



BOTTISHAM VILLAGE FETE



**SATURDAY 8th JUNE 2019 – 2pm to 5pm
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***This is an event for the whole village
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News, views and what's on, in and around Bottisham



Bottisham Community Sports and Social Club

As we get towards midsummer why not come up to the club and enjoy an early evening drink in the sunshine.

SPECIAL OFFER. If you are not yet a member why not come along and join us. The fee for new Members is normally £21 with a renewal date of 1st October 2019. You can now join until October 2020 for £31 so a reduction of £10 on the usual price for two years. Membership forms are available from the bar. We had a busy Bank Holiday weekend at the beginning of May. The annual beer festival featured live music on the Friday evening, Snail Racing on the Saturday evening, which went down really well and raised £520 for the Oncology unit at Addenbrookes Hospital, a Karaoke on the Sunday evening and a children's fun day on the Monday. The benefits of membership are many. A comfortable, welcoming, social meeting point for a drink with friends and family at very reasonable bar prices.

All the usual club games, darts, pool, bar billiards, snooker, billiards, cribbage, dominoes and a pack of cards available. BT Sport and Sky Sports available throughout the year so why not come along and watch your favorite team with company and a great pint.

WHATS ON

JUNE 1ST - LIVE MUSIC WITH BACK TO THE 80'S. A very popular local band. Tickets available from the bar.

JUNE 8TH - QUIZ NIGHT. Get your team organized and register at the bar.

JULY 20TH - LIVE MUSIC FROM KIM LANE. Again tickets at the bar.

OCTOBER 26TH - CHILDREN'S HALLOWEEN DISCO. Get it in your diary.

NOVEMBER 11TH - THE RETURN OF FIVESKA. Get your tickets early as this is likely to sell out.

NOVEMBER 24TH - CRAFT FAYRE.

NEW YEAR'S EVE - See the New Year in with All Glamed Up.

FRIDAY NIGHTS

Our members draw is drawn between 9.00 pm and 10.30 every Friday. You must be in the club to win it so come and enjoy an end of week drink. You could be a winner. Also every Friday, Play Your Cards Right and our regular meat draw.

BT Sport and Sky Sports available throughout the year.

Don't Forget The Regular Activities For You To Join In And Enjoy Darts / Pool / Snooker / Billiards / Cribbage / Dominoes / Bar billiards

Also

Hall and Poppy Lounge room hire available for all your functions

Well behaved dogs are welcome in the main hall and must be kept on a lead.

JUNE IS THE GATEWAY TO SUMMER

- Jean Hersey



Having had a lovely April and May, (Ok. there were the odd rainy days, but we needed them!), we might be right in thinking that we have had our summer, but have faith.

Another old sage of Bottisham always said that summer never started until the school broke up for the summer holidays. So take your pick and hope for the best.

As an aside, most people know we come from North of the border and spend time back there when we can. Over the last couple of months we have spent over 30 days up in Scotland and only saw rain on a couple of days. Our latest trip was met with glorious shows of rhododendrons and carpets of vivid bluebells. The weather is never guaranteed, but when it is nice it is a beautiful place. It doesn't always rain!

June also heralds our village Fete. A lot of work has gone into making this year's event as good as the one last year, which broke many records itself. If you are free on the 8th then have a fun day on the Primary School playing field and win some prizes and enjoy lots of the stalls which will be there. The scouts will be there with their BBQ and the Community Social Club will have its outside bar there again. Cream teas and cakes aplenty. You can also support the many organisations that will have stalls there. Entertainment comes in various guises including the amazing panic steel band who make a return appearance with their shiny, highly tuned, oil drum instruments. Cross fingers for a sunny day. Also remember to bring along your flyer with the chance to win a bottle of bubbly.

The annual parish meeting took place last month and it was well attended. I say well attended, but apart from the parish councillors, district councillors, county councillor and presenters, there was probably only about 2% of the residents of Bottisham there. We must be happy with life in Bottisham.

One way of taking an interest in village life is being on the Parish Council. There are currently 5 vacancies needing filled so if you would like to be involved see the details next to the Parish Notes in the magazine.

You will also see in the magazine an introduction to our two new district councillors, with an invitation to meet them at the first of what is to be regular 'surgeries'. Meeting at the Scout Hut on the 25th of June then moving to the Bell later in the evening seems like a great way to get to know them.

The usual array of articles this month including details of lots of activities to be involved in, from the list of upcoming events at the Community Social Club to the wide range of things to do with Cambridge Past, Present and Future.

The Medical Practice Patients group always makes a useful read from advice to what's going on at the surgery.

(continued on page 2.)

(continued from page 1.)

Sports Nut rightly starts his article with a mention of young Nick Barrett who we so cruelly lost at such a young age. Our thoughts go with Dave, Meg and the family.

Then JOW gives us an amusing review of highlights of his singing ‘career’.

Finally some early warning. Due to vacations etc., there will be no August issue of The Cresset so the copy deadline for a combined July/August edition will be 14th June.

Enjoy the fair and “Flaming June” and more from us next month.

Peter Walker, Your editor.

Introducing our new District Councillors

The turnout in Bottisham ward in May’s local elections was the highest in the whole district of East Cambs – 43%, so thank you for your interest and participation in the election process and thank you for electing us. We both intend to work hard for all the residents of Bottisham and the wider Bottisham ward.

We look forward to representing you on the Council and to championing those individuals or groups who need help. We will seek support from other Councillors to deliver our campaign commitments to improve our villages and district.

There are seven parishes in the ward and we will hold meetings in each village. Besides these meetings being an opportunity for you to discuss individual or group needs, it will also be a social event to become better acquainted with you. The number of villages in the ward means that we will hold meetings in each parish about twice a year and we will publish where we shall be each month. Our first such meeting will be in the Scout Hut, Bottisham on Tuesday 25 June from 6:30 - 7:45, and then at The Bell from 8:00 for a more informal session to meet your District Councillors.

