

## Cambourne Open Gardens

A huge THANK YOU to everyone who took part in our Open Gardens; those who opened their garden, provided refreshments, helped with the organisation of the weekend, and of course those who came and visited.

## The History of Cambourne Open Gardens

This event was originally started by Ian Jarvis, from the church, and Sandra Calcraft,



who worked with the youth. It was seen at the time as a Church organised event. Church is about community, rather than a building, and so this is why the Church has been the main recipient. Jules Hannaford, one of the main organisers for some years, believes it is about "welcoming each other into the outside room of our homes, sharing ideas around a common problem - often builders rumble!" There were three aims: community building, to promote Cambourne in a positive light at a time when there was often bad press, and to raise money. The aim of promoting Cambourne in a positive light has continued, when Cambourne also be-

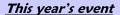


came involved in the National Gardens Scheme. The two events run in conjunction with each other, with the wider, more local, Cambourne Open Gardens taking place before the NGS to give local people a look and chance to join in.

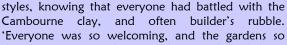
Any money raised, which has always been the total takings, thanks to the generosity of the Parish Office, the

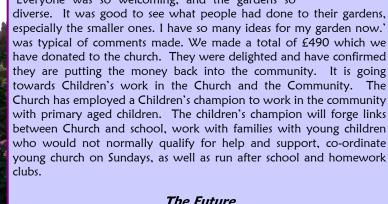
Crier and Penny and Tony Miles who have provided the banners, boards and tickets, has been put to good

use: has gone to either to youth work, the Church, youth work via the Church, ground work/gardening around the Church, MAPAS



18 gardens opened, including 3 new participants who will, hopefully, open again next year. From comments made, both by visitors and those who opened their garden, the event is still fulfilling its main aim - community building. New friendships were made, ideas shared and old friendships rekindled. It was such a social occasion that it took my husband and I two hours to visit 3 gardens! Visitors enjoyed seeing a range of sizes and









Hopefully Cambourne Open Gardens will continue for many more years. Next year will be the 10th year of opening, which we are hoping

to celebrate in style. We would like as many gardens open as possible, especially those who have opened at some point in the past. So keep an eye open in the New Year for more information.



Written by Pam Hume

All submissions for the SEPTEMBER EDITION must be received by Monday 19th August. Please send all editorial content to editorial@cambournecrier.org. The Cambourne Crier is published online at http://cambournecrier.org - in full colour. For paid ADVERTISING e-mail: ads@penpub.co.uk or tel (01954) 267842. For LEAFLET deliveries with the Crier e-mail: delivery@cambournecrier.org



**Cambourne Crier Editorial Team** 

Jaspal Athwal, Rafia Durrani, Tung Hau,
Pam Hume, Vanessa Kuzniarz, Joan Reynolds (Finance),
Sandra Tyrer, David Wadsworth
To email all: editorial@cambournecrier.org
By post - 24 Foxhollow, Great Cambourne, CB23 5HW

## **The Crier Community Fund**

The Crier owns and operates a community fund derived from advertising revenue that enables us to make grants and donations to local clubs, societies or causes. If you wish to apply then visit our website and download the application forms. http://cambournecrier.org

Charity reg. nos 208701 and SC039284

@ P&Co 2013



I require a car parking space

## All Cambourne Faulty Lights

Can now be reported on line, by text, by email, or phone 07982 412 567



Email Cambournelights@mail.com or fill in the online web form www.cambourne.info – local information please also check if the light has a number. State road and address of nearest house to avoid delays

Invitation to Bourn Mill Open Day with home made teas in gardens and games

In aid of the Riding for Disabled Iceni Group

Sunday, 8th September 2.00-4.30 p.m.

(last windmill tour 4.00 p.m.) £5.00 Adults, £2.50 Children

Under 5's free, Ticket includes teas & tour

This fundraising event for RDA Iceni Group is part of The East Anglian Mill Society's open days. It will be held in the private Mill Cottage gardens by kind invitation of Kate & Bill Armstrong next to Bourn Windmill, which is owned and cared for by Cambridge Past, Present & Future www.cambridgeppf.org who are also kindly supporting this fundraising event. The event may be accessed via public footpaths from Caxton, Bourn and Cambourne. There is limited parking available, and if you require this please book your tickets in advance – RDA Iceni c/o Mill Cottage, Caxton Road, Bourn, Cambs CB23 2SU. (Please send self-addressed and stamped envelope.)

I would to book \_\_\_\_\_ tickets at £5 Adult \_\_\_\_ tickets £2.50 Child (under 5's free)

I have mobility issues and require a disabled parking space I enclose a cheque payable to 'RDA Iceni Group' for £ \_\_\_\_\_

NAME
ADDRESS:
POST CODE
raising funds for  action medical research
for children
Family Fun Day
Cambridge Belfry Hotel, 18 Aug. 11 to 4pm
Stalls . Bouncy castle . Golf . Music . BBQ . Ice cream van Tombola . Face painting . Raffle and much more
Fun for all the family
action.org.uk/familyfunday

nd all editorial contributions to editorial@cambournecrier.org. Please note the deadline for the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of Augustian Control of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition is midnight on Monday 19th of the September 2013 edition

## Cambourne Contacts. Your one-stop shop of useful contacts in Cambourne.

## **COMMUNITY**

## Cambourne Arts:

Fran Panrucker: (01954) 710858 fran@panrucker.eclipse.co.uk www.cambournearts.btck.co.uk

#### Cambourne Garden Club:

Fran Panrucker: (01954) 710858 fran@panrucker.eclipse.co.uk

#### **Cambourne International Group:**

Cambourne Children's Centre: (01954) 284672 cambournechildrenscentre@cambridgeshire.gov

## **Cambourne Love Justice Group:**

Len Thornton: (01954) 710370 Itlenthornton@gmail.com

## **Network Business Breakfast:**

Neil Smith: 01954 710818 info@cambournenetwork.co.uk

#### **Reading Groups:**

carolinealdridge@cambridgeshire.gov.uk

#### Women's Institute:

Pam Hume: (01954) 201808

## **CHURCHES**

## **Church Office:**

(01954) 710644

## **Church Administrator:**

Julie Whitbread - (01954) 202546 Administrator@cambournechurch.org.uk

## **Assistant Church Administrator:**

Deidre Farmery - 07876 696267 Assistantadministrator@cambournechurch.org

#### **Church Bookings:**

churchbookings@cambournechurch.org.uk

#### Ark Bookings:

arkbookings@cambournechurch.org.uk

## Peacehaven Baptist Church

Rev. Donovan M. Bangs: Preachbrit@aol.com (01954) 710510

## **HEALTH CARE**

#### **Community First Responders:**

Seán Hawkins - 07798 704941 Seany.hawkins@btinternet.com

## **Cambourne Dental Practice:**

(01954) 718585

www.cambournedental.com

Lloyds Pharmacy - (01954)718296

#### **Monkfield Medical Practice:**

(01954) 282153

www.monkfieldpractice.co.uk

NCT: (National Childbirth

## **LEISURE & RECREATION**

#### Cambourne Fitness & Sports Centre: (01954) 714070

## **Cambourne Fishing Club:**

www.cambournefishingclub.com

## Cambourne Sports & Social Club:

mail@cambournesportsandsocialclub.co.uk www.cambournesportsandsocialclub.co.uk

## **Crafty Old Ladies:**

Enid - (01954) 715292 or Edna - (01954)

## LOCAL AUTHORITIES

## **Parish Council Office:**

Parish Clerk - (01954) 714403 clerk@cambourneparishcouncil.gov.

