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# Milton Village View

Issue No. 136 – Jan 2019



## In This Issue...

- Milton remembers: 1918-2018
- A10 Bridge: Bike Questionnaire
- Volunteer with the Scouts!

*And much more!*

*Photo: Graham*

# Contact Us

Send us your news and photos:

**mvv@milton.org.uk**

Mary-Ann Johnson,  
1 Knights Way, Milton, CB24 6DE

Deadlines for articles are:

**12th January**

**12th March**

**12th May**

**1st September**

**1st November**

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

## Online Archive

Find back copies of Village View  
(back to 1991) on our website:

**www.mvv.org.uk**

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## Remembrance 1918-2018

Milton celebrated 100 years since the end of WWI in a variety of ways, including crocheted poppies!

The amazing displays by Miltonians included the hard work done by Karen Aymys and Clive Milner on Milton and the Milton WWI fallen, and the Milton Poetry Group's war poems suggestions, with maps showing battlefields and war grave sites.



The display was shown at the Community Centre before moving to the church hall for the Remembrance Day service, attended as usual by the Milton scout and guide groups.

The congregation moved to the war memorial on Coles Road to join hundreds of others for the 11 o'clock act of remembrance, led by Rev. David Chamberlin and members of the Parish Council. There were an estimated 450 people in total at



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## February

**18th-21st** Holiday Bushcraft Club: [www.wildthymeandembers.co.uk](http://www.wildthymeandembers.co.uk)



## March

**Fri 1st** World Day of Prayer, All Saints', 6.30pm (welcome café from 5.45pm)

**Weds 6th** Ash Wednesday Holy Communion, All Saints', 8pm

**Tues 12th** Lent Lunches: Join us each Tuesday at 12 noon at All Saints', for lunch, prayer and a stimulating talk. Theme: "Jesus' Men".

**- 16th Apr**

**Sun 31st** Mothering Sunday, All Saints', 10.30am

## April

**Sun 14th** Palm Sunday Service, All Saints', 10.30am

**Thurs 18th** Maundy Thursday Holy Communion, All Saints', 8pm

**Fri 19th** Messy Easter, All Saints', 10am

**Fri 19th** Hour at the Cross, All Saints', 2pm

**Sun 21st** Easter Sunday Holy Communion, All Saints', 10.30am

**Sat 27th** Women's Day, All Saints' (see [www.allsaintsmilton.org.uk](http://www.allsaintsmilton.org.uk) for details)



More pub events: see pp.18-19.

Regular events: [www.milton.org.uk/clubs-societies](http://www.milton.org.uk/clubs-societies)



Photo: Don Wildman

11am, which would have been a significant proportion of the 1918 population of Milton.

The new commemorative benches were installed in Coles Road shortly afterwards next to the Jubilee Tree, a Holm Oak originally planted to mark the Queen's Jubilee in 2003.



Photo: Mary-Ann Johnson



Photo: Rebecca Ostler



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## Recycle with Michael

At Humphries Way, Milton

Help the environment and support two charities by getting rid of your old 'stuff'!

Just inside the main gate of Milton Primary School, at the end of Humphries Way, is a clothes bank. You can put good quality clothes, belts, shoes and bedding (No duvets or pillows though) in here AND old, stained, ripped items!

Sellable items will be sent to Salvation Army charity shops to support the work they do, the other items are sold to the rag trade and recycled (So nothing ends up in landfill).

The Salvation Army also donate an amount to the Milton School Association (PTA) every time they empty the clothes bank.

So by popping your unwanted items in there you are supporting the village school, the Salvation Army charity works and helping the environment.

Win, win, win!

The bank is open for everyone to use and accessible at all times.

We hope you will support us by using this bank. Thank you.