We will also be writing a report for each issue of The Bottisham Cresset, and coming to meetings of the Bottisham Parish Council. Generally it will just be one of us attending the meetings, so that we can cover all 7 parishes properly.

Our contact details are below, please contact one or both of us if you have anything to raise. You can also stop either of us in the street, in the shops or wherever you see us; if we are busy, we will arrange a time and place to meet you.



Charlotte Cane

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Reach

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Swaffham Bulbeck

CB25 0NE

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Contents

Services in the Anglesey Benefice - June 2019	4	Bottisham WI.....	29
RENEW Church.....	4	East Anglian Air Ambulance	31
Cambridge, Past, Present & Future	9	Bottisham Community Library Association.....	31
1st Bottisham Scout Group	11	Cambridgeshire Fire & Rescue Service.....	35
Parish Notes	13	Bottisham & District Gardening Club	45
Planning Notes	15	Thoughts of a ports Nut	47 & 49
Public Transport Matters ..17 & 19		Jolley Old World.....	53 & 55
News from Bottisham Medical Practice Patients' Group .23 & 25			

Local Bellringers Show Solidarity

On Thursday, 18th April, between 7:00 and 8:30 in the evening, the three churches in the Anglesey Benefice with “ringable bells” (Bottisham, Swaffham Bulbeck and Swaffham Prior) had their bells ringing out in solidarity with the people of Paris following the devastating fire at Notre Dame, earlier in the week. This was at the request of the Archbishop of Canterbury and the Central Council of Church Bellringers, that bells should be rung in as many churches as possible, for at least 7 minutes.

The ringers were: John Chalmers, Jennifer Clark, Margret Coles, Ros Hall, Johanna R Jones, Carol I Kitson, Martin R Kitson, and Liz Thompson. We rang at Swaffham Bulbeck first, at 7:00, and then at Bottisham at 8:00.

At Swaffham Prior, John Chalmers tolled the 5th bell.

As in many rural churches with bells, we share our ringers. Our “Ringing Vicar”, Revd Sue Giles, was unable to join us as she was conducting the Maundy Thursday service at Quay.

Our thoughts are with the people of Paris.

Services in the Anglesey Benefice - June 2019

Sunday 2nd	8am	Holy Communion (BCP) at Swaffham Bulbeck
	9.30am	Village Worship in Quay Village Hall
	11am	Benefice Holy Communion at Bottisham
Wednesday 5th	8pm	"C by C" (Short candlelit meditative service) at Bottisham
Sunday 9th	9.30am	Benefice Holy Communion at Swaffham Bulbeck
	11am	Family Holy Communion at Lode
Sunday 16th	8am	Holy Communion (BCP) at Bottisham
	9.30am	Benefice Holy Communion at Quay
	11am	Family Service at Swaffham Prior
Sunday 23rd	9.30am	Children's Church at Lode
	11am	Benefice Holy Communion at Swaffham Prior
Sunday 30th	9.30am	Benefice Holy Communion at Swaffham Bulbeck
	11am	Armed Forces Service at Bottisham
	6pm	Evensong at Swaffham Prior



Love does not boast... (1 Corinthians 13.4)

So far in our considering what it means to love from Paul's letter to the church in Corinth, we have considered 'love is patient' (March), 'love is kind' (April), love does not envy (May); this month we come to the next defining characteristic of love: 'love does not boast'. Remember, in defining love, these characteristics also describe something of God & Jesus, because 'God is love'; and they ought also to describe those who claim to follow Jesus.

The Greek word translated here as 'boast' means 'to brag or point to oneself'. In contrast to the kindness and patience mentioned in the beginning of the verse, boasting is not a mark of love.

Paul's mention of boasting is significant; earlier in his letter Paul reveals that the Corinthian Christians were boasting about many things. They touted their allegiance to different apostles, creating division within the church (chapters 1–3). They were often critical of Paul (chapter 4). They boasted of their tolerance of immorality within the church (chapter 5). They sued each other in court (chapter 6). These and other arrogant actions are what Paul is challenging, holding up love before them as the right way to live.

People today are not exempt from the same traits Paul was speaking against.

Rather than being kind and patient, many focus on differences, what divides us rather than what unites. Church leaders are often criticised by those they serve and are called to lead. Some believers brag of their position in the church, claiming a perfect life, expressing a 'holier-than-thou' attitude.

Love is focused on the loved one, not on oneself. Someone who boasts is full of oneself; putting the spotlight on their own accomplishments, too concerned with making themselves look great to notice others. Love turns the perspective outward. A person living Jesus' way will big-up others, focus on others' achievements or needs, and celebrate the other or offer help with no thought of repayment or recognition.

Paul had chances to boast, but he chose not to. He had served the Corinthians without financial gain, but he did not boast of his sacrifice. Instead, he wrote, "If I preach the gospel, that gives me no ground for boasting". Elsewhere, Paul wrote that no Christian has a right to boast about salvation: we are saved by grace through faith, "so that no one can boast."

May we each endeavour to love this month by focussing on others more than on ourselves. Look for something in someone else to celebrate. Who can you help this month?

Join us at RENEW Church if you'd like to be part of a community journeying together to discover Jesus' way and follow Him. Also, don't forget Village Praise this month (Sunday 9th 5.30pm, Lode Chapel) we'd love to see you!

Blessings! - Revd. Alan

RENEW Services for June 2019

We have activities for children and young people at all our RENEW morning services at Bottisham Primary School. Everyone is welcome.

Croissants and drinks are available before Morning Worship from 10.10 am.

