

January 2023

WISHING ALL OUR READERS
A HAPPY & HEALTHY NEW YEAR!



Jingle jog raises more than £700 for charity -

See page 15



Girton Social Club

48 Cambridge Road, Girton, CB3 0PJ. Tel: 01223 276890 Email: Girtonsocialclub@gmail.com

We are a family social club situated in the village of Girton.

We hold various events throughout each month including: Play Your Cards Right, Discos, Karaoke and Live Music Fortnightly Bingo on Fridays

We have a modern pool table - 50p per game (free Wednesday evening), 3 dartboards, skittles and a juke box updated twice weekly.

We now have Free wi-fi and BT Sports Children are welcome Dogs are welcome on a lead

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Pints £3.50 - £3.70; Wine £2.50 per bottle (187ml)

Opening Times

Monday to Thursday: 7.30pm to 11pm, Friday: 12 to 3pm, 7.30 to 11pm,

Saturday: 12pm to late, Sunday: 12pm to 3pm

Membership Renewal due by Feb 28th:

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The editorial team reserves the right to edit, accept or reject any material submitted for publication. The views expressed within the magazine are those of the contributors and do not necessarily reflect those of the editorial team.

A copy of the magazine is available on the Girton website at *www.girton-cambs.org.uk*, where you may also find expanded versions of selected items.

Advertisements

Prices for placing advertisements in the *Girton Parish News*, in black-and-white or colour, can be had on application to the Advertising Manager.

The advertising policy of the *Girton Parish News* aims to promote enterprises and activities from within Girton. The space available for advertisements is limited, and preference is given to businesses founded, situated, controlled and operated within Girton. The *Girton Parish News* reserves the right to decline to publish any advertisement which the Advertising Manager considers not to meet the objectives of this policy. Inclusion of an advertisement does not imply endorsement by the *Girton Parish News* of the product or service advertised.

The Girton Parish News is produced and distributed entirely by volunteers from the village, including the following:

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Puzzle Corner Sian Franklin Webmaster Andrew Haylett

and many others. If you are interested in becoming involved in any capacity, please contact the Editor.

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Christmas Fayre at Cotton Hall

As organisers of the Christmas Fayre held at the Cotton Hall on Friday 9th December we would like to say a huge thank you to all the stallholders, the Girton Glebe choir, The Wandering Yak for attending at short-notice, but especially to all of you who attended.

Thanks also to the businesses locally who provided prizes for the raffle. The amount raised is currently over £220 with proceeds going towards the cost of litter picking equipment and also to support the Cystic Fibrosis stall run by Val Godby.

Of course our thanks would not be complete without mentioning the trustees of Cotton Hall for making the venue available and for Cakes by Lexi for leading the way in bringing the community together most Fridays in the year and for sharing the venue with us.

The possibilities and interest in future events was confirmed by the stall-holders and from the numbers attending. We are looking forward to working with Girton and the Feast committee to consider more events in the future.

Stuart Marshall and Carolyn Wright



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Cover photo by Rob Neal

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Please quote Girton 1





Girton Parish Council

Councillor Resignations

It is with sadness that Girton Parish Council has received Julie Dashwood's resignation as a councillor. Julie has been a member of the council since November 2016 and has been a key member of the pavilion refurbishment task and finish group.

Communication

As highlighted in previous editions of Girton Parish News, there has been a focus in increasing council communication channels during 2022.

As a result, increased feedback from the community has been received, much of that feedback from the Facebook Group: Girton Village Community Group which has grown by over 840 members during this year.

This has allowed information from Girton Parish Council, SCDC and local services including Mobile Library and Post Office to confirm when they will not be available.

It has also enabled many of you to provide feedback on local council consultations and issues that affect you including the street trading policy.

Details on all council's projects including those below will be shared with you as soon as we have a draft in place for your comments.

Please do contact us by email if you have comments and we will ensure these are brought to council. There is also the opportunity to phone the clerk on 01223 618619 for items on which you would like immediate feedback.

Street trading

The granting and now subsequent revoking of a trading license for Brothers Kebab's has continued to generate much community interest, both in favour of and against each development. It should be noted that all trading licensing is entirely in the hands of SCDC. Girton Parish Council was consulted, but the council did not get an opportunity to form an opinion either way and so to date council has neither supported nor opposed this business.

In order to clarify the street trading policy and responsibilities of district and parish council, Cllr Richard Stobart, one of our SCDC councillors will be presenting an overview of their new street trading

policy which was released in April 2022.

Unfortunately, the principal licensing officer cannot attend but she has sent a briefing and hopes to attend a meeting early in the new year. An email with details on the policy was shared with 105 parishes in the district on 28th November 2022.

Following Cllr Stobart's update there is an agenda item for decision at the December 14th meeting that proposes a public meeting for SCDC, Girton Parish Council and all interested residents to come together to develop a community led development plan to discuss what Girton residents would like to see in terms of commercial enterprise in the village.

Consultations

Continuing the theme of working across the tiers of local government, Cllr Bridget Smith of SCDC will be attending to give an update on the progress of the city access proposal (Making Connections) and give an update on the Stagecoach proposal. Girton Parish Council thank Bridget for attending our meeting so that local issues that matter to our village can be raised.

There was also a more general consultation meeting at Impington Village College on Monday 12th December.

Pavilion Refurbishment Project

Council is working with our project managers LXA and builders Godfrey & Hicks to finalise the proposal and costings for this project which will need to be shared with council in the new year.

Local highways initiative

Council is working to a tight timeline to complete an local highways initiative bid by 6th January 2023. Council will be reaching out for your comments.

Itemised budget

Council has held a series of committee workshops to collate information supporting capital spend and operational projects so that an itemised budget can be completed to support our 2023 precept request. Information will be made available early in the new year. We have been consulting with a number of organisations as we complete this process and the councillors and staff have walked Girton recreation ground to increase understanding of the operational requirements.





Girton Walking Group

Sixteen of us met on Saturday 3 December for a pleasant pre-Christmas stroll on good paths around Wandlebury Country Park, taking in views to the south towards Addenbrooke's and the Cambridge Biomedical Campus, and then views to the north over the Gogs golf course and Ely Cathedral, which was just about visible in the murky distance. Then everyone gathered for a bring and share lunch at the Blackburn's, where we had another lovely view of a spectacular pavlova brought by Vicki!



Our next walks are:

Saturday 7 January: The Coton Corridor

A walk of about five miles starting at the Coton Countryside Reserve, and then including Gough Way, Grange Road, Adams Road and the Coton footpath. Some fields at the start but thereafter using hard paths and pavements.

