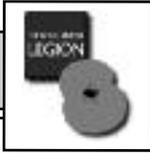


THE Cresset

March 2016



News, views and what's on, in and around Bottisham



The Royal British Legion Social Club

WHAT'S ON THIS MONTH AT THE LEGION SOCIAL CLUB

Line Dancing every Tuesday and Wednesday
(except the first Wednesday in the month.)
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Saturday March 5th

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Wednesday 16th

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All members welcome

Saturday March 19th Open Mic night

Any acts contact Andrena on 07722 491199
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Saturday April 9th Jam Pact with Ox

8 'till late Entry £2

Saturday April 23rd St. Georges Disco

8 'till late Entry £2

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March Issue 436

Welcome to our March magazine

Our cover page this month is rather special. It is the winning poster in a competition held at the Primary School to find the one that Bottisham will use to highlight the "Clean for the Queen" campaign which is being held this month on the 4th/5th/6th March. You can read all the details on page 20 of this month's magazine.



The winner in the competition was Darcey Banks who is 11 and in year 6 at the Primary School. She also wins a £15 book token. Just as colourful in the flesh, but here in black & white are the runners up in the competition They are from Emma Cerundolo-Year 5, Rose Sparrow-Year 5 and Laura Botham-Year 1. **Well done to all.**



It is great to see the enthusiasm that the children can have for events like this. Let's hope as many adults turn out to actually do some of the litter clearing. A lot of work has already been done and once done we need to continue to keep our village (and everywhere else) a bit tidier. It will be a long term problem, but perhaps we can see a day when dropping litter is recognised as the antisocial behaviour that it is and it will be second nature to take our rubbish home and not leave it for somebody else to clear. No more of the "That's the council's job" attitude.

If you want to see examples of why we need to change our collective attitude to this, just take a look out of the car window next time you slow up at a slip road off any dual carriageway, or major road. Or any verge after the grass cutter has been along. In the long grass out of immediate sight seems to be enough for some people's shallow conscience.

I better change the subject before I get back on the dog fouling issue which is still being kept in the bad books by a diminishing hard core of thoughtless owners. Even parents with children walking through the churchyard and on the dirthills have to keep their eyes peeled for the deposits left by an ignorant dog owner. More and more owners are of the enlightened caring type, but a few let the side down. Oh dear! and I was going to change the subject. But said it now.

Plenty to read this month in your magazine and out and about. Daffodils out for St. David's day then Mother's day, St. Patrick's Day then Easter.

If you are off on holiday then I don't blame you. The weather recently has been horrendous. But I do think we are lucky here that flooding is not something that causes us too much trouble. Those Dutchmen in the 17th Century knew a thing or two.

Enjoy your month - Peter Walker, Your Editor.

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Come and join us dancing on Saturday evenings in the Main Hall at Bottisham Village College. We will have music for Ballroom, Latin American and popular Sequence dancing.

12th March • 23rd April • 14th May (Black and White Ball)
Time: 7.30pm to 10.30pm

The cost is £10 per couple, which includes interval tea/coffee. You are welcome to bring along your own refreshments. There is ample parking on site. For further information please contact: Frank and Sue Hancocks, 01638 741159 or check out our website: www.letsdanceclub.org.uk

*Let's Dance Club is a "not for profit" organisation established to provide dances for the community.

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RE:NEW
Lode Chapel - Great Widdowen Chapel

RE:NEW Church Family

Radiators and Drains...

Ten years ago, I worked within the Church of England in Sheffield. I remember the then Bishop saying in a sermon, "There are two types of people in the world, Radiators and Drains ... are you a Radiator or a Drain?"

There are people, who we sit next to, spend time with, and they radiate a warmth through their attitudes, words or actions; they encourage us, make us feel good, bring out the best in us.

There are also those, who we sit next to, spend time with, and they drain us; maybe through their negativity, criticism, selfish attitude.

I believe we can all be radiators and drains at different times to different people.

Throughout life we cross paths with many different people, some for a brief moment, others for many years; we will not always naturally get on with everyone, our personalities may clash with others', different life experiences may highlight how little we have in common with some people; at times, patience and perseverance are required. It is a good thing to have people in our lives who we need to work harder to understand and get on with.

The Bible says, "As far as it is possible, as much as it depends on you, live at peace with everyone" (Romans 12.18)

I want to be a radiator! I want people to leave after spending time with me feeling refreshed, encouraged, with a spring in their step and a smile on their face.

How can you be a radiator to someone today? Take a moment to think about the last time someone said something that encouraged you, or the last time you spent time with someone and left feeling, 'warm'. Why not let that person know what an impact they've had on you.

We continue to be blessed at RE:NEW by new people joining us and discovering a place where they are welcome, valued, and can move forward on their journey of faith - some have come as a direct result of reading these articles - if you're reading this thinking, 'I'd like to see what RE:NEW is like', why not, 'come and see!'"

Alan Brand

RE:NEW Services in March 2016.

We have activities for children and young people at all our morning services.

A crèche is available if required. All are welcome.

6th March.	10.30am	RE:NEW The Bigger Picture (Bottisham Primary School)
13th March.	10.30am	RE:NEW Café style (at the School)
13th March.	6.20pm	Traditional service. (Lode Chapel)
20th March.	10.30am	RE:NEW The Bigger Picture (at the School)
27th March.	10.30am	RE:NEW The Bigger Picture (at the School)
27th March.	6.20 pm	Traditional service. (Lode Chapel)

For more information about any of the activities of RE:NEW please contact:

Rev. Alan Brand on C.812558. Email: alanbrand77@icloud.com
or Peter Wells on C.812388. Email: pandawells@cheerful.com
or visit our website at www.re-new.me.uk



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East Cambs District Council have now agreed locations for 2 new dog litter bins in the village. There will be one on Lode Road on the corner of Jenyns Close and another in the footpath that links Arber Close and Jenyns Close. Residents had specifically asked for a litter bin in Lode Road. These have now been ordered and will be installed by the District Council upon arrival.