## All Parish Council Venue and Pitch Bookings:

(01954) 714403

bookings@cambourneparishcouncil.gov.uk

## **District Councillors for Cambourne:**

Alison Elcox: cllr.elcox@scambs.gov.uk Mervyn Loynes: cllr.loynes@scambs.gov.uk Clayton Hudson: cllr.hudson@scambs.gov.uk

## **County Councillor for Cambourne:**

## PLAYGROUPS & PRE-

#### Baby And Me:

cambourne.babyandme@gmail.com www.babyandme.org.uk

#### Cambourne 123's:

Ruth: 07503 398344

Cambourne123s@hotmail.com

#### Cambourne Pre-school:

Donna O'Shea: 07875 083163 cam.preschool@btinternet.com

Carers And Tots: Emily Mendes: 07729 616007. Joy Jones: 07591 500104

#### Monkfield Park Care & Learning Centre

Office: (01954) 273301

cloffice@monkfieldpark.cambs.sch.uk

#### Peacehaven International Playgroup:

Laura Bangs: (01954) 710510 Peacehavenip@aol.com www.peacehaven-internationalplaygroup.co.uk

## **Sunflower Nursery:**

## **SCHOOLS & COLLEGES**

## Cambourne Village College:

www.cambournevc.org

## **Comberton Village College:**

School Office - 01223 262503

## The Blue School (Hardwick Community Primary):

Co-heads: Andy Matthews & Ruth French School Office - (01954) 719085 blue@hardwick.cambs.sch.uk

## Jeavons Wood Primary School:

Headteacher - Cath Hainsworth School Office - (01954) 717180 office@jeavonswood.cambs.sch.uk

#### **Monkfield Park Primary School:**

Headteacher - Sarah Porter School Office - (01954) 273377 office@monkfieldpark.cambs.sch.uk

## Vine Inter-Church Primary School:

Headteacher - Debbie Higham School Office - (01954) 719630

## **Community Car Scheme:**

Sam Morrison - 07504 869438

## **Cambourne Community Fire Station:**

(01954) 714030 www.cambsfire.gov.uk

## Cambourne Children's Centre:

(01954) 284672

cambournechildrenscentre@cambridgeshire.gov

## Library:

Tel: 0345 045 5225

www.cambridgeshire.gov.uk/leisure/libraries

## Police non-emergency:

PCSO David Jackson or PCSO Alex Giltinane Tel: 101

#### Streetlight Faults:

www.cambourne.info/lightform.htm

Tel: 07982 412567.

Cromwell Veterinary Group: (01954) 715161

#### Waste & Recycling (South Cambs):

03450 450 063

#### Wildlife Trust:

Jenny Mackay- (01954)713516 www.wildlifebcn.org

## **SPORTS CLUBS**

#### Cambourne Bowls Club:

Barry - (01954) 710696

www.cambourne.info/bowls.htm

#### Cambourne Cricket Club:

Danny White - 07774 142740 cccadmin@cambournecc.com www.cambournecc.com

## Cambourne Eagles F.C:

Secretary - Tracy Ashford (01954) 203162 www.cambourneeaglesfc.co.uk.

#### Cambourne F.C:

Information - (01954) 715959 joracher@hotmail.com www.cambournefc.org.uk

## Cambourne Rovers (Adults)

www.cambournerovers.co.uk

## Cambourne Netball Club:

Emma Smith - (01954) 710034 cambournenetball@googlemail.com

## Cambourne Exiles (Rugby):

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

## Cambourne Runners.

Garry - 07807 498951 cambournerunners@gmail.com

## Cambourne Women Runners

Information.cwr@gmail.com

## Cambourne Tennis Club:

Andy Holcombe - (07921) 025394. andyholcombe@ntlworld.com www.cambournetennisclub.co.uk

## YOUTH

## Cambourne Air Cadets:

Pilot Officer Rogers: 07813 897949 cjrelec@aol.com

## Cambourne Army Cadet force:

dc.cambourne@gmail.com www.cambsacf.com

## Cambourne Youth Partnership:

## All Clubs at Cambourne Soul, Back Lane

CU@4 (7-12yrs) • The Club with no Name (13-16yrs) • Internet Café and Hang Out (11-16yrs) • Junior Youth Club (7-12yrs) 07511 968422 Officecyp@googlemail.com

## Cambourne Senior club: (11-16yrs)

www.cambournesoul.co.uk

Michelle Link 07833 481527 michelle.link@cambridgshire.gov.uk

#### Cubs, Beavers & Scouts:

Waiting list: Ambika Rana-Beadle CambourneScoutsWlist@gmail.com

## **Guides, Brownies and Rainbows:**

Waiting list: www.girlguiding.org.uk (select 'Parent' page and then 'register your daughter') Tel: 0800 1 69 59 01

Enquiries: cambournebrownies@btinternet.com

## Church Youth Group:

Jon Sanders: 07798 858302

# CAMBOURNE BARISH COUNCIL District of South Cambridgeshire

## **New councillors**

At the Annual Council Meeting on 21st May 2013 Jeyur Patel was co-opted to Cambourne Parish Council and the Council meeting on 2nd July 2013 Colin McPhie was also co-opted. The Parish Council is now back to its full complement of Councillors. Jeyur and Colin have both written a short piece to introduce themselves and their aims as Councillors.

## Jeyur Patel

I am a very friendly, approachable and helpful person. Having previously lived and worked in Japan, India, Germany and USA, I am now settled in Cambourne with my wife and two children. Beyond my job as an Electronics Engineer for a multi-national company in Cambridge, I am an active organiser of Cambourne's multi-cultural society, where I use my experience of starting a community group in Munich.

My goal as Councillor is to work towards controlled, sustainable and long-term growth for Cambourne. I believe this can be achieved by attracting more businesses and resisting housing development to the area. To support businesses and retain prosperity, we need to develop our young generation in-line with the industry requirements and I would help them with my skills and expertise. I will also work towards improving the public facilities, including healthcare, education, sports and leisure, transport and shops.

I am well positioned to bring the best of all international cultures to Cambourne to create a more vibrant community - And together we will make it.

## Colin McPhie

I am 70 years of age (just!) and am in good health, and have plenty of energy. I am married with 2 children, both grown up and married with their own families. I have lived in Cambourne since 2000, and have experienced most of Cambourne's development.

My daughter lives in Lower Cambourne, and her eldest son will start at the blue school this September. I have recently been appointed a governor at that school and at Hardwick. I was a Parish councillor in Cambourne from 2005 to 2008, and worked in the CAB prior to moving here. I have many interests including motorcycling and working as a conservation volunteer at Duxford.

My career took me to senior management in the Norwich Union. Apart from having management disciplines of goal setting, clarity of thought, motivation, and review procedures, I am a good listener, quick to understand issues, a team player, and most importantly, a sense of humour! I also understand financial issues and I am comfortable with budgets.

I hope to bring a new impetus to the Council, and inject some fresh thinking into some of the current issues. The question of school crossings, raised at the AGM requires a satisfactory solution, and I hope to contribute to that. Also, Cambourne's future expansion is close to my heart and I would like to ensure that any development is done sensitively, without detracting from the many excellent attributes that exist here.

## John Vickery - Cambourne Parish Clerk

Residents are welcome to address the meeting before it formally starts on any matter that is on the agenda. If you have something else you would like to raise, please contact the Parish Clerk at least 10 days beforehand so that the item can be added if necessary.

John Vickery the Parish Clerk is available at Parish Office, The Hub, High Street, Cambourne, Cambridge CB23 6GW.

Telephone 01954 714403 or by e-mail at <a href="mailto:clerk@cambourneparishcouncil.gov.uk">clerk@cambourneparishcouncil.gov.uk</a> The Parish Clerk will normally be in the office between 9.30 and 1.00 o'clock Monday to Friday and by appointment at other times

Date	Time	Meeting
6th August	7.30pm	Planning Committee
	*	Council (urgent matters only)
20th August	7.30pm	Planning Committee
3rd September	7.30pm	Planning Committee
	*	Council



## **CAMBOURNE WEST Consultation**

The consultation process has now started on the local plan and you can now comment but you may not have seen the exhibition at the Hub but there are other venues that are being held in September - updated information will be on the Cambourne Crier and Cambourne Info web sites. Information will also be in the library, Parish Office and at South Cambs.

You can respond on line, by email or use the form, links to all those are on the South Cambs Web site or get a form from the Parish Office or at the exhibitions

http://www.scambs.gov.uk/localplan

You can see where the homes will be located on the plan on the left.

The exhibitions will also include a chance to see Cambridgeshire County Council's draft Transport Strategy.

Respond by 5pm on 30th September

With all the extra homes Cambourne would grow from the initial 3000 to around 5800, we have 3400 occupied homes now.

## editorial@cambournecrier.org 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 Cambourne.

Early last year we made the huge decision to give up our life in Berkshire, where we had lived for over 30 years, and move northwards into Cambridgeshire. We did a lot of research and combed many areas before we made our final decision. We chose Cambourne because it had all the amenities we needed in a compact space and, with all the paths, nature reserves and lakes, it was a pleasant place to live. We chose to move into a new house and, even though we have had considerable and ongoing problems with it, we love the house and the quiet area we live in. It also helps that we have nice friendly neighbours.