Sunday 2nd June. Morning Worship. 10.30am

Sunday 9th June. Morning Worship. 10.30am Followed by shared lunch

Sunday 9th June Pentecost Village Praise. 5.30pm at Lode Chapel

Sunday 16th June. Morning Worship. 10.30am

Sunday 23rd June. Morning Worship with Holy Communion. 10.30am

Sunday 30th June. Morning Worship. 10.30am

For more information about any of the activities of RENEW Church please contact:

Rev. Alan Brand on C.812558. Email: alan.brand@renewchurch.org.uk

Or visit our website at www.renewchurch.org.uk

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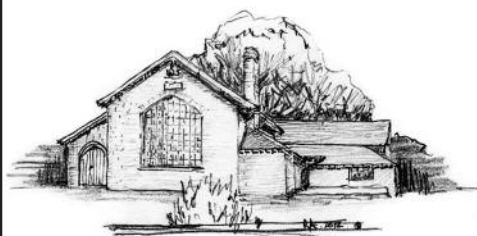
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Cambridge, Past, Present & Future

- A colourful month of activities



- Coton Countryside Walk: Coton Reserve–Madingley Rise–American Cemetery, Saturday 1 June: 10am-3pm** Join us for a sociable 7.5 mile long countryside walk around picturesque Coton village and its beautiful surroundings. No need to book. Free, donations are appreciated. Meeting point is the Martin Car Park at Coton Reserve, Grantchester Road, Coton.
- Hinxton Watermill Open Day, Sunday 2 June: 2.30pm-5.30pm** See the mill in action, riverside walk and 'Where's Ratty' game for children. NB: CambridgePPF members can visit for free. For non-members entry is £3 for adults, £1 for children. No need to book. Mill Lane, Hinxton CB10 1RD
- Wandlebury Adventures: Woodland Crafts (for unaccompanied 8-12 year olds), Monday 3 June: 6pm-8pm** Have fun designing and making miniature treehouses using natural materials, £75 for 6 or £15 each individual session. Based in the Stable Rooms at Wandlebury, CB22 3AE Booking in advance essential by email enquiries@cambridgeppf.org or telephone 01223 243830
- Wandlebury Adventures: Wonderful Clay (for unaccompanied 8-12 year olds), Monday 10 June: 6pm-8pm** Get creative with clay as you sculpt unique natural art in the outdoors! Session is £15. Based in the Stable Rooms at Wandlebury, CB22 3AE Booking essential by email enquiries@cambridgeppf.org or telephone 01223 243830
- Trees of Wandlebury in Summer – Free guided walk, Tuesday 11 June: 10am-12pm** Learn to identify the native trees found at Wandlebury. Wandlebury Country Park, CB22 3AE
- Saturday Bushcraft for Families, Saturday 15 June: 9am-11.30am** Every third Saturday of each month you can now explore the natural world through the skills of bushcraft together as a family. NB: £18 per family (£12 for single adult and child). Includes all specialist equipment and a drink and snack. Booking essential at www.wildthymeandembers.co.uk Wandlebury Country Park CB22 3AE
- Wandlebury Adventures: Scavenger hunt (for unaccompanied 8-12 year olds), Monday 17 June: 6pm-8pm** Navigate your way around Wandlebury on the hunt for scavengers, and use photos to seek out your treasure. £15 each individual session. Wandlebury Country Park, CB22 3AE Booking essential in advance by email enquiries@cambridgeppf.org or telephone 01223 243830
- Wandlebury Adventures: All Things Nets! (for unaccompanied 8-12 year olds), Monday 24 June: 6pm-8pm** Explore the woods and pond for extraordinary beasts. £15 each individual session. Meet at the Stable Rooms at Wandlebury, CB22 3AE. Booking essential by email enquiries@cambridgeppf.org or telephone 01223 243830
- Vital Spark Festival of Play and Creative Wellbeing, Sunday 30 June: 10.30am-1pm** Creative taster session activities such as family yoga, wild stories, and joy club. Tickets £5 per person or £20 for a family ticket of up to 2 adults and 3 children. Booking essential. To book email katherine@vitalsparktheatre.org Wandlebury Country Park, CB22 3AE
- Bourn Windmill Open Day and Teas, Sunday 30 June: 2pm to 4pm** Guided tours, have a go at turning the mill and teas/cakes. No need to book. Off Caxton Road, Bourn CB23 2SU.

Directions: Wandlebury Country Park is on the A1307, 2.5km south of the Addenbrooke's roundabout. CB22 3AE. Parking is available on site and costs £3 per vehicle, members free.
For more information: email bookings@cambridgeppf.org, call 01223 243830 extension 207 or visit www.cambridgeppf.org/whats-on

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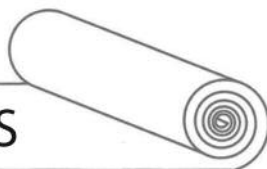


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The Beavers, Cubs and Scouts are now well into their Summer term activities, traditionally as outdoors based as possible. Whilst I write this the Cubs are literally on their way back from their first camp of the year, and some of the Scouts and Young leaders on their way back from the Scout National Archery Tournament. We will tell you about these in the next edition. The Scouts, all 24 of them, are doing various activities including the Athletics badge, a night hike and sleepover, backwoods cooking, barbeque and tent pitching practice. They also continue to work towards their Environmental conservation badge and will be at Bottisham village fete on the 8th June, doing the litter pick and showing some of the other work they have done towards their badge. The Troop is also preparing for their summer camp at Skreens Park near Chelmsford, in late July and early August.

Thanks to everyone who attended our Cake sale and got some delicious goodies. Our next fundraisers will be at the Bottisham village fete and also Hilton Park fete, before we finish the summer fundraisers off with a family cycle treasure hunt in July.

We have just seen the quote for the replacement of the rest of the windows and doors in the Scout hut. Having already found £20,000 for the main hall we now need to find the small matter of £19,000 to replace the rest! Well with the Jumble Sale bringing in over £415 I guess that's £18,585!! On a serious note, if anyone knows of any grants that we can apply for or an idea for a big fundraising event we would love to hear from you. We also want to replace the kitchen with the hope that the building becomes more widely used by the local community.

To finish, last month we told you about the Cubs hike and sleepover. One of the Cubs wrote a piece about their experiences of the event, which we weren't able to put with the last issue. So here it is:

'At the hike & sleepover we went on a hike from the scout hut to Lode playground and back. I sadly finished all my snacks on the hike, so I didn't have any left for the movie, but my friend shared her popcorn with me. When we got back, we had pillow fights using the red circle in the scout hut as an arena until our dinner arrived from Elite.

