



GIRTON

Parish News

February 2023

*Almshouse opportunity helps
couple buy their own home*

see page 24



*Jack's Gelato bids to
transform Manor Farm into
an ice cream factory*

see page 21

Jack's Gelato



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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.

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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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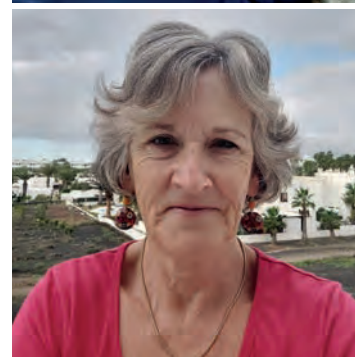
Thanks Rosemary for 23 years service to the GPN!

After nearly 23 years, Rosemary Jones (top right) is stepping down from her position as distribution manager for the GPN.

Rosemary has built up a marvellous distribution team made up entirely of volunteers who ensure the GPN is delivered promptly to every household in the village.

Rosemary said: "The time has definitely come for me to step down from the role. I am so grateful to everyone in the team and I've really enjoyed working with you over the years. Thank you for keeping the job of distribution running smoothly and efficiently every month, long may it continue!"

Karen Richardson (bottom right) is taking on the new role of distribution co-ordinator from this month and we wish her every success.



Contents

Pages	5-7	Parish & District Councillors' Reports
Page	9	Forthcoming Events
Page	11	Cottontails
Page	11	Carol Singing / Brownies / G. Musical Theatre
Page	13	Wild Girton
Page	15	Sustainable Girton / Tree Shred
Pages	16-17	Scoreboard
Page	19	Girton WI
Page	20	Girton Letters
Page	21	Girton Walking Group / Jack's Gelato
Page	22	Club 55 / Listening Lantern
Page	23	Green Fingers
Pages	24-25	Girton Town Charity
Page	26	Wine Selection / News for Older Residents
Page	27	Puzzle Corner
Pages	28-29	Our Churches
Page	30	Rubbish Collection / Contacts

Copy date for March issue: Wed. 15 Feb. Issue date: Sat. 4 March. Covers 4 March – 1 April.



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Girton Parish Council

The last two months have been busy for Girton Parish Council, we hope many of you are aware of some of the actions below.

LHI joint bid with Oakington and Westwick

Girton councillors were overwhelmed by the attendance at the meeting on 4th January to discuss the LHI bid and the 150 responses to our online survey. We were also pleased to welcome Cllr Moore and Cllr Starling, the Chair and Vice Chair of Oakington and Westwick Parish Council to give background on the scheme. The bid to implement a 30mph speed limit on the road between Oakington and Girton was approved at the meeting, and we will ensure that all our residents are kept involved and consulted as we progress this project with the county council. For more information on the LHI bid please access Girton Village Community Facebook page, using this link: <https://www.girton-cambs.org.uk/council-agendas/>.

During the LHI survey many of you drew our attention to the need for longer consultation periods. Where possible we will aim to increase the ability for Girton residents to ensure their voice is heard. Some of the ways you can get involved with Girton Parish Council are listed below.

Public Meetings

Three public meetings have now been approved by council for people to come together with councillors to discuss opportunities for greater collaboration between Girton Parish Council and Girton residents, groups, and businesses to discuss local opportunities for: local commercial enterprise, sport and recreation, and active travel. Please keep an eye on our website, Facebook, and Twitter accounts as well as our village noticeboards for information on dates of these meetings.

Neighbourhood Plan

Our full council meeting to be held on Wednesday, 8th February will include an update from Andrew Muston (Girton Town Charity Trustee) on the possibility of a Neighbourhood Plan for Girton. Neighbourhood Plans are submitted by the village to confirm requirements for the village. Once the plan is completed and adopted, which can take significant time, it will hold weight with local council planners. Please look out for more details in the next edition of the Girton Parish News.

2023/2024 precept recommendation

By the time you receive this edition of the Girton Parish News, Girton Parish Council will have voted on the precept request for this year at an extra meeting held on 25th January 2023, ahead of the submission deadline on 31st January. More details to follow.

Make a difference, join the council

There are many ways for you to get involved in local council initiatives. There are currently four vacancies on our parish council and there are other ways to get involved. We would be very pleased to hear from people who would like to get involved and consider being co-opted to the:

- Local Nature Recovery Working Group
- Pavilion Refurbishment Working Group
- Speed and Safe Travel Group
- Girton Litter Pickers

All the groups would welcome involvement from all our residents and there are plenty of opportunities to do what you do best. If you would like to join any of the above or have further ideas about how you would like to get involved, we would be pleased to hear from you.

Pavilion refurbishment project

The meeting on 25th January will also cover a decision on next steps on the pavilion refurbishment. Girton Parish Council would welcome people who would like to get involved in this project.

Bowls club discussion

At our meeting of 11th January, Girton Bowls Club brought a paper highlighting their important needs for toilets and changing rooms. A working group has been formed, including members from Girton Parish Council, Girton Bowls Club and Girton Town Charity to be chaired by Girton Parish Council to find a solution. The paper submitted by the bowls club can be found here: <https://www.girton-cambs.org.uk/council-agendas/>.

Consultations

Girton Parish Council has been emailing Stagecoach about the bus cuts.

Cllr Muston and the clerk will attend Greater Cambridgeshire Planning appeal regarding Sloe Farm on 31st January where Cllr Muston will register Girton Parish Council's objection to the proposal.

Cllr Carney will be attending the county council's highways meeting, regarding the stopping up of Bridleway 99/6 without giving an adequate alternative route for horse riders and cyclists.

Temporary closure of the High Street from 1-3 February

This will be to stop any vehicle from proceeding along the High Street (between Cambridge Road and Woodlands Park), although access will be maintained to properties affected. The alternative route for vehicles is via the High Street - Cambridge Road (C198) - Church Lane - Duck End and vice versa. The closure is made to facilitate lead relay supply works which are being carried out.

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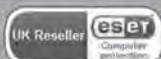
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- Jill - Histon



From Our District Councillors

We hope you have had a good Christmas break, and we wish you health and happiness in the New Year.

The “Making Connections” consultation

The Making Connections consultation detailing proposals to transform how people travel in and around Greater Cambridge has now officially closed. The Greater Cambridge Partnership (GCP) has received more than 23,000 responses to an online survey about the proposals. In addition, nearly 900 emails have been received and over 100 stakeholder responses have been submitted following over 100 public meetings, as well as 50 focus group events. Work will now begin to analyse the huge amount of data and information which has been collected, including the many written answers which were an important feature of the survey.

