Within Reach



COMMUNITY MAGAZINE AWARDS 2010
Low Frequency Magazine
GOLD

August/September 2011



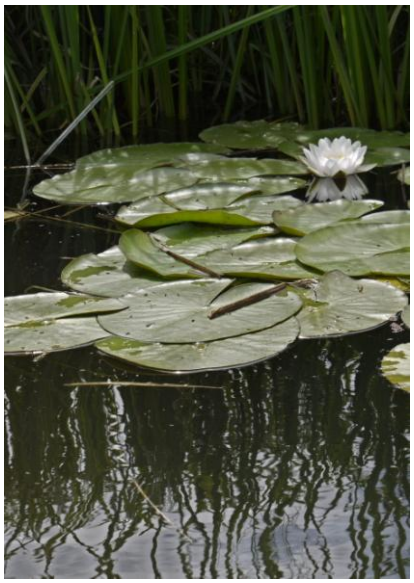
Ringlet



Newly emerged ladybird



Hummingbird Hawk-moth







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CHURCH BARBECUE

SUNDAY 4TH SEPTEMBER 2011
FROM 6.00PM

On the Village Green (Village Centre if wet)

£6/adult
£3/child (6yrs and under)
£20/family of 4

Admittance strictly tickets only
Beware numbers are limited
Tickets from Zenida McDonald (742029)
or Jon Cane (741064)

BBQ burgers, sausages and rolls are provided and also soft drinks. You may wish to bring your own alcoholic drinks and glasses.

All proceeds are to The Church of St Etheldreda and The Holy Trinity, Reach

From the Editor



In this issue we have a new photo for Susie Tucker, not in her Swaffham Prior red sweatshirt, but just that little bit older and more grown up. I think I will change my photo for one which has me reduced in years and looking youthful, akin to the film stars and actors photos. Talking of actors and performers, we have pictures of Brad Pitt and Eric Morecombe in this issue!

We have splendid articles about the Konik ponies (Joss Goodchild), foraging in Reach (Emma Mitchell), and a beautiful wedding (Anita Folkes). Freya Thomas with her Sponsored Silence and Anya Tabecki, Sophie Bell and Hope Zeid with their cake stall at Sports Day, have been raising money for charity.

We thank Juliet Vickery for organising the Sports Day and I hope you enjoy the photos. The Wine Tasting event by Hugh de Lacy is included in this issue and we learned that it's okay to be seen in Asda and Aldi.

We have some lovely events to look forward to including the Church BBQ on Sunday 4th September. The National Trust is holding a picnic on Sunday 11th September at 12 noon to celebrate the newly-purchased 24 acres. Joss Goodchild and Hannah Webb are holding an art exhibition at the Edmund Gallery, Angel Hill, Bury St Edmunds on the10th to the 15th September. Joyce Harrison is organising a MacMillan Coffee Morning on Saturday 1st October and the Harvest Festival Supper is on Saturday 8th October. See you there!

Enjoy your summer and if you're going away perhaps you might write an article about where you have visited.

Claire Halpin-McDonald
01638 743330
claire.halpin@ascontracts.co.uk

Front Cover: George Tucker during Reach Sports Day 2011 - overall Winner Pre-school athlete.

Cover Photographs: Hugh de Lacy, Claire Halpin-McDonald and Alison Lewis.

Editor's Notes

The purpose of *Within Reach* is to serve the whole village by circulating information and interesting articles free to every household. Additional copies are available at a charge of £2.50. Issues are published bi-monthly in Dec/Jan, Feb/Mar, Apr/May, June/July, Aug/Sept and Oct/Nov.

Copies of the Minutes of Parish Council meetings and of *Out of Reach* and *Within Reach* magazines can be found on the village website at **www.reach-village.co.uk**.

The next copy date is 15th September 2011. This magazine is approved and printed by Reach Parish Council.

Editorial Team

Editor	Claire Halpin-McDonald
Production	Claire Halpin-McDonald David Parr
Advertising/Treasurer	David Parr
Distribution	Freda Lloyd Joyce Harrison
Roving Reporter	Jo Riches
Roving Photographer	Hugh de Lacy
Allotments	David Thomas
Bellringing	Lesley Boyle
Cookery	Rita Dunnett
Cricket	Ross Clark
Crossword	Zenida McDonald
Days Gone By	David Parr
Fen Chitchat	Lesley Boyle
Kids' Page	Susie Tucker
Little Windmills	Susan Bluck
Mothers' Union	Zenida McDonald
Parish Council	David Parr
Plants	Janet Hall
Snakehall Farm	Maz Baker
Sport	Juliet Vickery
Swaffham Prior School	Diane Hawkes
Wicken Fen	Howard Cooper
Wildlife	Joss Goodchild Alison Lewis
Women's Institute	Zenida McDonald

Konik Ponies at Wicken Fen

I find it interesting that within the small village of Reach, often hidden behind the facades of many houses and garden fences, there reside a relatively high proportion of domestic horses. Roughly calculated, I estimate there are almost sixty multi-purpose (riding, carriage driving, young stock, competition, rehabilitation and breeding) equines here.



In the near-neighbouring village of Wicken there are again many domesticated horses; this number is bolstered by a herd of free roaming Konik ponies at the National Trust's Wicken Fen which were introduced as part of a broad landscape creation project.

Between 2003 and 2004 13 ponies, the nucleus of the breeding herd, travelled from Holland to Wicken. Today the herd number totals 49. Initially the newly arrived groups were kept separate from one another to allow for assessment i.e. how they would interact with their environment. By 2008 the dividing fences had been removed and the ponies quickly formed one herd; they have since utilised the whole area (155 hectares) available to them.

The Konik is a type of primitive pony originating in Eastern Europe. Small in stature, these robust ponies show many characteristic physical markings, a height of approximately 134cm, a stocky build whereby the neck emerges low, a deep chest, a thick protective mane and tail, a blue dun or mouse grey coloured coat with leg striping and a dark dorsal stripe. The Konik is renowned for its placid and quiet temperament even when left unhandled.

Unlike our native ponies which may need more maintenance to enable them to thrive in this type of landscape, the Koniks are immensely suited to life at Wicken Fen. They are self-reliant, require minimal handling and little in the form of routine management such as foot trimming (three cases in ten years) and worming, however, these areas are closely monitored. Samples of dung are analysed bi-monthly but none of the ponies have required treatment as they have evolved a natural worm resistance. They require no supplementary food and although fodder would be provided in prolonged severe weather conditions there has, so far, been no need to do this.



Regular welfare checks take place together with a formal annual veterinary report. Carol Laidlaw, the Conservation Grazing Warden, oversees all, working closely with an advisory forum made up of grazing and welfare experts.

Mixed species grazing is desirable for promoting diversity within the landscape and both the Konik ponies and Highland cattle which reside at Wicken have proven records of thriving in such conditions. The ponies' seasonal grazing preferences range from spring and summer grasses to rushes and sedges during autumn and winter. They browse on scrub, eat plants such as thistle, nettle and bramble, strip bark from willows and dig plant roots during the winter.

It is widely accepted that grazing wetland sites can be a valuable tool for creating the right conditions for a wide range of species to thrive. Therefore the Konik pony has an important role to play in helping deliver conservation goals and free roaming herds can now be seen in many nature reserves and parks in the UK.

Readers may be interested to know that throughout the year Wicken Fen hosts guided Konik pony walks with Carol. They can also accommodate independent groups outside the Events Programme if sufficient numbers are put forward.

Images reproduced courtesy of the National Trust.

Joss Goodchild

Wild Food in Reach

Until recent years, both the knowledge and use of cooking ingredients to be found in the countryside had been all but lost. For previous generations, hedgerow jam or a pan of fried wild mushrooms were a much more regular part of everyday eating but the emergence of convenience foods and supermarkets in the sixties and seventies meant that wild foods and recipes were neglected. Thankfully a move towards local, fresh ingredients with minimal 'food miles' combined with interest from one or two television chefs and a recession, means that there is a resurgence of interest in foraging as a source of free and very tasty cooking ingredients.

Here in Reach we're lucky enough to have ancient hedgerows, native chalky grassland and a deciduous wood, all of which provide a fantastic range of wild ingredients. At first, I found foraging a little nerve wracking (what if I'd picked a skunk cabbage instead of garlic mustard?) but we've enjoyed some really tasty dishes over the last couple of years. This won't be an exhaustive guide as I've still got a good deal to learn, but I hope to pass on some of Reach's top wild food resources and a few recipes and hopefully we can increase the number of meals we eat every year for which the basis is one or more of our delicious and very local wild foods.

Late summer and early autumn are some of the best times of year for foraging around the village. The Reach hedgerow fruit harvest can be spectacular and it would be such a shame for it to go to waste.

Wild plums/bullaces/damsons

Wild plums are almost always smaller than their cultivated counterparts. The smallest of all is the sloe which looks like a blackish marble-like fruit with a bluish bloom on it. Sloes are too bitter and sharp to be eaten raw but do make very good flavoured gin or vodka.

The best wild plums for cooking are oval-shaped rather than round, have the same look as a sloe (black with a bluish bloom) but are bigger. They range in size from something close to a full-sized plum right down to the tiny bullaces that are less than an inch long. These plums ripen from mid-August onwards and I have often seen masses of fruit lying on the ground around Reach.

One of the best places to find wild plums is on the village green. Along the stretch of the Devil's Dyke between its beginning at the wooden signpost and the entrance to the field that runs alongside Swaffham Road, most of the trees are wild plums. The abundant white blossom in March is the first indicator of the harvest to come later in the year. Another great place to find larger wild plums is in the roadside hedgerows along Great Lane just as you exit the village travelling towards Upware.



Most of the Reach wild plums are very sweet and can be eaten raw in fruit salads or made into tasty hedgerow jam. My favourite way to eat them though is in a Delia Smith recipe that is essentially a form of portable crumble. It can be cut into slices and put in lunchboxes or eaten on picnics. It also makes a fantastic dessert served with cream or custard:

Recipe: Wild plum and cinnamon oat squares

You will need a 7in by 10in by 1in deep baking tray lined with parchment. Preheat the oven to 200 degrees C.

Ingredients

Up to 1lb of wild plums, washed and stoned
10oz wholemeal plain flour
5oz porridge oats
1 tsp salt
8oz butter
4oz light soft brown sugar (I have used golden granulated and it worked fine)

Method

Put the dry ingredients into a bowl. Melt the butter in the microwave and add to the dry ingredients and mix. Put just under half into the tray and squish down firmly with your fingers. Spread the fruit on. Put the rest of the oaty mix on top and squish down well - try to cover all the fruit if possible. Bake for 25-30 mins at 200 degrees C. Cool, cut into 15 squares.

Hazelnuts/cobnuts

For ancient man, hazelnuts or cobnuts were a very important source of dietary protein. Now they tend to be a luxury item bought from top end supermarkets. When picked straight from the hedgerow, hazelnuts are crunchy, sweet and delicious and can be used in a huge range of recipes.

There are two main areas in the village where good crops of hazelnuts can be found. Next to the playground and behind the tennis court there are one or two hazel trees but the primary spot for finding them is in Reach Wood. There are many hazel trees lining the paths and I've noticed lots of immature hazelnuts suggesting the 2011 harvest should be a good one.

Hazelnuts are a great snack on their own or as a tasty addition to muesli or crumble topping. A really fantastic way to eat them though is as a substitute for pine nuts in pesto.



Recipe: Hazelnut pesto

Ingredients

A large handful of fresh basil, washed
A handful of shelled hazelnuts
One clove of garlic
Around 50g parmesan (grano padano or other hard cheese will do)
Olive oil

Method

Blend all the ingredients in a food mixer or alternatively use a hand blender or pestle and mortar. Add to freshly boiled pasta. Grate extra parmesan on top.

The amounts above should make enough pesto for three to four adult portions of pasta.

Another excellent wild food harvest in the coming few weeks is **blackberries** (there is a really good stand of early-ripening blackberries in Reach Wood).

Information about seasonal wild food in Reach, where to find it and what can be made with it might have scope for a page or two on the village website. I'm hoping I can collate all this information together in the next year or so. If anyone has any alternative wild food recipes or top tips I'd love to hear about them.

Emma Mitchell

Art Exhibition



Joss Goodchild Fenland Landscape 1



Joss Goodchild Fenland Landscape 2

A trio of artists, two from Reach (Hannah Webb and Joss Goodchild) and Julia Suddaby from Saffron Walden are holding a joint exhibition of their paintings this autumn.

Titled **'Lately'** - the event runs from the 10th to the 15th of September and showcases landscape, wildlife, interior and figurative work.

Situated in the second room of the contemporary new Edmund Gallery, Angel Hill, Bury St. Edmunds, IP33 1LS, the daily opening times are 10.00am to 4.30pm and everyone is welcome.

The artists say, "It would be lovely if people from the village were able to come and support us and we would mention that on Sunday we shall have drinks from 12.30 –to 4.00pm!"