After dinner we got into our sleeping bags and started getting into our pyjamas inside our sleeping bags and settled down to watch the movie 'Small Foot'. It was about a colony of yetis and they had stones with pictures on them as a kind of law. One of the stones said that Small Foot (humans) didn't exist but one day the main character finds one inside their village....I won't tell you anymore because I might spoil it!

At the end of the movie a few people went home and the barriers between the boys & girls parts were put up. We were allowed to read and talk and get ready for bed for a little while but soon we had to settle down. I'm afraid to say that it was quite hard but finally at one point we all dozed off.

In the morning we packed up our sleeping bags and got dressed so we could pull down the barriers and set out the tables for breakfast. I had coco pops, so my milk turned chocolatey. My friend had the same as me, but she didn't want the chocolate milk, so I got extra, and I gave a little bit to another friend. Then we played some games until all our parents came & collected us.'

As always, I can be contacted on lindakingleouis@aol.com

Linda (Jones) Chair, 1st Bottisham Executive Committee

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Following the recent District Council elections we welcomed Charlotte Cane, one of our newly elected councillors, to our May meeting. Her colleague John Trapp will also be covering the Bottisham ward. If you have any issues you would like to discuss with them, they are holding a first 'surgery' on Tuesday 25th June 6.30-7.45pm at the Scout Hut, then moving on to The Bell from 8pm.

The 2nd of May also saw the Parish Council elections. Unfortunately we were only able to fill 7 of the 12 vacancies. This leaves us very short of "person power" and it was decided to minimise committee meetings and bring as much business as possible into the main Council meetings. The Play Area working party will remain as is, as this is mostly made up of residents rather than Parish Councillors and also for the New Cemetery. If you are interested in joining the Parish Council, please get in touch with either myself or our Chair. The newly elected Councillors are as below:-

Jon Ogborn - Chairman, William Clarke - Vice Chair

Christine Bryant, Hilda Buchanan, Lino Di Lorenzo, Peter Martin, Steven O'Dell

Thanks must go to Bill Sumner from the Village Stores and other shopkeepers, who are upgrading the car park behind the shops to enable more staff to park. This will hopefully free up parking at the front of the shops. We will continue to monitor the parking problems at this site.

Although the splays at the entrances to the village have been recently cut, we have asked the County Council to cut these back further to improve driver's line of sight. Once again, can residents please be mindful of shrubs/hedges in their gardens overhanging and impeding the public footpath or roads. I am constantly getting complaints about this.

Lastly we had our Annual Parish Meeting on the 15th May. Thank you to those residents who came - I certainly spotted a few new faces. As well as hearing what the Parish Council has been up to for the last year, there was the opportunity to hear from our District and County Councillors. The Village College Principal spoke to everyone about what is happening at the College and the organisers of the Bottisham Summer Fete discussed their event being held on the Primary School on the 8th June.

BOTTISHAM PARISH COUNCIL

COUNCILLOR VACANCY

There are currently 5 vacancies on the Parish Council.
If you wish to apply or find out more information please contact

Jon Ogborn - Chair on 07486 372780 or Claire Fullwood - Clerk 07914 219732
Or e-mail: clerk@bottishampc.co.uk

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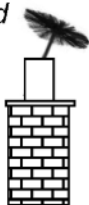
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- 19/00442/FUL 10 Maple Close, Proposed first floor side extension, NEW APPLICATION
- 19/00480/FUL 35 High Street, Construction of rear extension and detached garage, NEW APPLICATION
- 19/00478/VAR 139a High Street, To vary condition 3 (vehicle parking) of previously approved 05/01137/FUL Demolition of existing house and construction of four 3 bed houses and garages, NEW APPLICATION
- 19/00528/FUL 8 Cedar Walk, Construction of single storey rear extension, NEW APPLICATION
- 19/00567/FUL 9 Maple Close, Proposed single storey rear extension and first floor side extension over existing double garage, NEW APPLICATION
- 19/00523/FUL 5 Peacock Drive, Proposed garage conversion to form annex ,NEW APPLICATION
- 19/00302/FUL 3 Peacock Drive, Single storey rear extension, APPLICATION APPROVED BY ECDC
- 19/00387/FUL 5 Bradfords Close, Single storey rear and side extension, new windows and render to exterior APPLICATION APPROVED BY ECDC

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Public Transport Matters

There is still no update for the situation on the installing of a proper bus stop on the A1303 near the farmer's gate. Lucy Frazer has again written to Highways and I await a copy of their reply. We are now halfway through May and it was supposed to be April/May for a date. During the local elections all candidates expressed an interest in public transport provision and we hope that the new councillors will be investigative and supportive. It is so important to make use of the existing services. You may one day not be able to drive and then complain at the lack of convenient buses! Sadiq Khan, the London mayor, said it was stupid to block the London Underground during the climate change fight – we needed people on the tube and out of their polluting cars. There is an unfair gulf in bus fares between London and the rest of England – £150 for a single ticket in London and 5 miles in Hampshire can cost £5.65. This is leading to people no longer using the buses. This is due to the franchising systems – e.g. London, Blackpool and Nottingham – where the networks are under public control. Stagecoach locally do advertise their special ticket prices.

The railways have been more in the news rather than buses. The £39bn. Northern Powerhouse rail project has been given the green light. It is hoped that it will help create an area of economic activity to rival centres like London. Transport for the North set up by the government submitted a business case for joining Liverpool, Manchester, Leeds and Sheffield with upgraded rail links.

Andy Burnham, the Greater Manchester Mayor, has pledged to introduce free travel for 16-18 year olds but this will mean an increase in council tax.

