

CAMBOURNE CRIER

<http://cambournecrier.org>

January 2012

editorial@cambournecrier.org

Delivered Free to Residents Every Month



HAPPY NEW YEAR FROM ALL AT THE CRIER!

**A look back at
2011. Images
from The Crier**

Dec 2011.
Cambourne
Sports &
Fitness
Centre
opens

Nov 2011.
Young
Cambourne
star wins
Tennis
Tourney



Oct 2011.
Cambourne
Church youth
Kenya report



Sept 2011. Cambourne
Sports Pavilion opens



August 2011. Upper Cambourne
playground opens



July 2011.
Youth fest 2011



June 2011. Local institutions
benefit from BT cash



May 2011. Over 1250 people take
part in Cambourne fun-run

April 2011. Local boy
wins High Sheriff Award



March 2011. Double Rainbow spotted
in Cambourne.



Feb 2011. Photo: Andrew Lansley CBE MP breaks
ground at the site of Cambourne's brand new
sports centre.



Jan 2011. Neil Perry. CEO of Romsey
Mill camps outside Cambourne Church



All submissions for the FEBRUARY EDITION must be received by Thursday January 19th. Please send all editorial content to editorial@cambournecrier.org. The Crier editorial is published online at <http://cambournecrier.org> - in full colour -. For paid ADVERTISING e-mail: adverts@cambournecrier.org or tel (01480) 830808. For LEAFLET deliveries with the Crier e-mail: delivery@cambournecrier.org or tel (01954) 787389.

CAMBOURNE 123's: (Toddlers)

Phone Ruth on: 07503 398344
Cambourne123s@hotmail.com

ARTS: (Cambourne):

Secretary: Fran Panrucker 880442 email:
fran@panrucker.eclipse.co.uk
www.cambournearts.btck.co.uk

BABY AND ME:

Contact: Caille Sugarman-Banaszak,
cailleperi@yahoo.co.uk / 01954 718372

BOYS BRIGADE: (boys aged 6-11):

Contact: David Carroll- 200291
email: cambourne@boysbrigade.org.uk

BROWNIES: (girls aged 7-10):

Monday - Ginny. *Tuesday* - Lorraine.
Thursday - Rachel.
Waiting list to join: contact Kim on 715722
email : cambournebrownies@btinternet.com

CARERS & TOTS:

Contact: Ali Withers 714909

CHILDREN'S CENTRE: Cambourne
(County Council): 01954 284672

CHURCH:

Church Minister:
Rev. Peter J. Wood – Tel 715558
Email: minister@cambournechurch.org.uk
Church Administrator:
Julie Whitbread – Tel 202546
Email: julie.whitbread@ntlworld.com
(Including church bookings)
Assistant Church Administrator:
Deidre Farmery – Tel 788903
deidrefarmery@btinternet.com
(Including Ark bookings)
Church Office Mon - Thurs 10.15-12.30
Tel 710644

COMMUNITY DEVELOPMENT WORKER:

Consortium of Housing Associations
Laura Parkinson - 715879 Mobile - 07702
349407

COMMUNITY FIRST RESPONDERS:

Contact: matt.wayland@gmail.com or call
07733 268757
Information:
responderadmin@eastamb.nhs.uk or call
01284 731802

CRICKET CLUB:

www.cambournecc.com
Contact: Danny White - 07774 142740
email: cccadmin@cambournecc.com

CUBS, BEAVERS & SCOUTS:

Waiting list contact: Mark Sayer
mark.sayer6@gmail.com

DENTIST: Cambourne Dental Practice
Tel: 718585

FOOTBALL CLUBS:

Cambourne Rovers (Adults)
www.cambournerovers.co.uk
Cambourne Rovers Juniors (U11/U12) –
www.camjuniors.co.uk
Cambourne Eagles

Totball (2-3yrs), Academy (4-5yrs)
(U7/U8/U9/U10/U12/U15/U20/mens)
www.cambourneeglesfc.co.uk - 203162

Cambourne FC (Soccer

School/U7/U8/U9/U10/U12/U13/U17/mens)
sracher@hotmail.com - 715959

GARDEN CLUB:

Contact Fran Panrucker 710858 or email :
fran@panrucker.eclipse.co.uk

GOLF COGS: - Cambourne Original Golf
Society

Contact: cambournegolf@googlemail.com
Website: www.cambournegolf.co.uk

GUIDES: (girls aged 10-14):

Monday - Nadine.
email: cambourneguides@googlemail.com
Wednesday - Fiona.
Email: secondcambourneguides@live.co.uk
Waiting list to join: contact Nadine 07766
117975

HUB BOOKING: Tel 714403

bookings@cambourneparishcouncil.gov.uk

LIBRARY Tel 0345 045 5225

LUNCHEON CLUB: Cambourne (for
residents aged 50+) Third Thursday at the
Monkfield Arms 12 noon - information Tel
710100

MEDICAL PRACTICE: Tel 282153

www.monkfieldpractice.co.uk

MULTI USE GAMES AREA: To book for
tennis, basketball, cricket & football: 714403
mandy.simmons@cambourneparishcouncil.gov.uk

NETBALL:

Emma Smith Tel 710034
e-mail: cambournenetball@googlemail.com
web address: www.Cambourne-netball

NETWORK BUSINESS BREAKFAST:

Cambourne Contact: Neil Smith 01954 710818
info@cambournenetwork.co.uk
www.cambournenetwork.co.uk

NCT: National Childbirth Trust supporting
parents - Informal coffee, chat and support.
Contact: Candice Lattimore - Tel 07595
909793
email: candicelattimore@gmail.com

PARISH COUNCIL OFFICE: John Vickery
(Parish Clerk) - 714403
clerk@cambourneparishcouncil.gov.uk

POLICE:

Non-emergency number: **101**
Ask for a member of the Cambourne
Neighbourhood Policing Team

RAINBOWS: (girls aged 5-7)

Monday - Colleen. *Tuesday* - Ellie
Thursday - Nina.
Waiting list to join: contact Kim on 715722
email: cambournebrownies@btinternet.com

READING GROUPS: in Cambourne:

Contact: Margot Eagle at Cambourne Library.
email: margot.eagle@cambridgeshire.gov.uk

RUGBY:

Neil Ingham - 07956 410309
info@cambourneexiles.com
www.cambourneexiles.com

RUNNING CLUBS:

Women's Running Network

Contact: Catherine 07803 012343
email - wrn_cambourne@dsl.pipex.com

Cambourne Runners. Mixed Ability Running
Group.
contact Garry on 07807498951 or email
cambournerunners@gmail.com

SCHOOLS:

Comberton Village College: 01223 262 503

Jeavons Wood Primary School:

Headteacher Sarah Humphreys 717180

Monkfield Park Primary School: Jacqueline
Durrant (Administrator) - 273377

email: office@monkfieldpark.cambs.sch.uk

Vine Inter-Church Primary School:

Headteacher Debbie Ingham - 719630

Cambourne Pre-school:

Janet Kemp (Supervisor/Waiting List Manager)
07875 083163
Email: cam.preschool@btinternet.com

STREETLIGHT FAULTS:

John Vickery (Parish Clerk) - 714403
For Wimpey areas only
CustomerCare6@taylorwimpey.com
Bovis ONLY cambournelights@ntlworld.com

TENNIS:

Contact: Andy Holcombe at
andyholcombe@ntlworld.com or tel (07921)
025394
www.cambournetenniscub.co.uk

WILDLIFE TRUST:

Jenny Mackay/David Price - 713500
www.wildlifebcnp.org

WOMEN'S INSTITUTE:

For women of all ages.
Contact: Gill Holland on 718566

YOUTH GROUPS:

All Clubs at Cambourne Soul, Back Lane.
The Club With No Name 13-16 years of age,
Free entry. Email officecyp@googlemail.com
or call 718620
CU@4 7-11 years of age £1 Entry fee
Email officecyp@googlemail.com or call
718620
Juniors 7-11 years of age £1 Entry fee Email
officecyp@googlemail.com or call 718620
Cambourne Senior Club 11- 16 years of age
Michelle.Link@cambridgeshire.gov.uk mobile:
0783 3481527
Youth venue for hire Cambourne Soul: Back
Lane, Great Cambourne Email
officecyp@googlemail.com or call 718620
Church Youth Group: Contact Jon Sanders
on 07798 858302

Cambourne Crier Editorial Team

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Sundeep & Jaspal Athwal, Tung Hau, Pam Hume, Cheryl Key, Sarah King
Joan Reynolds (Finance), Sandra Tyrer, Chris Williamson

To email all: editorial@cambournecrier.org

By post - 24 Foxhollow, Great Cambourne, CB23 5HW
(01954) 787389

Can The Crier Help You?