*The Milton School Association*



Photo: Michelle Peters



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## Chairman's Report – Milton Parish Council

### Parish Council Election

We have struggled for many years to get enough people to join us as Parish Councillors. Around the 1980s when the village expanded, the Parish Council applied to increase the number of councillors we could have to fifteen, thinking that this would allow the workload to be spread across more people and for more people to have a say. For many years we were easily able to attract enough councillors to fill the fifteen positions, but for around seven years now we have struggled to find people who are willing to get involved and our numbers have dwindled. This has caused us problems, as we have to have five or more people (one third of the fifteen councillors allowed) at our council meeting to make decisions. Last year we only had seven councillors for a time and were close to not being able to make decisions due to holidays etc., so we asked the District Council to allow us to reduce the number of councillors required to twelve, which would then allow us if necessary to make decisions with a quorum of four.

We have now received permission to reduce our councillors to twelve, but to do this we have to call an election. So there will be an **election in May this year** to fulfil the requirement only of the law when reducing the numbers of councillors needed, even though there are only nine of us at present.

### Bus Stop Ely Road

After many years of trying to find a safe solution for the relocation of the bus shelter, that also avoided all the underground services during installation, the Parish Council felt that unfortunately there was no sensible solution that they were happy to go forward with.

### Grit Bin – Milton Primary School

We have now installed a grit bin in agreement with Milton Primary School, beside the footpath in Butt Lane.

*Jane Coston, Chairman of Milton Parish Council*



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Fri 9.05am - Mixed Ability Mat Class (CBC)  
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# A10 Foot Bridge – Cycling / Walking Questionnaire

Milton Parish Council is considering whether cyclists should have to dismount when using the A10 foot bridge (Butt Lane).

Currently the sign at the bottom of the bridge is only an advisory sign suggesting cyclists should dismount. The Parish Council has discussed issues raised around cyclists and walkers using the bridge and have decided to seek your views. We will then discuss the responses received and if we feel overall the responses are in favour of a change we will contact the County Council and ask them to consider altering the bridge's status and replacing the sign with a sign requiring cyclists to dismount.

Your views are important. Please reply to the questionnaire with your opinion on whether there should be a compulsory sign requiring cyclists to dismount, or if you feel that the current advisory sign is sufficient.

Closing date for responses 24th February 2019



Butt Lane Bridge



Advisory



Riding of  
pedal cycles  
prohibited



Should it be made compulsory that cyclists have to dismount to cross over the A10 bridge?

Answer yes or no \_\_\_\_\_ Name: \_\_\_\_\_

House name/ number: \_\_\_\_\_ Postcode: \_\_\_\_\_

Signature: \_\_\_\_\_

Please return to the Parish Clerk, Parish Office, Coles Road, Milton, Cambs CB24 6BL

We are happy to take email responses to this questionnaire – email: [clerk@miltonvillage.org.uk](mailto:clerk@miltonvillage.org.uk). If you wish to respond by email, please put 'A10 bridge' as the subject and respond to the question within the body of the email.

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## Parish Council Office Staff Vacancy



Milton Parish Council is looking for someone to work in the Parish Office who is organised and has admin or bookkeeping skills or both. This would initially be on an ad hoc basis of around 5 hours a week and paid.

If you are interested in this position, please write to us / email us by 24th February with a copy of your CV.

For more information please contact the clerk, Sarah Corder.

Parish Office Tel. 01223 861447

Email: [clerk@miltonvillage.org.uk](mailto:clerk@miltonvillage.org.uk)

Milton Parish Council, Parish Council Office, Coles Road, Milton, Cambridgeshire, CB24 6BL

## Winship Road Markings - Rights of Way



You may have noticed the new red road markings across the Winship Road entrance to the High Street, near Tesco. Parish Clerk Sarah Corder has had clarification from Cambridge County Highways on the rights of way:

### Spotted Broken Glass?

If you spot broken glass on the street, contact South Cambs street cleansing department on 03450 450063. N.B. This department also covers fly tipping reports.

“This is a red covering to highlight the fact cyclists cross here, we have refreshed all the give way linings on the footpath to either side in addition to installing this. **Cyclists don't have right of way** and are still expected to give way / obey the markings in advance of the road.”