Meet at 10am at the Coton Orchard Garden Centre, where you can also get lunch afterwards.

This is walk three on the Coton Countryside Reserve website.

The walk will be led by Gina and Paul Lane, ginaklane@aol.com

Saturday 4 February: Fulbourn to Great Wilbraham CB21 5BW

This five-mile walk follows mostly fields with a glimpse of Fleam Dyke. February can almost guarantee damp conditions so please come prepared for muddy paths.

Details for meeting leaving at 10am:

Using the above postcode, you will turn into a road called Home End. After a short while a sign on your left (Fulbourn Centre and Recreation Ground) directs you to turn right into a large car park. We will meet at the furthest end of the car park from the gateway.

This walk is led by Ann and Ian Jerram, ann.jerram@gmail.com

An open letter to all the Mitten Tree Santas in the Girton community

Thank you for the lovely items of clothing you have placed on the Mitten Tree. It is remarkable how much has been donated in a short amount of time. Last year's total was 195 items and you have been extremely generous again this year. The total at time of going to print in early December is 155 mittens, gloves, scarves, socks, and hats for adults and children. All donations were taken to Jimmy's Cambridge and GrowKids Cambridge in time for Christmas.

Again, we thank each of you for your support and interest in helping adults and children in the Cambridge area; they are extremely grateful for all the items you have given them. We will provide the final total of items donated in the February issue of the Girton Parish News.

Best wishes from The Mitten Tree Team at St. Andrew's Church



Girton Cottontails Preschool



Happy New Year! As I write this article we are almost at the end of term and getting very excited about Christmas, we will be having an end of term Christmas party which we are really looking forward to.

We've had such a fun term at Forest School, in recent weeks the children have all been sawing their own wood to make Christmas decorations. We talked about safety when using the saw and they all did a brilliant job and were so proud of what they made. There have been many fungi around the woodland area recently. The children were really interested in looking at them and identifying what they were. We found some really interesting and unusual types including one that looked like jelly! For our last Forest School session before the end of term, we will be having a camp fire to toast something delicious that we haven't quite decided



Cottontails Sawing at Forest School

Following a trip to the postbox earlier this term, we made our own postbox for the preschool. Everyone worked hard as a team to paint the postbox, and the children have been busy writing and posting their own letters.

We've also had Christmas dancing and singing, a lovely visit to the church to learn the nativity story, and loved going into Girton Glebe school to watch both the reception class and key stage 1 Christmas performances.

We are a community interest company, so non-profit making and we greatly appreciate any support you can give. Please take a look at our gofundme page and our Amazon wish list: https://www.amazon.co.uk/hz/wishlist/ls/JJP8OJALIV2I?ref =wl share

We welcome children from the age of two years and upwards. Please contact us if you would like to apply for a place.

For further information about the preschool and what we have to offer, you can visit our website, follow us on

social media, or get in touch using the contact details below.

Laura Norman and Emma Pell

Girton Cottontails Preschool Managing Directors Email: info@girtoncottontailspreschool.com

Phone: 07368 180771

Web: https://www.girtoncottontailspreschool.com Find us on Facebook, Instagram, and Twitter.



Girton Town Charity funded After-School Clubs at Girton Glebe Primary

Girton Glebe's autumn

term after-school clubs have been greatly enjoyed by our school community. Thanks to the funding the school has received from Girton Town Charity, the school has been able to fund six after-school clubs for £1.00 per session. These have included cake decorating, art, Acro dance, street dance, and triathlon.

The variety of clubs we have been able to offer our students at Girton Glebe for just £1.00, has given our student community amazing opportunities to try new skills, enhance existing skills, build confidence, endurance, resilience, and have fun along the way while creating and fostering new and old friendships from differing year groups.

Girton Glebe are pleased that going forward into the spring and summer terms Girton Town Charity will also be funding a maximum of six clubs per term, which will enable the school to offer our parents the opportunity to sign their children up for just £1.00. Please find below a list of GTC funded after-school clubs running in the spring term at Girton Glebe.

- KS1 art club Tuesday
- Running club Tuesday
- KS2 art club Wednesday
- Acro dance Thursday
- KS1 cake decorating club Thursday
- Street dance Friday

Thank you, Girton Town Charity, for helping us to provide these amazing clubs to our school community at affordable prices. Please also note that these clubs are available to all residents in Girton, so please contact our office staff if you want to find out more office@gg.tela.org.uk

Best wishes, Chris Butler Headteacher

Wild Girton – biodiversity back on the agenda!

Many of you will recall that a public meeting on biodiversity in Girton was held last year. Its aim was to kickstart the development of a Local Nature Recovery Plan (LNRP), which will identify areas for the creation of new or enhancement of existing nature-rich habitats. Unfortunately, due to a period of change in the parish council over the summer, this work was delayed, however, the good news is that it's now all systems go!

Work is already underway to map habitats and species in Girton using available data. Ideas collected at the public meeting last year have been collated and, along with the mapping and conservation data, will be distilled into proposals for areas and species of potential conservation priority in Girton. By the time this edition of the GPN is published, a proposal to formally establish the LNRP working group will have been discussed at the full parish council meeting in December and to hopefully start to drive forward the work. Lots to look forward to.

An early priority for 2023 will be to improve our knowledge of the wildlife in Girton and we would love your help. Each month, according to the season, we will have focus species to encourage the collection of sightings – see below for this month's.

Also in the first part of 2023, the working group hopes to convene a second public meeting, aiming to identify priorities and give shape to the LNRP. It would be great to have as many Girton residents and stakeholders as possible attend and details will be published in a future GPN article as well as shared on social media.

If you would like to be on the mailing list and kept up to date with LNRP news, please email beltane3659@gmail.com (note we still have the mailing list for those of you who agreed to be contacted last year). And do follow @Wild_Girton on Twitter for regular information on biodiversity in Girton and to share what you have seen - tag posts with #wildgirton

This month's wildlife sightings

It may seem an odd time to go looking for bee orchids, but this relatively widespread orchid is quite frequent around this area and can be found in garden lawns and road verges. A basal rosette of leaves appears in the autumn and only if these grow to be large enough will the plant be able to flower in the summer - hence why now is a good time to look because if they can be identified at this time of year then you know to avoid mowing that patch of lawn!