NATIONAL TRUST PICNIC
Sunday 11th Sept
starting 12 noon
on the newly-acquired 24 Acres in Reach

Look out for further details in due course



Harvest Supper

Saturday 8th October
7pm
Village Centre

The Harvest Supper will take the usual format of excellent food and 'light' entertainment

This year it will be preceded by the Harvest Songs of Praise at 6pm in St Ethelreda's

More details to follow in the autumn issue of *Within Reach*. If you need further information or would like to help, please contact **Juliet Vickery** juliet.vickery@yahoo.co.uk or **Helen Oliver** helenoliver01@btinternet.com

Bottisham and Burwell Photographic Club

Bottisham and Burwell Photographic Club will commence their next season on **Tuesday 6th September 2011**. This will be the club's 38th year! For those who enjoy photography and perhaps are relatively new to digital images, autumn presents fewer opportunities to take pictures. Perhaps now is the time that you would like to develop your knowledge further and meet like-minded people. You may wish to consider joining the club, or come as a guest to see if it will suit your needs.

The club meets at Lode Chapel CB25 9EW on Tuesday evenings from 7.30 – 9.30 pm. During the evening there is a tea/coffee break and the club has a friendly and welcoming atmosphere. There is a very wide range of experience represented at the club and during the season guest speakers give presentations. In addition there are members' practical evenings and internal competitions, leading on to area and national events.



Three's a crowd!

On the first evening, members are invited to bring a selection of their photographs taken during the summer. Images from new members would be welcome either as prints or digital images on a USB stick. Members who were competition winners last season are also invited to display some of their images.

Guest speakers for the next few weeks:

13th September 2011
"**Creative Photography**" Print talk by Steven Le Provost FRPS AFIAP MPAGB of Guernsey, creative photographer and digital artist.

20th September 2011
"**Layers and Blending Modes in Photoshop**" Practical tips and techniques demonstrated by Ken Payne, Waltham Cross.

11th October 2011
"**Florida & Wyoming**" Digital presentation by Liz and Barrie Hatten, Cambridge Camera Club.

New members are always welcome as a guest at any meeting, paying a fee of £2, refunded on joining the club. The annual fees are: Adult membership £28, Joint membership £47, Student £12. There is a weekly fee of 50p which includes refreshments. Alternatively, further details can be obtained by contacting the Secretary, Daphne Hanson, 01638 741106 or email: hanson943@btinternet.com.

The club website is www.bottburpc.org and includes a Members' gallery and further details of the club.

Barry Cole

Sponsored Silence





On Tuesday the 5th of July 2011, my friend Aimee Mailing and I did a sponsored silence. During the whole of the day we did not speak for 12 hours, to raise money for Freedom from Torture, a charity which helps torture victims to speak out and rebuild their lives.

Freedom from Torture
Medical Foundation for the Care of Victims of Torture

We found that being silent showed one aspect this charity helps with (not having a voice) and it helped us to realise just how upsetting and very frustrating it could come to be. Despite the big challenge, together we succeeded in raising over £300 and we would both like to say a big thank you to all those who sponsored us.

Freya Thomas

A Beautiful Reach Wedding

On the 28th May 2011 at St Etheldreda and The Holy Trinity Church, Reach, there was a very pretty wedding that we and many more, were so happy to see take place. It was a chilly, dull day after all the nice weather we had had, but that did not stop the event being a great occasion with love flowing abundantly. Ray and Anita Folkes' son David and his bride Delia (Dee) Bannister had a day to remember and never stopped smiling all day.

It was the first wedding Rev. Dr Eleanor Williams had officiated at in Reach since taking over Burwell and Reach parishes. We would like to thank her for making the service so special and for her friendship before the wedding.

During the signing of the register the CD "All of Me" by Blake was played and it was very appropriate to the vows the happy couple had just made. Several tears were shed on hearing this played. Dee was given away by her father Bernard Bannister and David was given away by his parents. David had his brother Roland as best man and Dee had her long standing friend Noele Howarth as Matron of Honour. The two small bridesmaids were Keira-Paige Hamp and Emily Blunsten and the two pageboys were Logan Hamp and Matthew Blunsten. Keira-Paige and Logan are the bride's grandchildren and Matthew and Emily are the groom's niece and nephew. All the children were very good and enjoyed being dressed up. The two ushers were the bride's sons Shaun and Glen.

Dee's dress was champagne colour studded with crystals. Her head dress was pearls and flowers (first worn by Anita on her wedding day in 1957). Dee's bouquet was pink orchids with burgundy carnations. Noel had the same colour posy and the bridesmaids had the same colour balls on ribbon. The colour scheme was carried over from the church flowers to the reception. David and Dee later placed her bouquet on David's nephew Steven's grave.





The reception was held at Reach Village Centre where 60 guests sat down to a nice hot meal after being greeted with wine and canapés.

The wine and champagne flowed like water. Later another 40 guests enjoyed the disco and buffet.

Now living at Burwell, David had lived all his life at Reach. Dee came from Essex. The happy couple honeymooned in Devon and Cornwall.

David and Dee play carpet bowls for Swaffham Prior, David once being part of a very successful Reach team. David also plays for Cambridgeshire which he has done for many years.

Ray and Anita would like to thank all their guests for being there and making the day so special. They were so proud of the happy couple, Roland and their two granddaughters Kelly and Amy and also Matthew and Emily.

Anita Folkes

Burwell Surgery and Our GP Patient Survey

Each year the Department of Health commissions the GP Patient Survey. Some of you will have received this survey by post. As a practice, we also commission our own survey which we hand out to patients attending the surgery. The surveys cover areas about the practice, the doctors, the staff and the services we provide. We now have the results of both surveys which I would like to share with you.



I am pleased to report the overall score we achieved was 80%, the national average being 72%. This is our highest score since we have been carrying out these surveys. The doctors scored the highest points for respect shown to their patients and your confidence in their ability, both scoring 91%. High scores were also received for warmth of greeting, ability to listen and concern for patients. Our lowest score of only 53% was for waiting time. This is the time you spend waiting in the surgery if the doctor you are seeing is running late. This has been a constant theme in our surveys and each year we try to address this problem, obviously without much success. After discussions with the whole team we have decided to extend the doctors' appointment times from 10 minutes to 12 minutes. This will mean you will be given precise times for your appointments. We do ask that if you cannot keep your appointment please let us know so that time can be allocated to another patient. Each month we have between 50 and 80 patients who do not attend for their appointments. This is not only a waste of the doctors' time but also these appointments could be used for patients that do need them.

We also received very many positive comments about the practice, doctors and staff. We all find these most encouraging because as hard as we try it is not always possible to meet all patient expectations. I would like to thank all those patients who took part in the surveys and for the many comments. It is very much appreciated by us all.

We are always looking at ways we can improve the service we offer and would like to encourage more patients to give their views about how the practice is doing. To find out the opinions of as many patients as possible we are asking if you would like to be part of our **Patient Participation Group**. This would involve completing a short form and providing us with your email address so that we can contact you by email every now and again to ask a question or two. We understand that not all of you have access to a computer or email but will be arranging alternative options. If you are interested in being part of this group, please collect a form at reception. Our receptionist Nic Kettlewell will be co-ordinating this project so if you would like further information please contact her at the surgery, she will be able to answer any queries you may have.

Once again many thanks for your time and input to the surveys. The full results and all the comments are on display at the surgery.

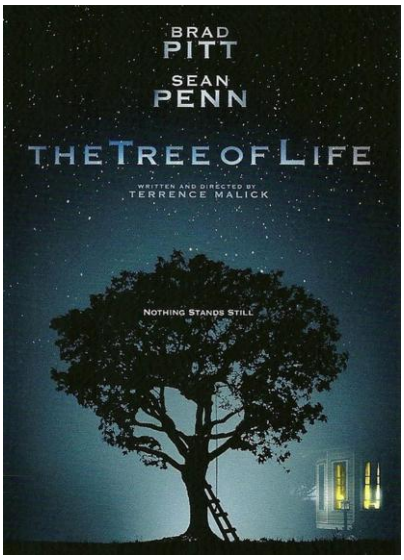
Aileen Allen
Practice Manager

MACMILLAN COFFEE MORNING

Saturday 1st October 2011
10.30am
Village Centre

Film Review: The Tree of Life

Director: Terence Malick
Certificate: 2A
Time: 2hours 19 minutes



I saw this film at The Arts Picture House, Cambridge, on the 9th July, but I was totally unprepared for the deep impact it made on me. I knew that this film had won the Palme d' Or at the Cannes Film Festival this year, that it stars Brad Pitt, Sean Penn and Jessica Chastain and contains some spectacular photography. But I had no idea that the film would operate on so many different levels, from images of the Big Bang, the galaxies and planets, to strong images of the sea, volcanoes, waterfalls, deserts, mountains, undersea scenes and even dinosaurs.

Throughout the film there is beautiful music playing and choral singing, which is very uplifting, especially combined with the vivid colours of the images, some of which were made experimentally with flowing inks, paints etc. and not made by computer. The story is fragmented and not in chronological order which makes it hard to follow. I found it a difficult film to understand; like all good works of art it makes you think. The film begins with a biblical quotation and throughout there are references to God, faith, soul, death and change. The family in the story are shown in various stages of their life in Texas, from the babies being born (maybe in the 1950s) to the children growing older.

At the beginning of the film the mother, Mrs O'Brien (played by Jessica Chastain), receives a telegram telling her that one of her sons, by then 19 years old, is dead and a friend consoles her by telling her that everything changes and life must go on.

Mr O'Brien (played by Brad Pitt) is a complex character varying from being the loving father to his three sons, to being over-strict and over-bearing as he begins to find his inventions aren't selling and the boys' liveliness begins to stress him out. When the father goes away for a long period in an unsuccessful effort to sell his inventions one of his boys goes out of control, does some bad things and shows his angry and rebellious side. Some of these scenes are unpleasant and disturbing. Other strange scenes in the film show a young boy with a giant in an attic and there are other bizarre attic scenes. Also there is a scary scene of a clown smiling then drowning himself in a tank of water - if my memory serves me right.

At the beginning of the film Mrs O'Brien says you have to choose between the path of Nature and the path of Grace. It seems Mr O'Brien represents the way of Nature while his wife represents the way of Grace. He tells his boys not to be like him, he wished he'd become a musician and feels a failure. His wife is optimistic, smiling and very loving to the boys and her husband feels she is turning the boys against him by not disciplining them enough.



At various points through the film the Tree is shown. I understand that apparently a real live oak tree was dug up and replanted in Smithsville, Texas for this film. In the film the family had planted a young tree when one of their children was born. The tree seems to act like a symbol of the passage of life. In JOB Chapter 14 Verse 7 (King James Version) it says that 'For there is hope of a tree, if it be cut down, that it will sprout again and that the tender branch thereof will not cease'.

So the whole film is very symbolic. Sean Penn is depicted wandering through modern glass buildings, deserts etc. looking lost and as though searching for something or someone. Questions are asked throughout the film like 'Why?' In the end the family seem to be reunited with a vision of the 'dead' son as a child. This film seems to aim to be transcendental and in my opinion it succeeds in the main as it did leave me feeling a bit ungrounded though not quite levitating, like Mrs O'Brien did in one of her whirling dances. An unusual film but be warned it could change you because the sound and visual effects are so powerful, no matter what you think of the story.

Zenida McDonald

A Hummingbird on the Buddleja!



Okay, so it was actually a Hummingbird Hawk-moth and not the bird of its namesake! I've been hoping to find a Hawk-moth in our garden for several years and so I was delighted to find this one on a sunny Sunday morning. I'd gone out to put sun cream on our cat's ears (she's got no fur on them at the moment) and when I spotted this guy hovering around the Buddleja I had to run back inside to grab my camera.

I've seen hummingbirds on various trips to North and South America but I've only ever encountered a (live) Hawk-moth once. This was in Paraguay, it was dark and the moth had flown inside attracted to the light of a small black and white TV. I managed to catch it but didn't get a proper look as there was no electricity (the TV was running off a car battery). Hummingbird Hawk-moths are actually quite common throughout Europe, Asia and North Africa. They fly by day, usually in warm sunlight and do look remarkably like the bird as they hover with wings humming while sucking nectar through their long proboscis tongue.

Twice in the week since first seeing this I've found one by our front door in the morning, probably waiting for it to warm up a bit before going in search of breakfast.

You can view my ever growing collection of butterfly and moth photos online here: http://tiny.cc/ALbutterflies

Alison Lewis

News from the Allotments



Last month (June) saw some welcome rainfall – about 7cm – which is more than February, March, April and May put together. And following that much needed watering we are starting to take home the hard-earned fruits of our labours.

I've started cutting courgettes, pulling the leaves of Swiss chard and have picked a few strawberries – contributions to the family's five-a-day (well maybe not Freya's, she's as likely to eat the cat as to allow chard to pass her lips).

Five-a-day… We've all had the importance of those five portions of fruit and veg drummed into us in recent years, but why is it so essential? According to one recent Oxford University study (and news headline) "*Five-a-day of fruit and vegetables 'saves lives'!*" and the benefits include:

- ***Healthy digestive system***: Vegetables and fruit are high in dietary fibre, which helps to keep our digestive systems healthy. Diets rich in fibre-containing foods may reduce the risk of heart disease.
- ***A healthy weight***: Vegetables are low in calories and are virtually fat free so they can help with weight management.
- ***Healthy bodies***: Vegetables provide essential vitamins and minerals and there is strong evidence that they reduce the risk of several types of cancer.