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## Waterbeach Station Relocation: Latest

Plans to re-locate Waterbeach Railway Station have been formally approved after being supported by South Cambridgeshire District Council's Planning Committee.

The plans will see the station moved from its current position on Station Road, to the north east of Waterbeach on land between Cody Road and the 'Fen Line' railway that runs between Cambridge and King's Lynn. It is a key planning policy objective for the new community planned at Waterbeach.



The permission given to re-locate Waterbeach Railway Station includes:

- ✓ A two-platform station, with platforms long enough for eight carriage trains
- ✓ Two pedestrian bridges, including one with a lift
- ✓ A car park and cycle parking
- ✓ A passenger drop-off area
- ✓ A shuttle bus service between Waterbeach and relocated station
- ✓ An access road from Cody Road to the station car park
- ✓ Platform lighting, station information and surveillance systems
- ✓ Bus stops
- ✓ A taxi rank

Planning permission has been given on the basis that the developers meet several conditions, including contributing £50,000 towards local road improvements such as traffic calming measures along Way Lane and improvements for pedestrians at the junction of Denny End Road and Bannold Road.



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# Archives

## From the Archives

**25 Years Ago: Dec '93**



Rev. Canon Fred Kilner,  
Vicar of All Saints Church

### VILLAGE VICAR LEAVES AFTER 15 YEARS

After nearly 15 years as Rector of All Saints Church, Rev. Canon Fred Kilner is leaving Milton to become the Vicar of St Mary's Church, Ely.

During the years Fred has lived in Milton, many changes have taken place and he has taken an active part in a number of these.

He was the instigator for the extension of All Saints Church and the building of the Church Hall, which is the venue of so many clubs and meetings, as well as the Sunday School. Fred was one of the original members of the steering committee who had the foresight and determination to start up the Childrens Hospice in the Old Rectory, and to develop it to the success it is today. He is Chairman of the Hospice Trustees and will continue to be chairman after his new appointment.

*Iris Chilton*

**10 Years Ago: Dec '08**

### Cygnets News

Milton's Cygnets have boundless energy - just look what we've been up to!

#### Dressing Up Day



Jackie Gray Manager Cygnets

On 26th November the staff and children of Cygnets Milton Pre-School held a dressing-up day. Everyone involved was invited to bring a donation to Leukaemia Research in memory of the late Mark Autherson whose daughter attends Cygnets. The staff and committee of the pre-school would like to thank everyone involved, as we managed to raise £88.

### Country Park Playground: Latest

The new playground in the Country Park has been closed since November for resurfacing.

The seeded areas took a while to re-grow, so the playground will be closed until around February half term (2019).

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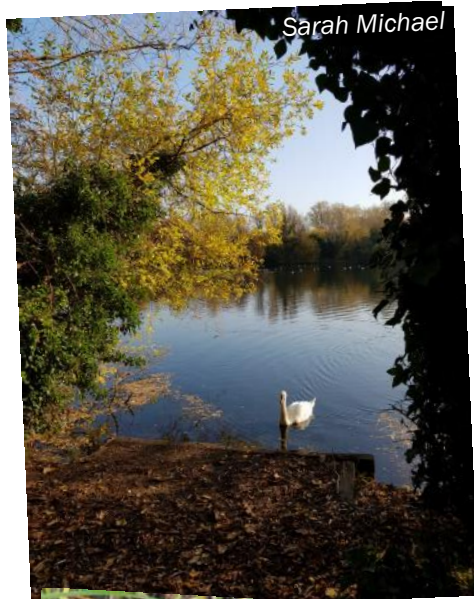
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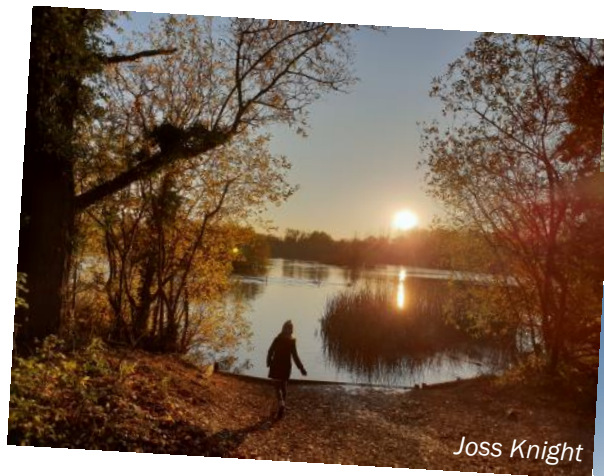