Thinking of setting up your own community group in Cambourne? Want to revitalise your existing club or society? We may be able to help you. We can offer advice, put you in touch with relevant contacts, and even give financial aid. To find out more, please email us and we'll take it from there.

Farewell to Dr Peter Bailey

You may be aware that Dr Peter Bailey is retiring at the end of January 2012. He has spent 12 happy years developing the surgery from the start and wanted to have the opportunity to say farewell to all those he has been involved with over the years.

He would be delighted if you were to join him for tea at Cambourne Church on the afternoon of Wednesday, 1st February 2012. Please drop in anytime between 1.30pm and 3.30pm.



Monkfield Medical Practice

The Cambourne E Book. www.Cambourne.info/ebook.htm An Introduction by Roger Hume

It was mentioned to me several times, that if someone did not write a story of Cambourne then memories might be lost forever - despite the short time it has existed.

I was reminded of that earlier this year when listening to yet another planning application at South Cambs District Council where the final go ahead was granted for another 950 homes, a Councillor in the Chamber suggested that as so much had happened in Cambourne over the years it needed a book to be written and that "Roger" (as he looked over to me in the public section) "might be the right person to do it".

it is very much "work in progress" and was first introduced to the unsuspecting Community of Cambourne on 11/11/11 and will almost certainly be added to in years to come.

I am hoping that residents will also contribute a chapter, anything from a few sentences to pages (no limit). If you would like to contribute, send Roger Hume your information/stories and indicate if you would like to be listed as a contributor, pictures also please. (**Ed: You can email Roger at roger.hume@ntlworld.com**)

If you were a pupil at the first school, would you like to write about that, and even the time capsule that was buried?

Roger Hume. December 2011

EDITORIAL VACANCY



The Crier is looking for a volunteer editor to swell it's ranks. Experience in desktop publishing desirable but by no means essential, full training given. All you need is internet access and the ability to meet deadlines. If you have a few hours a month to spare and would like to know more, please get in touch with us at editorial@cambournecrier.org

Cheers - The Editors

Christmas and New Year Refuse Collection Dates

You will receive a weekly collection each Thursday, alternating each week between your green and blue bin, and then your black bin. Your bins should be collected between 7am and 6.30pm. **Normal Collection Day - Thursday** (Friday if it's a bank holiday Monday week)



13/01/2012 (Friday)	Black Bin
19/01/2012	Green Bin and Blue Bin
26/01/2012	Black Bin
02/02/2012	Green Bin and Blue Bin
09/02/2012	Black Bin



For South Cambs DC waste and recycling service call 03450 450 063. Monday to Saturday 8am - 8pm (excludes bank holidays).

Cambourne Youth Partnership - Children, young people and their families



The Cambourne Youth Partnership (CYP) is a charity organisation that works in partnership with resident volunteers and partner organisations such as the Consortium of Housing Associations, Romsey Mill, Cambridgeshire County Council, Cambourne Church, Army Cadets, C33 etc. It provides support and activities for children, young people and their families.



There is a lot of work that the CYP does within Cambourne that is not promoted as much as it should be. During 2012 we hope to promote more about the hard work and activities that we are doing

within the community, to give residents a better idea of the work that goes on.

Christmas may be over but the activities and clubs offered at the Cambourne Soul will be continuing into the New Year. Groups start back from Monday 9th January.

If you would like to join us please come along to the Cambourne Soul building on Back Lane or, if you would like to know more about the clubs you can e-mail officecyp@googlemail.com or call **01954 718620**.

<http://www.cambournesoul.co.uk>

The following meet on a regular basis:

Monday	11.30 to 12.30 13.00 to 14.30 16.00 to 18.00 18.30 to 20.30	Cambabes (Young Parents) Mums R Us (Referral only) CU@4 (ages 7-12) The Club with no name' (ages 13-16)
Tuesday	18.00 to 20.00	Young Carers
Wednesday	11.00 to 13.00 5.00 to 20.30	Catch Up Café Internet Cafe and Hang Out (ages 11-16)
Thursday	16.00 to 18.00 19.00 to 21.00 18.00 to 20.00	Junior Youth Club (ages 7-12) Army Cadets Music Session
Friday	16.00 to 18.00 18.00 to 19.00	Targeted youth work Detached youth work

Free Maths Course

Did you achieve your GCSE or O'Level in maths? If not, we are running a free course for you to gain this qualification
Starts **Tuesday 17th January**. For 10 weeks (excluding half term)

Tuesdays 9.15am until 11.15am Cambourne Soul Youth Club, Back Lane, Great Cambourne

Please call Laura Parkinson (Cambourne Community Development Officer) on 07702 349407 or Julie (CHS Group) 01223 713768 to book a place

Unfortunately, we don't have the funding for a crèche, sorry.

Project Organised by: Consortium of Housing Associations and Comberton Village College Adult Learning. Supported by the Cambourne Youth Partnership



NEW NUMBER FOR LOCAL POLICE

you can now contact Cambridgeshire Constabulary on **101** for all **non-emergency** calls.

The 0345 456 456 4 number will remain in use alongside 101 for several months to allow people time to get used to the new number.

The change comes part of a national programme to make 101 the single non-emergency number in England and Wales, giving residents an easy-to-remember number to contact local police wherever they are.

Please continue to call 999 when an immediate response is needed because a crime is happening, someone suspected of a crime is nearby, or someone is in danger.



LETTERS TO THE EDITOR



The Cambourne Crier is dedicated to acting as a voice and a forum for all the residents of Cambourne (whether Great, Lower or Upper). We welcome letters and contributions from any Cambourne resident on any topic. We accept such contributions in good faith and trust that they are an accurate reflection of opinion and circumstance. If you wish to report on anything, or air an opinion on the letters page, then please email us. We do require a name and address for our records before publishing but will withhold these on request. Please let us know how you want your letter signed. Photos always welcomed.

The Small print - All contributions subject to editing. Opinions are those of the authors and do not necessarily represent those of the Cambourne Crier editors.

Dear Editor.

Visionary, progressive, insightful –just some of the words that speak of the remarkable dedication and healing work of Dr Peter Bailey, Cambourne's first G.P.

Like so many people I was sad to hear that Peter was retiring, even more so when I heard of his wife's illness. It has been a privilege over these past 10 years to have Peter as a community colleague. Always willing to squeeze in a conversation, he was committed to pursuing Cambourne solutions whatever that cost to the NHS.

It was however Peter's healing manner which will be my abiding memory. He took people's best interests to heart always believing in them as valuable and vital human beings. Such an unfailing commitment to his patients meant that Peter frequently went the extra mile at much personal cost.

Peter leaves us having established a first rate medical centre and has stamped it with an ethos where people are people first and patients second.

I hope and pray that Peter and his family know many happy days together as they enter a new chapter in their lives. May God provide inner strength and much much joy.

Peter Wood
Minister of Cambourne Church

Dear Editor.

In response to Dr. Peter Bailey's letter regarding his retirement, I would like to extend thanks and good luck, to himself and his wife.

Dave Ellis
local counsellor

Dear Editor,

Since September 2001, every Tuesday at 8-9 pm , I have attended an Aerobics class in Cambourne, under the instruction of Jane Barker (née Richards). With much thought and regret, Jane has decided to no longer hold the class. I wanted to write on behalf of her many ladies who have attended the class over the years, to thank Jane for her commitment to the group and for making it so enjoyable.

We started off sweating (or freezing!) it out in the Ark all those years ago. It was in those early days of Cambourne very valuable to have a class in our village, and I took full advantage of Jane's enthusiasm with the group. I remember marvelling how energetic she was, despite having two small children at the time! We were a bit restricted with space in the Ark, but Jane was good at adapting our routines to account for this (perhaps more sit-ups at the end – eek!). As the group became larger after a few years, we were relieved to move into the Hub when it opened. We were suddenly overwhelmed by space , and Jane was again quick to introduce new routines to capitalise on this – more grapevines and jogging around the room. We were also relieved to have the luxury of air-conditioning so she worked us even harder! We also have had the uplifting music now from Jane's iPod (cool 90s dance or sometimes cheesy 80s!) upgraded through the sound system which has always kept us going.