The results of the consultation will be included in a final report scheduled for the GCP Board in June 2023. At that time, the GCP Board will make a recommendation to Cambridgeshire County Council on whether to proceed with the scheme.

Cllr Elisa Meschini, Chair of the GCP’s Executive Board, said: “There has never been a more important time for us to find ways to create and provide a modern transport network that is fit for our growing and thriving region. I would like to thank the thousands of people that contributed to the debate over the last ten weeks.”

The GCP put forward a package to transform the region’s bus network: with low-cost fares, operating longer hours to more locations, alongside significant investment to improve walking and cycling routes. The upgrades will be funded by the GCP and phased in over four years ahead of the proposed introduction of a Sustainable Travel Zone with a road usage charge. The aim of the charge is to cut congestion, free up space for people and buses, and fund the network.

An extensive package of exemptions, discounts, and reimbursements for the STZ is being proposed to help those on lower incomes, blue badge holders, NHS patients and others who have special transportation needs.

For more information visit
www.greatercambridge.org.uk/mc-2022

Housing Issues

Those who rent a home in the private sector are entitled to seek help from the Council if mould or associated issues are not resolved by the landlord. Private Sector and Housing Association tenants can make a complaint by emailing env.health@scambs.gov.uk. The Council has the power to take the appropriate enforcement action if there are issues that need to be resolved.

Raising Awareness about Disabled Facilities Grants

Cambs Home Improvement Agency (HIA), wanted to remind all members about the range of grants available to people with disabilities living in South Cambridgeshire. This may be particularly relevant to those who are elderly, vulnerable or have family members with disabilities.

The Disabled Facilities Grant is a mandatory Government grant aimed at people on low incomes or low-income benefits. Each year Cambs HIA enables around 300 older people and people with disabilities to adapt their homes. The agency can help homeowners, or those in housing association properties, make a wide variety of adaptations and repairs (www.cambshia.org). We can also help self-funders who are unable to organise and oversee the work themselves.

Aircraft Noise

Cllr Noushin Rostami, Chair of Little Gransden Parish Council, is calling a public meeting on the topic of the Luton Airport stacking trial, AD6. It is on 23 February, at 7.30, Little Gransden, in person and on zoom. To find out more contact: nrostami.lgpc@gmail.com

Pension Credit

People on a small pension can apply for Pension Credit. We are aware that many older people do not use computers and although forms can be printed out, they are not easy to fill in. Douglas De Lacey has volunteered to help people. 01223 565219.

Food bank vouchers

We have been working closely with the Parish Council on food banks. We were asked how people can obtain food bank vouchers. Citizens Advice can give them out (0808 2082138 open Monday to Friday, 9am-5pm) together with financial advice.

Neighbourhood plan

A neighbourhood plan is a document which describes how a village is, and how it would like it to be. This then becomes a legal document which becomes part of the decision making in Planning. Making a Neighbourhood Plan is encouraged by the District Council, and they have various grants to help. It does need a working party in the village to make it happen. If you are interested contact us or the Parish Council.

Cllr Corinne Garvie
mobile: 07780 932267
email: cllr.garvie@scambs.gov.uk

Cllr Richard Stobart
mobile: 07950 934793
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FORTHCOMING EVENTS



Girton College Music Society Concerts

Showcase Concert for Music at Girton College

Friday 3 February at 1pm (until 2pm)
Great St Mary's Church, Cambridge (NB venue).
Admission free: retiring collection.

Holders of music awards at Girton College perform works by Debussy, Massenet, Diabelli, Ponchielli, Rachmaninov, and Richard Strauss.

Music for Soprano, Cello, and Piano

Sunday 5 February at 2.30pm (until 3.30pm)
Stanley Library, Girton College, Cambridge.
Admission free: retiring collection.

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.

Orchestral Concert

Saturday 11 February at 8pm (until 9.30pm)
Great Hall, Girton College.
Admission free: retiring collection.

Girton College Orchestra (conductors: Alice Rivers and Gabriel Kennedy), and the Gir-Ten Brass Ensemble (directed by Joe Wardhaugh), perform Rimsky-Korsakov's *Symphony No. 1* and other works.

Award-Holders' Concert

Sunday 12 February at 2.30pm (until 3.30pm)
Fellows' Drawing Room, Girton College.
Admission free: retiring collection.

Girton College's choral scholars, and exhibitioners, perform works for solo voice and vocal ensemble.

Music for Violin and Piano

Sunday 19 February at 2.30pm (until 3.30pm)
Stanley Library, Girton College.
Admission free: retiring collection.

Emma Scott (Music finalist at Girton College), and George Herbert (Assistant Organist of St John's College), perform works for violin and piano, including Messiaen's *Thème et Variations*.

Celebrity Piano Recital

Sunday 26 February at 2.30pm (until 3.30pm)
Stanley Library, Girton College.
Admission free: retiring collection.

Prizewinning Dutch-Italian pianist Erik Bertsch performs Brahms's *Intermezzo*, Op. 117, Schubert's *Impromptu* Op. 90 No. 1, Liszt's *Ballade* No. 2, and a selection of movements from Gyorgy Kurtág's *Játékok*.



Girton Garden Society Wednesday 8 February 2023 at 7.30pm

Liz Taylor: trees and climate change

Trees are hugely important in our environment and have a role to play in adapting to climate change. Every garden however big or small should have at least one tree. An introduction to trees and shrubs that work well in gardens will also be given.

Visitors and new members are always very welcome (£2 per session).

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Girton Cottontails Preschool

It's the start of the spring term and we are excited to be back at preschool sharing stories about what we did over the Christmas holidays, and seeing all of our friends again. We've also welcomed new families to preschool and are enjoying getting to know our new friends.

Even though it's the spring term, it is most definitely still winter and we've been enjoying some beautiful sunny and frosty weather this week. At Forest School, the children saw the water in the ditches was frozen over in the morning, then later when we went back to look, it was partly melted. We talked about changes between liquids and solids. We looked closely at the frost on the grass, the children said they were 'ice crystals.'

In our rising 5s sessions, we've also been learning about seasons and considering the different types of weather we typically get in different seasons. We made winter weather pictures including the clothes we might wear in winter.

The children have been very busy in our construction area, building with the bricks and using the tools.

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:

<http://www.gofundme.com/f/emma-amp-laura-are-reopening-cottontails-preschool>

https://www.amazon.co.uk/hz/wishlist/ls/JJP8OJALIV2I?ref_=wl_share

We welcome children from the age of two years 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 Carol Singers raise almost £1000 for Food Bank

Thanks to everyone who donated, collected, and sang carols before Christmas. Our total currently stands at £958 with more promised! The weather had warmed up after the snowy conditions of the previous week, and we had three great evenings singing around the village, with lots of kind comments.