One of our other considerations was the amount of activities and hobbies available to us in Cambourne. It was lovely to be able to carry on doing the same things that we enjoyed before as well as trying out some new ones. I'm hoping that the courses in the new village college will be well supported as I'm looking forward to

joining the choir. One activity we both do is the over 60s Active-8

session on Thursday morning in the sports hall. I heartily recommend

this. We play all sorts of sports and games - some we have never played before or well back in the mists of time. We are well supported by the gym staff and we have our own coach in Louis who joins in with us. He is known to change the rules merrily and cheat when occasions demand. I would like to say you do not have to be able to run and jump to take part, we do everything at a gentle walking pace. It is good fun, we have a laugh and it is great exercise. The gym staff supply us with tea/coffee and biscuits so we also have a social session at the end. It is a good way to get to know people. If you think you can do more than seated aerobics please come and join us, we will make you very welcome.

I would also like to give out two pats on the back. One is to the Monkfield Practice. Since we arrived here our health had been well monitored and we regularly get called in for check ups. The other one is to the hard working ground staff who do their best to keep the huge amount of grassy areas around the villages well maintained. Thank you to both groups.

Sincerely, Pat Goatly

## **Greetings from Cambourne Library**

Mon: 9.00-5.00, Tues: 9.00-1.00, Wed: Closed all day, Thurs: 4.00-7.00. Fri: 9.00-5.00, Sat: 9.00-1.00.

Welcome to Cambourne Library. We are situated in Sackville House. It is completely free to join. We can now offer free WiFi access in the library – see library staff for details.

Discover "CREEPY HOUSE", the Summer Reading Challenge. You are invited to join our gang of explorers as they work their way through three thrilling floors of fun. Help them discover the secrets of the house by reading library books and keep track of the action on a special fold out poster. Pick yours up from Cambourne library. All children who read at least 6 books during the summer will receive a medal and a certificate. Our sessions at Cambourne Library will be Mon 2.00 – 4.00, Tues & Fri 10.00 – 12.00.

## SPECIAL CREEPY HOUSE CRAFT SESSION -

Wed 28th August 10.30 – 12.00. Come along and help create a special collage for the library. Tickets can be purchased from the library.

Engage in the Afternoon – "Charles Darwin – A Lifetime of Letters " Wed 7th AUGUST from 2.00 – 3.30. Pop into the library for a free ticket if you can but to arrive on the

Cambridgeshire floating Support DROP-IN Service – Please visit us to talk to one of our Support Workers and get advice including: Housing Benefits, Debt. 10am – 12pm on first Thursday of every month next session 8th August the 5th Sept. at Cambourne Library

We also have lots of New Books to borrow and Book Sale in the library.



## Wildlife Review August 2013

July was a great month for insects around Cambourne, with lots of butterflies, bees and dragonflies about. Highlights included large numbers of marbled white butterflies around

the boundary walks and in the Country Park. These are actually members of the 'brown' family rather than the whites, and their caterpillars feed on grasses. If you manage to see the adults resting on a plant close up you will see that they only put four of their six legs down, keeping the front

pair held up. There have also been lots of red and black burnet moths about. These are day-flying moths and their caterpillars feed on bird's-foot trefoil.

It was nice to see lots of people at the family fun day. I hope your butterflies are hanging up somewhere sunny! If you took away a packet of wild flower seeds to make a mini meadow do let me know how you get on and what wildlife it attracts to your garden.

During August, once the flowers have gone over and the birds have finished nesting, we will start to mow the grassland that has been left long over the summer. This leaves it in good

condition to start growing and producing lots of flowers again next year, but we will leave some long grass for insects and small mammals to hide away in over the winter.

## Safety

Please remember that the lakes are not safe places to swim in during the hot weather, even for strong swimmers. Please remind your children about this and if you see anyone swimming in the lakes, call the local police on 101 to let them know. Also if you see any fires around Cambourne greenspaces call the fire brigade as we do not make any fires for management purposes in the summer.

## **Litter Pickers**

If anyone is interested in helping keep Cambourne greenspaces looking nice over the summer holidays, we would welcome help with litter picking. Whether you can offer just one day or can be a regular volunteer please email me. I can also lend equipment to groups wanting to clear up their own areas.

## Path Works

Have been delayed, but should be happening in September – watch this space!

Jenny Mackay - Wildlife Trust Reserves Officer

## 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

Call: 01954 713516 (usually on voicemail as I am out and about or call the main office number 713500 for urgent messages)

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

Illustrations – Mike Langman



The regular Cuppa with a Copper session will be held in Greens Coffee shop, High Street Cambourne on 16th July, between 10 and 11am, come along and discuss the issues that matter to you.

01/08/13	Green Bin and Blue Bin
08/08/13	Black Bin
15/08/13	Green Bin and Blue Bin
22/08/13	Black Bin
30/08/13	Green Bin and Blue Bin

## Bin Collection Dates for this Month in Cambourne

You will receive a weekly collection **each Thursday** between 7am and 6:30pm, alternating each week between Green and Blue Bins and Black Bins. Bins will be collected a day later (Fridays) on weeks containing a bank holiday.

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

## **CAMBOURNE KITCHEN**

# Slow Cooked Leg of Lamb in a rich cashew nut, date and spiced sauce with potatoes:

I took real pleasure in creating this recipe. The world of spices is an exciting one - there are no hard and fast rules, you can be creative and imaginative and they can take an ordinary meal and turn it into something extraordinary with their boldness and subtly in equal measures. Please give this a try and play around with it if you want to. Served with a cooling salad, chutneys, relishes breads and sides it makes a great alternative to the bog standard summer sausage!

## You will need:

- 1.5kg leg of lamb (the size is not crucial and shoulder would work just as well)
- 2dsp of your preferred curry paste (I used a kashmiri curry paste)
- 1 dsp chilli powder (adjust to your own preference)
- 1 dsp asafoetida powder
- 1dsp ground black pepper
- 2 generous tsp marmite
- 100ml whole milk
- 250g dates (cover with warm water and leave to soak)
- 100g butter
- 1 heart of celery finely chopped
- 3 large onions roughly chopped
- 200g roasted and salted cashew nuts
- 1 can tomatoes
- 2tsp cumin seeds
- 3 large potatoes cut into medium sized chunks
- a little oil for initial frying
- seasoning to taste



## Method:

- 1. Begin by stabbing the lamb leg all over. Place in a container or bowl. Mix together the curry paste, chilli, asafoetida, black pepper, marmite and milk then rub this all over the lamb. I deally you would leave this overnight to marinade but at least two hours left at room temperature should suffice. (If leaving overnight place it covered in the fridge and get it out an hour before you want to start cooking it.)
- 2. In a large pan heat a little oil over a medium heat. Scrape off the excess marinade from the lamb and then seal the lamb on all sides. This will take about 10 minutes don't be tempeted to play with it too much as you want to achieve a nice caramelised crust on the lamb. Place the sealed lamb into a slow cooker. (If you don't have a slow cooker put it into a oven proof casserole dish and cook it in a low oven approx 160 degrees celcius for at least 3-4 hours of until meat is falling apart.)
- 3. In the same pan add the butter and then the cumin seeds. Throw in the onions and celery and a tsp of salt. Allow them to cook over a low to medium heat slowly for at least 20 mins stirring occasionally to achieve a rich, caramelised result. Don't be tempeted to rush this part it will pay off in the end result. After 20 mins add in the dates (along with the water they were soaked in) the tomatoes and any remaining marinade from the lamb. Bring up to the boil and then take off the heat. Blend the mixture until it is smooth. Pour about 8 tenths of this over the lamb in the slow cooker and with the remaining mix add the nuts and blend until really fine and smooth. If you find it is difficult to blend just add a drop more water until the blender churns well. Pour this over the lamb and mix in to the rest of the sauce. Add in the potatoes.
- 4. Turn the slow cooker to high (if using the oven start it at 200 degrees celcius for the first 20 mins then lower to 160) until you see bubbles beginning to form on the surface, then switch to low and leave it to cook for at least 3 hours. Switch it off and you could either enjoy it straight away or even better leave it overnight to allow the flavours to develop further. The meat should fall apart when you use a spoon. You can keep this for up to two weeks in the fridge or longer in the freezer and it will just get better with time. Adjust the seasoning according to your own taste with salt and pepper.