The best thing about Jane's class was the fact that her routines incorporated a wide range of styles of fitness for all abilities so that no two weeks were the same. From traditional aerobics with grapevines and box-steps, to circuits with different exercises, to kick-boxing, Step, Bhangra dance and Pilates, using hand-weights and large stretchy bands, we have tried it all! She would always suggest 'low impact' or alternative versions of certain taxing exercises for those who were less fit or injured or pregnant or recently given birth (some of us had to be reminded by her to slow down!). So there was no excuse for anyone not to have tried her class, and those that did have had alot of fun and are fitter through their efforts.

We will all miss our cheerful Jane on a Tuesday evening and her catchphrases, such as "hold onto your goods ladies!" and "come on, squeeze! ", will stay with us and motivate us for a few more years yet.

Jeanette Dyer.
(See back cover of this issue for more about Jane - Ed.)



CAMBOURNE COMMUNITY CAR SCHEME

Can you give a little of your time to a good cause?

07930 855 833 -If you have one, leave a land line number and the co-ordinator will call you back. Or email cambournecarscheme@gmail.com



We now have a Co-ordinator Samantha (Sam) Morrison and although the scheme is in its infancy - (only 3 drivers) we will do our best! I am very pleased to say we have a new volunteer, Possibly a Second co-ordinator or driver Jenny Leung from Great Cambourne but we still need more drivers please!

The scheme is designed to help people who are unable to drive and have physical problems that make it difficult to get about easily to such things as hospital, dentist and even social appointments. Unfortunately the scheme could not cope with a regular daily or even weekly requirements for trips to day care centres or the like which would be too demanding for volunteers and covered by other services.

The passenger will be asked to pay the driver 30p per mile from the driver's door to the agreed destination and then back to the driver's home again. There is a minimum charge of £2.50 and normally 30p per mile

The scheme has already helped a number of residents

Funded by Cambourne Parish Council : South Cambs DC : Cambs County Council: The Cambourne Crier



Cambourne Gardens

The suggestion of having Formal / Jubilee Gardens in Cambourne has been doing the rounds for some time. Recently, at the behest of the Parish Council, a working party was formed with the remit of exploring ideas and feasibility.

Would you like to be involved?

The working party are keen to get input and suggestions from Cambourne residents. If you would like to get involved, or just have something to say, please contact me. simon@cambournecrier.org

Simon Crocker - December 2011

BLAST FROM THE PAST

A recent 'archeological dig' in Roger's Garage has unearthed an interesting find. A copy of the very first Cambourne Newsletter (what was later to become the Cambourne Crier) from February 2000.

You can have a look at it on Roger's website, where it has been added to his E-book archives.

<http://cambourne.info/ebook/criercommunitynews.pdf>

Monkfield Park Primary - Ofsted Report

On 1st and 2nd December, Monkfield Park Primary was inspected by Ofsted. The school was awarded an overall grade of 2 (good) in both the overall effectiveness, and capacity for sustained improvement criteria. In It's main findings, Ofsted say "***Monkfield Park Primary is a good school. The headteacher's vision is well supported by the deputy headteacher and all staff. The school is a harmonious and secure environment, where pupils say they feel safe.***"



You can download the full report from the Cambourne Crier website.

http://cambournecrier.org/mpp_ofsted_2011.pdf

Sarah Porter, Head Teacher said "***We feel that the report is a true reflection of the school's work and that it gives clear areas of strength and those for development, with which we agree. I would like to personally thank children, staff, governors and parents for their support during the inspection***"

CAMBOURNE SCHOOL REPORTS



News from The Vine

On 28th November, Year 1 transformed themselves into toy detectives to find all about toys of today and from a long time ago. The children learnt how to make their own peg dolls with long hair, woollen clothes, belts, hats and even capes and named them so that they could introduce the peg dolls to each other. We also used all of our senses to find clues to find out whether the toys in the museum were old, like the wind-up walking robot, or new without a mark on them.

In particular, the children compared the teddies, some of which were very hard and stuffed with straw and bits of wood, and some of which were very soft, stuffed with wool. There was even a teddy secretly hidden away in each room that we had to find when we explored the museum!

The old-fashioned shop gave a very exciting and real insight into how we measured and counted sweets and vegetables, helping us to think about what it was like in the past before lots of the modern inventions that we take for granted. We had a wonderful time and would like to say thank you to the museum for making the day so special and our learning so memorable.



to find out more about The Vine School contact Headteacher Debbie Higham on 01954 719630 or e-mail: office@thevine.cambs.sch.uk

LONDON'S BURNING!



Jeavons Wood
Primary School

Last term the Year 1 and Year 2 children at Jeavons Wood decided that they would like to do a topic on London. The start of this topic coincided nicely with Bonfire night, so they took the opportunity to learn

about the Houses of Parliament and the story of Guy Fawkes. The children loved acting out, reading and writing about this story. They did lots of amazing self-initiated bonfire based activities such as firework paintings and drawings, making rockets and their own mini-guys; they also wrote fantastic firework poetry and made their own firework dances.

After learning about the Houses of Parliament, the children were interested in other famous London buildings so decided to have Buckingham Palace as their role play area; they were particularly interested in the Palace Guards but found it hard to get their heads around the fact that the Guards stand still all day - some of the children made their own bearskins and tried it out for themselves! The children enjoyed making, building and drawing other London buildings as part of their independent learning - this enhanced their learning in maths when they looked at measures. As part of Geography, the children wrote their own questions about London and then found the answers out for themselves; they used information books, maps and websites to find out the answers, they did excellent research! They then went on to looking closely at maps of London, and this helped their maths as part of our learning about positional and directional language.

Of course, a topic about London provides fabulous opportunities to learn about the past - the children particularly loved learning about the Great Fire of London. They started by re-telling a recount of the event using actions and noises, which really helped to 'stick' the story in the children's heads! Again, this linked well to their maths when they learnt about time and put events in

chronological order and also to P.E. where they created fire dances. They used their detective skills when looking closely at paintings of London to deduct what it was like in 1666. Doing close observational drawings of the houses at that time led the children to designing and building their own 1666 houses using junk material and balsa wood in DT.

They were very proud of their houses but what they didn't realise was that their houses would be part of a re-creation of the Great

Fire of London in their own playground! Yes, the houses the children had painstakingly built were burnt in a scale model version of the fire; this enabled the children to empathise with the people of the time and it had an amazing effect on the children's writing - when

writing recounts from the point of view of Thomas Farriner (the baker who started the fire), the children could use their real experience to describe what he saw, smelt and felt during the fire. Their use of descriptive language was amazing!

As well as coming to life in recount writing, Thomas Farriner was also alive and well in our classrooms and outdoor area! The Pudding Lane bakery in the outdoor area gave the children



opportunity to explore mathematical concepts such as a weight and also for some great messy play: making cakes from sand and mud and some children, as part of their independent learning, decided to make their own dough by mixing flour and water!

CAMBOURNE SCHOOL REPORTS



Would
YOU



like to play a part in your local community?
Learn new skills?

Contribute towards children's education?

»» If you have answered 'yes' to these questions then you could be just the person that Monkfield Park Primary School is looking for!

We have a vacancy for a community governor at Monkfield Park. Being a school governor is a very rewarding role and you don't need to have any special qualifications to do it.

To be a community governor you don't need to have children at the school. It is usually someone who lives or works in the community served by the school and who is committed to its continuing success.

As a governor your duties will include visiting the school, helping to set policies and working in partnership to support continued improvement. Your contribution can make a real difference to the success of our school.

If you would like to find out more about becoming a governor at Monkfield Park then please get in touch as any of the governing body would be happy to discuss the role with you in further detail.

Please contact us on **01954 273377** or email **head@monkfieldpark.cambs.sch.uk**



Nearly New Sale

Saturday 3rd March 2012

10.00am - 12.00pm

The Vine School

Ladies clothes & shoes

Men's clothes

Children's clothes & shoes

Babywear

Handbags & Accessories

Books & Toys

Household items

Come along and grab yourself a bargain
Refreshments available

For donations or more information please
contact

Linda Morgan - 07941 108154



We wish you a very Happy New Year
and hope
that you have enjoyed the break!

In December we held the **Baby & Me Christmas Fayre** which included a raffle. We are very grateful to the local companies who donated some very generous prizes. Links to the companies can be found on our website.

Every Friday from 10-11.25 in the main hall at the Hub

Cost: £1.50 per family including refreshments. Older siblings are welcome.