Locally the Cambridge News complained of 'train pain' – tickets are confusing, carriages are crowded, all too expensive, problems of cost and ease of parking at stations, reliability, punctuality and public transport links to stations. The Dept. of Transport say they are investing £48 billion to deliver improvement to performance. It is said that when train operating companies announce a change in ticketing policy, bitter experience tells us that they are taking more of our money for what is often a third-rate service. This time it is 'dynamic pricing' – an Oyster card-style system whereby busy services would become more expensive and quieter ones cheaper – allegedly! However mastering the art of split-ticketing can slice 30 per cent off your rail fare. All that is required is that the train stops at the station where one ticket journey ends and the next begins. Try Split your ticket, Trainsplit or Split my Fare – you don't need an app. Campaign for Better Transport say that you should be able to do this at a train station ticket office. Also Rail companies sell a limited number of advance tickets up to 12 weeks before your journey. This can cost as little as a tenth of your ticket purchased on the day.

From May 19th there are railway timetable changes which can cause more disruption. An additional 1,000 services a week are being introduced by Govia Thameslink, Great Western, Northern, ScotRail and South Western. They are being introduced gradually and extra staff should be on platforms to help and there will also be extra drivers. If you want to claim for rail delays, you may have to provide 13 or 24 pieces of information to qualify for compensation – this includes Greater Anglia – e.g. cost, class, peak time or not, how it was paid and dates.

There will be disruption in the summer as Network Rail announced that a section of the west

continued on page 19



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coast mainline, which connects London with Glasgow, will close for 16 days to allow engineering work in the northwest of England. This will mean rail replacement buses, changing to different trains or facing longer journeys as trains are diverted. This is from July 20th to August 4th. The House of Commons believes that there is a funding shortfall in the pensions of railway staff. This is why Stagecoach was banned from bidding for rail franchises as it refused to share pension liabilities risk in future contracts. The rail industry is calling for the present train franchise system to be scrapped and that long distance routes are opened up to competition between multiple operators and that commuter services into London and around leading cities could come under the control of local authorities.

The Caledonian Sleeper has now been revamped with double beds and ensuite showers after a £150 million refit. But there was a dismal start as it rolled into Glasgow from London two and three quarter hours late and returning to London it arrived three hours and 20 minutes late!

The usual matters of the HS2 and Crossrail continue. Apparently HS2 has spent £600 million buying up houses along the route! It is HS2 Ltd the government owned company. 130 of these houses cost over £1 million each. Spending on the £55.7 billion project looks certain to run over budget. A retired railway manager, however, says that there are benefits. If some intercity trains are transferred to HS2, capacity will be created on the west coast main line for services between London and Milton Keynes, Stafford, Stoke, Leeds, north Wales and others. Also more freight trains will be able to run particularly to and from Felixstowe. This would take port freight off the road and result in more use of electric power and less petrol and diesel. There is, however a call for work to be stopped until the end of the year when a formal 'notice to proceed' is issued. It was due to be signed in June. HS2 Ltd could then sign construction contracts but various council bosses are not in favour.

Museum Collection lists 'Atlas of Railway Station Closures' for £25 and a 'Metro-Land DVD – a tour in the company of John Betjeman' in the BBC documentary of 1973 at £12.

Rail info: 03457 48 49 50 Traveline: 0871 200 22 33

Happy travelling! - Paddy James

**Copy deadline for joint
July/August issue is 14 June**

*Please send material to the editor
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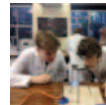
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News from Bottisham Medical Practice Patients' Group

RED BUCKET APPEAL: At the PG AGM we heard from Dr Keith that with new IT software now on the Practice System and the appointment of a Health Care Assistant this has made the eventual, expensive, purchase of The Pod unnecessary. Instead the doctors would like us to buy smaller items of equipment such as a special light for looking at skin disorders, another 24 hour blood pressure monitor and a Dopler machine to monitor blood flow, especially for use on the feet of diabetic patients so that early treatment can be started.

PRACTICE MATTERS: Dr Keith told us that under the NHS 5 year plan £500 million is being allocated to GP failing practices and developing staff resources. The Primary Care Network which starts on 1 July requires practices to federate with others to cover 30 – 50 thousand patients to provide staffing such as paramedics, social prescribers and pharmacists. Bottisham will still care for their own patients here. The other practices with us are East Barnwell, Nuffield Road, York Street and Arbury. Bottisham is a training practice.

From 1 July there will be extra appointment times on Mondays and Tuesdays with pre bookable appointments from 7am and over the lunch time period 12-3pm. These appointments will only be pre-bookable and on line. The surgery phone line will not open earlier.

The entrance doors will be automated shortly.

A new fence has been installed in the car park, drivers please take care.

The over large new notice boards installed by the Deaf Service, who are leasing the old dental surgery, are causing some complaints. This Service needs to seek planning permission

There is extra funding for the Joint Emergency Response Team (JET) who can be called upon by the doctors. JET is a paramedic home visiting team and they have access to other services like physio for patients who may have an injury after a fall.

ASTHMA: Asthma affects about 5 million people in the UK. Asthma triggers cause airways to swell and so get narrower, while the lining of the airways becomes inflamed and produces more sputum, which makes the airways even narrower. This makes it harder to get air in and out of the lungs. Symptoms include wheeze, breathlessness, a tight chest, a cough and trouble sleeping due to shortness of breath/cough/wheeze.

There are many triggers for asthma including colds and flu, animals/pets, pollen, dust mites, cigarette smoke and moulds/fungi.

There are many types of asthma, often classified as seasonal asthma, childhood asthma/adult onset asthma, occupational asthma and difficult to control asthma. It is important that your asthma is well managed and controlled so that you can breathe comfortably and you should take your preventative inhaler as prescribed (every day) and have your reliever with you at all times.

Asthma UK has some really helpful short videos about living with asthma, covering topics such as exercise, travel, studying/exams. www.asthma.org.uk/advice/living-with-asthma/

Asthma UK also has some excellent short videos you can watch to check your inhaler technique is as good as it can be – to ensure the optimal amount of medication get into your lungs. There is a video for each type of inhaler. www.asthma.org.uk/advice/inhaler-videos/

(Continued on page 25)



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(Continued from page 23)

Asthma can be very serious and so it is important to pay attention to the early warning signs of an attack see below:

The early warning signs of an asthma attack - and how to stop it coming on

Book an urgent appointment with your GP or asthma nurse if you are experiencing one or more of these signs:

Your symptoms are coming back (wheeze, tightness in your chest, feeling breathless, cough).

