance of road haulage and the need to balance this with the environmental impact of lorries, through partnership working with the haulage industry and local communities. Using a new assessment, a community can gauge the amount of exposure it may have to HCV traffic. If you feel strongly about HCV traffic through Milton and would like to volunteer to take part in an assessment of the village, please contact the Clerk's office (tel: 861447; email: clerk@miltonvillage.org.uk). More information about the strategy and assessment can be found by visiting www.cambridgeshire.gov.uk and searching for 'HCV strategy'.



www.mvv.org.uk



# **EACH Cambridge Santa Run**



The fun-filled EACH Milton Gala Day returns this year on May 11th between 11am - 3.30pm in the grounds of Milton Hall Pi Innovo. It is an event not to be missed: details will be available in future editions of MVV!

The 2012 EACH Cambridge Santa Run on December 16th was the biggest ever with 450 runners taking part to raise almost £16,000. The EACH Milton Carol Service on December 18th raised over £500 with Jeremy Sallis from BBC Radio Cambridgeshire once again supporting the event. Many thanks to the local community for supporting these events.

Lindsey Newton

# AMBASSADOR LODGE BED & BREAKFAST

37 High Street, Milton, CB24 6DF (next to the Waggon & Horses pub)

Friendly, family-run B&B

Contact: Phil or Fizz Turner Tel: 01223 860168

www.ambassadorlodge.co.uk e-mail: ambassadorlodge@yahoo.co.uk

# C H LUMB

(BUILDERS)
DRAINAGE - GUTTERING
UPVC FACIAS & SOFFITS
PATIOS & FENCING
ALTERATIONS
01223 354402
Mobile 07762026290

# P.S. FERGUSON LANDSCAPE GARDENER

Garden Maintenance Turfing Fencing Milton based Tel: 01223 574779 Mobile: 07944 105614

# Readers' Photos

Clockwise from right:

- 60163 'Tornado' passing Milton on December 15th, David Chamberlin
- *Me and my snowman*, Ronan Gentle
- Snow at Café Diem, Mary-Ann Johnson
- Snow at Deep Pool, Paul Oldham

If you would like to see your photo printed in Village View, send it to:

1 Knights Way, Milton, or email:

vv@miltonvillage.org.uk







# AFFORDABLE STORAGE

- ✓ SECURE STORAGE
- ✓ FLEXIBLE HIRE PERIODS
- ✓ COMMERCIAL & DOMESTIC
- ✓ RANGE OF SIZES AVAILABLE
- ✓ OFFICE & RETAIL
- √ 24 HOUR ACCESS
- √ EXCELLENT STORAGE
- √ CCTV MONITORED
- ✓ PICK-UP / DELIVERY SERVICE

#### 01223 420440 / 07711 084164

email: mwheeler.bromley@btopenworld.com

UNIT 105, NORWAY INDUSTRIAL ESTATE, MILTON, CAMBRIDGE, CBU4 6A

# R.B. Electrical LTD N.I.C. Registered

Your Milton Domestic & Industrial Specialists 25 Yrs Experience

Tel. 365200

# PHYSIOTHERAPY

Treatment for sports injuries, back and neck pain, joint problems etc.

# Liz Cradock MCSP, MICHT

Chartered Physiotherapist and Reflexologist, HPC registered

Recognised by major medical insurance companies

Treatments at: 24 Spurgeons Avenue Waterbeach CB25 9NU

Tel: 01223 860928 Mob: 07714 052389 Email:liz.cradock.physio@gmail.com

www.mvv.org.uk

# **MILTON W.I.**

At our November meeting we had Jane Coe doing a flower arranging demonstration. The arrangements were all of a Christmas theme and were very beautiful. Some of our Members were lucky enough to win them in the raffle. Jane is a very lively speaker and gave us lots of tips as to how to make the best out of the flowers we buy for our homes.

December was very active. We were entertained by two lovely Belly Dancing ladies. The fun really started when it was time for our Members to have a go. They all performed very well and thoroughly enjoyed gyrating their hips.

On our website, thewimilton.blogspot.com, you will see lots of pictures of our Members enjoying themselves and link through to the County and National websites to find out more about the W.I. which is the largest ladies organisation in the UK with 215,000 Members.

Also the WI has its own College in Marcham, near Abingdon, Oxfordshire. This is open to non-members and gentlemen. A wide variety of subjects are taught there (no special qualifications needed) and all the rooms are ensuite. It is set in 17 acres of beautiful gardens. A brochure is available from Jan Chessum on 01223 560813.