13th January : Play and Chat, **20th January** : Amy Buckley – Baby Massage, **27th January**: Play and Chat with the Children's Centre

(further details on our website and facebook page)

Baby and Me is run entirely by volunteers and is a non-profit making organisation. We need more volunteers to join the committee to make sure that we can carry on. Baby and Me is now in its 7th year and it would be a shame if we had to close. If you are able to help on the committee or can just come earlier to help set up, please e-mail us.

For further information, schedule updates or if you have any queries please e-mail us at **Cambourne.BabyAndMe@gmail.com** or see our website (**www.babyandme.org.uk**) or

Find us on Facebook page (Baby and Me).

Cambourne



Cambourne 123s is a fun and friendly toddler group

We meet Fridays from 10-11.30am at the Vine (school) Family Centre

Cost £2 per child

(extra children 50p, under 1s free)

Cambourne 123's is run by a group of mums on a voluntary basis and hopes to provide a calm(ish!) environment for toddlers to play safely whilst their carers enjoy a chat plus a FREE cuppa and biscuits! So, if you are new to the area or just feel like getting out of the house, then please do come along.

Do you have too many toys cluttering up your house? Cambourne 123s will gladly take them off your hands, contact us on the email address/number below.

• **6th January:** Play Dough • **13th January:** Parachute Play

• **20th January:** Make a dragon for Chinese New Year

• **27th January:** Indian Republic Day

If you are interested please do come along, as we would love to see you or for more info please contact Ruth on 07503 398344 or email cambourne123s@hotmail.co.uk

Cambourne Sling Meet

Would you like to try a baby sling? Learn to use yours better? Then come along to **Cambourne Sling Meet**. You will be able to find other parents to help you with your baby carrier, and we have a selection for you to try.

We are meeting this month on Friday 27th January between 10 and 12 at The Belfry Hotel in Cambourne in the Library Lounge (pass reception and head for the bar area)

Do any of the following describe you?

- * You want to carry your baby/toddler while you carry on other activities
- * You want to buy a carrier but you're not quite sure which one
- * You have a carrier but have not had much luck getting a comfortable fit
- * You've never used a baby carrier but wouldn't mind trying
- * You are an experienced "baby wearer" and you would like to share your experience

Come and meet us and enjoy a coffee and a chat! We are a friendly group and would love to meet other parents and carers too! Come along and say hello. We would like to thank the Belfry for providing free Cakes and Muffins for us to enjoy! Some parents are planning a babywearing walk after the meeting if the weather is good – feel free to join us, the more the merrier!

Contact: Jeanine 01954 719126 or 07515128508 email: signandcuddles@gmail.com Join us on Facebook. You are very welcome to just drop in too!



Calling all Romeos & Juliets Don't forget St. Valentines Day!

The February edition of the Cambourne Crier will be delivered in time for Valentines Day, so make sure you submit your message to that special someone in your life to:

editorial@cambournecrier.org

We will not publish your name unless requested to, so you can have fun and keep them guessing!

CAMBOURNE ROMAN CATHOLIC CHURCH

Cambourne Church Centre

Saturday's – 5pm

www.cambournerc.co.nr cambournerc@aol.com

An International Meal get-together was held straight after mass, and the turnout and contributions from everyone was incredible. The numbers that took part was wonderful and really showed the fantastic growing community. Big thanks to everyone that helped out and next time we will be even more prepared for the crowds!

Our Christmas mass took place on Christmas Eve at 4pm this year. This was followed with a short celebration that everyone enjoyed. We hope everyone had a wonderful Christmas and wish everyone a very

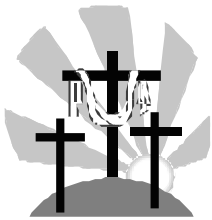
happy New Year wrapped in joy, peace, hope and wonder of his love.

So far we've managed to raise around £110 on cakes and cards towards books about our faith for our children! A massive thank you goes to Kate who made some beautiful cards with photos from her amazing travels and Michelle who dedicates herself so prayerfully to the faith of our children.

For more details on all events taking place within and for our church community, mass times, notices and photos, visit our website at www.cambournerc.co.nr

Vincent Menezes

PEACEHAVEN BAPTIST CHURCH



Meeting Sundays
10am
Bible study and
Sunday school

11am
Morning worship
at the Hub

Wednesday
evenings
7 pm
The Maple
Centre
in Huntingdon

For more info email
**Peacehavenbc
@aol.com**

or call
01954 710510

Pastor
Donavan Bangs

Proverbs 3:1, My son, forget not my law; but let thine heart keep my commandments:

2 For length of days, and long life, and peace, shall they add to thee.

As I progress in this journey of fatherhood I feel the need to pass knowledge and wisdom to my little boy. Little pieces of advice that are useful and will prevent problems. Like do not upset your mother, or keep the wheel nuts in a safe place when changing a tyre, or do not upset your mother or avoid the naughty children and do not upset your mother. And the same would be true of all decent fathers they want to advise their children. Solomon is no exception. He was giving advice to his boy. Here he gives a point in verse 1 and a promise in verse 2. Now since Solomon had God given wisdom we should pay attention. So the fatherly advice to heed is Remember the law. Now the command here is forget not my law. Now this by its very nature presumes the possession of knowledge. So first we need to get to know the law. This is vital in the life of every Christian to get the scripture into your hearts and minds. The first method in not forgetting God's law is to **read it**. This is important. God places great importance upon the reading of the scriptures. So much so that God through Moses made it a national event. (Deuteronomy 31:10-13) You can also **write it**. Even the King of Israel was required to write a copy of the scriptures down for personal study. (Deuteronomy 17:18-20) It helps when memorising anything to write it down many times and **memorising it** is a good thing as well. (Psalms 119:9-11). How else can we remember the law? By **displaying it** (Deuteronomy 6:4 -9) not just with scripture in frames or photos around the house, although that is good. The best way to display the wisdom of the scriptures is in your life. It has been said that you as a believer may be the only Bible some people will ever read. We need to display it at all times. But in our actions are we displaying the Saviour or are we displaying self and sin? I have known some people in my time and they are there on Sunday saying amen to the preaching, verbally agreeing with the

scripture. But on Monday saying with their lives they agree with Satan and self. They may not vocally say I believe in the value system that Satan promotes and I align myself with the forces of this world, but their actions are screaming it. But I also know others who believe the scriptures without doubt for this not just a mental assertion, but it is a life living display of scripture principles. You cannot forget the scriptures if you are actually living them. But what about the promise for believers?

You put these things in your life it will help you. Length of days, long life and peace are priceless gifts and benefits. You will have that peace that passes understanding. You have a security as powerful as the promises of God himself which are ingrained into your mind so that you are never without them that indeed is peace. Now you might say how is this going to lengthen my days or give me long life? We may know believers that perhaps even when fairly young have gone home to be with the Lord, were their days lengthened? Paul writes to Timothy concerning the scriptures.

2Timothy 3:15, And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. The scriptures are able to make you wise unto salvation through faith in Christ. Now as a believer in Christ, somebody who has realised their sinful condition, recognized the penalty for sin and repented (turned away from) of their sin and received Christ as their Saviour with the forgiveness of sin he provides: with this in place as a believer when will I die?

The answer is never. Eternal life, everlasting life you don't get any more length of days or longer life than eternity.

John 11:25, Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:

If you have questions or just need to chat let me know.

Donavan Bangs



Cambourne Church

A partnership of the

Church of England, Baptist, Methodist & United Reformed Church

Service times: Sunday 9.30 & 11.00am

1st Sunday in Month 10.00am. (2nd Sunday Holy Communion)

www.cambournechurch.org.uk



Special Services coming up

Jan 1st - New years' service @ 10.30

Feb 5th 1000 -Education Sunday

Special guest speaker

Rt Rev. Stephen Conway, bishop of ely

Jan 14th-21st - Week of prayer for Christian Unity

Indian Orthodox, Roman Catholic Congregation & Cambourne Church that meet in the building will encourage their members to visit each others' services

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### Community Consultation

**Come and see the future plans**

**Fri 26th Jan 5-7pm & Sat 27th Jan 10am-1pm**

Come and see the plans of the proposed extension to the church. We'd love to hear your views on what would be useful. The consultation which is running will include questionnaires and a focus group as well as these open days.

Besides the information on show there will be  
Wine and snacks \* Live Music \* Displays  
\* Table Football \*

Please come and support this and have a chance to express your views and ideas regarding the future of our community.



**WCCYM Weekend Away 27-29th January**

Letton Hall, Norfolk. Contact Jon Sanders on 07798858302 for more information.