Are you looking for an opportunity to volunteer in Girton?



Girton Brownies, part of Girlguiding, are looking for new female volunteers (aged 18+) to join our popular group in the village. A Brownie volunteer helps girls, aged 7-10 years, to build their confidence, have adventures, learn new skills and have loads of fun – no matter your experience, or your background, you will be made welcome at Girton Brownies.

Email Jen/ Brown Owl to find out more about volunteering at Girton Brownies
2girtonbrownies@gmail.com



An evening at Palm Court! 23 to 25 February

In a break with our usual tradition, next month's show is made up of three parts. Taking the Palm Court Orchestra as inspiration, the evening starts with the orchestra playing a selection of music from Elgar and others. There is then a one-act play - Murder in Twilight Gardens. The residents of a retirement home attempt to solve a murder which has taken place on the premises. After a short interval, the whole company will perform Gilbert and Sullivan's one-act operetta Trial by Jury, featuring the much-loved Judge's song, and many other catchy tunes! There will be a licensed bar, and evening dress is welcome, but completely optional! Tickets available in advance (£10 adults, £4 children plus booking fee) from www.ticketsource.co.uk/girtonmusicaltheatre, or on the door (£12/£5).

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Wild Girton

Girton's Local Nature Recovery Group is now formally up and running following the adoption of its Terms of Reference by the

Parish Council on 11 January. Taking inspiration from work done by the Wildlife Trusts, and on Local Nature Recovery Plans in other areas, a draft list of priority sites and species in Girton will be brought to a public meeting for feedback and discussion. The public meeting will be held in early spring 2023 - please keep an eye out for the date in the March issue of the Girton Parish News.

Girton's Green Team is busy with work on the Memorial Garden (at the top of Church Lane) and elsewhere. If you would like to help with this work, please email Alison Giles at arecamuk@yahoo.co.uk.

Winter is a good time for "housekeeping" in the garden, but as we head into March, please remember that this is the beginning of the nesting period for birds. Hedge trimming should be avoided from 10 March onwards, and always check for any active nests before doing any work.

If you would like to be added to the mailing list and kept up to date with LNRP news, please email beltane3659@gmail.com, and follow @Wild Girton on Twitter (note we have the mailing list from last year's public meeting).

This month's sightings - Winter Thrushes

Thrushes include our very familiar Blackbird, Song Thrush and Mistle Thrush, which often serenade us from a high perch within a tree. The Song Thrush sings short, but loud motifs which are generally repeated in threes, and the Mistle Thrush sounds like a melancholy Blackbird.

In winter two other members of the thrush family join our resident three - Redwing and Fieldfare. This season the first Redwing started to arrive in the area towards the end of September, and the Fieldfare a few weeks later in mid-October. The timing of their arrival largely depends on the availability of food in their summer grounds, which they leave when food becomes scarce. Both typically migrate from Scandinavia or further east from across Russia, but Redwing are also known to breed in northern Scotland, the Faroes and Iceland. Redwing tend to migrate at night and flocks can be heard overhead calling to each other with a high-pitched, thin "tseep".

All five thrushes in our local area (Ring Ouzel are also part of the family but are rare visitors to Cambridgeshire) have a spotted chest, though in the Blackbirds this is only faintly visible on the brown females. Redwing, true to their name, have red patches beneath their wings and on their flanks, and pale stripes slightly above the eye and below the cheek. Fieldfares are the largest members of the family and have a grey head and rump, brown back, and black tail. They stand relatively erect and move across the ground in a series of hops. You can often be alerted to their presence by their chattering chack calls.



Above: Fieldfare photo - Keith Honnor

Below: Redwing photo - Garth Peacock
www.garthpeacock.co.uk



Both Redwing and Fieldfare are usually found in flocks, often together, and generally in places where there is plenty of open grassy space to forage for invertebrates. Also, shrubs and trees which are laden with berries - hedgerows, woodland margins and patches of scattered scrub - are ideal places to find them. They come into our gardens, though often only when forced by limited food or harsh winter conditions in the open countryside. We would be very interested to hear of any sightings of Redwing or Fieldfare in and around Girton this winter - please send us (using email above) any reports remembering to include details of the location (the more specific the better), time and date of the sighting, and any other details such as how many were in the flock.

Local Nature Recovery Working Group

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Sustainable Girton

Food

Eating is essentially stoking up your internal energy, but it also absorbs a significant part of your income. There are ways you can reduce your food expenditure:

- Make a shopping list and stick to it. Stores are deliberately designed to encourage impulse buying of unnecessary goods. Don't be sucked in.
- Multi-packs are not always cheaper than the same number of singles. Always check.
- Check if you can realistically use all the food if you buy larger quantities or special offers.
- If you have a freezer, it is more efficient to keep it pretty full, so look out for product bargains you can keep in it until needed.
- Use by dates are generally quite pessimistic so don't discard food just because it is beyond the date; check if it still looks and smells OK; and make sure you cook it for long enough to kill any pathogens.
- Whenever you throw any food away, think about why. Did you buy too much of it? Was it hidden in the cupboard or fridge until it went off? There is a saying that the wise learn from their mistakes, and working out what the mistake was can help you do better and save money next time.

Fridge and freezer

Every time you open the door you lose a lot of the cold air from your fridge or freezer, and you admit warm moist air which takes power to cool. If you have empty spaces, fill them with empty containers (used food containers or yogurt pots for instance). These will trap the cold air and make for greater efficiency.

If the mechanism of the freezer is iced up it will not work efficiently, so keep the freezer defrosted. While you are defrosting remove as much ice as possible and discard it outside: it takes a great deal of energy to melt ice. But be careful you do not damage the freezer coils: never use a metal implement, only a soft plastic or nylon one. The safest way to defrost is to leave the door open and let nature do her work: baking trays on the floor or an old towel can catch the drips from the melted ice.

Batteries

Single-use AA batteries cost anywhere between 20p (bulk buy) and well over a pound. Rechargeable AA batteries cost from one pound upwards and chargers are available for under £10 (though you may need to add another £2 to £3 for a mains adaptor, they tend to have USB

connections). Both sorts of battery vary considerably in the amount of power they contain but they are roughly comparable. (The power you can get out of a non-rechargeable depends a lot on the kind of use but generally AAs are rated at 1500-2500mAh. Rechargeables will have their capacity noted; for AAs probably somewhere between 1000 and 2800mAh.) Rechargeable batteries should be re-usable many times: hundreds if not thousands, and the cost of recharging even at today's energy prices is negligible (less than a penny).