The Bee Orchid rosette is not dissimilar to the first leaves of an emerging tulip, though the leaves are held more horizontally and with quite clear veins. If you find something like this in your lawn, mark it out with a

stick and remember to mow around it, you never know, it might flower this summer! Often after a drought year





Bee Orchid

there is a flurry of plants such as orchids in lawns as the lack of mowing means that they get the chance they need to establish, so keep a look out, and please send us (using email above) any reports of potential orchids or other plants of note in your lawns. When reporting a sighting, include details of the location (the more specific the better), time and date of the sighting, and any other details.

Sarah Ferriss, Alison Giles, Keith Honnor, Stuart Wills and Lucy Wilson Members of proposed LNRP working group



Some ideas to spend your Christmas money on!

Lighting

LED light bulbs are still quite pricey but cost about one-tenth

to run compared with the old standard bulbs. This is certainly something to spend your Christmas pocket money on! Each old-fashioned 100W bulb (incandescent) will cost you 3.4 pence per hour - it doesn't sound much but that is perhaps 40p on an average winter's day, when the LED equivalent will cost 5p. It could pay for itself within a week.

Clothes

Some materials are better insulators than others, but one of the best insulators is just air. The weave of your clothes traps air, and that's why they make you feel warm. And if you have two layers of clothing, however thin, there will be a layer of air trapped between them. The result is that two thin garments are generally warmer than one thick one. When clothes shopping, remember that cotton is a poor choice: its production is bad for the environment, it is not a good insulator, and it takes ages to dry. Choose wool or synthetics in preference.

Heating

Radiators are normally placed under windows both to heat the coldest air in the room and to help prevent damp and mould. A strip of ordinary aluminium cooking foil behind the radiator will reflect a lot of that heat back into the room. And it really is significant to turn the thermostat down just one degree, and not to warm rooms you are not using.

It's also worth checking all your radiators for leaks after you start using the central heating. Wrap a tissue around the valve joints and check next day that the tissues are still dry.

Check also that no radiators are cooler at the top than at the bottom: this is a sign that the radiator needs bleeding. If you need help to do that, contact me. If your central heating is on anyway then use it to air clothing after a wash, rather than the tumble dryer. Central heating can dry out the air significantly and this will also help prevent dry coughs.

Electricity, gas, and oil

If you can heat your hot water with either electricity, gas, or oil, which should you use? The answer is difficult to decide. If you have a hot water storage tank with an optional immersion heater, but with a gas or oil boiler, and easy access to your meters, you can experiment. Switch off as many electrical items as possible, read the meter, then use the electrical

immersion heater to heat your water. When it has switched off (assume it will take 40 minutes if you can't tell) read the meter again. Take the first reading from the second and that will tell you how many units (kilowatt hours, kWh) it takes. My heater takes somewhere between 1 and 2.

Do the same another day with your gas or oil. You will then have to work out how many units that has used. My gas meter reads in cubic meters, so I must do a conversion to kWh: that means multiplying by 11.4. The answer will be a lot more than the electric reading, but gas is much cheaper (about 10p compared with about 34p). You can find out from your suppliers the actual costs of the two. I guess you can do the same with oil, but as I have never used it, I don't know the details, except that 1 kilo of oil also provides about 11.4kWh.

Other heating

The thing to remember is that electric heaters are all, effectively, 100% efficient. So, what differentiates them? It can only be where they put the heat: either disseminated into the whole room or blown directly where you want it. And of course, the power: a 3kW heater will certainly produce three times as much heat as a 1kW one – but it will also cost three times as much to run.

Douglas de Lacey Sustainable Girton sustainable@de-lacey.org

Churchyard Work

Volunteers meet on the last Saturday morning of every month to help make St Andrew's churchyard attractive. Everyone is very welcome to come and join.



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CODEWORDS

Each number 1-26 represents a different letter of the alphabet. Can you work out which is which? Use your word skills and the clues included. Note that Codewords can include names or well-known phrases.

Answers are shown on page 22

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WORDSEARCH - WHAT CAN YOU FIND IN THE NIGHT SKY?

Can you find all these words in the grid? They can read left to right, right to left, Up or Down or Diagonally. Tick them off as you go.

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С	X	Α	R	R	Α	0	N	U		C	L	R	AQUILA	MEISSA	TAURUS
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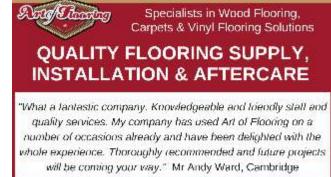
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It came as a shock to be reminded that the deadline for submission of January articles was early because of the Christmas period and printers' holidays. As I will be away on the deadline, I'm rushing out my contribution for January.

It's hard to find allotment topics at this grey cold time of year. Today (Sunday 4th December) is utterly bleak. I don't think I can remember a day, apart from when it has rained heavily, when the site has been completely unpopulated. I have a good vantage point at my desk where I've spent most of the day, and I've seen no-one out there. However cold, bleak and windy the days are, there are always one or a few hardy members out there, digging, tidying, erecting new edifices and plant cages. To elect for staying hunkered down indoors today seems to me to be the best idea. Because of an imminent short holiday, I felt obliged to go out there for one or two necessary tasks. But it was a welcome relief to return indoors. One of those days when your hands got so cold that washing them in hot water brings on painful pins and needles. I wonder what the physical mechanism for that is.

I wrote recently that I had sown little gem lettuce seeds the very day Monty Don said that it was now too late for lettuces. My plan was to bring them on in the greenhouse. Well Monty, I am enjoying tasty fresh lettuce leaves, and have today made a pot of lettuce soup.

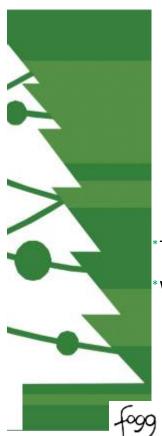
Talking of lettuces, I was amused by something in today's edition of The Food Programme. Professor Tim Spector researches the community of microbes that live in our gut and process the food we eat, releasing the chemicals necessary for our healthy life. The question of which 'daily five' vegetables we are advised to eat is not a straightforward matter. Professor Spector claimed that for iceberg lettuce to provide the nutrients to be one of the daily five, we would need to eat 500 of them. Earlier in the week, on the Today programme, he was most interesting on diet. He was dismissive of many theories about healthy eating, claiming that a sensible varied balanced range of food is the key. He stated one principle which is of interest to us allotment gardeners: we should attempt to eat vegetables of eight different colours in the course of a week. (are there eight different coloured vegetables?) It's an interesting approach to our selection of the coming season's vegetables: types and varieties. I must confess to conservatism about vegetable varieties; but perhaps I must reconsider black tomatoes, blue

potatoes, yellow courgettes, purple, yellow and white carrots, or orange, yellow and white beetroots.