Barbara Le Gallez

## Your Photos Could Be Here!

Photos taken in and around Milton always welcome — of places, people, events or just something that strikes you as beautiful. No lower or upper age limit!

Send them to [mvv@milton.org.uk](mailto:mvv@milton.org.uk), and we'll include as many as we can.



## Organisations

### Milton WI

About 40 members returned to Il Piccolo Mondo in Bottisham for our Christmas lunch. Once again we had a splendid meal together with our usual festive fun. At our Christmas December meeting, we enjoyed an evening of entertainment provided by The Pulsatillas which was followed by a Bring and Share Supper and a visit from Santa!

Upcoming meetings will include Angela Deavall from Boxworth Botanicals who will be talking about their plant-based natural products for beauty and wellbeing. Our General Meeting will be in March, and we'll also be welcoming Vanessa Mann who will be giving further information on Milton 'postcard tweets' from days gone by. Vanessa came last year and fascinated us with tales of life she had gleaned from Edwardian postcards. In April, Tracy Mackness' talk will be on 'Turning My Life Around'. Following a life of crime, including time

in prison, Tracy became a pig farmer and is now a successful business woman setting up the Giggly Pig Company selling her sausages throughout the country.

As well as these monthly meetings, smaller groups enjoy other activities, including bowling, darts, lunches, walks and games afternoons, and any member is always welcome to join in.

New members welcome. Contact Gill Offley (01223 293231) – President, or Bridget Crow (01223 441755) – Secretary, for further details, or just come along. Meetings are on the third Tuesday of each month at 7:30pm in the Church Hall.

*Anne Newman*



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## Scouts Volunteering

Would you like to volunteer and join our team? We are keen to recruit a diverse group of volunteers and we have a variety of opportunities to get involved with. We'd love to hear from you, whether you can spare a day a week, a couple of hours a month or the occasional support at one of our events. What could you do?

### Help behind the scenes...

*Join our Group Committee* Responsible for overseeing the running of the group, this involves decisions and discussions including anything from fundraising to finance to group equipment.

*Join our Fundraising Teams* Our Scout Group have fundraising events throughout the year. These include jumble sales, marquee hire and catering events and require volunteers to help organise and run them.

*Development* We have recently formed a development group: could you join us and help to create a vision for your local Scout Group?

### Help to run activities...

*Become a Leader!* It is vital to us that the programme we deliver to the young people in our Group is full of adventure, learning and fun! We rely on volunteers to run these activities. There are multiple options for adults who wish to volunteer, ranging from becoming a Leader to being an occasional adult helper.

*Become a Young Leader!* We also currently have a fantastic team of Young Leaders who assist adult Leaders. Young Leaders are aged 14 to 18 and have the option to follow a Young Leader Scheme, which can prepare them for adult leadership.

We would love for you to get in touch about joining our team and supporting your local Scout Group. Please email us on [development@50thcambridgescouts.org](mailto:development@50thcambridgescouts.org).

*All adults helping with regular activities to support the Group or individual sections will be required to complete the DBS process. The Group can help you with this.*

## Blunt Clerical Bombs ↔ Milton Scrabble Club

We meet on the second Friday of the month at 7:30pm in All Saints Church Hall. Whether you are a beginner or an expert, you'd be welcome to come and join us.