Don't be daunted by the list of ingredients or the method - this is really quite straightforward and easy to prepare because once it's in to cook you can just leave it alone. Perhaps a stir after each hour but this is not essential. It's something a bit different and really when it comes to spicing - the world is your oyster. Try adding freshly minced garlic and or ginger if you want. Garnish with fresh parsley, mint or coriander. I added two whole scotch bonnet peppers (pierced) into mine but this was personal choice.

## PEACEHAVEN BAPTIST CHURCH



Meeting Sundays: 10 am - Bible study and Sunday school. 11 am - Morning worship at the Hub

Wednesday Evenings: 7 pm - Pastor's home
For more info email Peacehavenbc@aol.com or call 01954 710510
Pastor Donavan Bangs

#### Pastoral Thoughts

August has arrived and if it is anything like July when I wrote this then it is hot. Thankfully at least the hub where we meet on Sundays and my house for Wednesday evenings both have air conditioning so we can say, "hey come to church, it's cool." Literally and figuratively.

Our Church anniversary picnic went well with plenty of food and fellowship. And no injuries or downpours or bold inquisitive ducks trying to join in.

We have been part of the community for many years now and have seen many changes, however, our mission and goal and guidebook still remain the same. The help and mutual support of the church is unchanged.

We are teaching the book of Acts in our 10am service and a series on the names of God in our 11am service. With Wednesday's study after prayer time from the book of proverbs in a series entitled "Walking Wisely in a Wacky World."

Counseling appointments are still available for a variety of life's difficulties just contact us for a suitable slot and to see if your particular need can be addressed.

If you have any questions or just need to chat let me know. www.peacehavenbc.org.uk

Enjoy a piece of cake, a cup of tea or coffee and a chat. There are refreshments and arts activities.

PIP is intended for children ages (A10 to 5), (6 to 12 AAC) and parents/carers.
All nationalities are welcome.

The entry fee is £1.00 per family for children ages 0 to 5 years old and £1.00 per session each for art students aged 6 to 12 years old for the Afterschool Art Club. Please register in person.

Peacehaven International

Playgroup

## Afterschool Art Club & Playgroup

Wednesday 3:30 to 5:00 pm Except school holidays Meeting at the Cambourne Community Centre, The Hub, High Street, Cambourne, Cambridgeshire CB23 6GW Sponsored by Peacehaven Baptist Church



August	Get a sketch book to jot ideas down and create artwork over the holidays	Visit an art gallery
September	Have a great summer break! We will be back starting Sept. 4	Wysing Arts Centre Summer arts activities

For bookings & enquiries contact: Laura Bangs, (01954) 710510 <a href="mailto:Peacehavenip@aol.com">Peacehavenip@aol.com</a> <a href="http://peacehaven-international-playgroup.co.uk">http://peacehaven-international-playgroup.co.uk</a> Funded in part by Create, Awards for All, Co-operative Group, CHS Group, South Cambridgeshire District Council & Cambridgeshire County Council

## CAMBOURNE CATHOLIC CHURCH

## **Assumption of the Blessed Virgin Mary**

On August 15th we celebrate the feast of the Assumption of the Blessed Virgin Mary. The Catholic Church teaches that the Virgin Mary "having completed the course of her earthly life, was assumed body and soul into heavenly glory". The feast of the assumption is celebrated by many other Christians, including, Eastern and Oriental Orthodox and sections of the Anglican church. The teaching was defined as a 'Dogma' by Pope Pius XII in 1950, although this was widely held to be

of belief by the early church fathers of Christianity.

Catholics venerate and honour (not to be confused with worship) the Blessed Virgin Mary by virtue of her co-operation in God's plan for salvation in Jesus Christ. Her greatness is in her humility and willingness to serve God, 'be it done unto me according to thy word' (Luke Ch1: V38) was her resounding YES to the Angel Gabriel's salutation and 'all generations will call me blessed for the Almighty has dome great things for me '(Luke C1: V48-50).

During her lifetime, although the Gospel citations are limited, Mary always presented our Lord to others: to Elizabeth and her son, John the Baptist, who leapt for joy in the womb at the presence of the Lord still in his own mother's womb; to the simple shepherds as well as the wise Magi; and to the people at Cana, when our Lord acquiesced to His mother's wish and performed the first miracle.

Moreover, Mary stood at the foot of the cross with her Son, supporting Him and sharing in His suffering through her love as only a mother could do. Finally, she was with the Apostles at Pentecost, when the Holy Spirit descended and the Church was born. Therefore, each of us can step back and see Mary as the faithful servant of God who shared intimately in the birth, life, death and resurrection of our Lord.

For mass times and updates on monthly activities please see our facebook page (note: you do not need to be a member of facebook to view this page) .www.facebook.com/cambournecatholicchurch

Mass time in Cambourne Church Saturdays at 5pm



## **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



## **Ministerial Vacancy Update**

The selection process for our new minister is underway and interviews take place in September:

www.cambournechurch.org.uk/page/about\_us/advert



In the meantime we are delighted that Robin Giles, a local retired Baptist minister, is on hand to provide oversight and help with some pastoral needs.

If you would like contact with a minister during the vacancy period, please call our administrator, Julie on 01954 202546 or email info@cambournechurch.org.uk



# SUMMER OPENING

The coffee house is OPEN over the Summer Holidays on the following Mondays and Tuesdays 10am – 12pm

5th& 6th Aug, 2nd& 3rd Sept

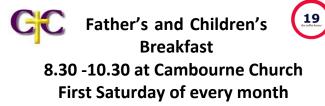
Normal opening hours (8.45am – 12pm) resume Wednesday 4th September

## **Volunteers Needed:**

From September we will need some more volunteers to work in the Coffee House. It's great fun, looks good on your CV and we give full training. To find out more come and say hello, call 07513 951988, or contact

19thecoffeehouse@cambournechurch.org.uk

We would love to hear from you.



(Next dates: 3<sup>rd</sup> August and 7<sup>th</sup> September) Free Group with: bacon rolls, cereal, toast and more (donations appreciated) Call Gerald: 07513951988

# Family Fun Days

Events for all the family, organised by Jane Brooks, Children & Families Champion at Cambourne Church and The Vine School



Tues 27th August: Story Telling 1
10-11am Church Foyer (suitable for under 7s) –
come & share stories [places limited]

**Tues 27th August:** *Picnic at the park* 11.30-12.45pm, park opposite The Vine, bring a picnic and your Teddy

**Thurs 29th August:** *Crafty Fun* 2.30-4pm Church foyer, suitable for all [places limited]

Fri 30th August: Story Telling 2 10:30-11:30am Church Foyer (suitable for under 7s) [places limited]

Fri 30th August: *MegaCrafts* 2.-4pm Church foyer, suitable for all [Places limited]

**Sat 31st August:** *Scavenger Hunt* 11:30am start and finish on sports pitches next to everyone active

Sat 31st August: *Picnic and Family Games* from 11:30am Sports pitches next to Everyone Active

Contact Jane for more details & to express interest: childrenschampion@cambournechurch.org.uk



After School Club

for children in School Years 3, 4 and 5 has some spaces for next academic year. Meets Wednesdays during term time at the Church, 3.15 - 4.45pm. £1 sub per child per week. Activities include team games, quizzes, craft projects, computer games, football/similar, amazing Bible stories, refreshments and time and space to be listened to, be quiet and reflect.

Request a registration form from

childrenschampion@cambournechurch.org.uk

Thank you so much to the organisers of Open Gardens and to those who opened or visited gardens at the end of June. We are so grateful that the proceeds (an impressive £490) were given to the church again, to go towards our children's work.

## Services in August are all at 10am

With more of an outdoor programme f or primary aged children

Join us at 10am on 1st September for \*It's your move!\* A service celebrating children moving into new church groups

9.30 and 11.00 services resume on 8th September



info@cambournecrescent.org www.cambournecrescent.org

## Celebrating Eid

Muslims in Cambourne and Cambridge will be joining millions across the world in celebrating the festival of Eid on the 9th and 10th of August 2013. Most will be travelling to one of the mosques in Cambridge to offer the morning congregational prayers before celebrating the day with friends and families. The mosque off Mill Road hires out the Kelsey Kerridge Sports hall to accommodate the larger crowds as many attend with children and

families dressed in traditional clothing.