Now we are into 2023, allotment members will feel that time is moving quickly towards getting going with preparing the soil ready for seeds and young plants, opening our new seed packets, sowing (not too early!), struggling over how to accommodate all the trays and pots, and how to maintain germination temperatures. Oakington Garden Centre will receive its stocks of seed potatoes; we'll compile our lists of earlies, early main crop, main crop; and go out and pick the healthiest-looking seed potatoes. Then we'll gauge when to plant them out, as early as possible to start them growing, but not so early as to risk late frosts cutting down young growth (or having to rush out to cover the potato patch with fleece if the feared frost warning is sounded in weather forecasts).

I wrote this time last year about lack of sightings of winter migrant birds on the site, e.g. Fieldfare and redwing. I received messages reporting plenty of these birds in gardens. I would love to see them on the allotments this winter. There should be flocks of the lovely little long-tailed-tits coming in from the countryside in especially harsh weather. One of my delights is to watch often our resident green woodpecker on the grassy areas near my plot, delving into the grass for insects and bugs.

Graham Jones Girton Allotment Society



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Girton Glebe School

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by Acacia Tree Surgery

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* Suggested donation of £2. All proceeds go to Friends of Girton Glebe, Registered Charity 1098145









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Jingle jog raises more than £700 for charity

More than 50 people braved a cold winter's afternoon on Girton recreation ground to take part in a 2km charity jingle jog.

The run was to raise money for the charity CF Warriors, which helps children with cystic fibrosis to get into exercise and improve their lives.

Cystic fibrosis is a life limiting condition that requires a huge amount of medicines, physiotherapy and most of all exercise in order to stay well.

Pattie Dobbyne, aged 9, who has cystic fibrosis, organised the run on 4 December with her brother Max, 10, and their friends.

Dad Stephen, said: "Exercise is a vital part of cystic fibrosis life so we wanted to raise awareness and money to help the cause. It was great to see so many people take part, many in fancy dress, and we are thinking about making this an annual event."

If you would like to donate please visit: https://www.justgiving.com/fundraising/cfwarrior







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Three new wines to tempt your palate in 2023

If you're looking to try something different as we start the new year, here are three interesting wines to tempt your palate.

Porta 6 2020 (Portugal)



One of the attractions of Portuguese wines is the opportunity to try less well-known grape varieties. This Vinho Regional (Regional Wine) from the Lisbon area is a blend of Tinta Roriz (50%), Castelão (40%) and Touriga Nacional (10%), and is a smooth, silky wine with balanced acidity and a lengthy finish.

With aromas of blackberry, cherry and vanilla on the nose, and flavours of cherry, plum and a pleasant spiciness on the palate, this is an attractive wine offering excellent value for money.

This is a wine to enjoy by itself, or as a perfect accompaniment for a lamb or pasta dish.

Available from Co-op, Sainsbury's, Tesco (£7-£8)

Heppington Vineyard Pinot Noir, 2020 (England)

Nowadays, there is a veritable cornucopia of excellent still wines, as well as sparkling wines available from English and Welsh vineyards, and this delightful Pinot Noir wine from Heppington vineyard in Kent is a fine example of a quality English red wine.

This is a fresh, smooth, light wine, with aromas of cherry, raspberry and strawberry on the nose leading to a burst of red fruit flavours, with a hint of oak, on the palate.

Perfect by itself, or with duck or lamb. This is a wine which will benefit from being served slightly chilled.

Available from Grape Britannia (£17.99)



Lyrarakis Assyrtiko 2021 (Crete)

If you're looking for a little winter sunshine to brighten up these grey January days, this Assyrtiko white wine from Crete is just the ticket.

This is a dry wine with a crisp, refreshing acidity. It has pronounced aromas of honey, together with apple and peach on the nose, and flavours of apple, pear, and peach on the palate.

It is a well-balanced, mediumbodied wine with a long finish that can be enjoyed as an apéritif and is also an excellent match for a seafood or chicken dish



Available from Majestic (£11.99, Mix Six £9.99)

Martin Nuttall
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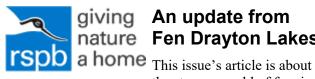






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giving An update from nature Fen Drayton Lakes

the strange world of fungi.

Many people think fungi only appear in the autumn, but in fact various species can be poking out of the ground or wood all year round.

Fungi have perplexed scientists for generations. They were once thought to be related to plants but in fact are more evolutionarily related to animals. Nowadays they are granted their own kingdom in the web of life. The variety of species is simply enormous, and it can take many years to fully document the breadth of species which can occur on a site such as Fen Drayton Lakes.

Bracket fungi are one of the easiest groups to spot, favouring obvious locations on trunks of trees or stumps. They are frequent in the countryside and include species with enticing names like the juicy red Beefsteak, and Chicken-of-the-Woods, a bright yellow-orange bracket which grows in tiers.

One which many visitors might see at the reserve is the Candlesnuff, also known as the Stag's Horn. It has tiny stick-like structures which branch at the top and turn from black to white. It grows out of logs and stumps which are rotting down.

A recent find on the reserve was of several Parasol mushrooms, which were the size of dinner plates. It is easy to see how this species gets its name with the slender stem and umbrella shaped cap.

Fungi do several incredibly important jobs in nature. The first is that some help trees to access nutrients which improves tree health and growth. They also help to rot down leaves, twigs, logs, and stumps

which contributes towards producing soils. Finally, a small number cause tree decay which is an important process in woodland and creates dead wood which many insect species require.

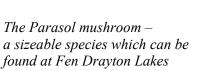
Back to the birds, and now it is winter, a cold snap could see the arrival of large numbers of ducks and waders to the area. In previous winters the reserve has hosted a small number of Smew. A scarce duck from the continent, with the drakes dressed in a pure white feathering with black stripes and a black face patch. Search for this duck on Ferry and Drayton Lakes in particular.