So, what are these vitamins and minerals, why are they so important, and what might we grow on our allotments if we want to maximise the health benefits? Some of the key ones include:

Vitamin A (carotenoids), which promote growth, the immune system, reproduction, and vision. Good sources are bright orange and red vegetables like **carrots** and **pumpkin**, **tomatoes** and **red sweet peppers**. Leafy greens such as **spinach, kale** and **romaine lettuce** are also high in Vitamin A.

Vitamin C which is a powerful and important antioxidant. It's also important for the synthesis of collagen (the stuff that makes up connective tissue and which holds the body together) which is why a shortage of Vitamin C causes scurvy. Vitamin C is required for the proper functioning of our immune

systems and is involved in white blood cell production. We all know that oranges are a good source of vitamin C – but there's not much chance of growing those on our allotments. But other good sources include **strawberries**, **broccoli**, **spinach**, **peppers**, **tomatoes**, **cabbage** (especially Chinese cabbage), **Brussels sprouts**, and **potatoes**.

Folate (Folic acid) which is needed by women of childbearing age to help prevent birth defects involving the brain and spinal cord, is considered a key nutrient in heart health and plays a vital role in cell division and the repair of DNA damage. Good sources of folate include **cooked beans** and **peas**, **broccoli**, deep green leaves like **spinach** and **asparagus**.



Potassium has beneficial health effects in relation to stroke, blood pressure, anxiety and stress, muscular strength, metabolism, heart and kidney disorders, water balance and the nervous system. Good sources of potassium include cooked **spinach**, **winter squash**, **tomatoes** and **potatoes**.

But the nutritional benefits of fruit and vegetables are really only the end point of the health benefits from gardening. Researchers estimate that gardening burns an average of 300 calories per hour, while heavy work can burn more than 600 calories per hour. And gardening is an ideal form of exercise because it combines three types of physical activity: strength, endurance and flexibility. Spending time in a garden is also believed to have physical and emotional healing effects. According to the American Horticultural Therapy Association "*gardening can benefit people who are recovering from physical illness by retraining their muscles and improving coordination, balance and strength. In addition, simply spending time in nature reduces stress, lowers blood pressure and relieves muscle tension*".

So plenty of good reasons to grow fruit and vegetables, and then eat them! But just in case we should take things too seriously, it is worth noting . . .

1) The **Japanese** eat very little fat and suffer fewer heart attacks than Americans.
2) The **Mexicans** eat a lot of fat and suffer fewer heart attacks than Americans.
3) The **Chinese** drink very little red wine and suffer fewer heart attacks than Americans.
4) The **Italians** drink a lot of red wine and suffer fewer heart attacks than Americans.
5) The **Germans** drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION: Eat and drink what you like:
Speaking English is what kills you.

Things to do in the Vegetable Garden during August and September

During August many of the plants nurtured since the spring will be coming to fruition, so it is harvest time! Some of the main tasks include:

- Regular (daily) checking and harvesting of courgettes and French and runner beans.
- Drying out onions, garlic and shallots ready for storage (if you want to see what a good crop of onions should look like then take a look at Claire and Nick Acklam's plot!).
- There is still time to sow carrots and turnips, as well as spring cabbage for 2012.
- If you've grown summer fruiting varieties of raspberry, now is the time to cut to the ground all the canes that have just fruited and to tie up the new, green canes.

By September we'll be looking towards autumn, with the summer behind us (where has the year gone?!). This will be the time to:

- Harvest the last of the summer vegetables.
- Lift main crop potatoes (it looks as though Ross will keep his family well fed this year, whatever winter brings…).
- Maybe start harvesting the first leeks and winter squashes.
- If (like me) you grow autumn raspberries, they should be fruiting from late August into September.
- Plant new strawberry plants – if they get well established this year they will give a bigger crop next year.

David Thomas

In the Pink



My pinks have put on a wonderful display this year. They love hot dry conditions so have been in their element. Now the flowers are over, it is the right time to take cuttings, especially if your plants have gone old and straggly. The cuttings are really easy to take.

You need shoots that haven't flowered which you just pull off. They break easily in the new growth. These cuttings are called pipings. Some say you should trim the shoot neatly, just below a leaf joint and pull away the lower leaves to leave about four sets of leaves at the top of the cutting. I don't bother with trimming but if you do, use a really sharp knife (a craft knife is good) not secateurs or scissors. These squash the stem as they cut, so encouraging rotting.



Dip the base of the cutting into hormone rooting powder. Hormone powder goes off in about six months depending on how you (and the place where you brought it) store it. Get one with a fungicide in it so even if the hormone isn't working the fungicide will! These organic ones – shouldn't bother at all. Your cuttings want to live and if you give them the right conditions they will root even if you have no rooting powder on them. Don't wet the cutting before you dip, you only need a minute amount of powder for it to do its work.

Place several cuttings, about 4cm (1.5in) apart, around the edge of a pot filled with compost. A mix of 50% cuttings compost and 50% horticultural grit works well but make sure it is well drained even if you use garden soil by adding gravel or sand (you will get weeds if you use soil so keep weeding!). I often root cuttings in sand (any sort). Water well. If you have more than one type of pink, label them so you know which is which when they root. They all look very similar.



Place a bag over the pot and secure with an elastic band and put on a windowsill or in a shady spot outside where you can keep an eye on them. Keep the compost moist and cuttings should root within four weeks - look for roots emerging through the holes at the base of the pot.

Gently remove the pot and split the root ball of compost apart, being careful not to damage roots. Pot up into individual pots. Use a good quality potting compost for these young plants. When these have roots showing at the bottom of the pot, plant them out replacing those old plants. Any leftovers will be good for next year's Plant Sale!

Janet Hall

VILLAGE CENTRE 100 CLUB

To help raise money to run the Village Centre we have a 100 Club. Tickets are just £10 for a full year.

We have 10 draws a year.
Eight draws of £20 on the third Wednesday of the month and two draws of £50 in July and December.

RECENT 100 CLUB WINNERS

June - **Jo Redfarn** £20
July - **Jan Robinson** £50

Please contact Joyce Harrison (742405) to be part of this year's draw

What's "Growing On" at Snakehall Farm?

The Prospects Trust welcomes a new Farmer and his family to Snakehall Farm just in time for the summer season!

As our polytunnels start to burst with ripe, seasonal organic produce, our co-workers begin to wilt with the heat of the high summer. So our new live-in Farm Co-Manager is a very welcome sight and more importantly an extra pair of hardworking hands to help out with the forthcoming harvest.



After a long and rewarding time working at one of our neighbouring social enterprises, Darwin Nurseries, **Mark Cornell** has joined the Co-Management Team at the Prospects Trust and more importantly takes to the wheel of our famous tractor Tilly. Mark brings with him not only a whole host of land management knowledge, but also a caring and guiding approach much needed when supporting our Co-workers to grow to their full potential at the Prospects Trust. Our Co-workers (people with learning difficulties, disabilities and mental ill health) are excited to welcome Mark and his family to our organic haven of happiness here in Reach and already have a long "to do list" to see him through his first growing season at Snakehall Farm.

Mark's challenges include getting our fields under organic control, revamping and revving up the machinery on site and supporting our Co-workers to tend and harvest our tasty organic herbs, plants and vegetables, all that and a house to decorate! We keep our team busy here at the Prospects Trust.

For our regular and new customers alike we hope you too will welcome Mark, Lorraine and their family to the local area and when popping by the farm shop to grab some of this seasons bumper crops. Remember to be"FRIEND" Tilly the Tractor on Facebook http://en-gb.facebook.com/people/Tilly-Tractor or follow her on Twitter http://twitter.com/#!/TillyTractor to find out what is growing on at Snakehall Farm.

For more information about the work of the Prospects Trust please contact us on 01638 741551. We are still running our "Tilly Tractor Capital Appeal" so any charitable contributions are always very welcome, either in person or via our Just Giving Page at http://www.justgiving.com/prospectstrust.

Marianne (Maz) Baker

Tel: 01638 741551
Email: enquiries@prospectstrust.org.uk
maz.baker@prospectstrust.org.uk

Bottisham Village College Community Education Courses for the Autumn Term 2011

Look out for our new Adult Learning Prospectus which will be delivered to your door soon!

As well as our regular courses,
new for the Autumn Term are:
Back2Basics – Drawing
Beekeeping for Beginners
Bookkeeping and Accounting Skills Level 2
Cookery – Jam and Chutneys
Cookery – Simple Chinese
Floral Art – Traditional with a Twist
History of Art – European Painting 1200-2000
Knitting for Beginners
Mosaics in a Day
Personal Safety for Women
RHS Horticulture Level 3
Upholstery and Chair Caning
and new for the Spring Term 2012:
Writing the Short Story

For further details visit our website www.bottishamvc.org/commed or contact the Community Office (01223) 811372, email: commed@bottishamvc.org

Wicken Fen News



We're delighted to have completed the purchase of 24 acres of land from the County Council and are looking forward to working closely with the residents of Reach to develop a community space for the benefit of locals and wildlife alike.

We would like to invite everyone to a community celebration on Sunday 11th September; the perfect opportunity to enjoy a picnic with family and friends and learn more about the exciting plans for the land.

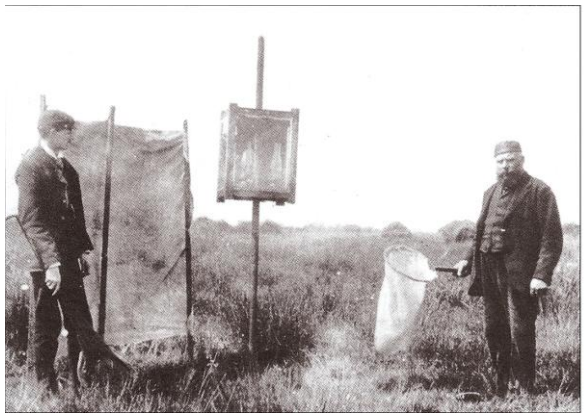
There's a buzz of excitement down at the Fen as we prepare to launch our cycle hire operation from the beginning of August. A range of adult, children's, tandem, tag bikes and cycle buggies will be available for hire from 10am - 5pm daily. Hire rates for adult/children's bikes are £7/£5 for two hours or £14/£10 for all day hire. The introduction of cycle hire has been supported by a grant from the Fens Adventurers Rural Development Programme, an RDPE initiative funded by Defra and the EU's European Agricultural Fund: Europe investing in rural areas. We are about to publish a Cycle Route Guide with themed routes ranging from Wildlife Watching, Village Explorer to more adventurous Off-Road options. As part of the cycle hire operation we are providing a number of National Trust Community cycle hoops where visitors and residents alike can secure their cycles. Hoops are due to be installed at the Devil's Dyke and Dyke's End public house in the next few weeks.

Users of the Reach Lode bridge may have noticed cracks and a degree of slippage between the access ramps and the main bridge structure. This is the result of the access ramps settling rather than movement of the main structure. A programme of repairs has been agreed with the contractor BAM Nuttall which should be completed by the end of July.

Plans for a new crossing over Burwell Lode which will form part of the Lodes Way are currently being developed in consultation with key stakeholders, prior to the submission of a formal planning application later this year. A mock-up of the proposed balustrade was installed on the existing pedestrian footbridge on July 8th, to enable stakeholders to view the proposed design. The balustrade has now been removed and will be on display at Wicken Fen over the summer; your comments on the design are welcomed.

The Lodes Way is one of 79 new cycleways being developed nationwide as part of the lottery funded Sustrans Connect2 Scheme. Each route is to have a portrait bench – a simple bench with three life size effigies chosen by local people to represent the history and culture of the local area. We've drawn up a shortlist of six and your vote is needed to help select the final three who will be included on the bench. These are:

Thatcher/Sedge Cutter - Sedge has been harvested at Wicken since the 1400's. Historically sedge was used for thatching, fuel, litter and kindling.
Eel Catcher - Eel catching was a traditional occupation of the fens. Catchers would trap eels using handmade wicker traps. Over the years eel catchers have dwindled along with the eel stocks.
Peat Digger - Peat was once an essential part of fen life, providing fuel for heat and cooking. Demand for peat collapsed in the early 1900s as alternative fuels became more widely available.
Naturalist/Bird Watcher - The fens have always been a favourite area for naturalists. From the rare glimpse of a bittern amongst reed beds of Adventurer's Fen to the recent arrival of avocets on Tubney Fen.
Victorian Entomologists - It was the Victorian bug collectors with their moth traps and butterfly nets who first recognised the unique biodiversity of Wicken Fen. They bought areas of Sedge Fen to protect it from drainage and later gave or sold it to the National Trust.
Ice Skater – Ice skating on frozen Lodes and flooded meadows is still a popular winter pastime in the fens. Originally bones were used for blades until the introduction of metal ones in the 17th century.



Victorian Entimologists

To vote, please e-mail your three nominations to Wickenfen@nationaltrust.org.uk or vote in person at the Wicken Fen Visitor Centre. Voting closes on 30th September.

There are plenty of events and activities on offer to keep the young ones occupied during the school summer holidays.

There's **Pond Dipping** with optional **Minibeast Hunt** every Tuesday during August, **Den Building** (under 7's - Mon 1st, Wed 17th Aug and Fri 2nd Sept), **Wild Boutique** (6-11 years Wed 3rd, Fri 19th and Wed 31st Aug), **Summertime Arts and Crafts** (any age, Fri 5th and Mon 15th Aug), **Fairies and Pixies** (3-6yrs Mon 8th and Wed 24th Aug), **Wicken Warriors** (7-12yrs Wed 10th and Fri 26th Aug), **Mud Glorious Mud** (any age, Fri 12th and Mon 22nd Aug). If you fancy taking to the water there's introductory **Paddleboarding** sessions every Wednesday.