It is traditional practice to greet one another by saying 'Eid Mubarak' which means blessed Eid. It is also customary to eat something sweet early in the morning which varies from culture to culture. The celebration culminates a month of fasting where the faithful have spent their time praying and beseeching God for forgiveness and mercy. For many, Ramadan was not just an abstention from food and drink. Rather, it was an exercise in patience and discipline. Eid is the celebration for those who observed the fast and showed patience and tolerance. This year Muslims in Cambourne were again able to read congregational evening prayers at the Hub known as Taraweeh and also break-fast in the main hall on a Saturday.

Eid is a time when the entire Muslim community comes together to share in each other's joy and blessings and also to lessen the burden of those who may be suffering by paying a set donation. It is preceded by people shopping and looking around for gifts for their near and dear ones. The day is used by spreading happiness and social harmony by visiting friends and relatives.

Last year, Eid was also celebrated on the central grounds of Parker's Piece where over 2500 people celebrated. The event hosted exotic food stalls including a BBQ, fairground attractions, inflatables, Sports Day games, falconry experience, children's entertainment, henna painting, arts & crafts and more.



## **New Computer System**

We are now 1 month on with our new Computer System and things are progressing well. We would like to thank all of our patients for their tolerance and understanding during this changeover period.

## Monkfield Medical Practice Repeat Medication Requests- ordering on Line

To register for this service 'SystmOnline' just call into the surgery to collect a user name and password to access our on line repeat prescription service, available now through

a link on our website. www.monkfieldpractice.co.uk

## **Updating our records; Text Messaging/Smoking Status**

On our website or at our reception desk we have a short form for you to complete to update your contact details and smoking status.

For us to be able to send you text messages for appointment reminders and invitations for annual reviews etc, we need your explicit consent, if you do not complete the form unfortunately we will not be able to text you.

## CAMBOURNE COMMUNITY CAR SCHEME

Community car schemes provide door-to-door transport for people who cannot make the journey by car, by bus or dial-a-ride. But is NOT a taxi service and you need to give as much notice as possible. Drivers are all volunteers so we cannot guarantee availability. There is a minimum charge of £2.50 for each journey, or 30p per mile from the drivers home and back. Ask your doctor if you qualify for free transport to hospitals, by others.

Tel 07504 869 438 or email cambournecarscheme@gmail.com All expenses are paid and drivers get a top up of 15p per mile from the County Council making a total of 45p a mile (Inland revenue limit). Please see www.cambourne.info under community info for more information We had another busy month in July but had to turn down several trips due to the lack of drivers WE - NEED - VOLUNTEER DRIVERS - PLEASE -There may be a reduced service in August and September due to holidays - sorry! - but we will do our best!



Minimum cost to Cambridge is £6, Addenbrook's is £9, anywhere in Cambourne is £2.50. our volunteers are able to help people with appointments or social engagements.



## Cambourne 123s is a fun and friendly toddler group

## We meet on Fridays from 10-11.30am at the Sports Pavilion

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.

We are closed for the summer holidays but will start again on Friday  $6^{th}$  September when we will be making handprint cards for Grandparents day – hope you can join us then.

If you are interested please do come along, as we would love to see you or for more info please contact Jane on 07530 537253 or email cambourne123s@hotmail.co.uk



## Cambourne Pre-School

A fantastic turn out for the Barnardo's Walk. We had a picnic in the park, cake sale with cakes the children had made and decorated and then we all toddled around the field. All children received stickers and medals for taking part and our current total raised for Barnardo's, (with 25% going to pre-school) is a fantastic £368! With more sponsor money due in.

We will be having our Summer/Leavers party on the 22nd July with Mr Rainbow's Magic and Puppet Show, Arts and Crafts, Disco, Party games and free lunch buffet for the children.

## Car Boot Sale

@ The Hub Car Park

## Saturday 10th August 2013 10.30am - 1.30pm

Pre Booking @ £5 per 2m space.

Deposit is non-refundable and is to be Paid on Booking. On the day £7.50 providing space is available. To book please email carbootcambourne@yahoo.co.uk or call / text Julia on 07966 3000 42

Car boot is organised on behalf of Cambourne Pre-School (registered charity)



## **News from Sunflower Nursery**

We bid a fond farewell to all our children who are leaving us this summer to go to school or other settings. The next chapter in their lives is about to begin! We had visits from Reception teachers of our local schools, it was lovely to be able to show them around our nursery and for them to meet the children that will be joining them in September.

We welcomed six work experience students from Comberton Village College at the begin-tive experience for everyone.

We gave the children a special day on Friday 19<sup>th</sup> July, with a picnic in the park and a disco, parents were invited to join us.

Recent lovely weather has prompted lots of water play, and exploring the properties of ice as well as all wonderful array of activities that the staff help to plan alongside the children. We have planned activities for all the children for the rest of the summer; following their individual interests and passions.

The children have enjoyed the summer meals our cook has prepared. We are now starting to plan our autumn menu which will start in September.

There are still some September spaces for morning funded only sessions (9-12) in our Pre-school Badger room.

We also have some limited spaces for full childcare in all the rooms at Sunflower, please contact the nursery for an enquiry pack or a show around. 01954 719440.

## The Vine Interchurch Primary School

## **Book Week at The Vine Inter-Church Primary School**

Phew! What a week! The Vine School Book Week was funfunfun!

We started off with a visit from the Iroko African Theatre Company and were entertained by an hour-long, whole-school, audience-participation storytelling session followed by African drumming

and dancing for each year group. The enthusiasm was amazing – show us your moves year 5!

During the mornings, we welcomed various parents, staff and governors to read to us. Some readers brought their own favourites and others picked from a box of delights provided for them. We even had one reader wearing a green Mohican wig to add a little more madness to the occasion. On each morning there were over a dozen groups of children being read to. What a joyous noise!

Author visits are always fun and Elys Dolan, author-illustrator of 'Weasels' was fab. Elys taught us how to 'grrr' like a weasel and, after sharing the story with us, she drew special weasels for us. Her book is very funny - I'll not give the ending away but it's not always Bond villains who are intent on world domination...

We are used to visitors at *The Vine*, but during Book Week we had over 400 visitors to our school! We welcomed, among others, several Harry Potters, lots of pirates, the BFG, the Gruffalo, Pippi Longstocking, Mr Tumnus, Alice, Mr Stink and even Stig – well, we're pretty sure it was Stig because he was wearing a mammoth skin and all he said was 'Ug!' Yes everyone – including the staff – dressed up as a favourite book character.

A grand Key Stage 2 Book Quiz (teams = 2 girls, 2 boys, a teacher and a TA) with rounds varying from 'Book Baddies' to 'Spelling' resulted in year 4 raucously celebrating as they



took possession of the prize – a full boxed set of 'Diary of a Wimpy Kid'. Later in the week, a hardy gang of year 6s gathered together any books which pupils didn't want from home and the whole school were invited, year by year, into the hall to choose a book for themselves. The first Vine School Book Swap was a great success with every child taking a book home.

During our Celebration Assembly on Friday morning, each year group shared something from their week's book learning. So, we had songs, games, illustrations and even animated films from across the school – we even had a visit from Aliens in Underpants!

In the afternoon, the Vine Volunteers hosted the Vine Book Week Tea Party with marvellously decorated tables (bookthemed of course with everything from 101 Dalmatian spots to a certain famous wardrobe), friendly (year 6) waiters and waitresses, amazing refreshments along with fabulous bookish entertainments from each year group.

With each child taking another book home, from 'Harry and the Dinosaurs' and Spy Dog to Terry Deary and Michael



Morpurgo (thank you to The Vine Volunteers), our Book! Week came to an end. Exhausting? Yes! Exhilarating? Of course! Book Week is always a great success because our children use their imaginations to entertain, be thought-provoking and enjoy their book-centred learning. Now, next year's Book Week ...

If you would like to find out more about The Vine School then Debbie Higham, Headteacher, would be pleased to hear from you on 01954 719630 or e-mail: office@thevine.cambs.sch.uk

# Monkfield Park

## **Monkfield Park Primary School**

"Where has the year gone?" is currently an often-asked question around our school and indeed, as the old adage goes: 'Time flies when you're having fun!' Everyone has been busy with exciting learning opportunities, from visiting new places to sporting endeavours and musical performances.

This year's Year 6 summer production entertained audiences with our version of 'Knight Fever', a tale of Arthur and his Knights of the Round Table's quest for missing Excalibur. Our performers took us through an adventure where we joined the 'Excalibur Factor' competition, were almost trapped

in the 'Dragon's Den' and kicked up a storm at the 'Masterchef' banquet. The audiences were treated to an excellent performance with some superb singing and great acting abilities. We are sure to see some of these names in lights in the future!