You're waking up at night because of your asthma.

Your symptoms are getting in the way of your day-to-day routine (e.g. work, family life, exercising).

You need to use your reliever inhaler (usually blue) because of your asthma symptoms three times a week or more.

If you recognise any of these signs, they are telling you an asthma attack could be on its way. This is your chance to stop it coming on. Book an urgent appointment with your GP or asthma nurse or visit your local walk-in centre. They can help you to stop an asthma attack before it happens, or make it less serious so you don't end up in hospital.

WALKS FOR HEALTH: The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 7 and 19 June, 5 and 24 July 2019. Do join Steve for a walk he would be delighted to see you. Walks from Anglesey Abbey continue on Thursdays at 10am from the reception area.

NEXT MEETING: Next meeting will be Thursday 25 July 2019 at 6.30pm at the surgery.



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We had a most interesting talk by Carol Pook on Dr James Barry one of the most respected British surgeons in the 19th Century. But he was actually a she - Margaret Ann Buckley - who studied for her medical degree at Edinburgh University which she gained with flying colours This was at a time (before Elizabeth Garrett Anderson) when women could not train in medicine. She was able to join the military as no medical examination was necessary at that time and served for 40 years, first in Capetown where she was befriended by the Governor Lord Somerset and may have had an affair with him. Dr Barry then went to Mauritius where he dealt with the cholera epidemic by providing a better water supply. He went to Crimea where he met with Florence Nightingale and gave her a very public scolding concerning hygiene in the hospitals there! He performed the first caesarean operation on a kitchen table in Africa. A remarkable story.

She was Dr James Barry for 56 years and died of dysentery. The post mortem showed he was a she who had had a child. Was this a result of rape by her uncle when she was only 14 or was it Lord Somerset's child? All papers were kept under wraps for 100 years but since 1965 lots of books have been written, a play and even a film has been made. We shall never know the true story.

We celebrated our 101st birthday with a delicious cake at refreshment time and had a meal at Newmarket Golf Club later in the month to finally end our Centenary Year.

We continue with our monthly Walking group and Craft evenings and continue to play darts each Monday.

Several members attended the Cambridge Federation AGM where the speaker was Floella Benjamin of Playschool fame. A most entertaining speaker.

We also met up with local institutes in Bottisham for a Group meeting when Simon White from Peter Beale's Nursery in Attleborough spoke about the many lovely gardens in East Anglia accompanied by colourful slides. The entertainment was given by Lode WI – several humorous poems and sketches. A very enjoyable evening.

At our next meeting on 18th June Angela Deavall will tell us about "Using Herbs and Essential Oils at Home for Chemical Free Living"

We meet at Queens Court at 7.30 pm and visitors and new members are most welcome

Sylvia Overton

**Copy deadline for joint
July/August issue is 14 June.**

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One of our ongoing income streams is provided by a 'universe' of red collection boxes sited in a wide variety of venues across East Anglia. One such, which I was recently asked to collect, was from Cambridge Aero Club. A trainee pilot, having first flown soon after his 15th birthday and now in the final stages of earning his Private Pilot's Licence, had found a collection of unmade AirFix models in his grandfather's attic. Having resisted the temptation to throw them out, he contacted the Club to see if anyone might like them. These were advertised for sale with the proceeds coming to EAAA. Of the total of over £200 collected in the box, a very considerable proportion came from the model sale. Thank you Zain Robson, Megan, Sarah and the team at Cambridge Aero Club.

This goes to show that, given the inspiration, there are many ways in which people support the charity. Do you have an idea? – donating from proceeds of any sale, associated activity, sporting or social activity? Please get in touch with the Community Team on 01763 262697, or by email – cambridgeshire@eaaa.org.uk – the charity will do all it can to help.

Together – we save lives.

Michael White

Bottisham Community Library Association

Our Lego Club for primary age children got off to a flying start on Saturday 4th May. It was most enjoyable. The 15 children were very well behaved and engrossed in making models about transport - the topic of the day. Several younger children played with the Duplo sized Lego on the floor at the far end. There was a real buzz about the place. We had several families who had not yet visited our new Library and 2 visitors signed up as members. More books than usual were issued too. It is a pity that we are unable to serve refreshments. Many thanks to Morven Langford for masterminding this. The next meeting is on 15th June (no meeting on 1st June) when the topic is pyramids, and then again on 6th July.

We had 2 large boxes of excellent children's books brought in recently for the book stall at the Community Fete on Saturday 8th June (thank you) and would be pleased to receive more good quality books that we can sell. Please bring them to the Library during one of our sessions.

Did you know that books borrowed from the mobile library or nearby public libraries can be returned to Bottisham library?

Sylvia Overton

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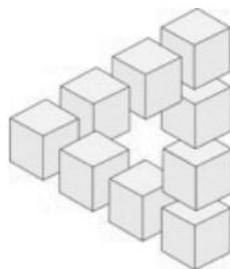
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Bottisham & District Gardening Club

We were very pleased to welcome Andrew Sankey back to our April meeting to talk about 'Colour in the Garden'. Originally based in Lincolnshire with a very large garden, Andrew has now moved to Cambridge. He is a nurseryman and garden designer and had plenty of tips and advice for those of us with smaller gardens. It's that gardening time of year so I'll pass some of them on.

Our season is relatively short, generally fading by the end of July. Start with a spring garden, sited close to the house to be seen through the windows on a wet or chilly day. Plant in drifts, grouping plants together for a mass effect, in odd numbers – the more the better – seven is good (works especially well with hellebores in Spring). Cool colours make the garden look bigger, use pale pinks, blues and whites. Plant hardy geraniums to come through and hide the fading foliage of spring bulbs. Use pots to ring the changes through the seasons, a plastic pot of tulips could line a decorative pot, to be replaced later with, say, lilies or summer bedding. Useful also for filling gaps in the borders.