Any ladies who would like to know more please come along to any of our meetings as a visitor. We meet at the Church Hall on the third Tuesday in the month at 7.30pm (except July and December when it is the second Tuesday). Please contact our President Gill Offley on 01223 293231 or our Secretary Bridget Crow on 01223 441755.

Jan Chessum



8am Holy Communion

A quiet, reflective way to start the day

# 10.30am Morning Worship with Children's Groups

The 10:30am service is designed to cater for the whole church, from ages 0-100+. Refreshments served.

#### **Evening Services**

Monthly programme—see website.

### Midweek groups & events

Little Rainbows Toddler Group, Parents & Under 1s, Lunch Club, Mothers' Union, Stitchers' Club, Reading Group ...

For full details of all these and more please visit www.allsaintsmilton.org.uk

# EMPLOYMENT OR FAMILY PROBLEMS? "Compromise Agreements"Unfair Dismissal Discrimination Breach of Contract "Divorce"Children Disputes "Financial Settlements Separation Agreements" FREE INITIAL ADVICE 10% discount for Milton residents

SOLICITORS

14 Barnwell House, Barnwell Drive,
Cambridge CB5 8UU

SARAH SMITH – Family Solicitor

sarah.smith@smslaw.co.uk JOANNE MAY – Employment Solicitor joanne.may@smslaw.co.uk

CALL 01223 415372

FREE PARKING www.smslaw.co.uk

# Milton Surgery Winter Health Quiz: Answers

- 1. Blood makes up around (a) 7% of body weight
- **2.** Emphysema is a disease of which organ of the body? (b) lungs
- **3.** What are the first signs of a stroke? (b) One side of the face drooping, slurred speech and unable to raise both arms
- **4.** What is not included as part of your 5 a day?
  (a) potatoes
- **5.** Which statement is true? (a) Having the flu vaccination is the best way to avoid getting the flu
- **6.** What temperature would you consider an under 5 child to have a fever? (a) 37.5°C
- 7. Where is the best place to measure the temperature of an under 5 child? (b) under the arm or in the ear
- 8. What are the recommended healthy limits for alcohol for women per week (one unit is a half a pint or 125ml glass of wine)?

  (a) no more than 14 units
- 9. What does not help a cold? (c) antibiotics
  10. About how many people in the UK die each year due to smoking? (a) 100,000

We hope you enjoyed our quiz. The lucky winner has been informed. Thanks to Tesco for donating the prize. Thank you to all who took part.

#### Milton Scout Group Minibus

For hire to non-profit community and voluntary groups (section 19 permit needed)

T: Rob - (01223) 860160 E: minibus@50thcambridgescouts.org

W: www.50thcambridgescouts.org/minibus

Are you or your loved ones entitled to the flu vaccine? If you haven't got round to it yet, it's not too late: phone Milton Surgery on 01223 420511.

# Landbeach and Milton Baptist Church

# **Sunday Services**

10.30am Family Service 6pm Evening Worship

#### Midweek Home groups

- Tues 7.30pm, Landbeach
- Thurs 10.30am, 143 Waterbeach Rd.

All are welcome to our small but friendly fellowship. Further details from Maureen Clark, tel 01954 250118

# STRIKE FIT

Fridays 1pm-2pm Milton Community Centre

also available

# 1 to 1 personal training

Contact: Alex Campbell
Tel. 01223 862184 or 07746 122749
Email alex@alexercise.co.uk
www.alexercise.co.uk

# **Big Walkies**

As we enter 2013 it's time for those New Year's Resolutions! If your resolution is to get fit, meet new people, get our more or to get a dog then why not join Big Walkies?

# www.bigwalkies.org.uk

Walking with dogs is one of the cheapest as well as the most enjoyable ways of ensuring your own fitness as well as that of the dogs. Big Walkies is a community group which was set up in 2011 by local women Becca (St. Ives) and Jackie (St. Neots). It is completely free and meets up weekly and across Cambs, monthly including at Milton. You don't even need a dog to join them! All they ask is that you register so that you are aware of the Terms and Conditions and then you're good to go!

For further information about Big Walkies please contact: Becca Bryant 07969 118350 or Jackie Fitzpatrick 07801 591148.

Paul Oldham

# Message from your PCSO

I hope you are all well and those of you who made New Year's Resolutions are still persevering!