Kathy English Tel: 440781

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## Milton Good Companions

MILTON GOOD COMPANIONS is a weekly Club for elderly residents of Milton, held on a Friday at Barnabas Court. Our day starts with coffee and a chat from 11am followed by a two-course lunch. In the afternoon we have activities/entertainment, finishing with a cup of tea and departing about 2:45pm.



We are looking for new members. Anyone interested please contact MARGARET NUNN 01223 860829. Transport can be arranged if necessary.

We have a good team of volunteers who work on a rota basis and are currently looking for drivers who can pick up and return members to their home.

*Margaret Nunn (Chair)*

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## CFRS Bulletin

At Cambridgeshire Fire and Rescue Service, we are encouraging people to make four New Year's Resolutions for 2019 to keep your families and homes safe from fire.

- 1. Make sure you have a correctly fitted working smoke alarm on every floor** of your house and test it weekly. Involve the children in this so they are aware of what the smoke alarm does, what the alarm sounds like and what it means if it goes off.
- 2. Check older relatives** and friends have a working smoke alarm and test theirs regularly. We can provide testing sticks to help older or less mobile people to test their alarms without overreaching or hurting themselves.
- 3. We offer Safe and Well visits** to those that are eligible which covers a wider range of areas than just fire safety. Find out if you are eligible for a Safe and Well visit by contacting us on: 0800 917 9994.
- 4. Escape Plan:** make a fire escape plan so everyone knows what to do in case a fire breaks out in the home.

Like us on Facebook for regular updates at [www.facebook.com/cambsfrs](https://www.facebook.com/cambsfrs) or follow us on Twitter [@cambsfrs](https://twitter.com/cambsfrs). For more info, contact us at [firefire@cambsfire.gov.uk](mailto:firefire@cambsfire.gov.uk) or on 0800 9179994.

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Phoenix Milton embarked on an exciting new venture in December – selling Christmas trees. We were delighted with the support from Milton residents, who not only flocked to purchase our quality non-drop Nordmann Firs but sent us photos of them - fully decorated and looking fabulous. Spring is around the corner, so we are now starting to make paving slabs, planters and bird boxes and planning what to grow in our kitchen garden.

We are actively seeking new volunteers, who are a vital part of life at Phoenix, supporting trainees in all areas - kitchen, garden, concrete factory and woodsheds. If you are interested in volunteering at Phoenix, then please do get in touch to arrange a time to visit and learn more.



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## Lion and Lamb

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### Happy New Year from us all at the Lion & Lamb...

Come and enjoy the real log fire and a warm welcome... and to help banish those January blues, take advantage of our midweek meal offers. Free puddings with all steaks on Monday; Tuesday & Wednesday Pie Nights; Thursday Fish Night and Wine & Dine Friday night – come on in and treat yourself! And remember to ask for a loyalty card and get 10% off your drinks too – see our website for details of all offers and menus too!

Birthday, Family Celebration or just time for a Party? Book your event with us - no charge for venue hire, so just come along and enjoy!

For all the sports fans out there – whether it's Rugby, Grand Prix, Golf, Cricket or even Football – we show all the live sporting events on SKY & BT in glorious HD. With 3 screens, including one outside, you need never miss a moment of the action! The outdoor play area remains open all year round too.

### Forthcoming events...

Thursday 14<sup>th</sup> February – VALENTINES – booking recommended!