Be careful with hot colours – orange, vivid yellow, strong red. Use sparingly! Grey, green and silver look elegant and cool in the evening. And repeat plant: take the same plant and repeat it down the border. If you only have one plant, it can usually be divided to spread it around. Above all, experiment!

HILTON PARK CARE HOME

Hilton Park has been in touch to ask for our help in revamping their indoor atrium. Scotsdales at Shelford have offered to provide the plants and we are hoping to get a working party to design and rejuvenate a raised bed of approx. 5 metres by 1 metre. Volunteers would be welcome to join us, please contact Margret Coles on 01223 812199 or me, Tricia McLaughlin, on 01223 811072. We (and Hilton Park) would be very grateful for any help offered.

FORTHCOMING

28 May meeting: David Coop of Elsom Seeds will be coming to talk to us about 'Which Compost'. 7.30 pm in the Poppy Room at BSSC.

On 25 June we will be holding our summer social in the Poppy Room at the Sports & Social Club. Visitors are welcome to join us for a chat and refreshments (fruit cup and strawberries and cream) from 7.30 pm to 9.30 pm. We look forward to seeing past and prospective members for this get together – no cost to members, visitors £2.

Our annual summer outing this year is on Wednesday 17 July and we will be travelling by executive coach to RHS Hyde Hall in Essex.

Please contact Peter or Wanda Bullock (tel. 01223 811716, email wandaandpeter@googlemail.com) for further information or to book a seat on the bus. Members £15 per person, non-members very welcome £20 per person. The cost includes coach and entry fee.

Tricia McLaughlin

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Thoughts of a Sports Nut

It is my sad privilege to say a few words about my friend and former footballing team mate, Nick Barrett, who passed away in mid-April after a long illness. Nick battled his disabilities with the same belligerent courage that he used to confront all his opponents and he leaves us with overriding memories of fun, laughter and good times. As a footballer, I think he would agree that he was no Lionel Messi; but when we needed to rely on someone to play in any position he was asked, Nick would always put his hand up. From a manager's (and team mates') point of view, Nick represented the life and soul of Bottisham Sports FC and he inevitably joined the management team later on when there was a job to be done. To us, he will always be the boy with the big smile and the big heart who had time for everyone and would walk through brick walls for the team. Rest in Peace Nick.

Well the country seems to be basking in the glory of the so-called 'English' clubs dominating European football competitions this season, but I have to chuckle every time I hear the reference to 'English'. Sure enough, the fact of both major finals being contested by teams from the Premier League is a superb advertisement for the league, but 'English'? Really?! I'm guessing that no more than six English players will start the Champions League final and perhaps only one will take the pitch in the Europa League final. Of the four teams involved, only Tottenham have a British born (but not resident!) owner and, as for the managers: we have a German versus an Argentinian and an Italian against a Spaniard. However, having said all that, one wonders if there was something very home-grown in the character that both Liverpool and Spurs displayed in overcoming three goal deficits to reach the Champions League final. Perhaps, if you buy and select the right players, it's possible to instill in them a passion for the badge and a Churchillian will to "never, never, never, never give in"!

I must just express my sympathy for the supporters of the respective clubs, though. Liverpool and Spurs fans have to travel to Madrid to share less than half the tickets of the 68,000 seater stadium; and it's worse for Chelsea and Arsenal who get to visit Baku for the sake of only 12,000 of the 68,000 tickets available! Not only that, but the price of flights and hotels in the two host cities immediately skyrocketed to astronomical prices, effectively rendering it impossible for many genuine fans to attend. Scandalous from UEFA and the travel industry!

No less scandalous was the 'punishment' UEFA meted out to Montenegro for their crowd's disgraceful racist abuse of England players during the recent match in Podgorica. A fine of 20,000 Euros and an order to play one match behind closed doors hardly suggests that UEFA are taking this matter seriously, especially when you realise that this sanction covers charges of setting off fireworks, throwing objects, crowd disturbances and blocking stairways, in addition to the racism. England full back Danny Rose was "lost for words" over this leniency. Me too – almost!

This time last year I was admonishing Sir Mo Farah for his puerile behaviour towards the London Marathon volunteers after picking up the wrong water bottle and running out of

(Sports Nut continued on page 49)

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(Sports Nut continued.)

steam well before the finish. No such histrionics occurred this year but I bet a certain Mr Darling managed a smile when Farah's wheels fell off again around the same stage of the race! Not that Farah was likely to catch the amazing 34-year-old Kenyan, Eliud Kipchoge, who set a new course record and has now run the two fastest marathon times ever! The second and third placed athletes also ran the fastest times of their respective finishing positions, which made for an awesome spectacle. Not so awesome, in my humble opinion, are the six-to-eight-hour finishers. I can't call them 'runners' as they barely run at all. Now I don't, for a moment, condone the abuse suffered by some of the slower participants, which is contemptible, but it really is disappointing to see people, who haven't even attempted to get into shape, walking in the first couple of miles when there are 360,000 applicants who get turned away every year! Yes, yes, I know that they would have been raising a great deal of money for charity – which is highly commendable – but surely a Marathon is an event for runners, not a repeat of Red Nose day!

Incredibly, South African athlete Caster Semenya lost her appeal to The Court of Arbitration for Sport (Cas) challenging IAAF's new rules on women's testosterone levels. What on earth is going on here? Just to be clear, it means that this lady will now have to take drugs to lessen the capability of the natural body she was born with, in order to compete in official events. Semenya lamented: "For a decade the IAAF has tried to slow me down, but this has actually made me stronger. The decision of Cas will not hold me back," adding defiantly "I will once again rise above and continue to inspire young women and athletes in South Africa and around the world." In the meantime, the United Nations Human Rights Council has called the rules "unnecessary, harmful and humiliating". Quite.