We have had reports in nearby villages of males going door to door stating there are problems with some residents roofing or guttering and offering to sort the problem. Once the work has been completed they have then more than tripled the price quoted. These people tend to target the elderly and vulnerable. Please if you are not sure, *don't answer the door*. If at any time you feel pressurised and intimidated call 101. If there is any threat involved always call 999.

Legislation which came into force in October 2008 requires almost all traders who sell goods or services for over £35 to residents in their homes or place of work to provide in writing a 7 day cancellation notice. Before this law change this only applied if home owners were cold called, but now it includes traders who are contacted by home owners themselves. We would welcome any information from you regarding any flyers you receive advertising work to gardens or property. Your Local Neighbourhood Teams and Trading Standards are working together to combat this issue. You can visit this website for information: http://www.cambridgeshire.gov.uk/community/consumer/consumersinformation/commonconsumerproblems/roguetraders/

If you know anyone who is vulnerable or elderly and would like some work done you can advise them to contact Cambridgeshire Registered Trader Scheme at Cambridgeshire Age Concern on 01354 696677. The scheme identifies responsible traders who operate legally and provide good customer service.

As a result of the recent panel meeting held on January 9th, the priorities set for us to tackle are graffiti and road safety. Local authorities, the police and the public meet every three months to decide what local priorities need to be looked at over the coming period. This is your opportunity to have your say on how the police operate in your area. Visit the Cambs police website to see when and where the next panel meeting is scheduled.

\*\*PCSO John Mason 7146\*\*

Histon Safer Neighbourhood Team

# Why not consider becoming a Parish Councillor?

There is a vacancy on Milton Parish Council. Parish councils are the most local part of our democratic system and are closest to the public. As a councillor you can become a voice for your community and effect real change. You should have the best interests of the parish as a whole at heart. Councillors are community leaders and should represent the aspirations of the public that they serve. Typically council duties occupy around three hours a week. Obviously there are some councillors who spend more time than this, and some less. Being a parish councillor is an enjoyable way of contributing to your community, and helping to make it a better place to live and work. Why not stand for the parish council and see what difference you can make to your local community?

To find out more please contact the Clerk, Sue Humphreys (tel: 861447; email: clerk@miltonvillage.org.uk), or come along to one of the parish council meetings and see what happens!

# Sports Therapy Services

Sports Massage and Injury Rehabilitation



Don't put up with the pain SAVE 25% on your first appointment Additional offers available

call Lesley on **07940 110309** or visit www.sportstherapyservices.co.uk

# Need glasses? Buy direct from the manufacturer! SAVE UP TO 75% Just bring in your up-to-date prescription for a Top Quality bargain. Premium frames & lenses • Emergency supply & repairs\* High/Complex prescription • Free specs for NHS Vouchers\* Reglaze your own frame\* • Large selection of frames (\*76.C's apply, please call for denalty)

Please telephone for an appointment 01954 231545 or 07824 706969

email: info@all-eyes.co.uk www.all-eyes.co.uk



Visit our Pactory Shop: 20 Norman Way Ind. Park, Over, Cambridge, CB24 5QE Mon-Pri: 9.00am to 5.00pm

# Swedish Massage



Contact Alex Campbell on 01223 862184 or 07746 122749 email: alex@alexercise.co.uk

Benefits include\*:

- · Relief from Stress, Anxiety and Tension
- Feelings of Deep Relaxation
- Improved Mood
- Improved Sleep
- A general sense of Wellbeing

Appointments available in Milton & Chesterton Sports Centre, Gilbert Road, Cambridge

Massage should not be used in place of conventional medical care. Always consult a GP or other Health professional for medical attention and advice

# From the Desk of the Parish Council Chairman: January 2013

On behalf of the parish council, I would like to wish everyone in the village a healthy and happy New Year. I would like to give special thanks to Milton resident Dave Collins and Parish Councillor Rob Farrington for putting up our Christmas lights and adding to the festive mood in the village.



I would also like to thank Milton resident and World War II veteran Ron Driver for his participation in November's Armistice Day Ceremony. This has become a favourite village tradition for many years and is always well attended. It is good to see traditions like this continued.

Terrie Drummond has resigned from the parish council due to work commitments. I would like to thank Terrie for all her hard work over the past few years. If any resident is interested in replacing Terrie on the council, I encourage them to contact the Clerk's office to find out about co-option (and please see the article in this issue).