Wednesday 27<sup>th</sup> February – PSYCHIC SUPPER - one-to-one readings including dinner

Saturday 2<sup>nd</sup> March – SOULFUL HOUSE & DISCO – NEW music event from 9pm in the bar

Wednesday 27<sup>th</sup> March – PSYCHIC SUPPER - one-to-one readings including dinner

Sunday 31<sup>st</sup> March – MOTHERS DAY LUNCH - please do book in advance

Wednesday 21<sup>st</sup> March – PSYCHIC SUPPER, one-to-one readings including dinner

Good Friday 19<sup>th</sup> April – The SEMITONES – live Acoustic music from 9pm in the bar

Easter Sunday 21<sup>st</sup> April – EASTER SUNDAY LUNCH - please do book in advance

Wednesday 24<sup>th</sup> April – PSYCHIC SUPPER - one-to-one readings including dinner

Save the Date: Lion & Lamb 8th Annual Beer & Cider Festival - Thursday 23<sup>rd</sup> May to Bank Holiday Monday 27<sup>th</sup> May

Menus and full details of all events and music nights can be found on our website.

We look forward to welcoming you....

*Lawrence & Sally*

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## Waggon & Horses

Tel: 01223 570471

[www.waggonandhorsesmilton.co.uk](http://www.waggonandhorsesmilton.co.uk)

As the festivities come to a close I would like to thank everyone for your support and for making Christmas and New Year so enjoyable for all! I wish you all a very Happy New Year! This year will see the return of our Beer Festival in May so keep your eyes open for that. We have So 80's returning on Friday 8<sup>th</sup> March and then again in May for our beer festival! Also to look out for is our 'Themed Thursdays'. Each week you can expect a different cuisine and occasional food truck serving between 6pm and 9pm. A full list of the next three months will be available on our website! The last Thursday of each month will be our special Curry Night.

Thursday 14<sup>th</sup> February - Valentines Night - a special menu for this evening has now been released. Pre-booking is required.

February sees the return of our Wednesday Quiz nights too, every two weeks. We are serving pizzas all day on Fridays and Saturdays: 12pm - 8:30pm.

Have you got an event that you need a venue for? Or perhaps you are planning a party and are looking for someone to do the catering for you? Check out our website for more details. We are now showing Sky and BT Sports. New menus composed by our new and existing chefs are coming soon. Breakfast served daily.

Keep an eye out on our Facebook page [@waggonandhorsesmilton](https://www.facebook.com/waggonandhorsesmilton) or website for all the latest details.

*George and the Waggon Team*

## White Horse

Tel: 01223 860327

[www.facebook.com/whitehorsemilton](https://www.facebook.com/whitehorsemilton)

A Happy New Year to all our customers, as life returns to normal after the Christmas festivities! When it's dark and cold outside, you can be sure of a warm welcome at The White Horse. so come and join us for a relaxing drink or a family meal.

Our food menu is imaginative and varied; the food is locally-sourced and freshly prepared, and includes several vegetarian and vegan options. Our Sunday roasts are fantastic. Also don't miss Adam's Thais and Pies, as well as his daily Chef's Specials. We also have our 5-star food hygiene award to recommend us. You can phone us to book (please tell us about any food allergies) and we are now taking bookings for Mothers' Day on March 31<sup>st</sup>, and Easter Sunday on April 21<sup>st</sup>.

We have five regular ales plus craft ales and a craft lager, with two gluten-free beers and three non-alcoholic beers. We always have at least five ciders (including Rosie's Pig, Old Rosie and Black Dragon on draught). Don't forget our weekly ale specials – among others, Fuller's ESB and Bath Ales' Gem are proving very popular.

Our entertainment line-up for the next few months includes:

- 🎵 February 1<sup>st</sup> – Karaoke
- 🎵 February 15<sup>th</sup> – Soul Night with Freddie Hall
- 🎵 March 1<sup>st</sup> – Karaoke
- 🎵 March 8<sup>th</sup> – live music from Jack
- 🎵 April 5<sup>th</sup> – Karaoke
- 🎵 May 24<sup>th</sup> – live music from Split Whiskers

See if your brains still work now that Christmas is over, by coming to join in Alan's free-to-play Quiz Night every Thursday from 9pm (with free chips!)