The new bus shelter on the A1303 has now been installed. Following on from last months report we did manage to secure funding for a second bus shelter. This is much improved on the one that was there before which was half wood and half Perspex and best of all both shelters were funded by a County Council grant. We have had a request for a shelter at the bus stop on the opposite side of the road (A1303). We have looked into this and it is not feasible as there is simply nowhere to put it as access is required to the field behind the bus stop. We have asked our County Councillor to look into whether the County Council could provide a hard standing area as the grass verge here is extremely muddy and he is looking into this.

County Councillor Mathew Shuter reported at our February meeting that there has been some movement over switching the streetlights off at midnight. It has been agreed to extend this to 2am, effectively meaning there will be no street lighting from 2am to 6am. Our District Councillor David Chaplin confirmed that the District Council are looking at disposing of their assets which include pieces of land that could be sold. The only land that this affects in Bottisham is that of the public open space at Ancient Meadows. Any land proposed to be sold or developed will have the Ward Cllr and the Parish involved.

Bottisham Parish Council has been busy setting up a new website. This is progressing well and will be launched in April 2016. Our current website is still active and can be found at bottisham.org.uk. Information to follow on the new website.

'Clean for the Queen' is the first weekend of March. As reported in last months Cresset this is a national campaign to celebrate Her Majesty's 90th birthday. Councillors will be out doing their bit in the village the week before and we encourage all residents to do the same and keep our village tidy and free from litter.

Residents of Ox Meadow had reported difficulties in contacting David Wilson Homes. We have also had trouble contacting them but have now received a letter firstly apologising for the delay in responding. They also agreed that the play park at Ox meadow was not up to standard. An inspection has taken place and a full schedule of remedial works is being prepared at the earliest opportunity. They confirmed that inspections of the play equipment would take place every 3 months until the area is transferred to the Management Company following the adoption of the estate highways later this year. They will also look at the weed growth on the footpath to the moat and make this good.

A resident has contacted me concerned about disabled parking outside of the shops as reported in last months Cresset. Firstly the comment regarding distance should have read feet rather than yards - sorry for the confusion. Double yellow lines are there for a reason and the advice from the Police is that blue badge holders should not create a dangerous situation such as parking on or near to a junction which restricts the view of other drivers, regardless of distance. Otherwise blue badge holders are given a certain amount of leeway in where they can and cannot park. This is not the case for non-blue badge holders who make up the majority of vehicles that park on the double yellow lines, choosing to ignore the fact that the double yellow lines are there and wilfully causing damage to No Waiting cones, who risk being issued with a fixed penalty notice by the Police. Rule 243 of the Highway Code is quite explicit on parking as is the Government's advice to blue badge holders which can be found on: <http://www.nidirect.gov.uk/blue-badge-scheme-a-guide-for-badge-holders>.

Claire Fullwood - Parish Clerk

(Parish Notes continued on page 15.)

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(Parish Notes continued.)

PLANNING APPLICATIONS

15/01447/HEN, 20 Cedar Walk. Construction of a single storey rear extension. APPROVED BY ECDC

16/00018/FUL, 18 Peacock Drive. Single storey side extension and new front porch canopy. NEW APPLICATION

East Anglian Air Ambulance

Please help us win a share of £10,000!

The Cambridge Building Society and Cambridge News have once again teamed up to give away £10,000 to local charities. We are delighted to have been chosen as one of the 15 charities involved in Cash for the Community 2016 - but we need your help.

You may have noticed that tokens are appearing daily in the Cambridge News until Saturday 12th March. We are asking all our supporters to collect as many tokens as possible and send them in for EAAA. The amount of money given to each group will be determined by how many tokens are sent in. The more tokens sent in for EAAA the more money we will receive !

Last year you collected a staggering 3,385 tokens which resulted in EAAA receiving the lion's share of the £10,000 up for grabs. Please help us make this year just as successful.

Collected tokens can be dropped into any Cambridge Building Society branches or sent to the Cambridge News office, with EAAA clearly marked on the envelope. All tokens need to be received by 12pm on Friday 18th March. Keep an eye out on social media too as there will be a bonus double token available to download from the Cambridge News' website at some point.

Michael White

To the Editor

Dear Peter,

After over 19 months I am the proud new owner of The Chapel, Gt. Wilbraham. As many friends, locals, and patients know I need new premises for my Dental Practice.

With the rapid (and very poorly infra structured) expansion in and around Cambridge, Bottisham Medical Practice needs the space I currently rent. Although I will be sad to leave, I also am desperate to expand and be able to see patients new and old, private and NHS, in larger, refurbished and multipurpose surgeries.

I am soon to apply for planning permission for parking and renovation and extension of the Chapel. I would like local and patient input and understanding, so hope to have an open event at the chapel - for everyone interested.

INVITATION FOR WEDNESDAY 9th MARCH. 5-8pm
THE CHAPEL, GT. WILBRAHAM, CB215JG

To see plans and ideas for Development of a new Dental Practice, all positive thoughts welcome.

Claire

Copy deadline for next issue is 14 March.

Please send material to the editor at BottishamCresset@gmail.com

****NB new email contact****

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WEA News

Members are enjoying their journey through time with Wendy Barnes and an explanation as to why the English in 1607 set up a colony in what is now the United States. Inspired and promoted by London venture capitalists, the idea was to establish a colony, trade with the natives, and make money! Life was pretty much the same then as it is now but, without modern communication systems, it happened at a much slower rate, and results were not the same as expected. Nevertheless, Virginia "Mother of the States" was founded.