Into September we have a **Rush Weaving Workshop** with local basket maker Nadine Anderson on Sat 17th Sept and a **Fenman's Day** with Peter Carter, the last working eel catcher in the Fen's on Sun 18th Sept. Advanced booking for all activities is recommended as spaces are limited. Please telephone the Visitor Centre on 01353 720274 for tickets and further information.

And finally, especially for the youngsters, a **Pipling's Pod** from the hit CBeebies series, **Waybuloo** will be visiting the Fen from Thurs 8th – Monday 12th September.

Howard Cooper
Wicken Fen

CROSSWORD WINNER

The winner of Zenida's Crossword No. 7 is Hugh de Lacy from Reach who will receive a £5 Book Token with our congratulations.

SOLUTION TO ZENIDA'S CROSSWORD No. 7

ACROSS: 1. AMULET. 4. DALMATION. 8. STOVE.
10. NEAPOLITAN. 11. TERRIER. 12. MOORHEN.
13. DUO. 14. TRADING. 18. ALTO. 17. SCREECH.
19. BOISE. 20. SCRIPTURE. 22. FIDES.
23. BIZET. 25. CIGAR. 26. RAT. 29. SPED.
30. LOCOMOTIVE. 34. SAMPAN.
35. RECONDITION. 37. ORINOCO.

DOWN: 1. AYURVEDA. 2. UNANIMOUS.
3. TEMPERAMENT. 4. DULL.
5. METAMORPHOSIS. 6. INTREPID. 7. NEVER
9. HOROLOGIST. 15. GALLIARD. 18. CURRY.
20. SECRETARY. 21. REGAL. 24. TAPESTRY.
27. TABASCO. 28. BOUNDS. 31. OSLO.
32. OUST. 33. VEIN. 35. MINT.

STRADA

STRADA - CAMBRIDGESHIRE Affiliated to the Stroke Association

Strada stands for Stroke and Action for Dysphasic Adults. It is run by trained carers and offers Day Support centres for survivors of strokes. As an organization we are constituted to provide aid to improve communication skills and basic physical exercises in addition to other activities to enhance self-esteem and improve quality of life. We also provide some respite for their carers. We currently have two Day Care Centres, one in Cambridge and one in Ely.

A stroke can affect many people of all ages although the majority of strokes happen over the age 60. A stroke is when the blood to the brain is cut off, usually because of a blood clot in an artery, or sometimes because of bleeding into the brain. The effects of a stroke can be devastating to all concerned. Strada offer after hospital care for stroke victims and people with aphasia (a condition resulting from a stroke), it is a valuable service and has many current members.

We are however desperately in need of funding in order to proceed with this service and we would love to hear from anyone who could help us to achieve this. If you can help, or provide us with some sponsorship, then please contact the Chairman of The Trustees John Humphries on 01353 722716, or e-mail john@johnandtoni.co.uk or myself on 01353 725927 or e-mail alistairwhite@231btinternet.com.

If you would like more information on Strada then please do hesitate to contact one of us.

Alistair White
Trustee



Burwell Women's Institute

At the Burwell Women's Institute Meeting on the 26th May 2011, Jerry Dodd spoke about 'What's that Smell in the Kitchen? - a talk by a Chef'. Despite going to dance school at the age of seven and being interested in sailing and pottery, Jerry eventually became a chef working in prestigious hotels and clubs often serving meals to thousands of people at banquets. However he continued with his education, obtaining a degree in education and became a lecturer, then head of department and an examiner. Although now 'retired' he still works as an examiner and is regularly a guest lecturer at Addenbrookes Hospital.

He has many interests including calligraphy, water gardens and the study of flags. Jerry interspersed his talk with jokes, cookery hints and recipes and gave us a Culinary Quiz with questions like 'What is syneresis?' which completely stumped most of us. He was thanked for his brilliant witty performance.

The competition was for the prettiest trinket box. We heard two Resolutions; one was about protesting Library Cuts, which we agreed needs to be looked into further. The second was about Factory Farming and also about Mega-farming. We heard a local farmer, David King spokesperson for the N.F.U., put the case in favour of Mega-farms and explain that they cannot be equated with Factory Farms. This presentation caused us to think twice and most of us abstained until the Resolution is changed and until we learn more about Mega-farms.



At the Burwell Women's Institute Meeting on the 30th June 2011, which was an Open Meeting, we were much entertained by the speaker, Gail Stuart, who gave us a wonderful talk about life with her father Eric Morecambe. It was hard to realise that it is 27 years ago since Eric Morecambe died, probably because we still see videos of Eric and his fellow comedian, Ernie Wise, on TV.

Eric took his stage name from his home town of Morecambe - his surname was originally Bartholomew. Eric's mother Sadie and his father George worked hard to pay for dancing lessons for him. The lessons opened a pathway to talent shows and then an audition with Jack Hylton who realised Eric belonged on stage. Sadie encouraged Eric and his friend Ernie to form a double act.

Eric left school at the age of 14 and in World War II he was conscripted to work down the mines, while Ernie served in the Royal Navy. After the war it was hard for them both to pick up where they had left off and try to establish themselves as entertainers once more. Eventually they became better known following their appearances on 'Sunday Night at the London Palladium' on TV. Some of the 'Morecambe and Wise' Christmas Shows on TV later on gained viewing figures of over 28 million people. Prestigious guests like Angela Rippon, Princess Anne, Elton John, Laurence Olivier and Cliff Richard appeared in sketches on their shows.



Gail said that Eric was often as happy and amusing at home as he was on stage but she used to feel shy and did not like her school friends to know she had a famous father even pretending she was 'adopted' to distance herself from attention. Gail and her brothers grew used to not seeing Eric much when he was busy working especially over Christmas, if he was in pantomime. He could also act the clown with her boyfriends which could be embarrassing.

However it's clear that despite that Gail was very fond of her whole family, especially her father. Some of her anecdotes had us roaring with laughter.

Gail brought along some of her drawings of her father depicting Eric and Ernie's famous dance routine. The profits from the sale of her posters and cards go to support her favourite charities. Gail was warmly thanked for entertaining us all so well. Gail also judged the competition entries for the best Theatre Programme.

The Committee drew our attention to notices about many future trips, courses and events organized by the W.I. Help from W.I. members was requested for the Fenland Fair on August the 28th and 29th. Members who helped at the Burwell Carnival were thanked.

There was an exhibition of some of the craft work of the Burwell W.I. members who had entered the competitions at the East of England Show. A group entry for 'A Parcel for Someone in the Armed Forces' included a card, a cake, fudge and biscuits all made by the members. Some members entered photographs of 'Sunset and Sunrise', some made jam and others made quilted pennants. The pennants will be sent on to Quilts4London. Some of the pennants will be presented to those entering the Olympic Games and the Paralympic Games in 2012.

The next meeting of the Burwell Women's Institute will be on 28th July 2011, when Pauline Miller will demonstrate Flower Arranging. The competition will be for the best 'Wedding Buttonhole.'

There will be a Harvest Supper on 25th August and the Competition will be for 'An Unusual Basket.'

On 29th September, which will be an Open Meeting, the Guest Speaker will be Peter Jackson from Scotsdales. The Competition will be for 'The Most Unusual House Plant.'

Meetings are held in the Gardiner Memorial Hall, Burwell at 7.15 for 7.30pm. Please contact Jenny on 01638 741205 for further information.

Zenida McDonald



Burwell Mothers' Union

Mothers' UNION
Christian care for families

Burwell Mothers' Union Meeting on the 25th May began with Holy Communion at Burwell which was well attended, followed by lunch at Scotsdales. Members kindly provided lifts for those who had no transport and it was a very pleasant social occasion. On the 8th of June at 7.30pm there was a Planning and Wine meeting at Saxon Drive, Burwell. On the 22nd of June at 2.30pm at Joan's house there was a Garden Party. On the 13th of July there was a Dinner at the Anchor and on the 20th July Lunch at the Five Bells. There will be a break from meetings until September. Our thanks must surely go to Susan for all her hard work and to all the other members who help to make the meetings so successful and enjoyable.

Zenida McDonald

Burwell Mothers' Union Garden Party

Joan Badcock welcomed members to her beautiful house and garden on the 22nd of June for their afternoon meeting. It proved to be a day of sunshine and showers. A competition of Colour, co-ordinating cards with anything that was moveable in Joan's garden, was keenly competed. The ingenuity of members was inspiring if not a little alarming for the flora and fauna of Joan's garden. With the use of a fallen petal, a snail shell, a pebble, a single flower or just a leaf, beautiful creations were made from God's gifts. Sue Evans was judged to be the winner. Susan Baker then led us in prayer for families particularly for the work of the Mothers' Union around the world. There then followed a wonderful tea of sandwiches, strawberries and cakes brought by members. A great afternoon was very much enjoyed by everyone.

Pam King

Meeting Dan Tucker



Q. What is your full name?
A. Alexander William Tucker. My name Dan comes from my brother's mispronunciation of Alexander!

Q. Where were you born and brought up?
A. I was born in Taunton, Somerset and brought up on a farm in Westham, near Wedmore, Somerset.

Q. What is your job title and where do you work?
A. I am a Senior Lecturer at the University of Cambridge Veterinary School on Madingley Road and a Fellow at Pembroke College. I specialise in pigs, their diseases and especially those diseases that can pass from pigs to humans.

Q. What and where did you study?
A. I trained to be a vet at Cambridge Vet School and then did a PhD at the Medical School in Cambridge.

Q. What were your career ambitions when you were younger?
A. I always wanted to be a vet. My family are farmers so being around animals is just a way of life for me. I've always been interested in how they work and in how we can enhance the health and welfare of farmed animals.

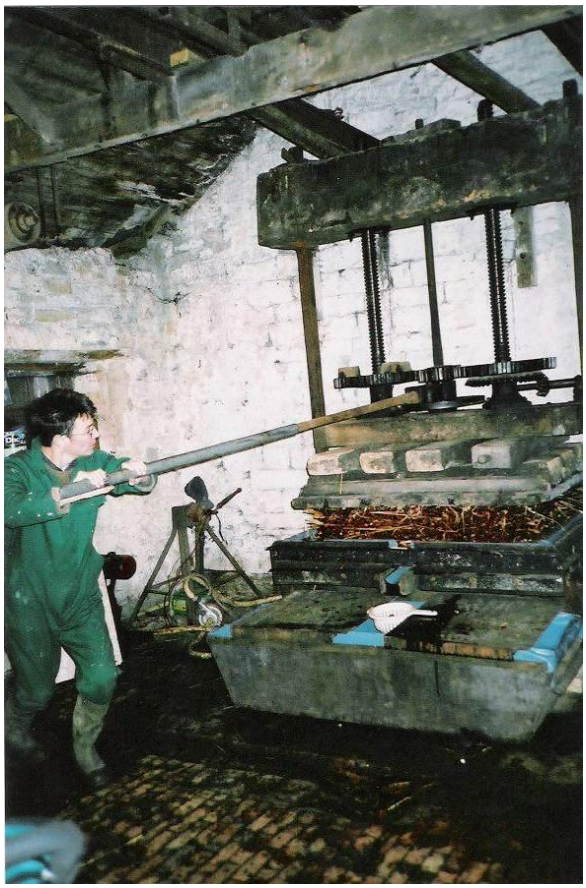
Q. You were on TV recently, what was the programme, and how did it come about?
A. The series was called Kill It, Cut It, Use It and it was all about what happens to the bits of food-producing animals that don't get eaten. The series covered cattle, sheep, pigs and fish and I was asked to contribute because it included pigs which are my specialism. I had previously researched pigs for organ transplant and the section of the programme I was in was on the subject of heart valves.

Q. You seemed very calm and natural on TV. Were there lots of takes?
A. Most of it went off smoothly first time. There was only one hiccup which involved me having a cold and a runny nose during the examination of the pig – not pretty (they cut that bit)!

Q. What surprised you about the making of the programme?
A. It took a lot of time – five hours – to make a five minute film and there were a lot of people out of the shot. I was surprised when the Director didn't want me to forewarn the woman watching the pig dissection about what to expect. But when I saw how happy he was when she nearly fainted it all made sense. Good telly I suppose!

Q. I believe your wife, Nicky, is a vet. How did you meet?
A. We met at vet school over a dead dog in our first anatomy lesson in the dissection room …..when I remember feeling a bit ill (it was the formalin I always reckoned!).

Q. You have three children: Susie, Robert and George. Do you think any of them will follow in their parents' footsteps?
A. Well, Robert is very interested in farming and George is a very obliging little helper - at the moment!



Dan at the cider press

Q. How did you come to live in Reach?
A. Following our marriage I was working in Cambridge and Nicky was in Thetford so Reach was ideally placed.

Q. What do you like about living in Reach?
A. Firstly, the people. Also, the village is peaceful, safe and very rural. There are a nice number of happy children around which always makes a place feel alive.

Q. Do you have time for interests outside of work?
A. My interests are principally the family farm in Somerset – on the edge of the Levels, so a bit like Reach. It's a dairy and beef farm but seems to produce almost as many badgers and foxes! We spend a lot of time there.