### Alpha – Exploring faith

New course starting **745pm**

**on Tuesday January 10<sup>th</sup> 2012**

**@Church House**

Starts with a meal, followed by DVD, & discussion.

Explore questions about faith, life.

If you are interested in joining then

Contact Peter Wood Tel. 715558

Email [minister@cambournechurch.org.uk](mailto:minister@cambournechurch.org.uk)

### Love Justice

A new Quaker-led group that listens discusses and considers taking action on issues that relate to social justice.

Fired up about something? Come along.

We next meet in the Ark

on Wed Jan 25th at 745pm

### 3C's Club -retired folks

Come and join us! We are a growing group of seniors who enjoy having a laugh and who look to support one another. We now meet fortnightly at 2.00pm in the foyer of the church which is a beautiful spot on a sunny afternoon.

**See dates below for the next term:**

**9, 23 Jan \*\* 6, 20 Feb \*\* 5, 19 March \*\* 2 April**

If you want more information speak to a real voice

-Kath Pell on 715742

### 19 the coffee house reopens

Monday 9th January 8.45-12.00

Monday to Friday in Cambourne Church Foyer  
Call in for a Cappuccino/ Latte/ Tea and sample some of our home baking or an irresistible bacon/egg roll!



**Youth Stuff**

**Soccer Sunday & Ignite, 15th Jan**

**Next Thirst Youth Service:**

**Sunday 5th February 6.30-8.30pm in church.**

All in years 7-13 welcome



The Isaiah58 project is all about giving young people the chance to help people in Cambourne who would like it! In the past we have painted a wall, washed cars, mowed lawns and tidied up gardens, cleaned up sheds and helped people around the house. We could also help with shopping, computers or anything else you

want to suggest! We do not want to be paid but feel free to provide cake...

For more info on this project or if you would like help with something, contact

Cambourne church Youth worker Jon Sanders on 07798858302 or

[jon.sanders@romseymill.org](mailto:jon.sanders@romseymill.org)



### HERE TO HELP!

# Cambourne Community First Responders

## HELP US TO FIND YOU.



If you have dialled 999 there is a very good reason (or should be, but that is another subject). You or someone is having problems breathing, chest pains, a fall etc. By the very nature of the 999 system you need help and quickly. Vital seconds can be lost looking for a house number.

Here is an example of how important every second is. In the case of a cardiac arrest, for every minute lost before treatment can be started, the chance of surviving is reduced by 10%. As we are local we could be at your house within a couple of minutes from the 999 call and just imagine how frustrating it is to spend those vital seconds and minutes looking for a number that's in the kitchen drawer waiting for someone to screw it back on to the front door. But you

can help us to help you.

The CFR's use their own cars and we do not have blue lights or sirens but we do display green and white signs. If you need to make a 999 call, it would be most helpful to have someone at your door waiting for the CFR or ambulance. At night flash a torch or the porch light.

We understand that this is not always possible because if you are alone in the house feeling very unwell the last thing we expect you to do is to drag yourself to the front door and flash a torch at us; likewise if you are comforting the ill person. But remember the quicker we can get in the quicker we can start helping you.

### Top Tips

- Get your house number displayed. A good excuse to use the cordless drill he/she got for Christmas.
  - If possible have someone looking out for the CFR or ambulance.
  - If you know its difficult to find your house tell the ambulance control.

\*\*\*\*\*

**Our group is looking for new volunteers with the drive and passion to make a difference. To become a Community First Responder (CFR) you must:**

- Be physically fit
- Over 18 years of age
- Agree to a Criminal Record Bureau Check
- Have a full driving licence and use of a car
  - Have a caring nature
- Be ready to undertake training and annual retests

If you are a group or business that would be interested in a Heart Start course contact Matt.

You can follow us on Twitter: <http://twitter.com/CambourneCFRs>

**If you would like any further information please contact Matt: [matt.wayland@gmail.com](mailto:matt.wayland@gmail.com) or 07733 268757.**

## **The gift of life is in your hands.**

### **Learn to Sing**

A cappella Close Harmony - **Encouraging Men to Sing**

Supported by a national music educational charity, this course is being run to encourage more men to take up singing. They are aimed at both newcomers and those who have not sung for a while. You will learn within a group, which makes it less daunting. Come along - It's Free!

**•You do not have to be able to read music •No experience necessary •Men of all ages welcome**

There are many men, who would love to sing. Most of them never get around to it, don't have the opportunity or maybe are too self-conscious to give it a go.

The simple fact is that just about everyone can sing. This free course will help you to discover your voice. Also, there's no need to worry about reading music, the simple teaching methods will help you to learn a song quickly. Maybe it's a few years since you have sung. If so, this course is the perfect way to ease your vocal chords back into action. If you are a regular singer then come and try four part a cappella close harmony in a relaxed and friendly environment.

The course will cover vocal production, Support, anchoring, resonance, sound matching and performance. All taught with top quality music educators in a simple way through singing songs. The six week course starts on the 19 January 2012 at the Institute Abington. For further details and registration phone:- **Stephen Brown (01223) 833725**

[www.cambridgechordcompany.co.uk/sing-course](http://www.cambridgechordcompany.co.uk/sing-course)

**Sponsors: Harmony Foundation charitable Trust of BABS, and Making Music.**



# **GREETINGS FROM CAMBOURNE LIBRARY**

**The library opening hours are:**

**Mon:** 3.30 – 7.30 **Tues:** 9.00 – 2.00 **Wed:** – Closed all day **Thurs:** 3.30 – 7.30 **Fri:** 9.00 – 2.00 **Sat:** 9.30 – 1.00

**CAMBOURNE LIBRARY STAFF WOULD LIKE TO WISH ALL THEIR CUSTOMERS A VERY HAPPY NEW YEAR !**

## **Engage in the Afternoon**

Wed 11<sup>th</sup> January 2.00pm – 3.30pm in the library. *“The History of Addenbrookes” – talk by Hilary Ritchie, Addenbrookes Hospital Archivist.*

No need to book – just come along.

## **Family History Research Sessions.**

There will be a drop in Family History Session by the Cambridgeshire Family History Society at the library every 3<sup>rd</sup> Monday in the Month from 3.30 – 5.30. Just pop in for advice.

## **Reading Group**

The library has a lunch time reading group Cambourne Lunch Bunch. New members always welcome why not come along and try it out. The next meeting is on Wed. 4<sup>th</sup> January at 12.30 in the library.

Don't forget we sell stamps, cards, posters and children's workbooks and regularly sell books.

If anyone would like to display any local arts or crafts in our display cases in the Sackville House foyers please pop into the library and ask the library supervisor for details.

***Many thanks to all our loyal customers for their continued support and offers of help.***

## **2012 Cambourne Calendar**

The Garden and Photography groups have collaborated to produce a beautiful calendar using members' Cambourne photos.

The vertical style calendar, with plenty of space to make notes of events, birthdays, etc, is still on sale in the library at £6

Could you enter a team to compete in the

## **Old Fashioned School Olympics It's a Knockout Competition**

at next year's Cambourne Youth Fest on Saturday  
**14<sup>th</sup> July 2012?**

Teams can have between 4 and 12 members of any age and can be made up of any combination of friends, work colleagues, families, clubs, streets, sports groups etc. The competition is purely for fun and will consist of good old fashioned races including Egg and Spoon Race, Three Legged Race, Sack Race and many more.

A small entry fee will be charged per team.

If you are interested, please email -  
officecyp@googlemail.com.

## **Cambourne Craft Fair is Back!**

**Saturday 25<sup>th</sup> February 2012. 1 – 4 pm**

**Cambourne Church, Great Cambourne**

Stalls include...handmade cards, delicious cakes, original artwork, photography, jewellery, Floral arrangements, knitting, quilt work, felt flowers, cushions, candles and much, much more!!

**Free Entry**

**Café & Live, Local Musicians in the Foyer**

***Free cup of tea or coffee with this advert! Tell your friends!!***

All stalls are now taken, contact lewatts@hotmail.co.uk for more information

## CAMBOURNE WI - January Meeting



As I write this report we are mid way through our Christmas celebrations. In December our meeting was given over to a social evening. Members had been busy cooking at home and brought to the evening sausage rolls, truffles and Christmas cake which was all delicious. The Christmas quiz added a competitive element to a fun night.

The Cambourne WI will be continuing with the following groups in the 2012 and are always looking for new members.