However, if you are not yet a member of the WEA, but want to know what the WEA is all about, why not come and join us for a cup of coffee after the last session of this term on the 17th March at the British Legion. Coffee will be served at 11.30am and will be followed by a brief "Business Only" session at 11.45am. All existing and potential members are welcome.

For more information about the WEA do not hesitate to contact Shirley Ellis on 01223 811891 or go to www.eastern.wea.org.uk

Gerry Cowley

Litter Pick

This year at least 40 volunteers from Quy, Lode and Bottisham joined forces to clear the litter in Lode, Longmeadow and some of the roads surrounding us. It is quite an undertaking, but with all this help it has been brilliant. Will Jaggard found 92 wine bottles in the verge between Lode and Bottisham, Mary found another 17 and I collected 10 only as my bicycle panniers were full. If anyone knows who might be doing this please can they suggest that the bottles be properly disposed of. Thank you

Quy volunteers cleared their section of the B1102 and we worked down to join them, Marvellous. Thanks Quy!

Many others worked the walks and paths and it is looking so much prettier. Anglesey Abbey will be doing a clean up after the Snowdrop season, and Bottisham will be joining the 'Clean for the Queen campaign' which is the weekend of the 4th, 5th, and 6th of March

Charlie Rickard borrowed litter picking sticks, rings for the bags and bags from East Cambs., who have removed all the rubbish that was collected. Thanks go to them too.

Finally I rang South Cambs. and have asked them to do something about the A14 going East and West from Quy up to Histon and the road from the Quy roundabout going into Cambridge towards the airport. The young man said he would put it on his list to be done. In case you know of any horrible bits, telephone 03450 450 063. This is of course for South Cambs., only. Good luck and thank you everyone for joining in to improve our lovely surroundings.

Fran Platten - Lode Parish Council

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Copy deadline for next issue is 14 March.

Please send material to the editor at BottishamCresset@gmail.com

NB new email contact

Services in Holy Trinity Bottisham

Wednesday 2nd	8 pm	Compline by Candlelight Led by Dr Sarah Maxwell
Sunday 6th		MOTHERING SUNDAY
	11 am	Mothering Sunday Family Service Revd Elizabeth Caswell
Sunday 13th		No service in Bottisham
	9.30 am	Benefice Communion in Lode
	11 am	Benefice All-Age Service in Quy
Sunday 20th		PALM SUNDAY
	8 am	Holy Communion (Book of Common Prayer) Revd Lawrie Marsh
	11 am	Holy Communion Revd Sue Giles
Thursday 24th		MAUNDY THURSDAY
	7.30 pm	Maunday Thursday Communion in Lode
Friday 25th		GOOD FRIDAY
	11.30 am	All-Age Worship & hot cross buns in Swaffham Bulbeck
	7 pm	Reflection for Good Friday
Sunday 27th		EASTER SUNDAY
	11 am	Holy Communion Revd Elizabeth Caswell

Details of other services in the Anglesey Group of Churches (the Benefice - Lode, Quy, Swaffham Bulbeck and Swaffham Prior are on the notice board in the church.

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Bottisham & District Gardening Club

What an excellent speaker Mike Petty is. His talk on James Withers was the story of a Fordham man whose humble start in life was the source of his poetry and led to him becoming a favourite of the aristocracy, Queen Victoria and Baroness Rothschild sponsoring his work. He wrote of the hard times suffered by the working class people and gave us a picture of life in the 19th century and of his time in the workhouse and his rise out of it. Withers greatly enjoyed his success, travelling the country and staying in the mansions of the wealthy. Unfortunately it wasn't to last and eventually he lost his money, returned to the workhouse and, eventually, Fordham. Mike gave his talk using local dialect and brought the whole story to life. An interesting and informative talk, very much enjoyed by members.

We will shortly be taking bookings for our outing to RHS Wisley on 15 June. Club members will be given priority but we are usually able to offer some seats to non-members so please let us know if you are interested. As an RHS affiliated society, members of the gardening club get free entry but non-members will have to pay the additional entry fee. It costs only £15 per annum to join the club, which, as well as group entry to RHS gardens, includes five free entries to the Annual Show and other benefits.

- Further dates for your diary:*
- 10 April: **Annual lunch** at the Newmarket Golf Club.
 - 14 May: **The Plant Stall** will be held on the Triangle on Saturday 14 May and this year we will be joined by the Library Book Stall and WI Cake Stall.
 - 15 June: **Annual outing to RHS Wisley.**
 - 16 July: **The 40th anniversary garden party** will be held on Saturday 16 July in the McLaughlin's garden and is open to current members and hopefully many members from the past 40 years.
 - 26 July: Our evening visit to **Clare College Gardens.**
- Forthcoming speakers:*
- 23 February: **Daniel Lee** on A Plantsman's Adventure in South America: **a study of the diverse flora of Peru.**
 - 22 March: **Peter Jackson** of Scotsdales will be talking about **Scented Plants.**

Tricia McLaughlin, Secretary
www.bottishamgardeningclub.co.uk

Spring Jumble Sale in Lode

Saturday 19th March 2-4pm at the Fassage Hall

The spring Jumble sale will take place on Saturday 19th March at the Fassage Hall. We do hope you will turn out your cupboards, and sheds and bring us stuff that we can sell. We think we will use it to put towards something for the village say some outdoor equipment, which is very popular in the other villages. It is surprising how much money has been raised from these twice yearly events and the importance of recycling in our very wasteful society, so please come and join us and enjoy buying a good book, a useful bowl, good quality clothes, pictures, you name it, and we will no doubt have it! At the end, anything that is left is sorted and redistributed or recycled. Very little is thrown away. Thank you