All batteries degrade in time, so if you are buying non-rechargeables in bulk you need to ask if you are going to use them all before they lose their charge. Their major benefit over rechargeables is that they will last a long time (several years) in low-energy devices such as smoke alarms, where rechargeables are not recommended. They also have a slightly higher power output of 1.5V compared to 1.3V for most rechargeables; this is rarely an issue.

It therefore makes financial sense to use rechargeables for almost everything that needs a battery. I'm ignoring the embedded carbon, and the ecological cost of manufacture because I don't have the figures, but I doubt they would change that conclusion.

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

Annual Christmas Tree Shred



Friends of Girton Glebe (FOGG) held their first event of 2023 on Sunday 8 January- the annual Christmas Tree Shred. It was a beautiful sunny day, which ensured a good turnout. We were delighted to raise £327.58 for the children of Girton Glebe! Thank you to all who supported the event. Thanks especially to Acacia Tree Surgery (www.acaciatreesurgery.co.uk) and Wheelie Fresh Bins (www.wheeliefreshbins.com), without whom this event couldn't take place.

FOGG is a registered charity with the purpose of supporting our school. All funds raised go towards the learning and wellbeing of the children at Girton Glebe, and our events help build a vibrant and cohesive community.

Please keep a lookout for future events!
[@FOGGFriends-of-Girton-Glebe-Primary-School](https://www.facebook.com/FOGG-Friends-of-Girton-Glebe-Primary-School)
@FOGGirtonGlebe

GIRTON scoreboard



Girton Bowls Club

Once again we are very grateful to Abbeyfield for making their facilities available for our AGM held on 8th December. The meeting was addressed firstly by the Chairman who gave his annual

report followed by reports from the Treasurer, Secretary, Publicity Secretary, a maintenance report and finally the Team Captains. It was established that all the Committee members were willing to serve again for the coming year apart from the joint Meldreth team captains who are stepping down and have been replaced by two new volunteers. Thanks were given to the retiring captains.

In addition to the mixed team, we are entering a men's team into the Business Houses League for the coming season. This league is a slightly different format to the other leagues as it is a pairs competition, so four bowls are played by each player instead of the usual three.

It felt rather like déjà vu as Roger Webster presented his very detailed update at the AGM regarding our continued lack of progress in finding a solution to the longstanding problem of available toilet facilities for our bowlers. He has now prepared a very full and comprehensive business case which has been presented to Girton Parish Council, so the Council can discuss it at their next meeting.

It was proposed and seconded that our annual fee for full membership of the Club will be increased for the coming year from £45 to £50. It was agreed that we would approach Abbeyfield to request that our pre-season dinner be held there in April and also our after match refreshments for the coming season. The date for next year's AGM has been agreed as 7th December.

In the Indoor League, Girton 1 had a very good win in their most recent match of 6-0 against Romsey, with a 15 shot difference. This places them in 6th position out of 9 teams in Division 1, with several games in hand.

Girton 2 had 3 matches in December – a 4-2 win against City, a 6-0 win against Histon and a very hard fought draw against Cambridge University Press, who are above us in the League and likely to be promoted. An email has been issued to all the members of the Chesterton Indoor Bowls Club to give them the opportunity to vote on the issue of whether to continue the experimental background music introduced since the refit of the facilities.

Although the Indoor League is progressing well our members have been asked to state which external competitions they wish to enter this year. Our C&D finalists were very successful last year and will be attending the C&D Presentation dinner to be held at Girton Golf Club in February.

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

Lynne McGill



Girton Colts Football Club

It's been a painful month in January with the weather playing havoc with fixtures – the pitches have either been too wet or too frozen to play on. Cross fingers February will be better!

There are mixed emotions in the committee as we say goodbye to Victoria and Sam, but welcome Claire Brown to the new Club secretary role. She has already rolled her sleeves up and is getting straight into the role, which is a perfect fit, and we all look forward to working with her.

The Parish Council have been engaging closely with the Colts and we are now part of the committee that looks after the 'Sport and Rec' side of the Parish Council. The aim of this is to look at the needs of users such as the Colts and the facilities to make sure they are spending in the right areas, and we are getting what we need to help support the people of our village and players in our club. It's been really good to participate not only in discussions about the current facilities, but also more future-proofing, ensuring we have what we need in 5-10 years time too.

The Kickabout sessions are going well and all our teams are ticking along nicely too.

Team news

The Under 6s have been dedicated and training well, through the ice, wind and rain, all in preparation for their very first friendly against the Under 7s in March. More to follow in the next edition. AD.

Andrew Hawkes



Girton Netball Club

It is cold and icy out on the courts, but we return to training in good spirits warmed by our new team hoodies. We have also been enjoying netball from our sofas with the BBC's coverage of the international series featuring England Roses v Jamaica's Sunshine Girls. We were pleased to see the Roses take a 2-1 series victory. In training we've been focusing on the skill of defending - delaying and denying your opponent as they seek to pass the ball up-court. We hope these skills will stand us in good stead as we prepare for competitive games in the coming weeks.



Girton Netball Club meets Mondays during term-time at Girton Rec with coaching from Helen Stepney. Sessions run 7pm - 8pm.

Emma-Louise Longden



Girton Tennis Club

We entered a men's team in the 2022 Winter League and their matches have now all been completed. There were several delays to the matches due to weather and conflicts with Football World Cup matches. The last match took place at home in very wet conditions on Tuesday 10th January. Thanks to all of those who took part.

Discarded chewing gum on the tennis courts is very difficult to remove and will damage the surface. It is disappointing to see how many pieces of gum have already been dropped onto the hard courts. If you chew gum whilst on court, please make sure that you deposit any waste gum in the bin outside the court entrance.

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 (James) by email at info@girtontennisclub.uk.

Alan Franklin



Girton Golf Club

January saw the new Captains at Girton 'drive in' the New Year with a really well-attended hand-over in the clubhouse from old to new Captains and a 9 hole Scramble competition. The Men's Captain Tony Omo, Senior's Paul Jobson and the Junior's (again) Ben Shanks all drove off the first, along with Veronica McGrath representing the Ladies/Women's Committee (as there is no Ladies Captain this year).



2023 Drive in

Here in mid-January it is freezing cold and the frost is hard on the course so to protect the main greens we are often playing on temporary greens. It is still great exercise though, and means that we will have our usual pristine course come the spring and summer.

Membership of both the club and the new Golf Academy are still available and worth exploring with either the Pro Shop or the office – call in now and have a chat. When calling in, try our clubhouse hospitality and enjoy a coffee, or beer, or perhaps grab some lunch. The clubhouse is open everyday to all and is a great place to meet friends and even hold meetings. Talk to us about your wants and needs.