- **Book club** which meets on the third Wednesday of the month. You can collect your book from Cambourne library and then come and join us for a lively discussion in the pub on the book of the month. Non-members of the WI are very welcome and for more information please contact **Ruth** on **718989**.
- **The Walking Group** tackle walks of between 4-7 miles contact **Fran** on **710858** or **Penny** on **200126** for information on the forthcoming walk or even better come along and give us your suggestions of favourite walks.
- **Coffee mornings** are held in Greens Coffee shop on the last Friday of the month at 10.30 am. This has become a very popular event and Greens make us all very welcome so come and join us for coffee and cake.
- The **Darts group** meets on Monday evenings to hone skills of aim, dexterity and maths. We have one full team but are now looking for a second team. All levels of skills are very welcome including those who are only just able to hit the board. To find out how you could join this winning team please contact **Joan** on **200908** or **Edna** on **717360**.
- If you want to be a **Lady who Lunches** then watch out for lunch dates and venues to be announced in the near future.
- Our **Theatre group** will also be planning future trips and if you want to experience some afternoon culture look out for diary dates in the near future.

***In January we are leaving Cambourne for our annual Christmas meal which will be in the Golden Balls in Boxworth so our next meeting in the hub will be on the third Thursday in February***

If you are new to the area or would just like to meet like-minded ladies and women then get in touch and come and join the Cambourne WI. For more information please contact **Gill** on **718566**.

In the meantime on behalf of the Cambourne WI I would like to wish everyone a very happy new year.

## PAPWORTH ASTRONOMY CLUB NEWS

For the first time in several years, Papworth Astronomy Club scheduled an observing session and the sky was clear!! Our December observing evening was led by Dave Eagle from Bedford, who gave us an introductory presentation about the objects that are visible throughout the month. We then went outside and, despite the bright full moon, were able to see many of the star systems he had described. We can recommend Dave's own web site as an excellent source of information about what to look for in the night sky – go to <http://www.eagleseye.co.uk/> and look for the monthly sky guide.

The next meeting will be on January 4<sup>th</sup> at 7:30PM and will feature a presentation by Dr Alan Aylward of University College London. He will give us an update on his group's research into exoplanets. Have we found another planet like Earth yet? (The media says "perhaps"! ) This meeting will be supporting the BBC's Stargazing Live programme, which is returning with a second series in the new year.

The meeting will be at the Vinter Room, Papworth Everard. The Vinter Room at the entrance to Vinter Close (it is the building with the clock tower). Entering Papworth Everard from the south, take the first left after the traffic lights into Elm Way, past the fire station, and then take the second left into Vinter Close. From the north, take the first right after the library into Elm Way, past the fire station on your left, then take the second left into Vinter Close. The meeting room is accessible to wheelchairs.

More information about the club is on our Web site ([www.papworthastronomy.org](http://www.papworthastronomy.org)). You can also email Peter Sandford on [peter@cheere.demon.co.uk](mailto:peter@cheere.demon.co.uk) or phone **01480 830729**.



# Like Totally 80's Party

Presented by Violet and Tallulah of Winter Wonderland, 80's Prom Night, 70's Sat Night Fever and Red Hot Salsa.

## The Hub, Cambourne



**Saturday 11th Feb 2012.**

**Doors open 8pm- Midnight. Limited Bar Available**

**Like, call 01954 719503 for tickets dudes. £8 per ticket - includes meal, dessert, disco and fun!  
18+ ONLY**

## CAMBOURNE ARTS

### ART GANG

This group meets on the 2<sup>nd</sup> Monday of each month, but the format of the Art Gang will evolve over the next year, as we embark on a programme aimed at trying a variety of art and craft techniques. We will initially be meeting in each others' homes, not the Monkfield Arms, so please ring 01954 710858 for the venue address.



### WORDS FOR PLEASURE

Words for Pleasure -- meet in Cambourne Library, monthly on Monday afternoon. For more information please get in touch. Contact : **Alan Gibson 01480 880442; Pat Callaghan 01954 718836;**

### WATERCOLOUR CLASSES

The Spring term of 10 weeks will begin on Wednesday January 11<sup>th</sup> from 10-12 in the Lower Cambourne Cricket Pavilion. Currently the class is full, but if you are interested in joining, either as beginner or improver, please get in touch as it may be possible to create two separate groups. **Phone 01954 710858.**

### PHOTOGRAPHY GROUP

In this local group, levels of expertise vary from beginner to advanced, with everything in between, and more members will be very welcome. Fortnightly Tuesday evening meetings.

For more details visit the website: <http://www.flickr.com/groups/cambournephotographygroup/> or phone 01954 205050

### LIFE DRAWING

This is an untutored monthly session, but friendly advice is always available, and experience levels vary greatly! For details of the next session and to book a place, phone 01954 710858

### NEW WEBSITE

If you are an artist or craft-worker and would like to have a link on the website, please get in touch via the website [www.cambournearts.btck.co.uk](http://www.cambournearts.btck.co.uk) For further information on any aspect of Cambourne Arts, contact: Fran - [fran@panrucker.eclipse.co.uk](mailto:fran@panrucker.eclipse.co.uk) or 01954 710858

## Wildlife Review January 2012

I hope you all had a lovely Christmas and are looking forward to what the New Year will bring. I had quite a few reports of different sightings from around Cambourne after my last article.



Bedfordshire  
Cambridgeshire  
Northamptonshire



Some new residents to Great Cambourne emailed me with an interesting observation on bird feeding behaviour. They were plagued with starlings coming to their bird feeders from the Country Park and scaring off the more timid birds. They decided to put the peanuts and suet block which the starlings prefer, at the front of their house leaving the finches and tits to enjoy the seed feeders at the back. Putting up a mixture of different seeds in different locations is the best way to help out a variety of birds. Different species have beaks adapted to eat different types of food and they will forage in different ways. You can get good quality, mainly home grown bird food, and advice on the best way to feed it from [www.vinehousefarm.co.uk](http://www.vinehousefarm.co.uk)

Another resident was delighted to see goldfinches visiting her feeders for the first time. These birds look quite colourful, with their red yellow and black markings. They often gather in flocks making a silvery twittering call. A commonly used collective noun is a charm of goldfinches, which I think is very apt. If you see them around your garden, the best way to attract them to visit regularly is by putting up a feeder with niger seeds. These imitate their natural foods of thistle and teasel seeds which their beaks are adapted to extract.

Bullfinches have been spotted in the country park. Hopefully they will stick around and breed in the hedgerows this year. Another rare sighting was kingfishers. They have been spotted right through Cambourne from Lake Lambert to Redgrave Water and beyond the south edge of Cambourne at the ponds on the way to Bourn Post Mill (along the newly connected path). They spread out from their breeding territories at this time of year looking for new places to find fish.

If you have seen a largish bird of prey around Whomping Willow lake or Crow Hill at dawn or dusk recently then it was probably a short-eared owl. We have had a few sightings of them in November and December. They are a winter migrant, coming here from Scandinavia and Russia. They like to use the rough grassland areas to hunt for small mammals. I saw one from Crow Hill being chased off by a magpie!



Let me know what you spot around Cambourne on your winter walks or on your bird feeders. Who will be first to spot waxwings this year?

Remember if you would like a map of the green spaces and all the paths around Cambourne there are leaflets on our website [www.wildlifebcn.org](http://www.wildlifebcn.org). Just navigate to the Cambourne nature reserve page. You will also find information and directions to our other nature reserves in the area. Why not make it your New Year's resolution to visit some new sites this year and if you enjoy them then please consider supporting our work by becoming a member.

**Get in touch** - If you have any comments, questions or suggestions about the green spaces in Cambourne please get in touch. Email: [jenny.mackay@wildlifebcn.org](mailto:jenny.mackay@wildlifebcn.org) - Or Call: **01954 713516** (please leave a message and I will get back to you)

### Jenny Mackay - Wildlife Trust Reserves Officer

To find out more about your local Wildlife Trust, what we offer in Cambourne and how you can support us, please visit [www.wildlifebcn.org](http://www.wildlifebcn.org) Illustrations by – Mike Langman



## **Coffee Mornings & Playgroup**

The Hub - Wednesdays 10 am to Noon (except school holidays)

**Have a Happy Christmas and New Year! You're invited to join us in the festivities on January 11 as we see what is in store for 2012. All nationalities are welcome and there is free entry.**

Contact: Laura Bangs Tel:(01954) 710510 [Cambourne.clc@gmail.com](mailto:Cambourne.clc@gmail.com)  
[www.cambourne-ladies-international-club.org.uk](http://www.cambourne-ladies-international-club.org.uk)



The Eagles soar into the new year after a very successful first half of the season, in which players and parents alike enjoyed and developed their football skills and knowledge. I know they are all looking forward to 2012 and the games they have in front of them, and are eager to get back to their early weekend mornings in the cold Cambourne wind!!