Sporting achievements have featured highly across the school over the past few weeks. Year 4 children took part in the Mini Olympics event, Year 6 children went to the Athletics Festival, where they joined teams with new friends who they will be with at their secondary schools – and of course all children participated magnificently at Sports Days. Friends and family supported and cheered the children on as they tackled obstacles and raced through relays. We were all very proud of the sportsmanship and teamwork which the children showed. After very close competition, when the final scores were revealed, it was Challenger

team for Key Stage 2 and Atlantis team for Key Stage 1 who were celebrating as their team colour ribbons decorated the trophy.

Reception children had a wonderful time as they ventured to Wicken Fen nature reserve, ready with wellington boots and raincoats to explore nature's outdoor classroom. They bravely had a go at pond dipping and hunted for minibeasts. They also produced some 'wild art' using clay and natural resources, such as twigs and leaves, to create various animals that live on the fen from woodpeckers to dragonflies. It was a fantastic learning opportunity for adults and children alike!

As the end of another busy school year approaches, we wish everyone a happy summer break, with plenty of sunshine, fun and relaxation.



## Hardwick Community Primary School - The Blue School



The Blue School

It's been an exciting end of term at Hardwick. Our year 6 children followed up their Hilltop adventure by staging a fantastic production of 'Bugsy Malone'. The quality of the performances from both the year 6 actors and the supporting year 5s was exceptional. Putting on a 2 hour show of such quality in just over 3 weeks is a credit to not only the children, but also the hard working staff in the year 5/6 team. We have also said our emotional goodbyes the year 6 children and we wish them all the best in their future studies and lives. They have been a truly fantastic year group and a credit to themselves and their families.

We also ended the year with an exuberant 'Rock stars & Pop stars' show from the 3 reception classes at the other end of our school. Their performance was hugely entertaining and we are sure we've seen plenty of stars of the future!

The Year 1/2 children have been reaching the end of their 'Future' topic. They have now responded to all those strange transmissions and messages from the future. We are sure that all the changes and ideas they have had in the present will have created a better future for everyone. They are though still having trouble getting the time machine working, but who knows, with their brains it might be working soon!

The year 3/4 children reached the culmination of their 'Romans' topic with a fantastic trip to St. Albans to explore Roman remains and artefacts there in truly Mediterranean temperatures.

Alongside these events we have also had a fabulous Hardwick Carnival, our school choir has sung at The Royal Albert Hall, we did wonderfully well in the year 5 and year 6 Maths challenges and completed our graffiti zone. All-in-all a highly successful term for all our children.

In other news, we now have a design for our new Cambourne campus and it will be available for people to view over the summer at the Hub, as part of the public consultation on the design. This consultation begins on the 16<sup>th</sup> August.

We would finally like to wish everyone a happy and peaceful summer break in the blissful sunshine of an English summer (hopefully it will continue).

Andy Matthews & Ruth French



CAMBOURNE On 19 July, Kier handed us the keys to our new Village College. It seems incredible /ILLAGECOLLEGE that one year ago, the site was a cornfield, and in January, only the first walls were rising out of sea of mud – but now we are settling in and are thrilled with the vibrant

new building. There is plenty of work to be done over the summer as all the equipment and furniture arrive, but we will be fully ready to welcome our first cohort of Year 7 on 4 September.

Outside, the grounds look a little Mediterranean... The July heat wave put a stop to the landscaping since the plants were wilting in the 30° sunshine. But with the attractive benching all around the site, the decorative panels due to be mounted on the stairwells, and our sculpture soon to be installed, the outside will match up to the striking interior very quickly.

Our new website has been designed and is being built. By the start of term, it will be complete and visitors will have full access to news and information about the College. Details of our Adult Education Programme are available in the meantime on the temporary website: www.cambournevc.org.

We are, of course, planning a series of opening events - information about these will be available in September - and we look forward to welcoming you to our new College very soon.

Claire Coates - Head of School





## DISPATCHES

latest ne ws from the (Bassingb ourne) Squad: Flight Air 2484 (Cambourn Detached Tr aining

## Sergeant takes Flight

2484(Cambourne) Detached Flight is delighted to announce that Sergeant (ATC) Rob King has been Promoted to Flight Sergeant. Rob Joined 2500 (St Neots) Squadron in 2007 as a Civilian Instructor, and quickly became a valuable asset to the unit. As soon as the corps would allow, Rob was asked to go into uniform as an Adult Sergeant which he willingly did. He quickly made his mark gaining qualifications in First Aid and More recently, the PTLLS teaching award, all of which he has put to very good use. Rob is responsible for all Drill, Dress and Deportment at the detached Flight as well as the subject

Rob followed the Detached Flight from its first home at 2500 (St Neots) Sqn to 2484 (Bassingbourn) Sqn and eventually to Cambourne in January 2012.

OC 2484 (Cambourne) Detached Flight, Flying Officer Charles Rogers RAFVR(T) said "Flt Sgt King has been instrumental in building the Detached Flight into the success it is today, and quite simply the Flight could not do without him. He continues to set the Standard that he expects from all cadets. I am delighted that Rob has been promoted and it is thoroughly deserved."

## Wingfield Success

Cadets and staff from 2484 Bassingbourn Squadron and 2484 (Cambourne) Detached Flight recently enjoyed a full weekend of leadership, drill and First Aid hosted by RAF Wyton. All 29 Sqn's from Beds and Cambridgeshire wing gathered to pit their skills against each other in this annual event.

The exercises were run by staff from different Sqn's and the best was selected for by the cadets voting for their favourite exercise. This year's winner for the best exercise was the 2484 Bassingbourn Sqn and 2484 (Cambourne) Detached flight for their exercise named "Prepare to launch".

The exercise was to challenge the cadets to build a craft to hold a pilot and launch it 20m; the pilot was a raw egg. The equipment to build the craft was limited to a small supply of card, paper, straws, cellotape and string. The designs were varied and some were very successful.

In addition the cadets where given fake moustaches and told to speak in Armstrong and Miller-style RAF WWII pilot voices. This was to add a bit of fun to the exercise and give them one more task to focus on.

Flight Sergeant (ATC) Rob King Exercise IC said "The exercise was a challenge in engineering for the cadets with a bit of humour thrown in. I would like to thank all the staff for their help and High "Standard isn't it" about learning in a fun way?"

If you would like information on how to join the Air Cadets, become a member of staff or support the Flight by joining the Civilian Committee, please call to arrange a visit us at Bassingbourn Barracks or at Cambourne Sports Pavilion, Monday and Wednesday evenings between 7pm and 9pm.

## **CAMBOURNE CRAFT** by Sonia Mrowiec

I think you can never have too many bags and purses. This one is small enough to discreetly hide all sorts of things in handbags without leaking stuff or ruining the contents of it It can also be made as a gift with the right choice of fabric.

## You will need:

Sewing machine, a zipper foot for your machine, scissors, thread (colour matches the fabric colour), pins, iron and ironing board, fabric of your own choice and, of course, a 33cm zip.

- Cut two pieces of fabric the same size 33 cms across by 16 cms in length.
- Press a small fold about 1 cm from the edge this is your sewing edge. Attach the zipper foot to your machine.
- Sew the zip one side along one piece of fabric. Then do the same on the other piece of fabric.
- Sew a seam from where the zip teeth end not the fabric that will be tucked in.
- Open the zip and do the seams the other side again where the zip teeth end.
- Do a seam at the bottom.
- Finally, turn your bag inside out!





#### ART GANG

This group meets on the 2<sup>nd</sup> Monday of each month for people interested in art either professionally or as a hobby, The next meeting will be in the Monkfield Arms on Monday August 12<sup>th</sup>. Please ring 01954 710858 for more info.

#### **WORDS FOR PLEASURE**

'Words for Pleasure' is a friendly, fun and welcoming writers' group which meets on the first Thursday of the month in Cambourne Library.

The next meeting will be on Thursday August1st starting at 1.30pm.

For more information please get in touch by phoning Pat Callaghan 01954 718836 or ask at the library.