Alan Henderson-Smith

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Girton WI

The WI's motto is "inspiring women," and so it was fitting that Girton WI's January meeting not only included a vote on which

of the four national resolutions Girton's members thought should be carried forward by the National Federation this year, but also a talk about the amazing Cicely Saunders, the founder of the modern hospice movement, given by her niece Kate Kirk.

In a moving and inspirational talk, Kate introduced us by way of historical family photos, to Cicely Saunders and her family, as she grew from schoolgirl to nurse in war-torn London and her training as a doctor. Inspired by the patients she had befriended, and volunteering in Christian homes for the dying, Cicely battled against her own ill health. She faced discrimination because of her gender and age, and because pain management and palliative care were not approved areas of medicine. Despite the odds, she succeeded every time, qualifying as a social worker, and as a doctor she was awarded funding to undertake research into better pain management for patients. In 1965, she founded and built what was to be the first modern hospice, St Christopher's Hospice in Sydenham. Here, patients were treated differently, with the holistic medical care that hospices are known for today. Finally, in 1987, the Royal College of Physicians recognised palliative medicine as a medical specialty. Today, her legacy lives on with hospices in 136 countries and a world-leading research centre at King's College, London.

Cicely's historically significant work was recognised both in her lifetime (with a DBE, a Papal Damehood, and as a member of the Order of Merit personally chosen by Queen Elizabeth II) and since then, by featuring on both a stamp, and a google doodle. It was therefore an honour for us to hear about this wonderful woman, and to hear her personal story as told by her niece Kate.

We look forward to our next meeting on 1 February, where Gwenda Kyd will be talking about "Incredible edible (and drinkable) plants".

Girton WI meets on the first Wednesday of every month at the William Collyn Community Centre at 7.30pm. Attendance at up to three WI meetings as a visitor is free, and there is no obligation to join.

For more information about Girton WI, our daytime Knit and Natter, or the WI Nationally, please contact girtonwi@gmail.com or girtonwisecretary@gmail.com.

Whether you are a member, a past member, or someone who has never tried the WI before, we look forward to seeing you and giving you a warm welcome.

Hannah Wyborn, Girton WI President

Earlybirds WI

It seems a long time ago now, but before Christmas we had a very timely session with the lovely Senya, a visual scientist and positive psychology practitioner and coach. She explained how to make life less stressful by finding what works well for each of us, what creates positive emotions and what makes us smile. We made graphs of the year just gone, our ups and downs for each month, then one for the year ahead and how we wish it to pan out. By using hope, perseverance, and creativity, we can take control of situations, even bad ones, and feel stronger. The benefits of wellbeing are obvious – physically, mentally, emotionally – but essentially, we will all feel better. I think this talk was a wonderful reminder to take the stress out of the festive season.

This was followed by a bring and share lunch with a fantastic array of food as always, before we broke up, wishing everyone a very Happy Christmas.

In January we had the fabulous Sue Baker giving us the history of belly dancing through costume. She brought an amazing array of colourful costumes: dresses, pantaloons, swirling belts, some uncomfortable-looking bras, many glittering with sequins, pearls, and beads. There were also a few surprising props - a sword, and a very large candelabra, both of which are traditionally balanced on a dancer's head whilst performing. Belly dancing can tell stories, or be a form of poetry, and wonder of wonders... men also belly dance professionally. The talk was followed by a taster dancing session. We put on the lovely jangly belts and had a go with finger cymbals and a djembe drum. Then a mass of swirling, rotating hips (some stiffer than others!) and shimmying ensued, pointing toes, and flicking fingers, as we tried to imitate Sue's beautiful movements. It showed us all what a good workout belly dancing can be, and tremendous fun – we laughed so much. Ladies give it a go!

Our next meetings sound interesting in different ways. On 10 February, Libby Cull, a blue badge guide, will be talking about Women in Cambridge; 10 March will be a zoom session on Watatunga Wildlife Reserve, and 14 April will be a talk from John Lewis.

There is much to look forward to. Do come and join us.

Meeting at the CFWI office in Girton on the second Friday of every month at 10.30am.

For more information email our secretary k.m.richardson.1157@gmail.com

Trish Peroni

Girton Mitten Tree Update

Huge thanks to all who contributed to the Girton Mitten Tree. In total over 275 items were collected (a significant increase on the 195 items last year). Around 60% of the items (four large bags!) were for adults and have been delivered to Jimmy's, the other 40% were for children and have gone to GrowKids

Cambridge. We also took donations of six blankets and six sleeping bags to Jimmy's (see right). All the items will go to people who need them and will make life better for people around Cambridge who are struggling.



It's a real testament to the generosity of Girton residents that so much has been donated. Everything given was good quality and felt like a proper "gift" rather than just charity - thank you. Particular thanks to Sharon Priestley for organising. Well done all!

With gratitude,

Revd Michael Bigg
Rector of St Andrew's Girton

Phonebox vandals

Around New Year the phone box near the church was vandalised again. The lock was destroyed, and the Santa was stolen along with all the batteries for the lights.

This is so disappointing as the money raised from Open Gardens should be used to provide the floral and seasonal displays inside. This is now the fourth new lock we have had to buy out of the Open Gardens funds, but we are determined to carry on otherwise the vandals win.

As I was replacing the lock and removing the broken pieces someone stopped to say how much pleasure it always gave her and others who walk past it regularly.

We hope we may be able to put a camera up but ask everyone to be vigilant and report any suspicious activity that they see to the Parish Council or the police.

Meanwhile, enjoy the Chinese New Year of the Rabbit display which will be there until the end of the month when the spring bulb display will take over.

Kay Green



Girton Feast 7-8th July

This year's dates for your calendars:

Music on a Summer's Evening

Friday 7th July

Village Fete Day

Saturday 8th July

The planning is well underway for this year and we have several entertainers and bands already booked. We would love to hear from your club, society or business on how you would like to be involved. If you are a local business we hope you will be able to support the Feast by advertising in our calendar, or sponsoring the cost of bands and entertainment.

We are now taking bookings for stall holders and the booking form can be found on our website:

www.girtonfeast.org.uk, alternatively contact Carol by email: carol@girtonfeast.org.uk



Your continuing support will help make this another great event!

Please contact us via our website or:

rowena@girtonfeast.org.uk

carol@girtonfeast.org.uk

Girton Walking Group

A handful of people braved the weather to walk from Coton, into the city, via Newnham and Grange Rd for our first walk of the year on the 7 January. We encountered muddy fields as well as fine University buildings. We were lucky that the rain (mostly) held off.