If you would like to join the 1.2 million RSPB members, please visit our website: www.rspb.org.uk/join-and-donate/join-us/

Wednesday Wander

If you are interested in finding out more about the wildlife you can find here, as well as the work we are doing to create and maintain valuable habitats, why not join one of our monthly 'Wednesday Wander' guided walks. These volunteer-led walks take place once a month, usually on the second Wednesday, stopping to take in the seasonal highlights. To see details and book, please visit: www.events.rspb.org.uk/fendraytonlakes

Email: fendraytonlakes@rspb.org.uk Phone: 01954 233260 Visit: *rspb.org.uk/fendraytonlakes* The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654



The Parasol mushroom –



January 2023 19

scoreboard



Girton Bowls Club

Due to an early deadline on the January article, I am unable to report on this years' AGM, due to be held on 8th December at Abbeyfield, Girton Green. Our thanks will go again to Abbeyfield

for allowing us to use their facilities for the AGM and also for giving us access early in the bowls season for our after match refreshments.

The Indoor/Outdoor League in which Girton have two teams is progressing well. Girton 1 won their last match 4–2 against Alexander Beehive and now need to win their 2 games in hand to move up the Division 1 table. Girton 2 lost to Newnham 0–6 and also 0–6 against a strong team from Cambridge University Press, but won their latest match against Newnham 4–2 and are lying mid-way in the Division 2 table.

Many of our bowlers are now enjoying the indoor season, with many of them playing several times a week. There has been much discussion around the proposed introduction of a congestion charge in Cambridge, which will affect people travelling to the indoor rink at Chesterton. In fact the congestion charge of £5 will be more than the cost of a game and will certainly affect those playing several times a week and put it beyond the reach of some, which is very sad given that this facility provides a social venue as well

as the opportunity to enjoy some exercise playing bowls.

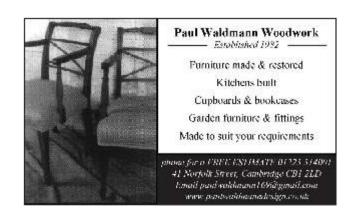
A number of the Girton bowlers have been enjoying a monthly ramble led by Paul Tippett in the countryside around Cambridge, the last one a lovely walk from Little Walden on a spectacular autumn day, followed by an enjoyable pub lunch.

Our C&D finalists from this years' external competitions have received their invitations to attend the annual presentation dinner to be held this year at Girton Golf Club, on 25th February which I am sure will be very well attended.

If you are interested in finding out about joining Girton Bowls Club, please see our website www.girtonbowlsclub.weebly.com or contact our Secretary, Carey Horton, at carey@horton.uk.net. We are always pleased to welcome new members.

May I take this opportunity to wish you all a very happy, healthy 2023.

Lynne McGill





GIRTON GOLF CLUB

Girton Golf Club

Well, -3°C this December morning means winter has most certainly arrived in Girton and the thick frost just emphasizes that fact. I'm not playing today and quite grateful for that; the course will need some respite from

players walking on the greens, so temporary greens will be in play today.

The Junior Golf Academy starts this month, making a great present for all younger people whilst teaching them a great life skill. It is the perfect way to get into golf: learn golf in a safe, fun way through the Junior Academy Group with coaching available midweek after school, or at the weekend. Membership includes 1 hour group coaching sessions over 40 weeks during school term, discounts on junior golf camps, junior equipment and more, including a *free gift*. Sign up and become a junior golf academy member today. Contact our Head Professional at *info@sambeckettgolf.com* for more info.

The end of January is the deadline for our '15 months for the price of 12' membership offer. It really is a great offer and well worth exploring. A call to the office will get you all of the information you need to join.

Our clubhouse is still open to all for lunches and drinks. They do make exceedingly good coffee, so pop down for a look around and a chat. We are also available as an excellent venue for meetings of all types and natures and have wonderful facilities for parties and celebrations – just ask in the office or at the bar for details.

We hope that you had a great New Year and look forward to seeing you soon. Follow us on Facebook, Instagram and Twitter.

Alan Henderson-Smith Tel: 01223 276169 www.girtongolf.co.uk

Girton Tennis Club

Our committee would like to wish all readers a happy and healthy 2023. Tennis is a great way to stay fit and have some fun so why not consider joining our club this year if you are not already a member?

We are well past the shortest day and on dry winter days there are plenty of opportunities to enjoy a friendly outdoor game of tennis. Members just need to access the booking page on our website to reserve the courts.

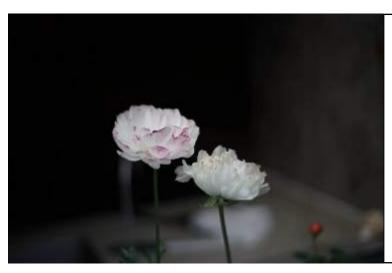
We entered a men's team in the 2022 Winter League and their matches have now been completed. There were several delays to the matches due to weather and conflicts with Football World Cup matches. Thanks to all of those who took part.

If you are playing outdoors over the winter, we recommend that you check that there is adequate grip between your shoes and the court surface before starting to play. Ways to effectively clean the courts are currently under investigation but frost will cause most surfaces to be slippery.

The tennis club has use of the recreation ground courts and members who purchase a key and have a confirmed booking have court access during most daylight hours. Club members meet and play from around 7.30pm to 9pm on Friday evenings. Potential new members are very welcome to come along to our Friday club nights for one or two free sessions to check it all out.

Details about our activities can be found on our website *www.girtontennisclub.uk* or by contacting our Membership Secretary by email at *info@girtontennisclub.uk*.

Alan Franklin



Ken Moston

A former president of Girton Golf Club has died at the age of 96.

Ken Moston had been a resident of Arlington Manor for the last two-and-a-half years.

His wife Thelma, who died a few years previously, was also well known in the village through the WI and flower arranging.



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Codeword Solutionsee page 11

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Step by step...

I know I am not alone in not subscribing to the 'new year, new resolutions' mantra. This is not because I don't believe that we can make

changes or that starting something new should be encouraged. It's rather because I feel we don't need to wait for a particular day in a particular month to think about doing something new or changing something; and I know that when we make those changes realistic and manageable, it's more likely that we will follow through and sustain them.

So, it's a 'step by step' approach that I advocate for: start small to build new healthy habits. The whole staircase may seem unattainable but taking things one step at a time may allow us to achieve what we're aiming for.

Signposting

NESSie is funded to support parents/carers of children and young people with self-harming behaviours. On offer is online/f2f workshops, a parent support line, a private moderated Facebook support group, 1:1 support/advice sessions and peer support groups.