#### WATERCOLOUR CLASSES

There are now two separate watercolour classes: Beginners, which meets in the Lower Cambourne cricket pavilion on Tuesday morning 10am -12 noon, and Improvers which meets in the Sports Pavilion at the back of the Leisure Centre on Wednesday morning, again from 10am – 12 noon. The tutor for both sessions is a local artist and experienced teacher. Phone 01954 710858 if you would like to sign up for the September term at a cost of around £65 for 10 sessions

## **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. Regular meetings take place on Tuesday evenings in the Belfry. 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. New members always welcome. The next session takes place on Tuesday August 20th and will have either a male or female model. To book a place, phone 01954 710858

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.

For further information on any aspect of Cambourne Arts, contact: Fran - fran@panrucker.eclipse.co.uk or 01954 710858



Wanted: mobile phone footage - weddings, boats, people, holidays, beaches, parties, drinks, families, personal stuff, professional leftovers - for use as part of a new art commission.

Visual artist Keren Cytter is relocating from New York to Wysing Arts Centre near Cambridge for a residency in August and is asking for people to contribute their mobile phone video footage as part of a new work. Contributors can remain anonymous or ask for their name to be credited. The footage can be anything taken on a mobile device.

Developed with musicians Keira Fox and Charlie Feinstein of Maria & the Mirrors and David Aird of Vindicatrix, this exciting new collaboration, which has been initiated by Wysing, will lead to the production of a new

multimedia performance work, including video and live music, which will be premiered at Wysing's annual festival, Space-Time, on 31 August, and later as an expanded version at the ICA, London.

Maria & the Mirrors were one of the highlights of Wysing's 2012 festival and the new commission will develop during August when the band, alongside David Aird, join Cytter in-residence at Wysing.

Space Time: Convention T is Wysing Arts Centre's fourth annual festival of experimental artists' music and includes twelve hours of live music across three indoor stages, new commissions, spoken word and sound performances, film screenings, family workshops including music-making with the new Raspberry Pi computer, and a covered artists' stall area. The new work by Keren Cytter, including the mobile phone footage, will be shown here for the first time.

For information about how to submit mobile footage, please visit our website http://www.wysingartscentre.org/whats\_on/residencies/keren\_cytter

Ticketing details, alongside updates of artists and musicians, are on Wysing's website http://www.wysingartscentre.org/whats\_on/annual\_music\_festival.

This new commission is realised in partnership with London's ICA and is supported by The Elephant Trust. Venue address: Wysing Arts Centre, Fox Road, Bourn, Cambridgeshire, CB23 2TX, 01954 718 881.

# PAPWORTH ASTRONOMY CLUB NEWS

Papworth Astronomy Club will kick off its new season on Wednesday 7th August with its annual picnic. Members, prospective members and guests are all welcome.

The programme of events for the remainder of the year is as follows:

- Wednesday 4th September. Speaker meeting. Details will be published once the presenter is confirmed.
- Wednesday 2nd October. Dr Mike Leggett will give a talk titled "Astronomy in the Ancient World".
- **Wednesday 6th November.** Dave Roberts will lead a night sky observing session. There will be an alternative programme if the weather is poor.
- Wednesday 4th December. Sheridan Williams FRAS, director of the British Astronomical Association's computing section, will talk about the mechanics of eclipses.

The Picnic and all other meetings will be at the Vinter Room, Papworth Everard at 7:30PM. The Vinter Room is 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). You can also email Peter Sandford on peter@cheere.demon.co.uk or phone 01480 830729.

# the**W**

## **CAMBOURNE WI - August 2013**

Last month's felt making proved to be great fun, although a little messy. Sonia guided us through the process and everyone managed to produce a good sized piece of felt. Most of us 'donated' our felt, which we plan to incorporate into a tablecloth – yes, we plan to go upmarket, but only a bit! In August, one of our members, Shelagh Wooster, will share her love of photography with us. Shelagh is widely travelled, always with her

camera, so we await her talk with interest. We meet in the Hub on 8th August, at 7.30 p.m.

The Cambourne WI will be continuing with the following groups.

**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. If you would prefer to chat to us informally before coming to a meeting, do join us for coffee and cake.

**The Book Club** now meets on the first Thursday of the month. You can collect your book from Cambourne library and then come and join us for a lively discussion in the hotel on the book of the month. Non-members of the WI are very welcome. For more information please contact Fran on 077802665111

**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.

**The Darts Group** have done well this year, and have reached the quarter finals. By the time you read this we will know whether they achieved even more. They will then have a break until September, when they will begin practising for the new season.

If you are new to the area or would just like to meet likeminded ladies and women then get in touch and come and try us out. Visitors are more than welcome, although a £3 visitors fee is charged. If you like us, then you will be able to join the Cambourne WI. For more information please contact Pam on <a href="mailto:pam.hume@ntlworld.com">pam.hume@ntlworld.com</a>, or telephone Joan on 200908.



This is a friendly and welcoming group for people who are interested in all aspects of the garden.



August - no meeting

September 26th Building Bird Boxes – the Wildlife Trust

October 24th Visit to Scotsdales for talk by Peter Walker on Orchids.

November 28th Shopping trip to Huntingdon Garden Centre

The Club meets on the 4th Thursday of the month at 7.30pm for 7.45pm in the Hub Committee room. Visitors very welcome at a small charge.

For further info on the club, contact Fran on 710858

## Cambourne Sports and Social club Summer Party

12- 6 pm SUNDAY 11th August

Family fun day raising money for children's cancer ward at Addenbrookes Hospital Bands, comedians, rides, stalls, bouncy castles, outside bar, bungee trampolines, bar b q and rides!

For more information: www.cambournesportsandsocialclub.co.uk/news-events/

## **Walking Group**

Last month we drove to Houghton, but walked in the opposite direction to Godmanchester, the reason being that the walk leader wasn't able to join us. Two of us had done the walk previously, but didn't feel familiar enough with the route to risk it. However, the walk to St Ives, through wooded lanes, was very successful, and we had a lovely lunch sitting in a cafe beside the river. Returning via the meadows we did wonder whether we should have reversed the walk, as it was very hot, but we all survived; indeed we all enjoyed it immensely.

On August 9th we plan to do a more local, circular, walk to Fen Drayton.

Other walks planned are:

Barrington, circular walk September 13th

Reach, Devil's Dyke: Approx 5 miles October 11th

Chesterton to Baits bite lock and back via Fen Ditton: Approx 4.5 miles. November 8th

Cambourne to Bourne: Dec 6th

If you enjoy a walk, a chat, and maybe a coffee or lunch then join us on the 2<sup>nd</sup> Friday of each month.

We meet at the rear entrance to the library at 10.15 a.m. and walk an average of 5 miles - sometimes ending in a stop for lunch or a coffee if a good pub presents itself.

For more information e-mail Pam Hume at pam.hume:mail.com, or telephone Penny Flanagan: 01954 200126

## **CAMBOURNE FISHING CLUB**

## **EVENT DATES 2013**

Open Day August 10th 2013 (FREE EVENT)

All tackle and bait supplied for those who want to learn to fish. Any age welcome!! (consent forms need to be completed so please turn up 10 mins before session time). **Sessions available 9.30am, 11.30am, 1.30pm.** 

In addition if you would like to try the lake out for a free session, before becoming a member, you are welcome to come down and give it a try (on a first come first served basis, you will need to bring your own tackle and bait). To book a session or to say if you would like to come down for a free fish please email your details to cambourne\_fishingclub@yahoo.co.uk

There will be competitions and Raffles

If you have a group of children that would like a fun coaching session, which includes finding out about different species, their habitat, learn to fish safely and correctly then please contact: John Pope our Events Welfare Officer for details on 01223 515458. Alternatively email cambourne\_fishingclub@yahoo.co.uk

Have you seen our website yet? www.cambournefishingclub.com



## The Running Man

Hints, Tips and Info for Runners
From the Run Leader of Cambourne Runners – Run in England Group



Tough weather for running in of late, you'll either love it or loathe it, but at least the evenings and mornings are cool for running. It's always nice to be able to shed a few layers of run clothing though. But if you have to run during the heat of the day it can get blisteringly hot so, time to think about kit and strategies for running in summer heat.

Avoid cotton clothing and invest in some good shorts, T-shirt or vest top made from a wicking technical fabric that will draw sweat away from the body evaporating quickly. Avoid sun soaking dark colours and opt for white or lighter colours. Consider using a sunscreen especially if you are running during lunchtime.

You may want to wear a hat for protection, again look for one made from technical material but, if you don't like wearing hats, then you could always use a Buff. A Buff is basically a tube of material that can be turned into a variety of head wear or even scarves. They can be a great way of keeping the sun off your head or neck while soaking up the sweat too.