All are welcome to join our walks. The next walks are:

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

Saturday 4 March: Willingham and the Great Ouse

This is a slightly longer walk (six miles, 3+ hours), mostly on good tracks so not as muddy as some other Cambridgeshire winter walks!

Please meet for a prompt 10am start at Willingham Church, CB24 5HS.

After entering Willingham on the B1050, turn right at the second set of traffic lights, opposite the Co-op, into Church Street. The church is on the left shortly after the turn. There is plenty of on-street parking in Church Street, especially past the church itself.

We will have a rest stop so bring refreshments. You can get lunch afterwards at the Porterhouse pub in Willingham (the other pub in Willingham was closed at the time of writing).

This walk will be led by Angela and Simon Blackburn,
angela.blackburn@cantab.net, 07482 222536.

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Jack's Gelato bids to transform Manor Farm into an ice cream factory

Manor Farm in Girton could become home to an artisan ice cream company under new plans for the site.

A planning application has been submitted by Jack's Gelato to change the use of the farm to manufacture ice cream.

The farm had previously been let to the former deputy leader of Cambridgeshire County Council, Roger Hickford, who left abruptly in controversial circumstances.

Currently the site has permission to operate as a canine training centre, which was obtained by Mr Hickford in 2019, although not put into use.

Alongside the plans to make artisan ice cream, the new application also looks to install ground-based solar panels, up to 40cm high, to provide power to the business with wildflowers planted around them.

The application, submitted to South Cambridgeshire District Council, states: "Jack's Gelato is a small company based in Cambridge. The company has a strong environmental focus and will be net zero no later than 2030.

"It uses electric vehicles and has minimised use of the single fossil fuel vehicle in its fleet to less than 1,000 miles a year, which will be replaced with an electric version when the opportunity arises.

"It uses no other fossil fuels in its operations. Every employee travels to work by foot, cycle or train."

Four employees would work at the site, which would open from 8am to 6pm on Monday to Friday, and 10am to 6pm on weekends.

There are also no "significant changes" planned for the outside of the existing barn building.

The application adds: "The proposal establishes an artisan ice cream manufacturer on a site that has previously had permission for a significantly more intensive canine training centre use, whilst also boosting biodiversity on site and creating a blueprint for a small, truly sustainable and community-orientated business. It also creates much-needed rural jobs in a sustainable location that is easily accessible via public transport."



CLUB 55 GIRTON

Sad, sad, sad

It is very difficult to write an upbeat article this month having heard of the passing of three of our well known members within a few days of each other. I have also heard of members who have been taken seriously ill and many others have suffered

from Flu or Covid. May I, on behalf of our members, take this opportunity to send condolences to the families of those who have passed and best wishes to those that have been ill. Get well soon.

The computer group is still running in the restaurant at Abbeyfield on Monday mornings between 10am and 12pm and you are very welcome to come along to join us if you need help with your computing.

There is not much other news this month other than to say that we are making some enquiries concerning a future activity but they have not yet been finalised, hopefully however, I will be able to explain all next month.

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

Sam Clift

Tel: 07850740721 or email samclift@ntlworld.com

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you just feel down for
no reason and when
someone asks you what's
wrong you don't know
how to reply and you get
the feeling in your throat
like you're going to cry
and you can't stop it?**

www.facebook.com/listeninglantern.julietadloun



Listening Lantern

The votes have been counted and verified...

Popularity in modern times seems often to be judged by votes or likes, be that on TV shows or via

social media. I was once asked whether I could quantify how many people would benefit from me running a Mental Health First Aid course, or by me using my Listening Lantern profile on a Facebook group.

But I'm afraid these numbers are not what matters to me, because if running a course or posting daily on Facebook or LinkedIn makes a difference to only one person (and I don't even know about it directly), then it has been worth it. Anecdotally of course, I could tell you that people stop to chat in the village and say thank you for the support offered, or I can publish engagement statistics on a particular Facebook post – but it's more about the feeling I have this very morning as I write this article because I know it has clearly struck a chord, resonated with people, and inspired them to engage or share personal experiences or feelings. This is what matters.

Signposting

www.sleepio.com supports healthier sleep through three aspects: learning how to address lifestyle and environmental factors which may impact sleep, mastering highly effective cognitive techniques tailored to you and building a personalised 24hour schedule. It is based on the work of experts at Oxford University.

Training in January and ahead

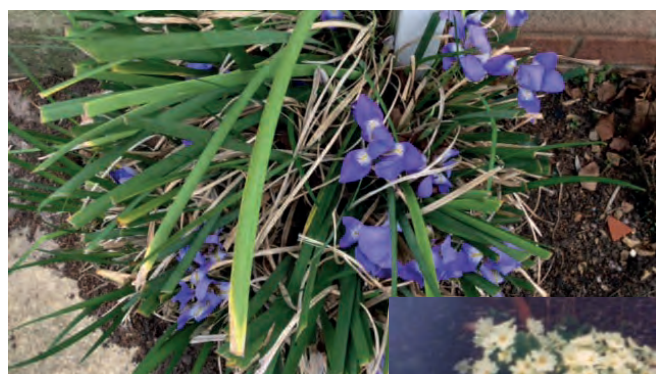
By the close of January, I will have delivered two Suicide First Aid courses, two Mental Health Awareness courses and one Mental Health First Aid Refresher course.

The Mental Health First Aid (two days) course and its associated refresher 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 MHFA course to be held in Cambridge runs on 2 and 3 February 2023. Do get in touch if you are interested in attending.

Juliet Adloun, 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.julietadloun or mhfa.julietadloun@gmail.com

For the gardener, February is a month of observation, anticipation and preparation. Spring seems to have been

arriving ever earlier in recent years, and as I am writing this in mid-January the first signs of new growth can already be seen. *Viburnum bodnantense*, *Prunus* 'Autumnalis', yellow jasmine and *Iris unguicularis* have all been in flower for weeks now, the buds of hazel catkins are already forming, and snowdrops, hellebores and crocuses are near to flowering in neighbouring gardens. On bright warm days I have already heard the 'teacher, teacher' spring call of the great tits in our silver birches, (said to be the origin of the taunt 'tell tale tit') and have seen some early solitary bees on the heathers. However, the full flush of spring growth is way off, and any outside gardening this month will centre around preparation for the rush of planting, pruning and mulching which comes with March.



Above: *Iris unguicularis*.
Right: Early primroses



Out in the garden on drier days several tasks will pay later dividends: complete winter digging; rake and aerate a newly mossy lawn (using a fork to create air holes); warm the ground for early planting, by covering the soil with cardboard, old compost bags or even carpet; renewal prune old shrubs, deciduous hedges and climbers; and hoe off any annual weed growth which has appeared in a warm spell.