Q. How do you relax?
A. Cambridge is pretty intense and I mostly relax at the farm. We've got an old house there that is never going to be finished and keeps us out of mischief.

Q. Favourite food?
A. Roast beef and Yorkshire pud.

Q. Can you cook?
A. Yes. I make a mean flapjack (with extra syrup to cover up any mistakes).

Q. Favourite film?
A. Harry Potter Deathly Hallows Part II in 3-D.

Q. Favourite book?
A. Any PD James.

Q. How are your DIY skills?
A. Errr! Absolutely awful. I am possibly passable at painting.

Q. What is your philosophy on life?
A. Treat others as you expect to be treated. Do as you would be done by.

Claire Halpin-McDonald



A young kestrel sat on a car bonnet drying-out after a recent downpour.
Photo: Tom McDonald

Days Gone By



At this time in 1978 John Travolta and Olivia Newton-John again topped the charts with "Summer Nights". It stayed there for seven weeks in total.

Petrol was **76.5p PER GALLON** which equates to just 17p per litre – compared to our £1.40p today!

Around the world, three Americans made the first crossing of the Atlantic Ocean by hot air balloon. Ben Abruzzo, Larry Newman and Max Anderson took six days to complete the flight from Maine in the USA to France.



Double Eagle II

The three men travelled the 3,000 miles in a 65ft diameter gondola named The Spirit of Albuquerque powered by a helium-filled balloon equipped with a catamaran in case of an emergency sea landing.

On a less happy note, Kenya's president, Jomo Kenyatta, died at his home in Mombasa aged 89. An official announcement on Voice of Kenya radio said he died peacefully in his sleep. Shops and offices in the capital, Nairobi and other cities closed for the day as a mark of respect.

Kenyatta was widely seen as the founding father of his nation which he led since its independence in 1963. A member of Kenya's largest tribe, the Kikuyu, he was one of the first and best-known African nationalist leaders.

After spending 15 years in London promoting the cause of Kenyan's independence from Britain, he returned to his homeland in 1946.



Jomo Kenyatta

In 1952 he was imprisoned by the British and spent the next nine years in captivity.

In spite of his time in prison, he was regarded as the most pro-British of African presidents and under his leadership the Kenyan economy prospered.

But he was intolerant of dissent in Kenya and outlawed some opposition parties in 1969.

The Queen sent a message of sympathy to his wife and the Kenyan people.

Kenyatta's deputy, Daniel arap Moi, took over as president. Under President Moi, Kenya's economic situation deteriorated and was exacerbated by the worst drought in 30 years.

On an even less happy note (at least Jomo lasted until he was 89) writer and broadcaster Georgi Markov died of blood poisoning, four days after he was stabbed with an umbrella at a London bus stop, at the age of 49.

Markov, who defected to the West in 1969, said he had felt a stinging pain in his leg while waiting for a bus on Waterloo Bridge and turned to see an unidentified man picking up an umbrella.

The dissident Bulgarian was on his way to the Bush House headquarters of the BBC World Service, where he had often made critical broadcasts about the communist regime in his home country.

Coroners ruled that he had been "unlawfully killed" after being injected with the deadly poison ricin.

In 1998 Bulgarian President, Peter Stoyanov, described the assassination as one of the darkest moments in his country's former communist regime.

In September 2000 Bulgarian prosecutors closed the investigation under legislation allowing unsolved cases to be dropped after 20 years.



Georgi Markov

In June 2005, leaked Bulgarian secret service files revealed the assassin was Francesco Giullino, a Dane who had been recruited by Durzgavna Sigurnost - the Bulgarian equivalent of the KGB.

So Ross, be careful what you write – and watch out for umbrellas!

And on a final “deadly” note, the leader of the Roman Catholic Church died after the shortest papal reign in history. Pope John Paul, the surprise candidate elected just 33 days previously, died of a heart attack while reading in bed.

Two weeks later the conclave elected the first Polish pope - Karol Wojtyla, who became John Paul II.

As ever, it seems, life in Reach carried on without any great dramas. It appears that the 1978 Reach Fair was a big success because Rogation Day happened to coincide with the May Day holiday. Geoffrey Woollard suggested that the Parish Council approach ECDC with a view to permanently moving the date. This action was agreed and it was confirmed in the September minutes that henceforth Reach Fair would be on the May Day holiday.

Finally, from Out of Reach magazine, there was a pleasant little poem which I include for your enjoyment.

One ship sails East and another sails West
With the self-same winds that blow.
‘Tis the set of the sail and not the gale
which determines the way they go.

As the winds of the sea are the ways of fate
as we voyage along through life.
‘Tis the act of the soul which determines the goal
And not the calm or the strife

David Parr

davidmparr@btinternet.com
Tel: 744081

Ross's Reflections



East Cambridgeshire District Council's invitation to respond to a 'village vision' questionnaire in the future of Reach has caused a mixture of reactions - from bewilderment to fears that we are about to be swamped with new houses.

As far as I can tell and having spoken to the government's minister for decentralisation about it, this is what is happening. Ever since the planning system came into being in the 1940s, where you can and where you cannot build new houses, shops, offices and so on, has been controlled by plans drawn up by local authorities. These were once known as 'structure plans' and 'local plans', but in recent years have been known as 'core strategies'. Part of the exercise has been to draw a boundary around every town and village – known as the 'developmental envelope' – outside of which planning permission for new development will only be granted in exceptional circumstances. One of these circumstances is housing required for agricultural workers, another is small developments of affordable homes.

In the case of Reach the developmental envelope has been drawn very tightly around the existing built-up area. Therefore it is extremely difficult for anyone to build a new property unless it is 'infill' development within the curtilage of an existing property. Burwell, by contrast, is defined as a 'growth' village. Every so often East Cambridgeshire will review its core strategy to include a bit more agricultural land within the developmental envelope, to allow new housing to be constructed. The decision of what land should be zoned for development tends to be taken at district council level. Parish councils are consulted, but that tends to be only once the decision has been made.

The government has a hunch. It believes that if we were allowed a greater say in the planning process we would all be less nimbyish and more willing to accept new housing. This is why we are suddenly being asked whether we would like to see new housing and whether we would like to retain the developmental envelope.

But the recent questionnaire is just the beginning. Around 30 villages and suburbs around England have been invited to take part in a pilot study of 'neighbourhood plans', which would allow local communities to get together and do their own planning. If we were to take part, for example, we would produce our own map of where we would like to see development, and what kind of development we would like to see. The neighbourhood plan would then be voted upon in a parish referendum and if passed by 51 per cent – and if it did not run counter to national rules on planning - would become legally part of East Cambridgeshire's plan. The district council would still make the decision on planning applications, but would be obliged to do so according to the plan that Reach had drawn up.



Here, though, is the rub. The government says it will not allow villages to draw up neighbourhood plans which do not accept the need for some growth in housing. This might well prove a sticking point. I have my doubts as to the government's premise: I am not sure that having a greater say in the planning system will make us less nimbyish at all.

Whether we wanted new houses or not, it wouldn't change a fundamental problem: that Reach lies down narrow roads and is attached to local centres of employment via a road system that is already heavily congested at peak periods. Surely one of the whole points of the planning system was to ensure that the pattern of housing development was married to the available infrastructure. It would be no use us deciding we wanted to turn ourselves into a new town when we don't control policy on roads, sewers and electricity supply.

Localism is all very nice in theory but I don't think it is going to change very much at all.

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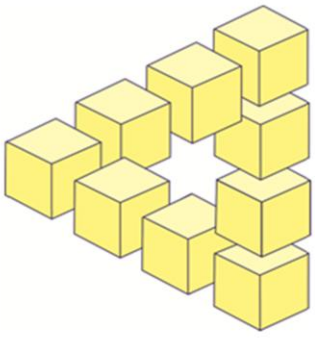

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Know Your Parish Council

Your councillors are:

Michael Aves	Vice-Chairman	742800
Malcolm Brearley	Councillor	
	mjbrearley@btinternet.com	
Ross Clark	Chairman	743725
Rita Dunnett	Councillor	742943
Hilary Fielding	Councillor	741853
Joyce Harrison	Councillor	742405
David Thomas	Councillor	742676

Your Clerk is **David Parr**:

20 Fair Green Reach CB25 0JD
Tel: 01638 744081
Email: reachparishcouncil@live.co.uk

Meetings take place in the Village Centre on the first Wednesday of each month. They start at 7.30pm and all Reach villagers are welcome to attend.

In addition to their councillor duties;

Rita Dunnett is Play Spaces Officer, overseeing our two play areas and playing field.

Hilary Fielding is Rights of Way Officer.

Amenity Fund



The Amenity Fund made a payment of £116.93 for Sports Day and received an income of £1,482.33 from Reach Fair 2011 plus £10 from the sale of two memento mugs, giving a current fund level of £4,588.07.

Let us have your ideas as to how it should be spent.

Ross Clark
Chair

Little Windmills Pre-school

Little Windmills PRE-SCHOOL

We cannot believe it's that time of year again when we have to bid a fond farewell and best wishes to our 14 school risers. We will miss them all but we will be interested to hear of their progress when we bring the next cohort of school risers to visit.

At the beginning of June we took part in the Big Toddle. This proved to be very successful and raised £123 for the children's charity Barnardos. The children enjoyed toddling and running around the playing field to help children less fortunate than themselves. Thank you to all who supported us.



Once again we took part in Burwell Carnival. The theme this year was 'the Natural World'. We decided to dress our float on the theme of the four seasons with four trees decorated with symbols appropriate to that season. We even had a very jovial Father Christmas wishing everyone a merry Christmas which managed to confuse a lot of people!

The staff of Little Windmills would like to thank Tania, Roger and all committee members for their hard work this year. Without them Little Windmills would not exist.

We wish you all a happy and safe summer holiday and look forward to seeing you in September. Check our website for our current newsletter and term dates www.littlewindmills.co.uk.

Susan Bluck and the Little Windmills Staff

The Tastes of Wine



Hugh de Lacy in full flow. Hugh, we don't require much encouragement to drink wine!



Is Jo Trump marking the kids' homework?



Ross Clark saving himself for the champagne

Vinho Verde Quinta de Azevedo 2010
NW Portugal. **Majestic £5.99**

Macon Villages Henri de Lorgere 2010
Macon, Burgundy, France. **Aldi £4.99**

Cremant du Jura Philippe Michel 2008
Jura, E France. **Asda £4.98** (was £7.48)

Champagne Special Cuvee Roger Legros NV
Champagne, France. **Aldi £6.99**

Alpha Zeta Rosato 2010
Verona, Italy. Wine Society **£4.95**

Foncaussade Les Parcelles Bergerac 2010
SW France Waitrose **£7.49**

The Tastes of Wine



Jo Riches getting her money's worth



Lesley Boyle won't be rushing to Aldi



Oh no! What's David Parr found in his wine?

Swaffham Prior Primary School

Where has this academic year gone? I cannot believe that at time of writing there are just three weeks left – and probably as you read this the term will have finished!

Looking back at the year, we have done so much: From Shoe Box appeals to supporting girls from Chernobyl; from purchasing and installing a fabulous new Outdoor Classroom to having a 5ft albino python slithering around the hall (planned!); from hosting a lovely Mother's Day lunch for our mums to taking the whole school to Wicken Fen ……. the list goes on! What has been most important is the learning, enjoyment and experiences that the children have been fortunate to have received.



The Emerald Crown

The 20th - 24th June saw 34 of us at Aylmerton Residential Centre, near Cromer, Norfolk. We had an absolutely fabulous week and the children were a credit to both the school and their parents. During the week we did loads of exciting things including a ferry trip to Blakeney Point to see the seals followed by a six-mile walk back to the mainland via the mud flats – great fun! The Monster Trail through the forest gave the children a chance to test out their map reading and orienteering skills as well as monster-avoiding tactics – yes monsters actually sprang out on us as we went round the forest! The Pirate Adventure session saw the children undertaking various team-building challenges and completing a high ropes course – luckily the adults didn't have to do the latter as I hate heights!

The Den Building session in the forest was also great fun as once the dens were built the children had to hide in them to "escape" the instructors who were looking for them with Super Soaker water guns! The whole trip was a fantastic experience for us all.



The Emerald Crown

The remaining weeks are going to continue to be busy with events such as Sports Morning, our Key Stage 2 performances of The Emerald Crown, our "Moving On" day when our Year 6 pupils spend the day at their new secondary schools and all the rest of the children spend time in their new class groups. This year we are having two special events for Year 6 pupils, starting with a service at St Mary's Church led by Reverend Lewis when the children will be reflecting back on their personal journey through our school. Reverend Lewis will also be presenting our School Trustees' shield to a previously-nominated child. The next day we will then be holding our Leavers' Assembly in school when the children will be presenting small sketches about their time at Swaffham Prior and will be receiving their leavers' gifts from us.

As you know I am leaving Swaffham Prior at the end of this term to take up a new headship at Little Paxton, near St Neots. I would like to say that my time here has been very enjoyable and so send my thanks to everyone in the community who has supported the School. I wish everyone good health and happiness for the future.