As I write this, we are all looking forward to our disco on Saturday where we are hoping to raise a good amount of money for our chosen charity, EACH. We are also hoping to raise money for the children of Eagles. We enjoy our fund raising, and feel it goes a long way to making Cambourne Eagles about much more than just football. Watch this space next month when we can tell you how much money we made.....

*FINALLY, WE WOULD LIKE TO WISH ALL THOSE WHO HAVE SUPPORTED US OVER THE PAST SEASON, A VERY HAPPY 2012!*

**- Sally Day, Club Chairman**

**Eagles Players Meet Darren Bent** - Eagles coaches and players training with Darren Bent of Aston Villa & England at the recent Sports Centre opening weekend.



**Totball** - Look out for totball re-starting in early January. Sessions are on Fridays from 2.15-2.45pm on the MUGA and cost £1 each. Pay and play!

**Academy (5-6 yrs)** - Eagles are now successfully running two Academy sessions - one on Thursdays and one on Saturdays. Children from these sessions will go on to playing in the Cambridgeshire mini-league for one of our teams. The children look strong - we have high hopes for all of them!

**Under 8 Blue** - The Under 8 Blue team are doing incredibly well. They play their league matches as under 8's, yet all the boys are under 7's! shown their true worth! A big thank you to all my players, parents and helpers! Their results are getting better and better, showing just what commitment and dedication can do! A few friendlies thrown in against under 7's teams and they really have

**Under 8 White** - Whilst the weather is certainly getting colder, things are really hotting up for the Under 8 Whites. Some fantastic results and a real can-do attitude are making this Eagles team a pleasure to watch. Meanwhile, another hot signing sees James come on board. After a much needed break, (the kids won't agree!), we crack on again in January. Happy New Year to all my team and the families who support us so well.

**Under 8 Yellow** - The boys continue to come together as a team and are all working really hard on their basic skills. There is no lack of commitment on the pitch, but a lack of luck has meant we haven't got the results yet. But there is no doubt that the boys are getting stronger and more determined, so we look forward to our remaining games. We still need to increase our squad numbers - please get in touch if you would like to be a part of this great team.

**Under 9's** - From the start of this season, the boys have been showing great signs of improvement - things have not been easy at times for this new squad but they have been making steady progress. After a good break, we look forward to 2012. Thank you to all those for their support and have a great new year.

**Under 10's - TEAM OF THE MONTH** - The reds ended for their Christmas break with an outstanding display of passing football in a 5-1 home win against Caldecote. Caldecote Manager said "You are without doubt the best passing team we have seen all season" This is the best compliment we could hope to receive as the coaching teams' main aim and ethos is to develop the boys to play football the way it should be played. Happy New Year to everyone from the Under 10's at Cambourne Eagles.

**Under 12's** - Since the last update, the Under 12's have had two wins and one defeat. The first game we played ended in a narrow 2-1 defeat to the league leaders Histon, which saw the lads put in an excellent performance - they deserved more from the match. We followed this up with a 7-0 win against Isleham, and then beat Comberton in the second round of the cup 6-0. Two excellent performances by all the boys which were especially pleasing as they kept two clean sheets. Our excellent season continues so well done to all the players!

**Under 15's** - From rock bottom to 7<sup>th</sup> in the table, the Under 15's have shown some real passion and determination to pull off five wins in a row. Unfortunately they could not make it six against the highly rated West Wrattling, as West Wrattling came back from being 2-0 down to overcome the Eagles 4-2. Nevertheless, a great 2011 and great start to life in the A league for the Under 15's.

**Under 17's** - The mens team suffered a loss on the 27<sup>th</sup> November, as we under performed. But true to Eagles style, we then bounced back with a hard fought 3-2 away win and then a win 5-0 in our last game. We now have seven remaining fixtures in the league and will endeavour to win them all as we now have our strongest ever squad to take in to the New Year.

# Cambourne F.C. News



## C.F.C Committee

A Happy New Year to all our players, parents, and the Cambourne community! 2011 ended on such a high and Cambourne FC made headlines with the visit of Beth Tweddle and Darren Bent to our partner's (Everyone Active) open day. For CFC, it was 'a dream come true' to see Darren Bent on our stand, playing on the computer with our younger players, and wearing his new CFC hat! CFC is also pleased to announce a new link with Cambridge United that will be developed over 2012, as we continue to offer our players the best possible training and opportunities. With this following, we are confident that 2012 will be our best year ever!

## Soccer School

Soccer School continues to attract high numbers as the session starts building the teams for next years Under 7s. Cambourne FC prides itself on developing managers who live within the community and who look to take the team all the way. The new U7s will be no different, with at least three potential managers. CFC Soccer School is held every Saturday morning, 9.00-10.00am, at the Cambourne MUGA. The School is open to school children below the age of six.

## C.F.C U7 – Black

Some more great news this month from "The Badgers" – Cambourne FC U7 Black team: back to back victories in their league and friendly matches, and once again some fantastic entertainment for the supporters. A superb team display against a very strong St Ives side helped them to overcome a half-time deficit of several goals. The team went home with a well deserved victory and two incredibly impressed managers.

## C.F.C U7 – White

The White team has had a fantastic start to the season, with some excellent team performances and lots of goals in 2011. It was great to be joined by players from the Silver team for two friendly games against Longstanton and Fenstanton. We look forward to carrying on our great start in 2012, with home and away games against Hemingford Juniors in January.

## C.F.C U7 – Silver

Week in, week out, all U7 players are delighting their managers and supporters, showing passion in their matches and a determination to improve in their training sessions. No less than three of the U7s have now been selected to join the Cambridge United Regional Development Centre, and we look forward to strengthening that link with CU in the coming months. If you would like to join the U7s, please do get in touch.

## C.F.C U8

The U8s have had a fantastic start to the season in 2011, with many successes in their first eight league matches. The team has also enjoyed playing friendlies between their busy league fixtures, meaning that the children have played a match most weekends since the start of the season in September! It is great to see the children developing more and more as each week passes. With the New Year upon us (how time flies when you are having fun!) and a full fixture list until the end of May, the team are ready to continue their success story.

## C.F.C U9

The U9 team continues to impress, beating Longstanton Colts 23-0! The U9s have now scored 89 goals in just eight matches! The team has a lot to look

forward to in 2012, and for many years after that. Happy New Year!

## C.F.C U10

Cambourne U10s remained top of the league going into December, with a convincing 3-0 win over Coton Cosmos. Gamlingay and Comberton are close on our heels though; as the league becomes a three horse race at the half way stage, every game counts. The U10s welcomed another new player to the squad, Stefano Peresson, who has already really impressed in training. Stuart, Richard, and Chris wish all our players and supporters a Happy New Year.

## C.F.C U13

The U13s have grown again! We would like to welcome Thomas Mee and Jamie Dean to the team, both of whom have played their first games for FC and given fantastic performances.

What a month the U13s have had; an impressive 9-5 win against St Ives and a thrilling 4-4 draw against Willingham. The latter saw Darren Bent pop in for a photo shoot – a memory never to be forgotten



by the team! The Willingham team could not believe their eyes! Thank you to Darren for making time to come and see the FC boys in action.

If you would like to join our growing squad, then please come along to training on Fridays, 5.00-6.00pm, on the MUGA.

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# CAMBOURNE TENNIS CLUB

Contact Details: <http://www.cambournetennisclub.co.uk/> Follow us on twitter @cambournetennis

## 2011 Club Championship Finals

The 2011 Championships are now finished except for the Mens Doubles which has been waiting for Andy to get back from Honeymoon - a pretty good excuse! We had close finals full of surprises with new winners in all categories.

In the Ladies Doubles, Keiko and Lisa were too strong for Sally and Linda and won fairly comfortably 6-2, 6-2. This meant Keiko and Lisa were unbeaten in the round-robin group and took the title. In the Ladies Singles, also a round-robin, Linda exacted some revenge by beating Lisa 7-6, 6-4 in an excellent match in which it was impossible to call the winner until the very end.

The result meant that Linda, Lisa and Sally, had all won 2 matches, but the injured Linda deservedly took the title on Set difference with Lisa confirmed as runner-up. In the Mens Singles, it was the same match-up as last year, David vs Ben, but this year the result was reversed. Playing in 28 degree heat, there was a 2 hour battle of attrition.