A number of residents are concerned about children's safety when crossing at the top of Fen Road/High Street and asked for a zebra crossing at this location. We contacted the Area Traffic Manager at the County Council who advised that a zebra crossing could not be sited there for a number of reasons including disruption to vehicular access to nearby office car parking and the close proximity to two busy road junctions. Nevertheless, the parish council still feels there is a need for improved safety at this crossing point as well as measures to slow down traffic. To that end,

we have put in a bid for the latest round of the Minor Highways Improvement Scheme flagging the existing problem and will seek county engineers' advice for creating a safer crossing at Fen Road/High Street.

Parish and County Councillors also met with representatives of the County Council's Transport Team to discuss the dangerous Humphries Way/Landbeach Road junction with the A10. The reps agreed that the ambiguous/confusing signage here and the proximity to traffic from Landbeach caused serious problems. They will review the junction as well as the Ely Rd junction (by the allotments) and propose options for improvement. One option may be to re-sign the Humphries Way/Landbeach Road junction so that cars exiting the A10 into Milton have clear right of way over cars turning north out of Milton onto the A10.

Richard Summerfield, Chairman Milton Parish Council

# Relief Warden Sought for Community Care Scheme

A Relief Warden is needed for the Milton Community Care Scheme to cover for the warden during holidays, sickness, etc. The Community Care Scheme is a valuable service which provides assistance to elderly residents in their homes. If you are interested or would like more information, please contact the Clerk's Office on 861447, or email clerk@miltonvillage.org.uk.

Below please find an updated list of your councillor contact details (for email addresses, please visit the website at miltonvillage.org.uk and click on 'Meet Your Parish Councillors'):

#### **Parish Councillors**

| Richard Summerfield Chair | man   | 860715 |
|---------------------------|-------|--------|
| Ian May Vice Chairman     |       | 521294 |
| Alex Campbell             |       | 862184 |
| David Chamberlin          |       | 861511 |
| Jane Coston               |       | 563539 |
| Mark Ellwood              |       | 860770 |
| Rob Farrington            |       | 860160 |
| Gary Heaney               |       | 862672 |
| Jim Mowatt                |       | 861024 |
| Michael Perkins           | 07769 | 665836 |
| Ian Tyes                  |       | 574394 |
| Gail Wynne-Jones          |       | 423819 |
| Sue Humphreys Clerk       |       | 861447 |

### **Parish & District Councillors**

Mark Hersom 07852 997771 Hazel Smith 860752

**County Councillor** 

Michael Williamson 860899







# **Used Postage Stamps for The Leprosy Mission Work**

Since starting to deliver my flyers through letter boxes of homes and business premises throughout Milton, I have been extremely gratified and deeply moved by the response of local residents and more-distant friends to my appeal on behalf of The Leprosy Mission.

Packages in all shapes and sizes have been arriving at All Saints' Church, at Milton Post Office, on my doorstep and through the post, filled with everything from regular UK stamps to unusually-shaped and brightly-coloured foreign stamps. I have already dispatched 3 parcels to the Mission.

Some donators now have wallets to save their stamps. If you would like one, please contact me, or when you drop off a contribution add your name and address and I will drop a wallet through your door when I'm collecting in your street.

Last year the Mission raised £75,000. Leprosy is a dreadful disease and handicap that can leave sufferers isolated from their homes and families. I had first-hand experience of it when working in India on a mission station. But the help that the Mission has been faithfully doing for many years is redressing the imbalance.

On behalf of the Mission, I thank you from the bottom of my heart and encourage you to keep donating the stamps: there is no time limit!

Paul Mutimer, 54b Fen Road, Tel: 440674

# Used Postage Stamps for The Leprosy Mission Work For many years I have been collecting and sorting used postage stamps from the United Kingdom and the World for donation to this worthy cause are a regular hasis. Saddy with the development of e-mails and pre-paid postage printing maccines, there has been a broady decline in the use of the postage stamp, except at highlights of the year such as Christmas-card postage stamp, except at highlights of the year such as Christmas-card streament anniversaries. Consequently I am brying to offset this deckine as spreading my patchment not Mider to ask for help of those fixes such as postage and provide collection ask for the provide postage. Springers and Springer of Wilder I ask for help come of the provide collection and they multiplicate property of the provide collection and the provide postage. Springer of the provide collection and the anniversaries and pinase do not exceed 100 gree weight or 5 mm throades, but if you add your name and address on the back if gliddy send you a reptacement an all year number project with missing the Crassful thanks. Pau Missimel an all year number project with missing and for the provide collection.

# **Wildlife Notes**

What another odd winter we're having: really cold before Christmas, then very mild for several weeks, and, as I write this, horribly cold again with a terrible forecast. In the mild weather, I've been treated to two song thrushes singing to each other long before dawn. Their preparations for spring are now presumably in abeyance and I suspect I won't hear them again for a while. I did hear the owl in the Country Park the other morning.