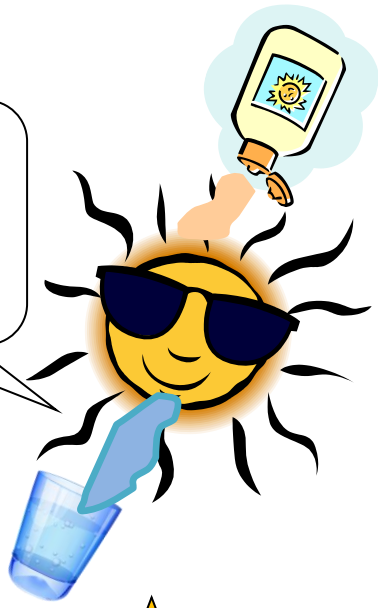
Diane Hawkes
Head teacher

Website: www.swaffhamprior.cambs.sc

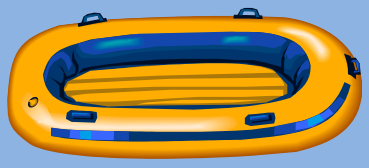
KIDS PAGE SUMMER HOLIDAY SPECIAL!



Remember to stay safe in the sun!



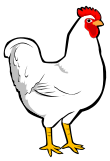
If you have any puzzles you would like to see on this page, please tell me!



You could make a scrapbook of your summer and show all your friends!





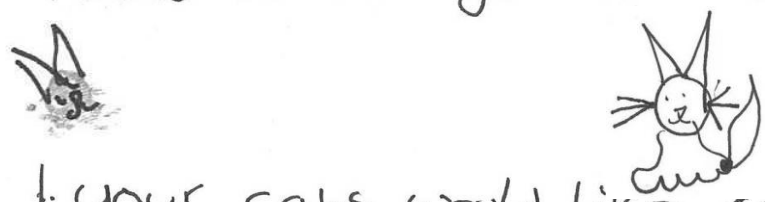




The farmer has to get a fox, chicken and sack of grain over the river, but his bridge fell down and he has to use a rubber dinghy. He can only get one of his items across the river at once because he needs to take it across. But, the fox can't be left with the chicken and the chicken can't be left with the grain because they would eat it. Can the farmer get all of his things across the river and if he can what's the fewest number of crossings he can do it in? The answer is on Page 32!

Jodie's Good Tips

How to treat your cat By Jodie Halpin Mc donald

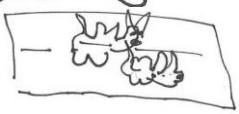


1. your cats would like catnip and toys.

2. your cat will need a collar whith your telephone number.
3. your cat eats a range of food like go cat felix and cat nip.
4 brush your cat 20 times a day.

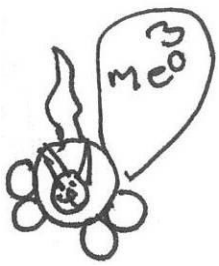


5 when you get a kitten have a litter tray redy for them.
6 if your kitten or cat is scratchy get a scratcing post for them.



7. your cat would like to sleep in warm and soft places like your..... bed and on your lap
8. cats dont like thing wich hunt them. like foxs and dogs.







Rita's Recipes

Everyone likes Summer Fruits and English Strawberries are the best. Here are two of my favourite recipes for you to try.

Strawberry Milkshake



1lb Strawberries
2oz Caster Sugar
1tsp Lemon Juice
1½ pints Milk
4 scoops Ice Cream
(a little extra for garnish)

Keep a few whole strawberries for a garnish, hull, wash and mash the remainder, add the sugar and lemon juice, place in a liquidiser with the milk and ice cream and blend until frothy. Pour into glasses and decorate with a small blob of ice cream, the whole strawberries and a sprig of mint.

Strawberry Shortcake

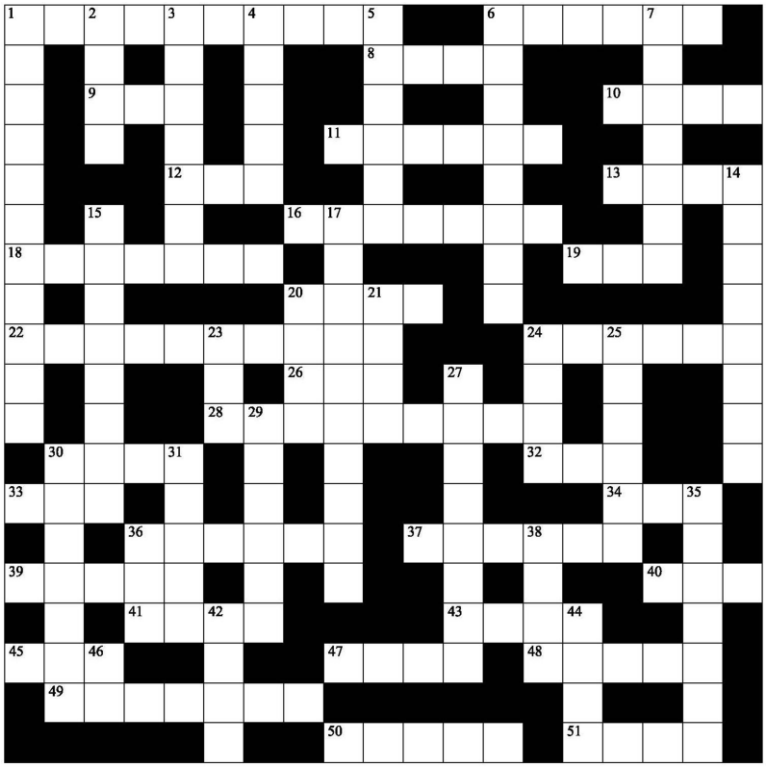


Shortcake:
6oz Butter
6oz Caster Sugar
2 Eggs
2tsp Cinnamon
6oz Self Raising Flour

Filling:
1lb Strawberries
½ pt Double Cream

To make the cake – Cream butter and sugar until light and fluffy, beat in the eggs one at a time then fold in the flour (sifted with the cinnamon).
Divide the mixture equally between three 7inch greased and floured sandwich cake tins. Use a palette knife to flatten the mixture. Bake in a moderate oven 180 C/Gas Mark 4 for about 20mins or until golden brown. Turn out and cool on a wire rack.
Hull and chop ¾ of the strawberries and whip the cream. Sandwich the cakes together with the strawberries and cream. Top the cake with whipped cream and decorate with the remaining whole strawberries and sprinkle with grated chocolate.

Zenida's Crossword No. 8



The winner and answers to the previous crossword can be found on Page 16

A £5 Book Token will be awarded for the first correct entry opened after the closing date. Please send your entry by Friday 9th September 2011 to:

Zenida's Crossword No. 8
North View House, 16 Chapel Lane,
Reach CB25 OJJ giving your:

Name: _____

Address:
_____

_____

Tel: _____

ACROSS

1 They protect eyes (10)
6 Pleasure voyage (6)
8 A reflected sound (4)
9 A sphere (3)
10 Green recreation space (4)
11 Brief swimwear (6)
12 Neckwear (3)
13 Used by fishermen (4)
16 Home on wheels (7)
18 He cuts fleece off sheep (7)
19 Father (3)
20 Whirling mystic (4)
22 It warns sailors of danger (10)
24 Mountain plant (6)
26 Encountered (3)
28 Walk (9)
30 Addition (4)
32 At this moment (3)
33 Belonging to him (3)
34 Scold (3)
36 Pail (6)
37 They may overlook sea (6)
39 They can be choppy (5)
40 Front of ship (3)
41 Tidy (4)
43 Drop of water (4)
45 Allow (3)
47 It floats on water (4)
48 Give back (5)
49 We all like to be beside it (7)
50 Warning signs on beach (5)
51 Sign of affection? (4)

DOWN

1 Don't build these in the air (11)
2 Lighting used in advertising (4)
3 Large edible crustacean (7)
4 Child's beach tool (5)
5 Elder (6)
6 Famous for its pasties (8)
7 Often seen on beach (7)
14 A memento of a place (8)
15 Birds seen at the coast (8)
17 Fun places to spend money (10)
20 Japanese wrestling (4)
21 A festival with sideshows (4)
23 A part of the body (3)
24 The last word! (4)
25 Shellfish (6)
27 She may run a B & B (8)
29 A din or a bat? (6)
30 Buccaneers (7)
31 Soak in vinegar (5)
35 Entrance to windpipe (7)
36 A mountain peak (Scots). (3)
38 Just another fun place (4)
42 Sharp, sour (4)
44 ---- up!, or gratuity? (4)
46 Chemical symbol for Tellurium (2)



Cricket Report

Versus the Rain Men, Sunday 22nd May

This year's clash with the Rain Men will be remembered for one thing: the day that the cool-headedness of youth asserted itself over the arrogant exuberance of middle-age. Put into bat by the Rain Men, we were soon reduced to 19 for 4 as one greying hothead after another flailed at the ball in the search for instant glory. Only Pete Bridgeman, who claimed to be playing his first game in 25 years, put in a respectable innings of 23.

In a measure of just how long he has been around, we learned that the now-rotting railings on the Burwell pavilion had been built by Pete sometime in the latter half of the last century. Out in the middle, a different sort of rot was halted only by the arrival at the crease of Gwilym Davies who began with some sensible prodding and ended up with his best-ever score of 60. Poor Gwilym must have returned to the pavilion thinking he was a dead cert for the yoof of the match award. But he hadn't reckoned with the arrival of Theo Clark, who was batting at number nine after a failed, week-long campaign to persuade the captain that he really should be at number three. He promptly knocked up 67 not out, irritating the Rain Men who thought they had been unnecessarily made to wait for their tea.

Set 212 to win in what turned out to be 39 overs, the Rain Men were never on the pace. But their resident limpet Andy Robson succeeded nonetheless in avoiding falling victim to Theo's four wicket spell. A third wicket partnership dragged on into the twilight. A flurry of wickets then took us to the brink of victory, but not quite close enough: the Rain Men held out for a draw, just as we have done to them several times before.

Under the conventions of the game Theo and Gwilym both owed the team a jug of beer – on the strength of their half centuries. While they retired sensibly early to prepare for their exams the next day Reach's gentlemen drowned their frustrations in beer, bought with the youngsters' pocket money.

Versus Castle Hedingham, Saturday 5 June

It was Rob Steed who arranged this fixture for us. But then he suddenly discovered a wedding in his diary and said he couldn't play. That immediately made us suspicious and we arrived in Essex expecting to find we had been set up against either the Essex county cricket side or a team of nuns. In the event, they looked a fairly normal group of people – it turned out that Graham Gooch has played there, but this was his Saturday off -- with just one difference from us: they were much better at playing cricket. Put into bat, we plodded our way to 119 all out, with only Theo – who scored 38 to bring his season average to just over 100 -- getting past 20. Twelve overs later, it was all over, with their opening bat J K Pawsey notching up 92 of their runs.

That left us a rather awkward three or four hours to fill until the scheduled close of play, partially filled by a 10 overs-a-side beer match. Remember that old definition of stupidity: doing the same thing twice and expecting different results? This time Castle Hedingham notched up 109 in their 10 overs. Reach's captain did notch up a personal first: scoring sufficient runs to be asked to retire – although 'dragged from the crease' would be more appropriate.

Requiring 11 runs an over we had been going along at what would in any other circumstances would have been a brisk six. We returned to Reach to what sounded like a loud sniggering emanating from within Rob Steed's house.



Reach Grown-ups vs Reach Yoof
Sunday 19th June

After our scheduled opponents, Petersfield, failed to materialise we were driven hastily to arrange an alternative fixture: against ourselves. Given the natural division in our team – we are entirely lacking anyone in the years of sporting prime between the ages of 18 and 37 – it was only natural where the loyalties would divide. Given that this year's heroic performances have mostly emanated from the yoof wing, many in the wrinkly fraternity were keen to see the youngsters face their Stalingrad. Yet after five overs things were looking rather grim. While the ball was moving on a damp pitch still recovering from the deluge of the day before, it was also sitting up and begging to be thwacked into the undergrowth; an invitation gladly accepted by one of the Yoofs' ringers, Josh Arkesey. In the first of their two 20-over innings, the Yoofs knocked up an impressive 132.

The Grown-ups were not to be outdone however. After a slow start, they just managed to notch up a

three run lead. The deciding factor, it turned out, was Phil Kingsmill. Having so far suffered a bruising season on the deep midwicket boundary, he showed suspicious signs of having spent the preceding fortnight practising in one of his big sheds – or possibly sneaking a pair of skin-coloured Velcro gloves onto the pitch. He ended up with three wickets, 35 not out and two catches to wrap up victory for the oldies and make him the undisputed man of the match. Victory gave succour to those of us who are reaching an age at which we are beginning to wonder whether we ever will succeed in carving out careers in professional cricket.

Versus the Unemployables, Saturday 25th June

Last year our away match against the Unemployables in East Sussex was the only blot on an otherwise flawless season. This year, with some of our regular galacticos indisposed, or perhaps feeling queasy about making a gruelling journey south of the Thames, our prospects looked poor. You can probably guess what happened next: yes, we thrashed them. We bowled them out for 45 and then surpassed their score with nine wickets in hand, constituting our best-ever win and their worst-ever defeat. It is the only time we have played when the beer match ended up lasting longer than the official one. Continuing his transformation from gentleman to top player, Phil Kingsmill took four wickets for four runs. The captain took three, Tony Fordham two and Chris Bridgeman the last. As for the beer match, space does not permit me to reveal the result.