For more information email *cambridgefamilies@nessieined.com*

As a new year approaches, newly developed training is on offer

The Mental Health First Aid [two days] course which I have delivered for some years now, has recently been updated and redeveloped, including access to an App to support Mental Health First Aiders, more inclusive materials, and increased opportunities during training to practise the skills needed in the role. My next open course to be held in Cambridge runs on 2-3 February 2023. Please get in touch if you are interested in attending.



Juliet Adloune, a longstanding Girton resident, is a fully qualified and accredited Adult Mental Health First Aid Instructor and Suicide First Aid Associate Tutor, experienced in delivering the full suite of MHFA and SFA courses and committed to supporting mental health within her local community. Contact her via:

www.facebook.com/listeninglantern.julietadloune or mhfa.julietadloune@gmail.com



Girton College Music Society Concerts

Song cycles for tenor and piano

Sunday 22 January at 2.30 pm (until 3.30pm) Stanley Library, Girton College, Cambridge. Hugo Williamson (tenor) and Tom Williamson (piano), offer a programme of English songs, including the song cycles On Wenlock Edge by Vaughan Williams, and Let Us Garlands Bring by Finzi.

Admission free; retiring collection

Music for soprano, cello and piano

Sunday 5 February at 2.30 pm (until 3.30 pm) Stanley Library, Girton College, Cambridge. Girton Music students Isabel Benson (soprano), Isabella Chan (cello), Gabriel Kennedy (piano), and Felix Elliott (piano) perform a varied selection of works for soprano, cello and piano, including Massenet's Élégie and Villa-Lobos's Bachianas Brasileiras No. 5.

Admission free; retiring collection



New members welcome for Girton Musical Theatre

Girton Musical Theatre will be starting rehearsals on Thursday 5 January for its next show (23 to 25 February 2023) which will include the short operetta Trial by Jury, by Gilbert and Sullivan.

If you have been thinking of joining, but are not sure about learning a whole show, then Trial by Jury is a great way to start - it's only just over 40 minutes long! We rehearse twice a week on Thursdays (8pm Orchard Close Community Centre) and Fridays (7.30pm Glebe School Hall). There are a few extra rehearsals in the last week! For more information, please visit our website: *girtonmusicaltheatre.org.uk* or find us on Facebook.

Alternatively, please call *Helen* on 01223 276940.

Girton TownCharity

A Positive Year Ahead

2022 was a very busy year for the Trustees at Girton Town Charity, with major projects nearing completion and plans being made for later this year. Here we take a look at what is in store for 2023.

GTC's prime purpose is to provide almshouses in the Village with an emphasis on housing the elderly. It currently has 13 homes within Girton, occupied by over-55 residents and families from or with close connections to the community.

Over-55's and anyone with a registered disability are appointed as permanent residents. Families are appointed for three years, with the possibility of an extension to five years at the discretion of the Charity.

Dovehouse Court

The latest almshouse project is Dovehouse Court on the High Street where construction of the 15 apartments is now largely completed. Adverse weather conditions during November and December resulted in some delays and as a result, the development will be handed over to GTC in the next few weeks.

After handover, Trustees are planning to hold an Open Day for Village residents, as well as a formal opening event.

Ann Bonnett, Chair of GTC said: "This has been one of the major projects in the Charity's history and taken place during a time of challenges with the pandemic and supply chain issues. I'd like to thank the team working on Dovehouse Court for their commitment and support during 2022."

Schemes and Grants

In addition to providing almshouses, GTC can use its income to make grants to individuals, organisations or other charities provided they are for the purposes set out in the Memorandum and Articles of Association.

Applicants will generally be expected to meet part of the costs from their own resources.

A range of Schemes and Grants were available throughout 2022 to support residents including: Age UK Older Resident's Co-ordinator and Warden; CarePlus for short term care over and above that offered by statutory services; a Hospital Taxi Scheme for outpatient appointments; Relate adult counselling services; and the Connections Youth Project.







Work in progress at Dovehouse Court.

Gardens to enjoy

At Wellbrook Way, GTC's Sensory Garden is now well-established, used and much appreciated by Village residents of



all ages. A contract with the design company provides maintenance of the garden on a weekly basis. The Trustees anticipate that some replanting and upgrading will be required during 2023.

The William Collyn Community Garden is also enjoyed by residents, particularly those living at Wellbrook Way. GTC appointed a new contractor to carry out replanting where required, including the areas around the William Collyn Centre and its car parks, as well as to provide monthly maintenance to ensure a high standard is kept.

Elsewhere in the Village, the public spaces around almshouses at Centenary Court, Suffolk Terrace and three individual homes in the Village are maintained on an adhoc basis by local contractors.

Girton

Financial matters

With finance high on everyone's agenda, Marc Bermann GTC Finance Lead Trustee reports on how the Charity has managed its resources during 2022.

He says: "Although the construction of Dovehouse Court took centre stage in the Charity's finances with the bulk of the contract costs being disbursed in 2022, GTC has been able to maintain similar levels of expenditure in the Village (in the form of Grants and Awards) as in the previous year.

"The Charity derives its available income from its financial endowment, reduced recently by the cost of building the new homes. This ensures that continuity in the provision of key grants such as Age UK Older Residents' Co-ordinator and Warden, CarePlus, the Hospital Taxi Scheme and Relate is available year on year. The Charity's accounts are managed by an external accounting firm, PEM, based in Cambridge, and audited annually."

Trustees

Girton Town Charity welcome expressions of interest from any resident interested in becoming a Trustee. Please contact the GTC office or any of the Trustees named below for more information.

Girton Town Charity exists for purposes which include the relief of need in Girton, either individually or collectively, or the support of any charitable purpose for the benefit of the inhabitants of Girton.

Enquiries on behalf of individuals or village organisations may be made in confidence and addressed to any of the Trustees below:

Ann Bonnett (Chair) t: 276354 Marc Bermann t: 277319 Colin Carr t: 276312 Dr Robin Hiley t: 277296 Andrew Muston t: 07831 591809 Patsy Smith t: 07503 282199

GTC office:

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2.00 - 3.00pm	Kurling for over 55's
8.00 - 9.30pm	Whole Notes Gospel Choir

Tuesday

8.30 - 9.30am	Yoga with Julia Dale
10.00 - 11.00am	Yoga with Julia Dale
6.00 - 7.00pm	Bounce

7.30 - 10.30pm Easton Swing

Wednesday

9.30 - 12.00pm	Tiny foes ballet
7.30 - 10.00pm	The W.I. (monthly - first Weds)
7.30 - 10.00pm	Girton Garden Society

(monthly - second Weds)

Thursday

9.30 - 11.30am	Pilates
5.45 - 6.45pm	Pilates

7.15pm & 8.15pm Ballroom Dance Classes

Friday

9.30am - 12.30pm Little City Toddler Play

(monthly - second Friday)

7.30 - 8.30pm Easton Swing

(monthly - third Friday)

Saturday

9.00 - 10.00am	Bounce
1.00 - 3.00pm	Cambridge Jazz Co-op
	(monthly)

Wellbrook Way, Girton, Cambridge CB3 0GP 01223 279587

info@williamcollyn.co.uk www.williamcollyn.co.uk

The William Collyn Centre is provided and run for the benefit of Girton residents by Girton Town Charity.