I've been feeling rather guilty as a colleague mentioned she'd glimpsed a hedgehog a couple of weeks back. Although we do have an alarm which should alert us to anything coming near our feeding station, it wouldn't have hurt to put a bit of dry food out, in case some poor hedgehog came out of hibernation, thinking it must be spring, then found nothing to eat anywhere. I must remember when it turns mild again to make sure there is something to eat.

One thing we are doing is making sure the bird feeders are well topped up. We've got quite a menu on offer, including sunflower hearts, peanuts and fat cakes, and seem to get a variety of hungry garden birds in return. Still no sparrows, but at least they seem still to be happily resident in Coles Road near the Post Office.

I've yet to see any redwings on my journey to work, although a friend reported many in early December on the road between Milton and Landbeach, taking haws from the hedge. I saw another presumed migrant when I went to Waterbeach station in early December. The stretch of the river Cam between Baits Bite Lock and Clayhithe seems to be very popular with little grebes. There are definitely a few interesting birds to look out for in the Country Park, so making a constitutional more interesting in this dismal weather than it might otherwise be.

Please can we have a proper spring and summer this year?!

Heather Coleman







#### Tai Chi

I saw an advert for Tai Chi classes in the Milton Village View last January and it was just the exercise I had been looking for – low impact and great for balance. Watching those who have practised the moves is very impressive and I can hardly believe that I have just completed the whole sequence myself.



We are very privileged to have Harmony as our teacher, who combines great skill with excellent teaching and carefully takes us through the steps one by one. It is challenging but also fun and a lovely opportunity to meet new people and have social occasions too! I just want to say a great big thank you to the group as a whole for being so welcoming and supportive.

Tai Chi is suitable for all ages so do come along and join us. Our new beginners class is starting at the end of January on Tuesdays 7:40–9:10 pm in the Community Centre Annexe. Please come and try out a free trial session or contact Harmony (01223 845069; yizhongtaiji@gmail.com) for further information.

Lorraine

#### Scrabble

The November Charity Scrabble was postponed and is now due to take place in the Church Hall on Friday February 8th. Unless there is a volunteer to take over the running of this then it will be the last one I can organise - I have run this for 23 years and now find that, at 92, I am unable to continue.

Is anyone out there willing to run it?

Mary Daniels

### **Whist Drive**

Tuesday 18th December saw the Christmas whist drive at the Community Centre - 25 people were present. Eve Hancock won the top prize of a large bottle of scotch with the highest score of 175.

The whist drive has now been running for 33 years for the Community Centre. In the first few years of the whist drive there were as many as 40 people playing; now, like a lot of activities, the numbers are slowly dwindling - how much longer will it continue? The whist drives are the 4th Tuesday of the month, 7.30pm.

Mary Daniels

# Field available for grazing

There is a field available for horse grazing. Adjacent to the allotments, the field is approximately one acre.

Anyone interested in renting it should contact the parish clerk (tel: 861447; email: clerk@miltonvillage.org.uk)

# Milton Outdoor Bowls Club Quiz Night

We are holding our annual quiz night on Saturday 9th March in the Milton Community Centre Annex, 6.30pm for a 7pm start.

You are invited to enter a team of not more than eight persons and no less than six.

The cost is £8 per person, which includes:

- ♦ Eight rounds of quiz
- ♦ Fish & chip supper in the interval

Prizes for each member of the winning team. Each team please provide one raffle prize. Bring your own drinks and nibbles (no nuts allowed in the annex).

If you wish to enter a team, please complete the form below and return no later than Monday 25th February to Bob Waters, 3 Lyndhurst Close.

If you have any queries, ring 860620 or email robert.waters1@ntlworld.com

# MOBC Quiz

To Bob Waters from

- I wish to enter a team of \_\_\_\_\_ persons at cost of £8 each.
- The team name will be:
- Enclosed is a cheque for £\_\_\_\_(cheques to be made payable to MOBC)

# Godden Auto Services Ltd

Benet Garage, Cambridge Road, Milton, Cambridge CB24 6AW

Servicing and repairs to all makes of vehicles

# MOT TESTS WHILE YOU WAIT

Web site www.goddenautoservices.co.uk By appointment only

All major credit cards accepted

Tel: 01223 420380

Opening times: Monday to Friday 8.30am - 5.30pm, Saturday 8.30am - 12.30pm