And for my part, I question whether we are heading towards outlawing natural advantages and effectively operating a golf-style handicap system for athletes who are particularly talented. I am left wondering what the present-day authorities would have made of American Michael Phelps' natural attributes of a 6'7" reach, size 14 feet, and hypermobile (double-jointed) ankles, dominating world swimming as he did for more than a decade! Furthermore, when tests showed that Phelps' body produced less than half the lactic acid level of other competitors, the Olympic Committee expressed how lucky he was to have such a "genetic advantage". Perhaps athletes of the future will be surgically modified to ensure they all have an equal chance of winning when they take their marks, so that less gifted individuals do not feel "disadvantaged"...

TTFN - Gerry Daish

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ESPRIT DE CORPS!

As some readers will know Sunday 24th March was a very memorable day for me as it was the day I retired from singing as a Lay Clerk in a nearby Cathedral Choir. This was after thirty years of crooning out the tenor line, demanding a not insignificant impact on normal family life.

I was encouraged to audition in 1988 and after a three month trial I was delighted to be invited to sing on a permanent basis as a first tenor. Thereby started a musical journey that presented many challenges, opportunities and, too numerous to mention, humorous moments. The journey involved choir tours every other year to various parts of the world, CD recordings, concerts with professional orchestras and soloists and numerous radio and TV appearances supplemented by countless social activities in which my long suffering better half could also participate. Of course this was all interwoven with the main purpose of the choir – to provide choral music at all services where music was required to complement the liturgy.

One such memorable event was whilst we were on tour in what was then the Czechoslovakian Republic – now of course separate countries. This was in 1992 after the break-up of the Russian federation which saw the Communist Party sent packing. We were there as part of a cultural initiative set up by the British Consulate and its Czechoslovakian counterpart. Our accommodation was in a small village outside Prague, the choristers billeted in a youth hostel and the Lay Clerks in an old communist party apartment block. For our final concert we rehearsed in the local church and as we did so it gradually filled with local people who had come to listen, apparently because remnants of the local communist party were saying that the choir was only to take their money. The concert then, much to our surprise, was also standing room only and indeed a retiring collection was taken whilst smug faces looked on from the back. The monies collected were then handed to the local Priest with huge applause while the ‘smug looks’ were unceremoniously escorted from the church...

On the humorous side another notable event was when BBC TV ‘Songs of Praise’ came to town. To offset some boredom we started to play around with the Songs of Praise brochure which ended up with the front page being slightly altered to “Snogs of Praise”. The cameramen were in fits but said nothing to the floor manager. I think the producer must have noticed in the editing because not one of the Lay Clerks on our side appeared in the televised version. Then one Christmas morning we were on live TV from Paul Heiney’s farm in deepest Suffolk. They say never work with animals – how right they are...

To maintain choral standards singing lessons were a priority for both the choristers and the Lay Clerks and auditions were held annually. But with just one or two voices to a part on each side, there were many opportunities to do solo work. The problem was you never actually knew if you were the soloist until moments before the solo itself. It was in the carol

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‘In the Bleak Mid-Winter’ that I got the nod. That was when I fell into the trap of transposing the last word of the second line of verse 3 – it should be “worship night and day” with ‘day’ rhyming with ‘a manger full of hay’. But what did I do? I confidently sang ‘worship day and night’ then, if it was to rhyme, followed by ‘a manger full of *****’ I could see the Director of Music turning puce when luckily a colleague animatedly pointed to a ‘Light’ on our stalls – phew!! I wonder how many people actually noticed...

Sundays being an all-day event; some of the ‘back row’ often went to lunch at a local hostelry. A new beer was on and so we just had to partake of a sample forgetting, for fear of losing our reputation, to ask the strength. It all went down rather too well and during the anthem that afternoon there was a line ‘they stagger like a drunken man’. At the end of the service The Dean commented that the piece was sung with true conviction and authenticity!! Then extraordinary things happen while you’re singing quite innocuous items such as a hymn. Imagine a warmish Sunday afternoon when a rather well developed matronly looking lady hurried in. She then began to peel off her jumper just as we were singing the first line of the hymn; ‘Jesu Lover of My Soul’. As her arms rose above her head and her chest expanded the line that followed was; ‘Let me to thy Bosom Fly’....

During a CD recording we heard the command ‘CUT’. The producer came out and told us how very sensitive the microphones were and that during ‘a take’ he had picked up a release of intestinal gasses with the usual accompanying sound. It was eventually admitted to of course by one of the choristers. Anyway this event became part of the producer’s lecture notes on recording techniques which he took all over the world and is now known in the trade as ‘The Bury Fart’!

Singing in such a place cannot pass without experiencing many highlights. One such very special highlight was to have met Her Majesty the Queen at a Maundy Thursday Service where we were all given a commemorative box of Maundy Money as our fee for singing. Over the years I have sung at eight services attended by the Monarchy with all the special pageantry, tradition and security that such events entail.

Belonging to any choir, but especially a cathedral or collegiate choir, is proven to be beneficial to you emotionally, physically and socially and it’s a great workout for your lungs, heart and circulation. It’s a forum for sharing laughter, fun and building camaraderie enfolded by an ‘esprit de corps’. It offers comfort to people who have moments of personal crisis and tragedy in their lives and of course choral music is there to celebrate moments of national rejoicing as well as acts of remembrance. The experience is to be recommended to any singer but in particular to all boys and girls between the ages of seven and thirteen. Singing is an inclusive activity whereby all children can be equal and connected. It builds self-esteem and reduces pressure on those who might struggle with the more academic or theoretical aspects of learning. And it’s a fun way to spend an hour or so at or outside of school.

JOW

“If I cannot fly then let me sing.”

Stephen Sondheim.



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Police community support officer Ann Austin PCSO 7353 at Ely Police Station	Contact through 101
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Branch Chairman: Dave Frost	www.Britishlegion.org.uk/branches/bottisham
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Bottisham Community Sports and Social Club: Secretary Graham Darling,	
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