Fran Platten

Bottisham Parish Council and the Primary School



'CLEAN FOR THE QUEEN' CAMPAIGN

'CLEAN FOR THE QUEEN' is a campaign to clear up Britain in time for **Her Majesty The Queen's 90th Birthday** which will be officially celebrated in June 2016. We would like to support this campaign and hope to have a clean for Bottisham at the same time on the weekend of **March 4th, 5th and 6th**. Please look out for a special front cover of the Cresset in March, designed by children at Bottisham Primary School. It would be wonderful to see as many people getting involved on this weekend in March, by doing something to clear up some of the litter than can blight our village. So please mark the date and come along over the weekend 4th, 5th or 6th March, where not only can you make a difference to your community, but you may meet new friends as well.

Thank you, Sarah Brown, on behalf of Bottisham Parish Council.

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Bottisham Village College



Bottisham Village College launches new package of support to help people to return to teaching.

Qualified teachers who have had a break from the classroom are being offered free tailored support to enable them to return to teach the core subjects, like maths and physics, which can help children to reach their full potential.

Bottisham Village College is offering a package of bespoke support to qualified teachers wishing to return to teaching. The range of support on offer could include training to update their knowledge of classroom practice, or subject knowledge, to behaviour management and assessment frameworks - as well as other current education initiatives.

Teachers may take a break from the profession for many different reasons - to work in industry, to bring up children, or to take up other caring responsibilities. Those teachers who choose to return to the profession can bring with them new skills and experiences from their time away that can be invaluable to schools.

The latest figures published by the Department for Education show that the number and quality of teachers in England's classrooms is at an all-time high and the number of former teachers coming back to the classroom has continued to rise year after year - from 14,720 in 2011 to 17,350 in 2014.

The pilot returners' programme aims to encourage even more people to return to the classroom with the skills and experience necessary to ensure every child receives a good education.

The initiative at Bottisham Village College is funded by the Department for Education and currently involves around 40 schools across the country. Our school is focused on attracting returners who can teach or retrain in English, mathematics, science, physics and modern languages.

Kate Evans, Principal, said: "We are delighted to be taking a leading role in this new programme - we can help teachers get back to teaching the subjects they love. Inevitably after time away from a profession, even high quality teachers need to ensure they are up to date with classroom practice to ensure a good education for our children. We are committed to helping returning teachers gain up to date school experience and curriculum knowledge will support those who have a flair for teaching and add value to classrooms. We welcome the additional life skills and experiences that returning teachers can bring back into the profession from their time away from teaching."

Qualified teachers eligible for the programme are classed as those who have qualified teacher status (QTS) who are not newly qualified and not currently holding permanent or fixed-term posts in English schools or colleges (state-funded or independent). This includes people who, after acquiring QTS, chose not to join the teaching profession but now wish to do so. Those interested in returning to teaching can register for updates: www.education.gov.uk/return-to-teaching-registration. Or contact us directly at Bottisham Village College: ematthewson@bottishamvc.org



Copy deadline for next issue is 14 March. Please send material to the editor at BottishamCresset@gmail.com **NB new email contact**

www.cambridgeshirechildrenscentres.org.uk
 Cambridge
 County Council

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 WITH CHILDREN UNDER FIVE**

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 Bottisham Children's Centre: Mondays 9.30-11.30am
 Soham Children's Centre: Tuesdays 9.15-11.15am
 Bowell Sports Centre: Thursdays 9.30-11.30am

Little Movers (Free)
 Chit and play session for families and children (ages 1 - 2)
 Soham Children's Centre: Wednesdays 2-3pm
 Bottisham Children's Centre: Wednesdays 12.30-2pm

NHS Well Baby Clinic (Free)
 Baby weighing and advice from NHS professionals.
 Mandeville Hall: 2nd and 4th Tuesday of month 12.30-2pm
 Bottisham Children's Centre: 1st and 3rd Tuesday 12.30-2pm
 Soham Children's Centre: Every Thursday, 1.30-3pm.

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Quiz Night

The Quiz held at the British Legion on 30th January raised an impressive £430 for library funds. Thanks to all who came along to support us with special thanks to Carole and Ian Faulkner and all the others who helped make it such an enjoyable and successful evening.

New Books

Why not come in to the library and check out our new books? We are purchasing more junior fiction, adult fiction and children's picture books and we have had donations of many interesting books in good condition. If you had any books for Christmas which you've finished with, we would be happy to receive them to add to our stock or, if we already have a copy, to sell on for library funds.

Copy deadline for next issue is 14 March.

Please send material to the editor at BottishamCresset@gmail.com

NB new email contact

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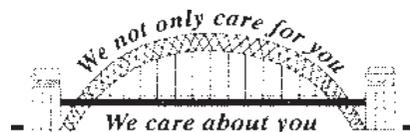
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News from Anglesey Abbey and Wicken Fen

The un-seasonably mild weather brought our snowdrops into flower around three weeks early this year, and chatting to Head Gardener, Richard Todd, it appears the same will be true for our hyacinths and tulips, with both species likely to start flowering in March rather than April.