*Ava, Alan, Adam, Gemma, Nikki, Dan, Simon, Summer, Milly, Molly and Fiona*

## Fenland History: Milton Scrapbook

In January 1960 the Cambridge Independent Press started a series of articles about Cambridgeshire villages with an aim to recall some of the history and to indicate modern trends. Milton was featured on 29th January 1960. This, along with a fuller collection of news snippets about Milton, can be found at [archive.org/details/MiltonScrapbook1897To1990](http://archive.org/details/MiltonScrapbook1897To1990), and here are a few excerpts:

"There are firms engaged in a variety of activities – from making rubber Christmas trees to the excavation of gravel. Older businesses include a laundry and a firm of roof-tile manufacturers."

"... private housing has grown on a similar scale. It is expected the village will expand considerably in the near future."

"Milton tomatoes are widely known and one of the most prominent growers is Mr E.J. Walking ... in his six acres of glasshouses. The biggest dairy farmer is Don Pearson of Fen Farm who owns a mixed herd of Shorthorn and Friesian cows."

"The urgent need for a recreation ground has aroused considerable controversy as maintenance would be a 'crushing burden' on a small village."

"Being near Cambridge has hampered the development of social life in the village, though there are a number of flourish clubs including the W.I., British Legion, Red Cross and Mothers' Union."

*Mike Petty*

### Landbeach & Milton Baptist Church

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

### Sunday Services

10.30am Family Service  
6pm Evening Worship  
(4th Sunday @ Girton)

### New Apostolic Church

High Street, Milton,  
CB24 6AJ

Sunday Service @ 10.30am

All welcome

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### Sunday services

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#### 10.30am Morning Worship with

#### Children's Groups

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church, ages 0-100+.  
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#### 6.30pm Evening Prayer

Said service with short  
reflection

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Union, Stitchers' Club,  
Reading Group ...

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## Wildlife Notes

Judging on the number of times I've commuted in wellies and how many layers I've had to wear, it seems to have been fairly mild so far this winter bar a few colder days, although pretty wet before Christmas. A walk in the Country Park the other day seemed fairly quiet; there were a few gadwall, wigeon, tufted ducks and a couple of shovellers but not in the numbers I've seen when we've had a proper freeze. I may be wrong but it feels that if there is prolonged cold weather there are more aquatic birds in the Country Park.

It sounds as if the tawny owls in the park are already thinking of springtime activities; I've heard them hooting in the early hours several times now. Our garden bird feeders are busy, but mostly with great tits, blue tits and long tailed tits. I don't seem to have seen a chaffinch for ages but it was good to see a male great spotted woodpecker the other day.



*Photo: Richard Davies*

One regular garden visitor is a black squirrel. It's either the same one Derek Booth reported near the Community Centre and has a fairly large territory, or there's more than one in Milton.

Although it isn't very inviting working in the garden, it's a good time to plan for the year ahead; spring is a good time to plant trees and shrubs as there's a good chance they will become well established with mild weather and plentiful rain.

Trees are a tricky subject. Overlarge, neglected or badly-placed trees can be a nuisance, source of conflict or worse. However, imagine Milton with no trees. Not attractive and not good for wildlife. But it's probably not the best idea to plant an acorn in your garden which may be taller than your house after about 20 years, and probably fill the garden. However, species such as apples, hawthorn, hazels and weeping birches, if on a suitable rootstock, can be a very attractive addition to a garden. They'll give natural summer shade but let light in when they lose their leaves. If chosen for a suitable final size, they won't shade the entire garden, nor that of neighbouring gardens. But their real worth is in how they attract birds, especially if you have feeders too. A neighbour has a hawthorn tree that I refer to as "the magic tree" as so much song comes from it.

*Heather Coleman*



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## Milton Tennis Club

One of our annual social events is a trip to play ten pin bowling. Last November the evening was made more entertaining by Rosie asking quiz questions to gain extra points for those who were skilful enough to get spares and strikes. Tom Hunt and Carol Cox won the Men's and Ladies prizes and Jess Whitehouse got the wooden spoon.