Don't forget, you can now follow the cricket team on our website, built by Gareth Davies at www.reachcc.org.uk. Live Twitter updates and an iPad app to follow.

Cricket fixtures for 2011:

Sun 4 Sept	Unemployables (home)
Sat 24 Sept	Burwell (home or away)!

Ross Clark
743725
rossjclark@aol.com

Reach Tennis

The court continues to be well used and is an excellent asset for the village. The Racquet Master Championships have started but you are all being a bit cagey and only three games have been played so far as contestants try and improve their game prior to getting started. You have until September 12th to complete the group stages, which is plenty of time, but please get those games booked and played as soon as you can.

We also have another coach in **David Nation** who is running the junior and adult programmes on Sunday mornings.

David left University in 2009 and joined Hills Road High Performance Centre as a Trainee Sport Psychologist where he worked with some of Britain's best players - preparing them for tournaments. It was there that he really got the coaching bug. As well as psychology and running conditioning classes for "squads" he was involved in managing their development course and running sessions in two local schools. He thoroughly enjoyed the challenge of coaching in different environments and with a variety of ages.

David strongly believes that if more villages in Cambridgeshire had the superb tennis facilities that we have in Reach, then a wider audience would be encouraged to participate.

David can be contacted on 07974 455735 or davidnation@hotmail.co.uk.

A Recommendation: Tennis Coaching on Sunday Mornings.

Our first coaching session on Sunday was good fun. Our tennis coach is David and he's really nice. We practiced tactics and we played loads of games. There were six children in my group. We all had great fun. I'd recommend tennis to people who like doing sporty things.

Hazel Lingley

Answers to Susie's Quiz:

First the farmer takes the chicken over the river and leaves it there. The farmer goes back, gets the fox, takes it over the river and leaves it there but takes the chicken back to the other side. When the farmer puts down the chicken, he picks up the grain and takes it over the river and leaves it with the fox. The farmer goes back to the first side, gets the chicken and takes it to the other side, where both the farmer and the chicken get out of the boat. The farmer has got all of his things to the other side and therefore the fewest number of crossings it takes is five!

Sports News

Sunday 26th June saw the annual gathering of the sporting young (and not so young) 'sters of Reach village. Gathering in bright sunshine on the sports field to jump around in hessian sacks, tie themselves in pairs with 'Tesco value' tights and balance spuds on spoons. Whether they were 'in it to win it' or just to have a bit of fun, sporting spirit, as well as a bit of grit and determination united almost 40 children between the ages of 2 to 15. Rather than a long winded summary from me, I have asked a few of those who took part for their 'take on the day' and so I leave it to them and Claire's photos to paint a better picture than I can with words.



Juliet Vickery coaching the young Olympians

I would like to add a few of my own personal memories of Sports Day 2011, so in no particular order: Alice Lingley showing she has learned from the master (Gwilym Davies) how to bob apples in seconds using the total immersion technique. A water fight finale with the remaining buckets of water. In the three–legged race, Robert Tucker dragging Hector, who had stumbled, almost backwards across the finish line still attached to this left leg with a pair of black tights. His younger brother, George Tucker, declining my offer of a small temporary cup (because we don't have a pre-school cup yet) - because he 'wanted a bigger one'. Pre-raceday hilarity over David Blocksage's first attempt to wheel the white line painter straight (some of you spotted the resulting dog leg in the outside lane before the technique was perfected). A fabulous addition this year was a cake stall, courtesy of Anya Tabecki, Sophie Bell and Hope Zeid, to raise money for charity as part of their platinum award at Bottisham Village College. As well as helping kids replace all the energy they had burned off they raised £40 for Save the Children. We missed the tug of war but it will return next year - along with the slow bicycle race - for a Sports Day with a 2012 Olympic flavour.



Dylan Steed – winner of the Good Sport Cup

Every child that took part in a race triumphed on the day in their own way but the sporting stars of 2011 were:

Overall winners (all races combined):
Pre-school athlete – winner George Tucker
Junior athlete – Daisy Miller
Intermediate athlete – Harry Oliver-Towers and Daisy Bailey
Senior athlete – Maisey Snaith

Marathon Winners
Men – Ben Snaith (by about 2 weeks!)
Women – Juliet Vickery
Boys – Daniel Blocksage
Girls – Maisey Snaith



Anya Tabecki, Hope Zeid and Sophie Bell

Reach Good Sport Cup – Dylan Steed (for competing in every race with a big smile, helping a lot of 'little ones' to do the same and adding a little bit of humour to the proceedings).

Huge thanks go to competitors and spectators for creating the atmosphere that makes the day such a fun one. Special thanks to Helen Oliver, the real orchestrator of the event, for tireless organisation behind the scenes, the entire Blocksage family for line painting and lots of help on the day and to Jo Riches for ensuring we had all the race accessories (apples and spuds) as well as BBQ food. Thanks also to Robert Steed and Andrew Towers for setting up manning the BBQ (as well as Hurrell's butchers for another great deal on burgers and sausages). To Graham Lingley for fabulous certificates for all competitors and Claire Snaith for scoring. We are, as always, grateful to the Amenity Fund for their support of this village event

Juliet Vickery



Violet Keutgen and Daisy Miller

"I have won the cup two years on the run. Sports Day is fun"
Daisy Miller Age 6

"I enjoyed the running races because it was fun having a go and fun winning"
Robert Tucker Age 8



Alice Lingley gets the apple

"I enjoyed Sports Day as there was a wide range of races that everyone could take part in. I love doing the apple bobbing because it was a hot day so it cooled us down, also because I'm good at it and it is fun. Overall I just enjoyed being there and having a great day out"!
Alice Lingley Age 11

"I enjoyed Reach Sports Day because I thought the spirit was good. The end was good because everyone got a certificate. There was also apple bobbing which was great fun"
Daisy Bailey Age 9



Hector Keutgen watersports?

"Sports Day was really good. It was boiling hot and lots of people turned up. I enjoyed the apple bobbing because I like to get wet and also my favourite fruit is apples. I also liked the potato race because I love running. At the end we had a barbecue and when we had finished we got to have a water fight."
Hazel Lingley Age 8

"I like the marathon because I am always out doing stuff like swimming and cycling and horse riding so I like the longest, hardest race"
Jodie Halpin-McDonald Age 8

"On Sports Day I liked running and apple bobbing. It was lots of fun."
Evie Mitchell Age 5

"At Reach Sports Day I enjoyed the marathon and the water fight. I enjoyed the marathon because it was a long way. I enjoyed the water fight because it was really, really fun"
Scarlett Bailey Age 7



Reach Sports Day 2011 Cup Winners



Reach Sports Day 2011 - Everyone's a Winner!

REACH
PARISH COUNCIL

DRAFT Minutes of Reach Parish Council meeting held on: Wednesday 6th July 2011

Attendance

Michael Aves	Vice Chairman	Present
Malcolm Brearley	Councillor	Present
Ross Clark	Chairman	Present
Rita Dunnett	Councillor	Present
Hilary Fielding	Councillor	Present
Joyce Harrison	Councillor	Present
David Thomas	Councillor	Present
David Parr	Clerk	Present
Allen Alderson	District Councillor	Present
David Brown	County Councillor	Not Present

1. Forum for Members of the Public

One member of the public attended and commented on various aspects of cleanliness in the village. It was agreed that some limited remedial action with regard to grass seeding would take place. **Councillor Clark** will monitor the level of mud on the roads within the village and will ask Highways to carry out remedial action as and when it is required.

2. Declaration of Interests

There were none.

3. Minutes of Previous Meetings

The Minutes of the previous Parish Council meeting were reviewed and signed.

4 (1) Amenity Fund Committee

The Amenity Fund has agreed to support the recent Sports Day up to a level of £260. **The Clerk** will raise a cheque for an amount up to this figure based on a receipted claim from the organiser of the event.

4 (2) County Councillor's Report

June has largely been taken up with getting to grips with my new Portfolio as Cabinet Member for Children and Young People. The wide range of issues and responsibilities has taken up considerable time in formal and informal briefing meetings as well as visits.

June has also seen the start of discussions for the budget proposals for 2012/13. This is in a very early stage and more details will follow as proposals are worked up.

Finally, the County Council has reached agreement over the sale of around 24 acres of County Farms land in Reach to the National Trust. The intention is for this land to be used by the people of Reach for a variety of community activities - the project is being managed by Reach Parish Council and the National Trust.

4 (3) District Councillor's Report

Following a recent unauthorised traveller's encampment at Forty Acre Drove, I discussed the problem with Jim Paice MP. He told me of future government actions that should be of help.
Firstly - the creation of new incentives for Councils to build authorised sites. Secondly - the establishment of an independent commission to investigate the creation of a UK Bill of Rights to replace the Human Rights Act, which travellers have often been able to use in their favour.

After closing on July 31st the Newmarket Recycling Centre will re-open on August 22nd and be run by the local charity Open Door.

Following a review, there will be no change to the three polling stations used in the Swaffhams ward.

4 (4) Financial Report

The Parish Council is in a financially sound situation; however a non-budgeted cost of £666 for the Parish Council election means that for the current financial year a loss of £300 is forecast although this may rise, dependent upon the amount of tree work the Parish Council undertakes. This would leave the Parish Council with reserves of approximately £4,200 (49% of spend) which is a reasonably healthy situation.

4 (5) Neighbourhood Panels Report

None of the Parish Council was able to attend the recent meeting at the Ellesmere Centre, Stetchworth. **The Clerk** will reply to an email from ECDC, explaining the Parish Council's policy regarding attendance at Neighbourhood Panel meetings.

4 (6) Parish Council Members

No meetings attended.

4 (7) Play Spaces Officer Report

The playground inspection report was discussed. It was agreed to focus on the four items where the risk was described as "medium". As regards securing the two 5 a side goals, it was decided that the risk was minimal and that the fact that they are moveable means that securing them would be impractical.

The Clerk will endeavour to secure the two larger goal posts on the playing field. **Councillor Dunnett** will endeavour to organise remedial action regarding the splintered timber and the excessive corrosion of shackles on the Multiplay Junior.

4 (8) Rights of Way Report

It was stated that a local supplier would be prepared to provide materials free of charge to be used to repair damaged rights of way. **Councillor Fielding** will be attending a meeting on July 21st at Wicken Fen designed to provide an opportunity to share information and ideas on how to manage and improve local paths with fellow volunteers and County Council staff.

4 (9) Speedwatch

There was no activity in the preceding month. Helen Platt will be contacting the three new volunteers and getting them trained during July so that activities can recommence in August. **The Clerk** will monitor progress and report back at the next meeting.

4 (10) Village Centre Committee Report

No report provided.

5. Fly Tipping

Councillor Clark felt strongly about the lack of prosecutions for fly tipping. It was agreed that a letter produced by Councillor Clark, to be sent to Jim Paice MP, will be circulated to all Parish Councillors for consideration at a subsequent Parish Council meeting.

6. Land Availability – 24 acres on the Burwell Road

The National Trust has now completed the purchase of this land and has identified, with villagers input, five main areas of community involvement (1) orchard, (2) horse ménage (3) coppice (4) horticulture therapy area and (5) Reach village cricket pitch. Further work is required on all the projects and those finally approved will not start until September 2012. A committee, made up of Councillors Brearley, Clark and Thomas plus Sarah Keutgen and Liz Tabecki was set up under the chairmanship of Councillor Thomas and with the Clerk as secretary. The Clerk stated that Emma Mitchell had volunteered to assist in this project.

7. Localism – Delegated Service

The Parish Council had proposed four items which either ECDC or CCC might delegate to Reach Parish Council. Responses from ECDC and CCC will be monitored by **the Clerk** for discussion at a subsequent Parish Council meeting.

8. Playground Inspection Report

This item was discussed under item 4 (7)

9. Queen's Diamond Jubilee Events 2012

The dates for the celebrations are from Saturday 2nd June to Tuesday 5th June. The Parish Council felt that the occasion should be celebrated and a committee should be set up in due course to decide specifically what should take place and when – and to organise the event(s).

10. Reach Parish Council as an Employer

The government has recently announced that from 1st April 2011 Parish Council Clerks must be employed by the Parish Council as opposed to being self-employed. The Clerk has therefore registered the Parish Council for PAYE (the pay is below the National Insurance threshold). This change is cost neutral. It was agreed that **the Clerk** would produce a draft Contract of Employment for consideration by the Parish Council in due course.

11. Street Lighting

Reach's street lights will in future be maintained by Balfour Beatty and a project is underway to replace about 80% of the street lighting in Cambridgeshire over the next five years. The Parish Council will be asked to make decisions on various elements of the village lighting when a further letter from CCC arrives with information on costs. **The Clerk** was asked to write to the owner of a tree which is obscuring the street light on the corner of Chapel Lane and Fair Green.

12. Tree Works in the Village

A villager has requested that a tree situated on the playing field that overhangs their property be cut back. The Clerk has sought three quotations for getting the work done and has also asked about any further work required on the horse chestnut tree on the Green and the willow trees on the Hythe. Upon receipt of the three quotations **the Clerk** will circulate the information for discussion at a subsequent meeting.

13. Planning Applications

The Parish Council had no comments to make on planning application 11/00463/FUL for the installation of 16 solar panels at White Roses.