On fine days it feels great to get out in the garden and start 'real gardening' again, but there are many wet and cold days when indoor tasks can provide an alternative to uncomfortable outdoor working. One essential task is to check, clean, sharpen and oil all garden tools, as this promotes efficient, healthy gardening! We now have a professional knife maker in the area who offers a sharpening service (see GPN ad), and there is also a range of relatively inexpensive sharpening tools from firms like Darlac, Fiskars and Stihl for a DIY job.

Another useful cleaning task is to wash and disinfect

all pots which will be reused for seeds or plants this year, as these are prone to damping off and disease in dirty pots. Bird feeders and bird baths should also be cleaned (gloves advised) as diseases such as avian flu, and trichomonosis in finches can spread easily through contaminated feeding equipment.

February is also the time to finalise plans for changes in the garden. Difficult decisions arise from the long dry summer and intermittent periods of heavy rainfall which we experienced in 2022 and the possibility of a repeat in '23. What new plants should we try, which old favourites do we abandon, and what adaptations are necessary for our existing garden?

Obviously it is worthwhile having as many water butts as possible for the dry summer months (and any possible hosepipe bans!), and also many people are considering replacing their summer-brown lawn (probably now fully greened up again) with a scree garden and drought resistant plants, or a wildflower meadow which can tolerate dry, impoverished soil. However, both these changes need detailed planning to succeed. Scree gardens must be very well drained and not in a frost pocket or plants will not survive in the winter, and a wildflower meadow requires well-drained impoverished soil, so previously cultivated soil must be sown with yellow rattle for a year to reduce fertility.

With regard to changing plant choices, the RHS have announced that they may relocate any rhododendrons propagated at Wisley (Surrey) to their northern properties where there may be higher rainfall and lower temperatures in summer. It was also interesting to learn that our local garden centres found difficulty in keeping hydrangeas in good condition, even with shading, during the summer heatwave. Are these still a good choice for our gardens?

I also wonder how well the many trees, perennials and annuals that survived the drought period and then had a 'second spring' of late growth/ flowering in the long autumn will perform this year? Will they be weakened by their experience of a double season? Only time and close observation will tell!

Janet Sheard
Girton Garden Society

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Almshouse opportunity helps residents buy their own home

In April 2021, a young couple moved into one of the three new Girton Town Charity almshouses in Suffolk Terrace, after completing a successful application. Saving a deposit for a new home of their own was their end goal – and two years on, they are about to see their plan come to fruition.



Florence and Callum, who both work at Addenbrooke's Hospital and have family in the Village, were the first occupants of Searle Cottage and have really enjoyed living there.

Contemporary home

Callum says: "The house was newly built, spacious and tastefully finished to a high standard. We were really impressed and felt very lucky to be given such an opportunity, not only to save for our own home but also plan our future together. With the house designed for maximum energy-efficiency, it has been very warm, which has also helped cut down on utility bills over the last few months.

"It has suited us perfectly and living here has meant we are close to work, which is a priority for us, and as almshouse appointees, we pay a maintenance contribution, not rent which has enabled us to save more each month.

"With enough for a deposit, recently we found a home we liked and will shortly be moving to a village just slightly further outside Cambridge.

"Florence and I would like to say a huge thank you to GTC for appointing us. We have really enjoyed living here and having the opportunity to save up for the first home of our own."

NOTICE

Family home available for a limited term appointment

A three-bedroom family home located at Suffolk Terrace, will be available for a three-year appointment from March 2023.

Suffolk Terrace almshouses include fitted kitchen, living room, small garden, an off-road parking space and an energy-efficient heat recovery system.

Applications are invited from residents of Girton or those having a close connection with the village, who meet qualifications laid down by the Charity Commissioners.

Request an application form from the GTC office, complete this and return together with your written expression of interest to Ann Bonnett, Chair of Trustees.

Closing date 24th February 2023

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:

22 High Street, Girton, Cambridge CB3 0PU.
01223 276008

email: gtc@girtontowncharity.org.uk
www.girtontowncharity.org.uk

Girton Town Charity Registered Charity No: 1130272

WILLIAM COLLYN COMMUNITY CENTRE

Monday

9.30 - 1.00pm	Tumble Tots
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
11.15 - 12.15pm	NEW Yoga with Jess (Hatha)
11.15 - 12.15	NEW Pilates with Wendy Jayne
7.30 - 10.30pm	Easton Swing

Wednesday

9.30 - 12.00pm	Tiny Toes Ballet
7.30 - 10.00pm	The W.I. (first in month)
7.30 - 10.00pm	Girton Garden Society (second in month)

Thursday

9.30 - 11.30am	Pilates with Wendy Jayne
5.45 - 6.45pm	Pilates with Jax Eades
7.15pm & 8.15pm	Ballroom Dance Classes

Friday

9.30am - 12.30pm	Little City Toddler Play (second in month)
7.30 - 8.30pm	Easton Swing (third in month)
7.30 - 8.45pm	NEW Sound Our Souls (monthly)

Saturday

9.00 - 10.00am	Bounce
11.00 - 1.00pm	Cambridge Jazz Co-op (monthly)

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01223 279587 info@williamcollyn.co.uk www.williamcollyn.co.uk

Please see website for up to date details of Clubs and Classes Information correct at time of going to press.

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



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Here are three interesting wines to bring a little cheer to these grey, wintry days ...



History in a glass: Commandaria, one of the world's oldest wines. **Keo St John's Commandaria (Cyprus)**

Though it is not easy to find Commandaria in the UK, it is well worth tracking down! This luscious Cypriot dessert wine has a history dating back to the Crusades. It is produced from the indigenous grape varieties Mavro, and Xynisteri, grown on the slopes of the Troodos Mountains and dried in the sun for ten days before pressed. With aromas of dried fruit and spices, and flavours of caramel, honey, and nuts, this is an outstanding dessert wine. Enjoy it by itself, with cheese or desserts. We recently had it with tiramisu, and it was heavenly!

Available from Aspris & Son (www.aspris.co.uk) and Drink Supermarket (www.drinksupermarket.com) (£11.79, 50cl.)



A great value Haut-Médoc, perfect with a Sunday roast. **Château Dasvin-Bel-Air, Haut-Médoc 2019 (Bordeaux)**

This smooth, elegant wine is from the heart of the Médoc wine area, just to the north of the city of Bordeaux. A blend of Merlot, Cabernet Sauvignon and Cabernet Franc, it has vanilla, blackcurrant and dark cherry on the nose, and blackcurrant and plum on the palate.