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Drop in for a coffee

Of late people have been dropping in to our little Monday morning computer help sessions at Abbeyfield with their queries and some of the things we have been able to help with have been quite

surprising. A person with a hearing problem wanted to watch missed television programmes by using an app on their computer but found them difficult to hear. To hear their television they used wireless earphones which allowed them to move about the room but those earphones were restricted to that one job. We were able to tell them about Bluetooth wireless connections to all sorts of things including earphones and were able to set up some earphones for them. Another person found it difficult to use their fingers to swipe and type on a tablet computer and again we were able to demonstrate the use of a Bluetooth wireless keyboard and mouse which was an enormous help to them.

These aids are not horrendously expensive and can be an enormous help if you have a problem such as I have described. We are quite often asked to demonstrate how to attach files and photographs to emails and other things that are simple for us to deal with.

Have you found it difficult to telephone a bank or government department of late only to be 'headed off' with the recorded message 'you can contact us via www.blahblah.com' or even worse those small printed squares full of little black squiggly marks, the so-called dreaded QR codes – aren't they annoying? Why not pop along to our Monday morning sessions at Abbeyfield between 10am and 12pm and let us soothe your brow.

You don't have to have a computer problem to come along on a Monday morning, just come and join us for a chat and a coffee. We would love to make new friends and I can assure you that there is plenty to talk about. Avoiding everything digital is quite a task these days but we can manage that. We remember when we didn't have phones, cars or television. Abbeyfield restaurant is a warm and welcoming place for a couple of hours on a Monday morning and you may stay on for lunch if you wish. Ask Patricia Johnston about us if you have any doubts.

Here's hoping that Santa brought you everything you asked for at Christmas and that you have good health and happiness during 2023.

If you have any questions or queries about us contact us using the details below.

Sam Clift

Tel:07850740721 or email samclift@ntlworld.com

News for Older Residents

Happy New Year!

January can often be a long and cold month without a lot happening, so I am planning to hold Winter Warmers in two different places.

They are from 10 to 12 noon on Wednesday 18 January in Orchard Close Community Room, and on Wednesday 25 January in St Vincent's Close Community Room.

These will be very informal times with tea or coffee and a chat. Come along and see what else happens as I am currently in the process of working that out!

Community Car Scheme

I do not yet know when the Histon, Impington and Girton (HIGs) scheme will be up and running again. Can you spare a few hours each week? If so, volunteer drivers are always needed.

How Are You

HAY promotes positive mental health by bringing together information on all sorts of activities to boost wellbeing.

How Are You South Cambridgeshire is at www.haysouthcambs.co.uk

and How Are You Cambridge is at www.haycambridge.co.uk

Maggie's Cambridge

I have recently been reminded of the excellent support offered by Maggie's to those with cancer and their family and friends. The website is *maggies.org* the phone number is 01223 249220 and their email address is *cambridge@maggies.org*.

Equipment available

a commode; a toilet guard; an exercise bike and a lift and tilt armchair – the interested party needs to arrange collection of this.

See me for more information about any of these items.

Patricia Johnston Older Residents' Co-ordinator Tel: 07649 660 866

Email: patricia.johnston@ageukcap.org.uk

Girton Baptist Church Growing Believing Communities

Decision and Choices

As we turn again to greet the opening days of a new year, we stand at the place where two roads diverge. Therein lies the dilemma, but also the privilege of choice. Which road will we choose to follow? Which direction, priorities and ambitions will take precedence and influence our decision?

The American poet Robert Frost, lucidly described such a moment of bewildering hesitation in his poem, The Road Not Taken:

"Two roads diverged in a yellow wood, And sorry I could not travel both And be one traveller, long I stood And looked down one as far as I could To where it bent to the undergrowth;"

Frost recounts how he finally took the other route, keeping at the back of his mind, the possibility of returning someday to the starting point and then exploring the other road too. Yet how seldom this happens in life as way leads on to way. Although the roads present little difference to the searching eye, there lies beneath the fallen leaves a multitude of possibilities, the 'what if' questions, and the consequences of living with our decisions.

The adventurous, the innovative and the curious will step onto the chosen road anticipating stimulation, whilst the dutiful safeguarders may opt for more familiar, well-trodden paths. But, despite the most assiduous preparations and forward planning, we realize that over the horizon there lies daunting terrain and challenging surprises.

So, do we stumble and grope our way into the mist of the unknown, or do we make a conscious decision to seek the light of divine insight in the company of God who sees the way ahead?

Our nation, and indeed our global family of concerned people, waits in bewildering uncertainty as man's inhumanity, greed, corruption, neglect, and incompetence threatens the stability and security of our world, and wastes, squanders, and abuses its precious gifts, even the outflowing of creative thought.

The artist and thinker Ai Weiwei recently mourned the suppression of the "free exercise of informed imagination." Freedom of expression, he concluded, is the foundation of humanity and we cannot afford the liquidation of democracy.

As we contemplate the direction of flow in global affairs, we cannot avoid the point of reckoning over

what is good and trustworthy and what is ignoble and destructive.

At a momentous time in the history of the early Israelites, the great leader Joshua gathered all the tribes together at Shechem. He reminded them of the many great blessings, provisions, and times of restoration that they had enjoyed under the protection and guidance of God. "Now", he said, "Today you must choose whom you will serve." Then he confirmed, "As for me and my household, we will serve the Lord." (Joshua 24v19)

It is for us a worthy exercise to address the same question, reminding ourselves of the many mercies that straddle our history, both personal and national. When we acknowledge the Giver of all good gifts, the source of forgiveness and joy, the guiding light on the path of peace and hope, then we may stand at the divergence of the roads with renewed faith and trust.

"I cannot read His future plans But this I know I have the smiling of His face And all the refuge of His grace While here below."

May the peace and light of God guide us all to a safe and Happy New Year.