The fast, dry conditions helped Ben's serve and volley game and he came through 4-6, 6-3, 6-2 to deal David his first ever defeat in six years of the competition. The Mens Singles Plate (for all first match losers) was being played on the next court and was also extremely competitive. In another long match, Arnoldas eventually overcame Richard 6-3, 7-5.

Congratulations to all the winners and everyone who took part. Think you can win next year's competition, or just fancy giving tennis a go? Contact us.



Linda and Lisa



David and Ben



Rich and Arnoldas

## New Indoor Tennis Lessons for Under 8's

We are planning to start an under 8 class (beginner/intermediate) on January 18 Monday 4:15-5:00 at the Cambourne Sports Centre. Please contact Kay through [cambournecoaching@gmail.com](mailto:cambournecoaching@gmail.com) or **07775910280** for further details. The rest of the class (Orange, Green, Yellow and Adult) start from January 16, 2011 on the outside courts as per normal.

On the 4th December, the club ran a Mini Fun tournament for juniors. Eleven children turned up in the chilly weather for under 8 and eight in the 8+ category. It was cold, but everyone played great tennis and received a certificate for competing. The top 3 players in each category also received gold, silver and bronze medals.

Tournament Winner names:

**Under 8:** 1st: **Daniel Mansfield**, 2nd: **Shivek Sharma**, 3rd: **Alexander Warburtou**  
**Over 8:** 1st: **Darius Fatemi-Ghomi**, 2nd: **Anmol Gupta**, 3rd: **Oliver Taylor**



Cambourne  
Women  
Runners

...  
Chicks Wot Run!!!

## 10 Week Beginners Running Course

**Starts 17th January 2012**

Join us Tuesday evenings to get into shape for 2012!

**Meet at the ARK**

**Tuesdays 7.15pm for 7.30pm start**

For more information, and to register your interest, contact [information.cwr@gmail.com](mailto:information.cwr@gmail.com).



## The Running Man

Hints, Tips and Info for Runners

From the Run Leader of Cambourne Runners – Run in England Group



If you have started a New Year fitness regime, you may find yourself injured by pulls and strains. This can be avoided by taking time to carry out a warm up and stretch routine before you run or exercise, and a cool down with stretches following your exertions.

A good basic warm up is simply a steady jog for a kilometre or so to elevate heart rate and get the blood flowing to your muscles. It is then advisable to prepare your muscles for the exertion to come by carrying out a dynamic stretching and mobilisation routine. Don't worry – this doesn't involve contorting your body into shapes a yoga master would have trouble with. Dynamic stretches are stretches that involve movement and not just holding a stretch. A walking lunge is a good example of this – many more can be found on the Internet. Sports physiologists have found that dynamic stretching prepares the muscles for exercise much better than a static stretch routine.

When you finish your run, try to allow time for a slow paced jog – again of about a kilometre. Perhaps build it into the latter end of your run – this is your cool down. A cool down helps remove **lactic acid** from the muscles, which can cause **cramps** and **stiffness**. Once this is done, you can then carry out a range of static stretches (again see the Internet). These stretches will help muscles to relax, realign muscle fibres, and re-establish their normal range of movement.

I know all this might sound like a lot of fuss and effort when all you do is get out and run. However, if you can find ten minutes at the beginning and end of your run or exercise routine, you could be saving yourself from days or even weeks of being unable to train!

**The Cambourne Runners Group meets Saturday mornings at 9.00am for those that can already run 5km, and Wednesday Evenings at 7.00pm for those who run 10km+. Both meet outside The Hub.**

**Upcoming Local Races:**

Every Saturday: Cambridge Parkrun 5 km trail, Milton Park

**After more than ten years of teaching various forms of Aerobics in Cambourne, Jane Barker finished her last fitness class in The Hub on Tuesday 13th December.**

## HUB AEROBICS: THE END OF AN ERA

After moving to Cambourne in 2000, Jane (then Richards) started the first Cambourne exercise classes at the Ark in 2001. Whilst a good location to start with, the classes soon became popular; with often 20+ attendees, the Ark was always a packed – and slightly fraught – venue. In 2005, Jane moved her classes to The Hub – a sprung floor and air conditioning made this a welcome move!

After leaving school, Jane became a YMCA/RSA qualified fitness instructor. Over the years, she has been a general manager for gyms and managed class programs for leisure centres, most recently at Lord Butler Sports Centre in Saffron Walden before moving to Cambourne.

Since becoming a fitness instructor, Jane has continually updated her skills. This has allowed her to keep her Cambourne classes varied, including traditional aerobics and body conditioning, but also step, boxercise, strength and balance, kickboxing, exercise using hand-weights and large stretchy bands, Pilates, circuit training, Bhangra, and even a little ballet.



In the early years, Jane taught four Cambourne classes (two evening and two morning), as well as the occasional voluntary class to youth, school, and other Cambourne groups. At last count, Jane has taught over 700 different people (mostly female!) and over 800 Cambourne classes since 2001.

In 2004 Jane joined Cambridge City Council as a part of the sports development team; going in to the community to teach exercise to groups with limited access to exercise and that had often never exercised before. The teaching was again varied; from teaching exercise to Bengali women (where Jane would have to spend several weeks gaining their trust), to single Mums (and sometimes Dads) with crèche facilities, to older people in village halls.

It was for the older groups that Jane decided to specialise, gaining qualifications in OTAGO, chair based exercise, and, most recently, completing a several month long course to become a Postural Stability Instructor. Nowadays, as part of the Forever Active programme in Cambridge ([www.forever-active.org.uk](http://www.forever-active.org.uk)), the majority of her teaching is for the elderly and for frailer people who have problems with strength and balance.

Jane still lives in Cambourne and has no intention of moving any time soon! She continues to teach in Cambourne: a 50+ gentle keep fit class at The Hub on Thursday afternoon organised by Cambourne Parish Council.

*"I truly believe that with a little discipline and motivation, exercise can dramatically improve your mind, body, and soul. No matter what your ability, you can do exercise. I always remind you to work at your own pace and level, and to have lots of fun!"*

Jane Richards, reported in the Crier on moving to The Hub in 2005

*"Jane Barker is an exceptional instructor. In the years I have known her, she has always been keen to take on board new ideas and develop them to suit her own enthusiastic style of teaching. I work with fairly frail older people and know that if I refer people to her classes they will have a great time, but also know they will be safe and be given an effective exercise programme. I am sure that those who attended her Aerobics class will be disappointed, but it's a bonus for us to be able to have Jane teaching more classes for older people."*

Simon Hanna, Clinical Exercise Specialist Cambridgeshire Fall Prevention

The last class was an emotional one for all: *"Jane, thanks so much for ten years of Tuesday evening aerobics in Cambourne (from the Ark to the Hub). We will all miss you very much xx."*



## JUST IMAGINE...

Christmas is over, all that planning and waiting, and then it's gone... January can be such an anti climax.

But wait, what's this! A panto in January, it can't be, and in Cambourne too! From a new group - **Strictly Panto** - with a familiar story, **Cinderella**, but with some strange and interesting changes including some you may recognise.

What will happen to Cinderella? Can Buttons help her overcome the dreary life she has with her overpowering stepmother and gruesome step sisters? Will her friends the mice be able to avoid the clutches of that verbal maestro the Ratscatcher? Will Prince Charming step up to the mark and whisk Cinders away, or will he have to make do with one of the gruesome twosome?

And what of the King and Queen - will they ever get their son and heir a suitable bride to secure their dynasty, and can the footman ensure fair treatment as he just tries to do a fair day's work? And who is the mysterious Churney and why has he lost his bottle? Well, there's only one way to find out - get a ticket and discover what really happens in this mythical but strangely familiar world and give the Christmas festivities one last blast!

**TICKET PRICES:** Adults: £10, Children: £7.50, **Family Ticket (2 adults & 2 children): £30**

**TO BOOK:**

Log on to: [www.strictlypanto.co.uk](http://www.strictlypanto.co.uk) or Tel 01480 830934

FRI 20 JAN - 7:00PM  
SAT 21 JAN - 2:00PM & 7:30PM

**BOX OFFICE: [STRICTLYPANTO.CO.UK](http://STRICTLYPANTO.CO.UK)  
OR 01480 830 934**

STRICTLY PANTO PRESENTS  
**Cinderella**  
AT THE CAMBOURNE CHURCH

**ADULTS £10 CHILDREN £7.50**  
**FAMILY TICKET 2 ADULTS & 2 CHILDREN £30**