14. Information Items

Councillor Clark stated that a villager had suggested that the cricket net surface should be replaced with concrete covered by matting (the current surface was felt to be uneven and potentially dangerous). It was agreed that this item should be further discussed at a subsequent meeting when **Councillor Clark** has investigated costs.

15. Payments

100977	D. Blocksage	Cemetery Mowing June	£134.00
100978	John Holmwood	Village signpost paint costs	£25.98
100979	ECDC	Election costs	£686.70
100980	Gardenworks	Emergency tree works	£300.00
100981	CR Contracting	Mowing June	£173.00
100982	Hilary Fielding	Preservative for bus shelters	£15.70

The date of the next meeting will be Wednesday 2nd August 2011 at 7.30pm. The Agenda for the meeting will be issued by the previous Wednesday – and will also be posted in the Parish Council area of the Reach website (www.reach-village.co.uk).

Travelling Together

I have had to do a lot of travelling by train in the last year – I like trains – but I always try to plan my journey for the minimum number of changes of train. Not always possible – but good when I can. I don't like changing trains – because it's disruptive and unsettling and there's always that anxious moment of not knowing which platform the next train will leave from and wondering if I'll make the next connection. And there's often the loss of a carefully chosen reserved seat and having to start again looking for a good seat on the next train. But if I didn't change I simply wouldn't get where I needed to go and would miss out on the benefits of the new scenery and the adventure of the journey (that would be what my husband would say because he likes travelling!).

We live in a world where change is happening all the time and at what sometimes feels like a bewildering pace. And it can be unsettling, disruptive, can make us feel anxious and also we can feel a sense of loss of what is familiar and 'safe'. But change can be very positive and important and a vital sign of being alive and growing, though challenging as we adjust to what is unfamiliar and as yet unknown. Cardinal Newman said "To live is to change and to be perfect is to have changed often". If I was to sum up the last few months for me, it would be 'all change' - most of what was familiar for me has changed – job, place of work, people and house (soon!).

So what can help us as we face change? For me as a Christian it is about knowing and trusting in who God is and what he has promised – that God is loving, faithful and dependable – but who has always called his people to be on the move, journeying with him, led by the Holy Spirit. Over and over we read in the Bible that God says to his people "Don't be afraid. Trust me". It's about trusting that God will never leave us or forsake us as we journey on, facing changes along the way and that as we follow the leading of the Spirit, we will become more and more who God has called us to be.

Reflecting on the last few months it has been a very full and busy time, with lots of opportunities to meet people and be involved in village events in Reach, as well as our regular services and the very special joy of two recent weddings in St Ethedreda's. I have really enjoyed getting to know the villages and trying to remember names of the many people I have met.

Looking ahead to the autumn, we would be delighted to welcome you at any of our special events. The Church Barbeque is now on Sunday September 4th and then we have the Harvest Songs of Praise at 6pm on Saturday October 8th before the Harvest Supper at 7pm in the Village Centre. More details elsewhere in *Within Reach*.

One special event coming up in Burwell at St Mary's on September 11th at 12 noon is "A Service for Renewal of Marriage Vows", by special request but open to all. Having spent some time looking through the Marriage Register from St Etheldreda's (still the original book from 1909!), I wondered if there would be those who would value a similar service in Reach, whether you were married here, or married elsewhere but now living in Reach. If this is something that you would like to do, please do get in touch and I will see if we can arrange a service. My phone number is the same as the old vicarage 01638 741262, or email vicar@stmarysburwell.org.uk.

I look forward to being at these forthcoming village gatherings and meeting more of you.

With every blessing

Eleanor Williams

There were two weddings in Reach recently:
May 28th David Folkes and Delia Bannister
June 4th Gavin Jackson and Hannah Newman

We also extend our congratulations to Andrew Towers and Helen Oliver who were married on May 23rd at Ickworth House.



CentrePeace@Reach

CentrePeace comes to Reach on the second Wednesday of every month from 2pm – 4pm in the church and if the weather is good enough, outside in the church garden. So what actually happens?

Well, the main thing is that people come along for a cup of tea, a piece of homemade cake and a chance to have a chat with their friends.

If that isn't enough to tempt you, we have a big stock of good quality second hand books which we change regularly. There are novels by all your favourite authors from Daniel Steele to Ian Rankin and Jane Austen to Sophie Kinsella. There are biographies, cookery books, gardening books, sport, history, art and many more. We also have a large number of excellent childrens' books for all ages and (here's the best bit) the prices start at just 10p!

In addition to books, we sell Traidcraft goods, greetings cards, including handmade cards and from time to time various other crafts. The profits from CentrePeace@Reach help support the church in Reach.

We'll be there as usual on the second Wednesdays in August and September, so we look forward to seeing you!

Dates for the rest of 2011:

August	10th
September	14th
October	12th
November	9th
December	14th

Pat Chalmers, Churchwarden





Church Services at Burwell and Reach

Date	St Mary's Burwell	St Etheldreda and the Holy Trinity Reach
Services at Burwell and Reach		
AUGUST		
Wednesday 3	10.00am Holy Communion	
Sunday 7	8.00am Holy Communion 9.30am Family Service	
Wednesday 10	10.00am Holy Communion	2.00-4.00pm CentrePeace
Sunday 14	9.30am Parish Communion No Sunday@7	8.00am Holy Communion
Wednesday 17	10.00am Holy Communion	
Sunday 21	8.00am Holy Communion 9.30am Parish Communion	
Wednesday 23	10.30am Holy Communion at Ness Court All welcome	
Sunday 28	8.00am Holy Communion 9.30am Parish Communion	
Wednesday 31	10.00am Holy Communion with MU	
SEPTEMBER		
Thursday 1	10.00am Toddlers Service	
Sunday 4	8.00am Holy Communion 10.00am Family Service	6.00pm Church BBQ
Wednesday 7	9.00am Prayer Meeting 10.00am Holy Communion	
Sunday 11	10.00am Parish Communion 12.00 Noon Renewal of Wedding Vows	8.00am Holy Communion Sunday@7
Wednesday 14	9.00am Prayer Meeting 10.00am Holy Communion	2.00-4.00pm CentrePeace
Sunday 18	8.00am Holy Communion 10.00am Parish Communion	
Wednesday 21	9.00am Prayer Meeting 10.00am Holy Communion	
Sunday 25	8.00am Holy Communion 9.55am Junior Church 10.00am Parish Communion 4.00pm Messy Church	
Wednesday 28	9.00am Prayer Meeting 10.30am Holy Communion at Ness Court All Welcome	

Bus Timetable

BUS SERVICE

Reach is served by the 10/10A bus service, provided by Stagecoach.

The difference between the 10 and 10A services is that the 10 travels via Valley Way in Newmarket whilst the 10A uses Noel Murless Drive.

A summary of all buses serving Reach and/or Swaffham Prior Monday to Saturday is shown below.

Please note that there is no bus service at all on Sundays.

Newmarket - Burwell - Reach - Bottisham - Cambridge															
Service No:	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
	M-F	**M-F**	**Sat**	**M-F**	**Sat**										
Newmarket (Guineas Station)				0704	0719	0814	0914	1014	1114	1214	1314	1424	1514	1614	1714
Burwell (Toyse Lane)	0630	0700	0715	0730	0745	0840	0940	1040	1140	1240	1340	1450	1540	1640	1740
Reach	0638	0708	0723			0848		1048		1248		1458	1548	1648	1748
Swaffham Prior	0644	0714	0729	0741	0756	0854	0951	1054	1151	1254	1351	1504	1554	1654	1754
Cambridge (Drummer Street)	0727	0807	0812	0837	0842	0937	1037	1137	1237	1337	1437	1547	1637	1737	1837

Cambridge - Bottisham - Reach - Burwell - Newmarket															
Service No:	10	10A	10	10	10	10	10	10	10	10	10	10	10	10	10
	M-F										**M-F**	**Sat**	**M-F**	**Sat**	
Cambridge (Drummer Street)	0655	0755	0825	0925	1025	1125	1225	1325	1425	1525	1635	1645	1735	1745	1845
Swaffham Prior	0729	0829	0902	0959	1102	1159	1302	1359	1502	1559	1722	1722	1819	1819	1919
Reach	0732	1832		1002		1202		1402		1602			1822	1822	1922
Burwell (Toyse Lane)	0742	0842	0912	1012	1112	1212	1312	1412	1512	1612	1732	1732	1832	1832	1932
Newmarket (Guineas Station)	0810	0910	0940	1040	1140	1240	1340	1440	1540	1640	1800	1800			

A full timetable can be downloaded from **www.reach-village.co.uk/bus_service.html**

Diary Dates

August	Event	Location	Time
Mon 1	Den Building - Under 7s	Wicken Fen	Ring to book
Every Tues in August	Pond Dipping, Minibeast Hunt	Wicken Fen	Ring to book
Wed 3	Parish Council Meeting	Village Centre	7.30pm
Wed 3	Wild Boutique	Wicken Fen	Ring to book
Thurs 4	Recycling Day		
Fri 5	Summertime Arts and Crafts	Wicken Fen	Ring to book
Mon 8	Fairies and Pixies	Wicken Fen	Ring to book
Wed 10	CentrePeace	St Etheldreda's	2.00pm to 4.00pm
Wed 10	Wicken Fen Warriors	Wicken Fen	Ring to book
Mon 15	Summertime Arts and Crafts	Wicken Fen	Ring to book
Tues 16	Mobile Library	Village Green	2.15pm
Wed 17	Den Building - Under 7s	Wicken Fen	Ring to book
Thurs 18	Recycling Day		
Fri 19	Wild Boutique	Wicken Fen	Ring to book
Wed 24	Fairies and Pixies	Wicken Fen	Ring to book
Fri 26	Wicken Fen Warriors	Wicken Fen	Ring to book
Sun 28	Pub Quiz	Dyke's End	7.30pm
Fri 31	Wild Boutique	Wicken Fen	Ring to book
September			
Thurs 1	Recycling Day		
Fri 2	Den Building - Under 7s	Wicken Fen	Ring to book
Sun 4	Church BBQ	Village Green	6.00pm
Wed 7	Parish Council Meeting	Village Centre	7.30pm
Sat 10 – Thurs 15	Art Exhibition	Edmund Gallery, Angel Hill, Bury St Edmunds IP33 1LS	10am – 4.30pm
Sun 11	National Trust Picnic	Newly acquired 24 acres	12 noon
Wed 14	CentrePeace	St Etheldreda's	2.00pm to 4.00pm
Thurs 15	Recycling Day		
Sat 17	Rush Weaving Workshop	Wicken Fen	Ring to book
Sun 18	Fenman's Day	Wicken Fen	Ring to book
Tues 20	Mobile Library	Village Green	2.15pm
Wed 21	Village Centre Committee Meeting	Village Centre	8.00pm
Sun 25	Pub Quiz	Dyke's End	7.30pm
Thurs 29	Recycling Day		
October			
Sat 1	MacMillan Coffee Morning	Village Centre	10.30am
Sat 8	Harvest Supper	Village Centre	7.00pm

Wednesdays 7.30pm onwards **Bellringing at Swaffham Bulbeck** - new recruits are welcome
The **Mobile Library** will now visit Reach on the third Tuesday of the month only
Pilates - if you would like more information about the class contact Ros Mulvany on 01353 720094 or Helen Oliver on 742484 (helenoliver01@btinternet.com)

Contact Information

Parish Council			
	Chairman	Ross Clark	743725
	Vice Chairman	Michael Aves	742800
	Councilllor	Malcolm Brearley	mjbrearley@btinternet.com
	Councillor	Rita Dunnett	742943
	Councillor	Hilary Fielding	741853
	Councillor	Joyce Harrison	742405
	Councillor	David Thomas	742676
	Clerk	David Parr	744081
	Play Spaces Officer	Rita Dunnett	742943
	Rights of Way Officer	Hilary Fielding	741853
	County Councillor	David Brown	743283
	District Councillor	Allen Alderson	741744
Village Centre			
	Chairman	Andrew Towers	742484
	Finance	Grahame Radford	742814
	Bookings	Joyce Harrison	742405
	Marquee Bookings	Andrew Hall	743737
Amenity Fund Committee			
	Chairman	Ross Clark	743725
	Committee Member	Rita Dunnett	742943
	Committee Member	Claire Halpin-McDonald	743330
	Committee Member	John Holmwood	742969
	Committee Member	Andrew Towers	742484
Church			
	Vicar	Eleanor Williams	741262
	Hon Assistant Priest	Reverend David Bush	741839
	Reader in Training	Frances Leadon	741770
	Priest in Retirement	Reverend David King	742924
	Parochial Church Council Member	Pam King	742924
	Churchwarden at Burwell/Reach	Pat Chalmers	742006
Emergencies			
	Electricity (Eastern Electric)		0800 783 8838
	Police (Emergency)		999
	Police (Non-emergency)		0345 456 4564
	Water (Anglian Water)		08457 145145
Doctors, Burwell			
	Appointments and Emergencies		741234
	Community Nurses		742382
	Doctors	Dr Anne Schneerson, Dr Andrew Wills, Dr Alex Manning, Dr Anthony Parry, Dr Maureen Birch	
	Surgery Hours	Mon 8.30am to 8.00pm, Tues to Fri 8.30am to 6.00pm	