Iris Niven.







St Andrew's Church

Rector: Revd Michael Bigg Tel: 01223 202145

> Email: rector@girton.church Website: www.girton.church

Associate Priest: The Revd Christine Barrow Tel: 575089 Email: mcbarrow@me.com

Licensed Lay Ministers:

Mr Dugald Wilson Tel: 276940 Mrs Christina Deacon Tel: 525337

Churchwardens:

Mr Bruce & Mrs Wendy Hunter Tel: 503958

Sunday Services: January

1st Jan 10:00 am - Holy Communion (CW)

8:00 am - Holy Communion (BCP)

10:00 am - All-age Communion

6:00 pm - Evening Prayer (BCP)

15th 10:00 am - Holy Communion (+StA4K)

6:00 pm - Evening Prayer (BCP)

22nd 8:00 am - Holy Communion (BCP)

10:00 am - Morning Prayer

10:00 am - St Andrew's 4 Kids (in Cotton Hall)

29th 10:00 am - Holy Communion (+StA4K)

5th Feb 10:00 am - Holy Communion (+StA4K)

Regular weekday Services: January

Tues 9am Morning Prayer (said)

3:45pm Choir Church (during school term time)

Weds 9am Morning Prayer (said) (Online)

Thurs 9am Morning Prayer (said) (Online)

9pm Compline (said) (Online)

Other Services

11th 2:00 pm - Abbeyfield Holy Communion

12th 3:30 pm - Messy Church

17th 2:15 pm - Arlington Manor Holy Communion

26th 11:00 am - Gretton Court Holy Communion

(BCP)

You are welcome to join us for Sunday morning worship in person or remotely at http://bit.ly/GirtonParishLive. Please check the church website for up-to-date information. (www.girton.church)

At Epiphany: Almighty and everlasting God, the brightness of all who believe, who made known your only Son, our Lord Jesus Christ, as the true light of the world, fill the world with your glory and show yourself by the radiance of your light to all the peoples of the world, for the sake of your Son, our Lord Jesus Christ, Amen.

Girton Baptist Church



Minister: Revd Nick Lowe Tel: 01223 279289

Secretary: Mrs Virginia Rootham-Smith

Tel: 01223 520442

Website: www.girtonbaptistchurch.org.uk

January Services, all at Girton Baptist Church at 10.30am, and on Zoom:

1st 10.30am Morning Worship, with communion, led by Nick Lowe.

12th 10.30am Morning Worship, led by Nick Lowe.

15th 10.30am Morning Worship, with communion, led by Nick Lowe.

22nd 10.30am Morning Worship, led by Nick Lowe.

29th 10.30am Morning Worship, led by Nick Lowe.

The first Messy Church in 2023 is on Thursday 8 January from 3.30pm. Messy Church is for parents or grandparents and their children, with craft activities based on a Biblical theme, a story, and a meal together. If you would like to find out more, please contact us or just come along.

All are welcome to any of the services and events.

For further details about any of the above, including the online link for the service, please ring 07483 334860 or email pastor@girtonbaptistchurch.org.uk

We often steer clear of the Biblical prophets! Some of the material in the prophets about wrath and judgment can just be too hard to stomach or process. Yet, upon closer examination, we see individuals who brought messages of great hope, despite the darkness. Theirs was not a message of despair, but a call to trust in the God who one day will make all things new. Isaiah said:

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." (Isaiah 43:19)

The Biblical prophets were realists. They did not shy away from the harsh realities of life, and at times explained the reasons for the calamities. Yet beyond it all, they saw the God who can make a way in the wilderness and streams in the wasteland. Everyone knew that the wilderness was a difficult and harsh place to be. There was little water in the desert, which is essential for life, and there were threats from ferocious wild animals. So, this idea of the wilderness easily becomes a metaphor for any situation where there is danger or a lack of flourishing.

If you would like to discuss any Parish Council issues, please contact the following:

Chairman

Vacant at time of printing

Vice-Chairman

Daniel Carney, daniel.carney@girton-pc.gov.uk

Councillors

Gary Betts, gary.betts@girton-pc.org.uk
Michael Blom, michael.blom@girton-pc.gov.uk
Andrew Clare, andrew.clare@girton-pc.gov.uk
Alison Giles, alison.giles@girton-pc.gov.uk
Nas Hayat, nas.hayat@girton-pc.gov.uk
Stuart Marshall, stuart.marshall@girton-pc.gov.uk
Ann Muston, ann.muston@girton-pc.gov.uk
Haydn Williams, haydn.williams@girton-pc.gov.uk
Carolyn Wright, carolyn.wright@girton-pc.gov.uk

Formal correspondence to the Council should be addressed to the Parish Clerk.

District Councillors

Richard Stobart, Tel:07950 934793 cllr.stobart@scambs.gov.uk Corinne Garvie, Tel: 01223 276184 cllr.garvie@scambs.gov.uk

County Councillor

Edna Murphy, Tel: 01223 577005 edna.murphy@cambridgeshire.gov.uk

Parish Clerk

Yvonne Murray Tel: 01223 237173 clerk@girton-pc.gov.uk

Assistant Parish Clerk

Angie Vidler, Tel: 01223 618619 admin@girton-pc.gov.uk

Website: www.girton-cambs.org.uk/council.html

Postal address:

Girton Parish Council The Pavilion, Girton Recreation Ground Cambridge Road, Girton Cambridge, CB3 0FH

You may also use the QR codes below to contact us:



Mobile Post Office

The mobile post office is open on Friday 1.30-2.30 pm in the car park in Orchard Close behind the old Scallywags Nursery.

Bin Collections

Saturday 7 January Black bin

Friday 13 January Blue & Green bins

Thursday 19 January Black bin
Thursday 26 January Blue bin
Thursday 2 February Black bin

Contact Numbers for Bookings

Cotton Hall 07759 983420
Orchard Close 277164
Pavilion 472182
St Vincent's Close 276447
William Collyn Community Centre 279587

Mobile Library

Thursday 12 and 26 January 2023

Thornton Court	09.40 -10.00
Abbeyfield	10.10 -10.50
Cotton Hall/Church	11.00 -11.30
Orchard Close	11.35 -11.55
St Vincents Close	12.00 -12.40
Gretton Court	12.50 -13.15
Churchfield Court	13.20 -13.45

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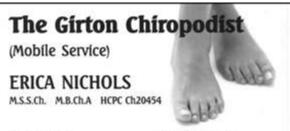
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