Sunglasses are an essential, not only for protecting eyes from the glare and UV rays of the sun but also from the flying bugs and dust of summer. I've lost count of the times that my sunglasses have protected my eyes from flying gravel and tree branches. Try to buy a pair of specialist runners sunglasses rather than wearing your standard pair, you'll find that the runners glasses are lighter and are a better fit so they don't slip down while running.

Finally keep hydrated before during and after your run, particularly on long runs of 60 minutes or more, it is vital to keep hydrated with water or an isotonic sports drink. Follow some of these strategies and you'll have good, comfortable runs no matter how hot it is out there.

The Cambourne Runners Group meets outside the Hub Saturday mornings at 8:50 am for a 9am start\*. Aimed at those that can already run 5km (in under 45mins) A friendly and free run group! \*Please note that on the last Saturday of each month there is no regular group as members take part in Parkrun Upcoming Local Races: Every Saturday: Parkrun 5 km trail Cambridge, Milton Park and The Wimpole Estate and Huntingdon all Start at 9am.



## CAMBOURNE BOWLS CLUB

Free bowls, all equipment provided. Please get in touch about the current season if you would like to join in. 01954 719223 or 07711 613559, Robin Bailey 71 Greenhaze Lane

From 1st August Club Night/Open Sessions will operate on Monday and Thursday evenings from 6.30pm. Your Bowls Committee have decided to drop the Sunday afternoon session due to lack of demand. Everyone is welcome from complete beginners to experienced bowlers. Our new clubhouse will be open which will provide basic catering and toilet facilities. Parishioners are reminded that the Bowling Green is available at all other times on a 'pay and play' basis. Please contact the Parish Council Office. There is a charge of £3.50 per session plus a refundable deposit for the key.



## **CAMBOURNE NETBALL CLUB**

Cambourne Netball Club has lots to celebrate this summer as the club continues to grow. This year, for the first time ever, we were able to enter three teams in the Cambridge District Netball Winter League. All three squads trained and competed hard, despite some cold



and rainy conditions and the hard work paid off as we reaped the rewards with Cambourne 2 finishing as the undefeated champions of Division 5, Cambourne 1 finishing as runners up in Division 1 (narrowly missing out on promotion to County Premier Division), and Cambourne 3 (who had to work extra hard as a new squad) putting in some solid performances and growing together as a team.

Following trials in April and a fantastic influx of new players, a few adjustments were made to the squads and we were able to enter Cambourne 2 and 3 in the Summer League (watch out for results next month!) Meanwhile Cambourne 1 have been training hard and playing regular friendly matches to build their skills and tactics in preparation for Winter League in September.

We are now looking to expand the club with plans to build a fourth team. We recently ran a "Back to Netball" course for adults who wanted to return to netball but hadn't played for a long time (or adults who had never

played but wanted to give it a try!) which was a great success and has boosted our numbers considerably. This has allowed us to take on a 2nd coach this season, Rebecca, which means all players receive support and advice on how to improve their skills.

We also hope to re-start our junior squad and are mid-way through a 6 week course for Year 6 girls which we hope will develop into a full Junior Squad from September. We hope to encourage many of the girls starting at the new Cambourne Village College (where we hope to hold the training sessions) to join the club. The junior squad will also give the opportunity for existing members to develop their coaching skills as we hope to support members to achieve their Level 1 Coaching Awards. Watch this space for more details!

With Summer League drawing to a close in the next few weeks, the rest of the summer will be spent focussing on planning and training for Winter League - all three squads have big ambitions this year and are looking to build on the successes of last season. Fingers crossed we can continue winning! We will also be making the most of the summer sunshine to enjoy friendly matches, plenty of socials and of course our annual tour in September! We are always welcoming new members of any standard, if you would like to join or want more information please do not hesitate to contact us. Alternatively come along to training; 7.30-9.00 Thursday evenings at the MUGA.

Contact; cambournenetball@googlemail.com Facebook: Cambourne Netball Club Twitter: @CambourneNetbal



## Cambourne Cricket Club



**Cambourne Cricket Club update** - The village's cricket club is enjoying the 2013 season and making solid progress. Following a bitter winter and damp spring, the summer has now arrived with bright sunshine and there is regular cricket being played at the Great and Lower Cambourne village greens. The 1st team are led by Liam Healy and playing in Division 1 of the Cambridgeshire Junior leagues. They are in a competitive league, currently in sixth place after 10 games. Home and away victories against the Eversdens have been a highlight together with a score of 88 from Brian Farmery against Linton.

The second team have been the form side in the club, led by Danny White. The team have won 6 / 10 games and are fourth placed in Division 4. Duncan Hankins, Duncan Shearwood and Brett Logue have played consistently well. The third team are in 13th place of division 6 and have recorded two victories. The side is set up as a development team for the club and have fostered an excellent spirit. They have an excellent captain in Neil Thompson and are confident of building on their victories in the second half of the season.



## **CAMBOURNE TENNIS CLUB**

## Contact Details: www.cambournetennisclub.co.uk

Hope everyone enjoyed watching Andy Murray win Wimbledon, some of our club members were lucky enough to be there on the day. Tennis is a great sport and we encourage everyone to give it a go, young or old, especially with the amazing weather we have been having. It is time for the annual tennis club championships; entry closes on the 23rd July, check the tennis club

website for updates and results.

SUMMER HOLIDAY CAMPS
29th July - 2nd August
19th August - 23rd August
Book before the 8th July & use
15%off - discount code

Cambourne Summer Camps - Owing to the success of last years camp Over and In are putting on not one but two weeks of fun filled action this summer and the Cambourne Summer Camps can now be booked up online. The dates will be: 29th July - 2nd August and 19th August - 23rd August.

The camps will be split into two parts, the morning 10.00-12.00 will be for ages 5-9 focusing on the main shots used in tennis, fun games and much more. The afternoon is aimed at 10-16 year olds, taking place at 13.00-15.00 and will have much more focus on match play and tactics as well as coaching. This year Dan Valentine (head coach at Cambourne) will also be offering a fully supervised Lunch Club service from 12.00-13.00. During this hour, attendees can bring their packed lunch to eat with their friends, play games, be thoroughly entertained and can be enjoyed by any age group. Bookings can be done through the website at: www.overandin.com/cambourne-kids-summer-camps/ Any enquirers, please call **07557 912743** or email **Dan** at dan@overandin.com

At this time of year everyone likes to dust off their racquet and have a go. Our club sessions run twice a week on Wednesdays at 18.00 and Sundays at 14.00. If you want to meet a group of friendly people and give tennis a try then come on down and give it a go, we'd love to see you there.



## Cambourne Ea Football Club





Contact Details: www.cambourneeaglesfc.co.uk

Tracey Ashford, Club Secretary: 01954 203162

Eagles celebrated their 7th Annual trophy night at Wyboston Lakes hotel complex. The night was truly spectacular and was a fitting end to a magnificent season of football!!



















## ambourne FC News

Email: joracher@hotmail.com

Tel: 01954 715959



## Committee

CFC is now looking at team formations for next season. If you would like to join us, please contact joracher@hotmail.com.

www.cambournefc.org.uk

## CFC Summer 2013

Picture 1 Thanks to Everyone Active for sponsoring next seasons U11s and team jackets

Picture 2 Next seasons U10s show off their medals after another fantastic team performance

Picture 3 Next seasons U9s with their winners medals, well done to all.

Picture 4 This years Mini League Trophies at Trophy Day, thanks go to Jules and Cambourne Sports and Social Club for hosting Trophy Day 2013

Picture 5 Tomas from Soccer School shows his delight at picking up his trophy at Trophy Day

Picture 6 Soccer School and next seasons U7s with their well deserved trophies

Picture 7 Parents v children enjoy their match at Trophy Day

Picture 8 CFC U12s enjoying the CFC Trophy Day

Picture 9 Players enjoy racing each other on the GO Karts at Trophy Day



















# END OF SUMMER



## SUNday 8<sup>th</sup> September 1PM - 5PM

On the Green, MonkField Lane (behind Cambourne Dental Practice)

Thanks to one and all For your attendance and Support of the Cambourne Family Fete. We are Still trying to reach our Fundraising target and hope you can attend our End of Summer Barbecue!

LIVE MUSIC, BAR, GREAT FOOD, FUN FAMILY DAY OUT!

For further information please email cdofundraisers@gmail.com