This month we are undertaking a major renovation of our visitor reception and restaurant servery areas at Anglesey Abbey. This major investment will reduce queuing and dramatically improve visitor flow through these areas, especially at peak times. Work is set to start on Monday 29 February and should be completed by Thursday 24 March (hopefully the work will be completed ahead of schedule). During this period, the gardens, house (from 9 March), mill, plant centre and shop will be open as normal, but the visitor centre will be closed. Access to the gardens, shop and Plant Centre will be signposted via the Staff & Volunteer Car Park (which will be closed to vehicles), where portable toilets will also be located. Catering will be available via a marquee in the car-park. A reduced menu of hot & cold drinks, sandwiches, seasonal 'one pot' hot meals and cake will be available. Our new 'mobile catering unit, a 1960's converted horse box, will also be serving refreshments in the gardens.

We are delighted to have secured the purchase of two small lakes (previously owned by the Environment Agency), for the Wicken Fen Vision.

Reach Lode West Lake, located as the name suggests on the west side of Reach Lode, is close to our existing land holding at Tubney Fen. Sportsman's Pit is located on the west side of Swaffham Bulbeck Lode between White Fen and Swaffham Bulbeck. The two lakes were created as a result of clay extraction for the building of the Lode Banks.

Sportsman's Pit is to be renamed the Norman Moore Lake, its purchase was made possible thanks to a donation by the late Dr Norman Moore just before his death last October. Norman was a pioneer of conservation, a long-term friend of Wicken Fen, and passionate about dragonflies and their conservation. There is an appeal in memory of Norman, for funds to support the lakes which has already raised nearly £2000.

<http://uk.virginmoneygiving.com/SomeoneSpecial/NormanMooreAppealWickenFen>

Construction of our new bridge over Harrison's Drove, linking grazing areas on Baker's Fen and Harrison's Farm is progressing well, (despite the heavy rain at the start of construction) and is on course to be completed by the end of February.

For the Easter Bank holiday weekend both Anglesey Abbey and Wicken Fen are holding **Easter Egg Hunts** in partnership with Cadbury. Hunts run from Friday 25 –Monday 28 March and cost £2.50 per trail (normal admission applies). Each child completing the hunt, will receive a Cadbury chocolate prize.

Other events at Wicken include – **Mothering Sunday boat trips** (Sun 6 March 11.30 or 2pm), **Pond dipping** (Tues 29 or 5 April), **Den Building** (Wed 30 March), **Story Time Teddy Bears Picnic** (Friday 1 April), **Go Wild – Owl Pellet Dissection** (Monday 4 April) and **Springtime Arts & Crafts** (Wednesday 6 April). Details of all events and booking information is available on our website at www.nationaltrust.org.uk/wicken-fen



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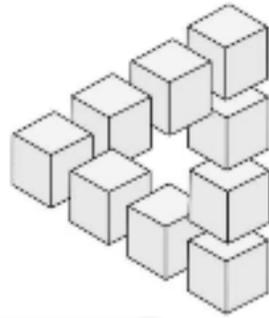
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NEWS RELEASE



March Bulletin

DID you know that being a smoker, or living with someone who smokes, puts you at higher risk of having a fire in your home? Throughout March CFRS are raising awareness of the fire risks associated with smoking and we'd like you to join in.

We often find smoking is one of many factors making someone more at risk of fire. For example, when combined with poor mobility, health problems or being elderly, it increases someone's chance of having a fire.

Here are some tips to take on board or give to friends and family that smoke:

- **Never leave a lit cigarette or pipe unattended.**
- **Always use a proper ashtray and make sure that the contents are cold before you tip them into the bin**
- **Never smoke in bed and avoid smoking in a chair if you are likely to fall asleep-**
- **Often, chopped tobacco leaf hides chopped stalk which burns longer** and, because it is heavier, can drop out whilst continuing to burn - with possible dangerous consequences

Most importantly, fit a working smoke alarm and test it regularly - get into the habit of doing this weekly.

Don't forget to also test the smoke alarms of those you love. If you have an elderly or vulnerable relative, friend or neighbour, call in and make sure that they too have a working smoke alarm.

If you think someone is vulnerable and could be at a higher risk if a fire broke out in their home, then please call us on 0800 917 9994 and we can provide advice and support.

For more information, call 01480 444500, visit www.cambsfire.gov.uk. Find us on Twitter, Facebook and Instagram.

Michael White

Copy deadline for next issue is 14 March.

Please send material to the editor at BottishamCresset@gmail.com

NB new email contact

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Thoughts of a Sports Nut

At a time of year when we could do with cheerier stories, it was somewhat depressing to see cheating feature in the news rather too regularly in recent weeks, the latest being the failure of Kenya Athletics to convince the WADA that their druggy past was behind them and Nestlé's plan to withdraw IAAF sponsorship.

Ironically, the scandal of match fixing in tennis emerged just as the British competitors were achieving unparalleled progress in the Australian Open, with Johanna Konta reaching the ladies' semi-finals for the first time, Andy Murray losing (again) to Djokovic in the men's final, and Jamie Murray (partnered by Brazilian Bruno Soares) picking up the men's doubles trophy. Clearly there are no allegations against these or any other top players, but it's coming to something when the umpires are at it! The International Tennis Federation, reluctantly it seems, have revealed that they have already suspended two international umpires and there are a number of middle ranking players whose results are under scrutiny. 'Courtsiding' is one of the scams that intrigued me. Apparently, updates to tennis scores in smaller tournaments are communicated electronically by umpires to not only the scoreboard, but also to the media and to bookmakers. All the official has to do is delay an update for a minute and text his chums at the bookies who then bet on events that have already happened! I believe it was called 'past-posting' in The Sting, wasn't it?