Early season dates to note:

- Wednesday 3<sup>rd</sup> April: First 'official' club night
- Sunday 7<sup>th</sup> April: Dant Cup - first 'in-house' tournament of the year

If you haven't played tennis for a while and would like to take it up again, do come along on a Wednesday evening and try us out.

Visit the Milton Tennis Club website at

[www.miltontennisclub.co.uk](http://www.miltontennisclub.co.uk)

for application forms, information on coaching sessions, LTA and friendly matches, and social events.

Milton Tennis Club members can sign up FREE for British Tennis Membership on the LTA website for a chance to get Wimbledon tickets ([www.lta.org.uk](http://www.lta.org.uk)).

Sue Griffin,  
MTC Secretary



MTC's Jess, Rosie, Tom and Carol at ten pin bowling

## Healthy 4 Life

*50+ Exercise Group: First Session Free*

If a healthier lifestyle is your resolution for 2019 this class is a great place to start.

Come and join this sociable class for men and women held in Waterbeach Barracks/Museum each Friday, noon-1pm. Several regulars from Milton and surrounding villages have already joined.

The class is a mixture of seated and standing exercises to improve mobility and balance and help with arthritis, back pain, joint replacement and other age-related medical conditions.

For more information call Vanessa on 07751599826.

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## Comberton Ramblers Club

Join our friendly group for wonderful walks.

Comberton Ramblers walk alternative Sundays (10:15am start) between 5-7 miles, usually ending near a public house.

We are a friendly and informative group and enjoy exploring the varied countryside in this area.

New walkers are very welcome to join us with up to two free walks, and if you enjoy our walks we request that you become a member.

Annual membership fee is £8.50 per person.

Our full walks programme can be viewed at [www.combertonramblers.org.uk](http://www.combertonramblers.org.uk)

For further information on how to join our sociable rambling group, please contact Stella the Secretary at [stella.ramblers@hotmail.com](mailto:stella.ramblers@hotmail.com) or by calling 01954 210049.

## Sunny Side Up

*A fitness class with a difference!*

This class is a combination of yoga, pilates, rehabilitation and mindfulness, taught by a GCC-certified chiropractor.

We will do basic stretches and exercises and help to translate them into day-to-day living. You will learn the foundations of movement to change everything from your posture to the way you exercise. There is also an emphasis on health, well being and stress management.

All are welcome, especially those with injuries, difficulty with (or lack of interest in) exercising, or if you just want to have a relaxed, fun Sunday morning! Equipment is provided, you need only comfortable clothes, a small towel, and an open mind.

The classes are kept to 10 participants so that there is an opportunity for one-on-one instruction and supervision.

Two-hour classes (10am-noon) at Milton Community Centre are £15 each, including a £5 deposit and can be taken as a one off or regularly if you like!

Classes will be on February 10<sup>th</sup>, March 3<sup>rd</sup>, April 14<sup>th</sup>, May 12<sup>th</sup>, June 9<sup>th</sup> and July 14<sup>th</sup>. To register, please contact Rebecca at [r.grafton@miltonchiropractic.co.uk](mailto:r.grafton@miltonchiropractic.co.uk)

Rebecca Grafton



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## Tang Soo Do Karate — 3rd Female Master!



*Master Gabriella Gentle with  
Master Geoff Keerie*

On November 18<sup>th</sup>, after a gruelling 4½ hours, Gabriella Gentle completed grading to 4th Dan Master with a 2 block stamp kick. She performed 21 patterns, 2 knife and 3 staff forms and showed her skill in fighting techniques.

Gabriella has competed nationally and internationally gaining many medals. She has been training at the Milton Club lead by Master Geoff Keerie 7th Dan for 18 years.

Gabriella is the third female Master at this club, with a combined total of 66 years training between them.

Well done Master Gentle!

Training times at Milton Community Centre:

Wednesday 6:30-8pm: Master Keerie

Thursday 4:15-5:15pm: Master Gentle

*Jane Daniels*

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