Then our jaws dropped again in February at the prospect of 'bike doping' in cycling. Just as we were beginning to believe that the drug cheats were beaten, a battery-powered motor, hidden in the seat post, was found to be pushing the cranks of a Belgian rider in the Women's U23 Cyclo Cross Championships. With a fairly simple technology behind the idea, doubts are now abounding over who else might be enjoying an extra 50 watts of power when their legs don't have it. Indeed, our man Chris Froome has been urging the UCI to step up bike checks for 'technological fraud' for some time. The annoying thing is that the story completely overshadowed a magnificent ride by 18 year old Gloucestershire girl Evie Richards who took U23 title in her first international race. We have not heard the last of this young lady – remember you heard it here first!

So Stuart Broad is officially the world's best bowler. Bravo! This is a man who converted himself from opening batsmen to handy all-rounder to world class opening bowler and has taken 5 wickets in a single spell of test match bowling on no fewer than seven occasions. The way he skittled out South Africa's finest in the second innings of the Third Test in Jo'burg was the stuff of Boys' Own. Kicking off with 5 for 1 in 31 balls, Broad eventually produced 6 for 17 in 10 overs as the Proteas collapsed to gift England a series win and to meekly relinquish their top test nation spot to India. Never has the old saying "hold your catches, win your matches" been truer than in this series. England spilled 10 chances in the second test and had to battle for a draw on the last day, but this time everything stuck and the rest is history. What a blend of youth and experience we have at this moment... bring on the Sri Lankans and Pakistanis!

Comeback man David Haye ignited the world heavyweight division of boxing in January when he demolished Australian Mark de Mori in less time than it takes to boil an egg. The heavier, new-look Haye claims to have all his injury problems behind him and to be punching harder than ever before in his career, but we all know how good at talking he is. Hell will freeze over before new world champion Tyson Fury agrees to fight him, but we should know more after Haye's next match against a credible contender... will it be IBF champion Carl Frampton? Or perhaps promoter Eddie Hearn's predictions of a bout

(Sports Nut continued on page 45.)

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(Sports Nut continued.)

between Haye and GB Olympic gold medallist Anthony Joshua will come to pass. An interesting year is in prospect as all parties aim to unify the title from the farcical number of belts available. How sad to see poor deluded Frank Bruno trying to get in on the act... thank goodness the British Boxing Board of Control refused to grant him a licence.

The Six Nations Championship will be nearing its climax by the time you read this and we should, by this time, have an idea of whether Eddie Jones' motivational ploy of criticising his players' fitness is working or not. The abrasive new England coach reckons that it's all very well dispatching the likes of Scotland (and, hopefully, Italy!) but they will need to sustain a higher tempo for longer in order to compete with the Aussies on "hard tracks" down under. I wonder if this oblique insult will fire up the other home nations more than the reconstituted England team. I guess we'll soon see...

As you read this Cresset, we should also know the outcome of the 26th February vote for the FIFA Presidency. Gianni Infantino, an Italian/Swiss lawyer and current General Secretary of UEFA seems to be garnering plenty of support now. I suppose he is as credible as any of the candidates, superficially anyway... but is he serious about wanting to expand the FIFA World Cup to 40 teams in the future? Why do people think that bigger is always better? I was going to say that there are already too many weak teams in the existing format. Then I realised that, in 2014, only 3 teams of the 32 finished the group stage with fewer points than England... ahem! But I still think 40 countries is ridiculous for a 'finals' competition, don't you?

Well that's it - another month of woes exfoliated! Thank you Tony for that masterfully crafted, Jolley new idiom!

TTFN - Gerry Daish

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IF YOU HAVE ANYTHING TO SELL OR WANT TO BUY OR EVEN TO SWAP, THEN THIS PAGE IS YOURS TO USE. Please e-mail details of item, price and landline phone number to the Editor at the Cresset. E-mail details to Cresset@Bottishampc.org.uk. Entries by 12th of the month for next months issue. Max 5 items.

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Jolley Old World

Where have our Social Manners gone?

But first I must congratulate Bottisham Players under the direction of Sue Tennant for putting on a very entertaining Panto. We went to the first night which unluckily had one or two hic ups but wonderfully adlibbed by the actors to get back on track. At one point the Crown Prince was well and truly lost in the forest eventually appearing from the wings with composure and an element of swagger. Of course the stars of the show were the younger members of the cast whose ages seemed to range from six to early teens. They all gave a wonderfully alert performance and displayed admirable stage presence with an abundance of energy. Wouldn't it be fantastic if just a few of these youngsters progressed to become adult members of the group - I do hope so...

Now, does sitting down for a meal with smart phones placed on the table sound familiar? Does a jingling tune or a buzz in mid conversation followed by the expression 'oh I must take this' ring true? Does a lull in the conversation prompt phones to be eagerly grabbed followed by thumbs going ten to the dozen? Is it commonplace for someone to spend endless hours in front of a little blue screen seeing who likes them or not? 'Bear with, bear with...' I would imagine the answer to some if not all of these experiences would be a resounding 'yes'.

And this is also the claim coming from those 'experts' who study changing behaviour patterns in today's lifestyles. I suspect this is not a criticism of the modern family unit but rather, dare I suggest, despair amongst many with the general manner in which technology, and in particular smart phones, are taking over. By becoming an enduring appendage it is argued these devices lessen our ability to get out and meet 'real' people, but more worrying still, are responsible for the demise of 'social manners'.

We went out for supper in Cambridge a while ago when a family from the Far East sat down at a nearby table. Within a minute all four had their smart phones out and were tapping away as if there were no tomorrow. Other than order their meal there was no conversation at all. We've also seen ten or so twenty somethings sit down in a restaurant – all on the phone, probably corresponding with each other on 'social media'. There was very little face to face conversation and most of what there was, was spoken whilst still looking at the little 'blue' screen – even the food order was given to the waitress through a haze of 'blue'!! The habit that is said to annoy most of us fifty somethings is trying to hold a conversation with another person who has ear buds firmly plugged in and or who is attempting to converse with us whilst still on the phone checking for updated messages. This is also understandably the pet hate of most shop assistants. Does this then bear out that 'social manners' are at risk of being forgotten?

The creation of new technology is of course a wonderful thing so as long as it is deployed in a subordinate manner. But today Smart Phones are constantly at our fingertips, offering multiple ways of making and keeping in contact. Surely there is a danger here of breeding an entire subservient generation of people who are constantly checking their various devices for new updates. Life is happening all around them and the constant information stream must surely be distracting them from what is right in front of them. And how many times have you seen someone bump into somebody or walk out into the road because they were staring at their phone screen?

Smart Phone fanatics will of course defend and promote the usefulness of such devices in the framework of their lives. But are they unwittingly becoming slaves to the technology itself and is there a real downside to this addictive romance?

(Jolley Old World continued on page 50.)

(Jolley Old World continued.)

Having 'bounced' this subject off a lady at a recent lunch, who by pure chance was a psychologist, she spoke of a number of adverse effects that she and others in her profession believe are associated with the heavy use of such devices. Poor sleeping habits, isolation from those around you, increased obesity, short attention spans, stunted imagination, no eye contact or understanding of body language, anonymous bullying and vitriolic condemnation. Quite a disturbing list I think you will agree! I then looked into a few of these 'effects' in more detail and what arose is wholly quite shocking...

Experts in the psychology field believe these little blue screens alter sleep patterns in a way that can adversely affect our brain's production of the sleep hormone melatonin. This can lead I'm told, to memory loss and to early dementia. Constantly staring at a screen with earbuds in cuts users off and isolates them from people in the immediate world around them. And with obesity becoming more and more of a problem the more time spent playing video games or scrolling through Facebook pages and Twitter accounts, the less we go outside to exercise, spend time with real people, or see and do new things. It was my new acquaintance's opinion that society as a whole is beginning to pay the price for this trend with a rise in depression amongst the youth population leading, among other psychological problems, to suicides.

I began this theme by reflecting on the perceived threat to 'social manners' because of our Smart Phone's craving for constant attention. But in reality the situation appears much, much more serious than this. What message therefore should we as responsible and caring adults and parents take from this? And who is it that really benefits from us being constantly in contact with impersonal entities?

And finally; is history important? I ask this because it's possible that Oriel College and Oxford University will capitulate to a minority group of protestors who want references and effigies of Cecil Rhodes, the explorer and colonialist, removed from libraries and buildings. Their claim being that Rhodes was the 'architect of apartheid'. It's being reasoned by those sitting on the other side of the fence that "history is a record of the past, not a chronicle of grievances" and that if what the activists want is allowed to happen then British history, for good or for bad, will be rewritten. After all, "isn't facing up to the uncomfortable aspects of history an essential part of education...?"

TJ

A civilised people does not tear out the pages of history, it simply turns them over." John A Murphy in the Independent.

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CQC: The Care Quality Commission visited the Practice on 25th January, which went well. The report will be published on the Practice website when it is received.

Closure: The Practice will be closed for Clinical Governance in the afternoon of 17th March 2016.

Patients' Group: The Patients' Group would be delighted to hear from you - please see the notice board in the waiting room for details, speak to the receptionist or look at the practice's website for further information www.mysurgerywebsite.co.uk/ppg.aspx?p=D81055 and see what your Patients' Group has achieved.

Walks for Health: The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 11th and 30th March, 8th and 27th April, 13th and 25th May, 10th and 22nd June. Anglesey Abbey walks continue on Thursdays at 10am from the reception area.

Next Meeting: Patients' Group will meet on 17th March 2016 6.30pm at the surgery. Come along to learn more about the Patient Group or if you would like to join us. The AGM will be held at Bottisham Village College on 28th April at 7pm.

Bottisham Patients' Group

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Saturday 26 March: Choose from a 10.30am or 1pm start • It wouldn't be Easter without chocolate, but at least here you can get crafty and active as you seek out your reward. Have fun with indoor crafts using natural materials, then prowl around outdoors as you set off on the hunt for clues around the park. You might find something sweet at the end! • **NB:** Aimed at ages 5+, children must remain accompanied throughout. Pre-booking essential. There are two sessions to choose from: 10.30am or 1.00pm start. £8 per child (£6 members), adults free. Meet at the Wandlebury Stable Rooms.

Tuesday 5 April: 11am to 1pm • Take a journey back in time with this amazing event about Iron Age history and archaeology – hands-on fun and learning for the whole family. There will be a guided tour looking at evidence of the Iron Age hillfort and people who used to live there as well as an opportunity to build and decorate your own model roundhouse, using natural materials. Bring a drink and a snack and dress for being outside. • **NB:** Ages 6+, children must remain accompanied throughout. Booking essential. £8 per child (£6 members), adults free. Meet at the Wandlebury Stable Rooms.

Wednesday 6 April: 11am to 1pm • Instead of searching at the bottom of your garden, come and hunt out the fairies in the new den-building area of the country park. Here, you can help to make stick fairies, construct their homes, and finish it off the session by toasting marshmallows over a fire – a special experience to share with your little ones. Bring a drink and a snack and dress for being outside. • **NB:** Ages 3-6 years, children must remain accompanied throughout. Booking essential. £8 per child (£6 members), adults free. Meet at the Wandlebury Stable Rooms.

Wednesday 6 April: 1.30pm to 3.30pm • Loved by children and adults alike! Our team at Wandlebury will guide your child through the basics of building a shelter, collecting water, tracking, making fire and cooking – all great fun! If you ever find yourself out in the wilderness, you'll be able to reply on the children to help you through. Bring a drink and a snack and dress for being outside. • **NB:** Ages 6-9 years, children must remain accompanied throughout. Booking essential. £8 per child (£6 members), adults free. Meet at the Wandlebury Stable Rooms.

Friday 8 April: 10am to 4pm • Set the children loose for the day with this unaccompanied activity that teaches all the bushcraft skills they will need. When they get home they'll be knowledgeable on building shelters, collecting water, various fire-making skills and cooking to boot. Not to mention setting and following trails, and making pea-shooters or whistles. They will need to bring a packed lunch to eat around a camp fire. They'll love telling you all about their day and adventures.

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Our speaker was Carol Colton with her extensive collection of Teddy Bears (a Hug of bears) that she has collected on her travels. She has 3 Steiff bears, an original, a reproduction and one to commemorate the Centenary of the founder's birth. She had fictional bears too, Rupert, Winnie, Pudsey and of course Paddington. There are bears from America, all the UK countries, from cruise ships and rail journeys - they just seem to get into her suitcase every time she is away! It is easy for her family to find a present for her.

Joanne Croxford thanked members for donating shawls and blankets (32 made in 10 months) to Ward S at Addenbrookes Hospital. The patients who all suffer from eating disorders were most grateful as they get few gifts. The ward they are in is most depressing grey corridors and boring beige paint so we are hoping to find ways of brightening their environment and will make cushions in the first instance.

Our Christmas Dinner was enjoyed and we will repeat this later in the year, we hope to visit Sandringham for our August meeting (we have already started to pray for a sunny day) and plan a visit to the National Stud in the spring.

Bottisham Medical Practice was grateful for the donation to their funding for an ambulatory blood pressure monitoring machine - proceeds from our Christmas meeting raffle.

Our next meeting is **Tuesday 15th March** with Vanessa Mann speaking on "**Every picture tells a story**" at 7.30pm in Hall 2 at Bottisham Village College.

Please come as a visitor, we have good interesting speakers arranged
Sylvia Overton

Public Transport Matters

Upgrades all round! In Bottisham we have the two new bus shelters - the one on the High St. and the one on the A1303. Stagecoach, when informed of the changes, were prompt in coming out to install the timetables in the display boards and even, on request, added the little boxes for the pocket timetables! We now have seats! And in Newmarket the railway station has had several improvements.

Both the Cambridge News and the Newmarket Journal carried a report of the MP Mathew Hancock cutting the ribbon to celebrate the official opening. I attend Christchurch, the Methodist church in Newmarket, and the photo was passed round with delighted smiles last Sunday as the two happy little girls holding the ends of the ribbon are members of our Sunday School. They are very proud of themselves!

The station now has a digital information screen, new waiting areas and benches, cycle parking and signs declaring the town is the home of horseracing. Newmarket Racecourses, Jockey Club Estates, Tattersalls, Suffolk County Council, Suffolk Coasts and Heaths AONB and Abellio Greater Anglia all worked together in this £100,000 investment. The Commercial Director of Abellio Greater Anglia, who took over the franchise in 2012 says that any profits are reinvested to help improve standards - this includes the £1.4 million scheme to upgrade Cambridge railway station. During their franchise to October 2016 they hope to invest £40 million in train fleet and performance improvements, better cleaning and the station upgrades.

(Public Transport Matters continued on page 56.)

(Public Transport Matters continued.)

Almost 14 million passengers have used the guided busway and X5 service since it opened in 2011. St. Ives and St. Neots traders say they have had more visitors. It is claimed people are healthier since it encourages walking and cycling. A team of Cambridge University researchers did a study into the long-term effects on regular users and this was published in the American Journal of Preventative Medicine. Now there is talk of further busways as the congestion problem in the Cambridge area continues to worsen. Mott McDonald has done a study of the time it takes for employees of various firms to get to work and the area around Cambridge airport was the worst served taking them at least three quarters of an hour. Should there be orbital bus routes? The Science Park also has problems and the new station should help them.

The study showed that Cambridge is the commuting capital of the region with people coming from as far afield as Ipswich, Kettering, the North Norfolk coast and Harlow.

The City Deal is looking at many different options - not all meeting with public approval - e.g. bus lanes on Milton Rd.! S. Cambs. MP, Heidi Allen, has taken the issue of a new railway station at Addenbrooke's up with the Transport Minister and there has also been a meeting with National Rail by local leaders. John Laing are looking at how it could be built in the south of the city without the need for more tracks. Rail timetables are being studied. More than 10,000 new jobs are expected to be created at the new Bio-Medical Campus next to Addenbrooke's over the next 15 years - they all have to get to work!

Rail Haverhill (railhaverhill.org.uk) hope that a way can be found to link Haverhill and Cambridge by rail but much of the land needed for this has been built on over the years - however, the new island platform at Cambridge could be a help.

The Soham Railway Station Joint East Cambridgeshire District Council/Cambridgeshire County Council Project Group is working with Rail-future East Anglia and Network Rail on the possibility of opening a station at Soham. The station was destroyed on June 2, 1944, when a consignment of bombs travelling through the town caught fire.

Scrimp and save on rail tickets - save up to 80% by booking early but may not be able to change or cancel, train operators' websites are free, sometimes first class tickets are cheaper, use Railcards, sometimes split ticketing works out cheaper, some rail companies offer Nectar points, always claim compensation if your train is more than 20 mins. late.

Nenta train tours: 01692 40615 Rail info: 08457 48 49 50 Traveline: 0871 200 22 33

Happy travelling! - Paddy James



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