Available from Co-op (£13.50)



Gutter & Stars, Strange News from Another Star, Bacchus 2021 (Cambridge)

This is an outstanding Bacchus wine from Gutter & Stars urban winery in Cambridge. Produced from grapes grown in the Crouch Valley in Essex, the wine was awarded Bacchus of the Year, last year. And deservedly so. A refreshing, crisp wine with aromas of jasmine, apple and citrus fruits on the nose, and green apple with subtle hints of peach and minerality on the palate. This is a well-balanced wine which can be enjoyed by itself, with seafood, white meat, a vegetable dish, or light risotto.

Available from Grape Britannia (Arbury Road, www.grapebritannia.co.uk) (£24)

Martin Nuttall

www.itmustbewineoclock.com



News for older residents

Histon, Impington and Girton Community Car Scheme

Thank you to the Girton residents who are volunteering to be drivers on the HIGs scheme. The relevant checks for drivers will soon be completed and it is now time to start registering those who would like to use the scheme. I am going to a meeting on 7 February and will have up-to-date information after that.

Hope Again

The Spring Hope Again course will run for six weeks from Thursday 23 February until Thursday 30 March. It offers bereavement support in a group setting from 2pm to 4pm in Histon Methodist Church Hall, on the High Street. For more details either email HABG1@icloud or phone 07707 263 353.

Kurling

Kurling is a good way to get exercise and have fun. It is a target game, played in teams and accessible by everyone, both by standing and sitting. Go along and try it in the William Collin Hall each Monday from 2pm to 3pm. The small charge of £3 includes refreshments.

Can you use?

A little-used Air-fryer (Lakeland).
A large reclining armchair.
Incontinence pants for men and women.

Patricia Johnston Older Residents' Co-ordinator

Email: patricia.johnston@ageukcap.org.uk

Tel: 07469 660 866

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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 on page 30.

9	11	26	15	8	6			13	10	5	7	8
12		5		18		2		18		17		23
23	8	13	18	22	5	26		13	26	5	7	19
7		13		5		5		18		13		16
1	24	5	5	10		9	20	7	26	20	10	5
21				20		9			18			26
	13	7	10	14	25		9	13	18	26	5	
16		3				2		7				24
7	26	15	3	18	8	7		16	26	7	22	5
19		19		4		15		16		6		7
16	10	23	4	4		9	5	7	1	5	5	2
18		20		5		14		6		8		5
18	20	24	5	26			24	5	7	20	5	26

CLUES	
A	1
B	14
C	2
D	15
E	3
F	16
G	4
H	17
I	5
J	18
K	6
L	19
M	7
N	20
O	8
P	21
Q	9
R	22
S	10
T	23
U	11
V	24
W	12
X	25
Y	13
Z	26

WORDSEARCH – NAVIGATE BY THE 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.

T	N	A	R	D	A	U	Q	C	R	O	S	S
Y	G	O	L	O	N	O	R	H	C	R	A	U
S	U	L	E	I	N	A	H	T	A	N	I	N
E	C	A	R	D	I	N	A	L	O	E	L	R
T	M	T	S	N	A	O	N	I	M	B	O	O
A	A	I	N	I	G	H	T	P	C	A	R	N
N	G	T	B	Y	Y	A	H	I	O	L	S	I
I	E	U	A	K	G	O	W	L	M	O	Q	M
D	L	D	S	I	R	A	L	O	P	R	S	A
R	L	E	V	I	E	A	S	T	A	T	R	S
O	A	A	Z	I	M	U	T	H	S	S	A	R
O	N	O	R	T	H	O	R	T	S	A	T	U
C	N	R	E	H	T	U	O	S	W	E	S	T

ARC	MINOANS	URSAMINOR
ASTROLABE	NATHANIEL	WEST
AZIMUTH	NAVIGATION	
CARDINAL	NIGHT	
CHRONOLOGY	NORTH	
COMPASS	PILOT	
COORDINATES	POLARIS	
CROSS	QUADRANT	
DAY	SAILORS	
EAST	SKY	
HORIZON	SOUTHERN	
LATITUDE	STARS	
MAGELLAN	SUN	

What are you looking for?

At the moment, the church is in the season of Epiphany, during which we reflect on how Jesus was revealed to the world (most especially in the visit of the Wise Men). As part of this season we've been looking at Jesus' first encounters with his disciples.

In John's Gospel, the first thing Jesus asks is "What are you looking for?". Andrew slightly stumbles over his answer but comes to realise that what he's been looking for all his life is found in Jesus. Later, when some find Jesus' teaching too hard, he'll ask the disciples if they also want to walk away. Peter responds: "Where else is there to go? You have the words of eternal life".

In response to the question "What are you looking for?" I suppose most of us will identify similar things. We would all like to be happy, fulfilled, love and be loved, have good relationships, have enough money etc. But where do we go to find these things?

It seems that not long ago our culture affirmed that identity and character are developed through time and experience. A fully realised human being is something you became through the journey of life; we observed, experimented, learned, changed and grew over time. Not all of these experiences were pleasant ones. The wisdom of hard-won experience was something to be treasured.

Nowadays we tend to focus on identity as something that is more innate, and therefore see the purpose of our journey in terms of discovering our "true self" and bringing this inner reality to life. Being true to ourselves is fundamental in living an authentic life.

There is wisdom in both schools of thought, but either can be taken to unhelpful extremes. Too much focus on the first can lead to an unhealthy and unhelpful sense that "I can be anything I want to be if I only work hard enough" (ignoring the circumstances and characteristics that inevitably constrain us). Over-emphasis on our innate identity can lead to a straight-jacket that fatalistically binds and determines the possibilities available to us.

The insight of the Christian worldview is that Jesus, the Son of God, walks the journey with us. He has walked the path too. He helps us to tread the narrow path between having all possibilities open to us (and finding they are not) on one hand and having our identity entirely as a given (and missing the opportunities we have to grow and change) on the other.

In walking with Jesus we have the absolute security of knowing ourselves beloved children of God, from which we can grow into the people we are called to be. From this safety we can face those aspects of our character we would rather hide, and we can explore new things too.

And, down the centuries, Christian people have consistently found themselves most fulfilled in following. Not following their inner self; not following the devices and desires of their own hearts; but in following the way of Christ in obedience to God's will.

What are you looking for? If it's fullness of life then I suggest you look no further than Jesus.

Michael Bigg
Rector - 01223 202145

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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: February

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

12th 8:00 am Holy Communion (BCP)

10:00 am All-age Communion

6:00 pm Evening Prayer (BCP)

19th 10:00 am Holy Communion (+StA4K)

6:00 pm Evening Prayer (BCP)

26th 8:00 am Holy Communion (BCP)

10:00 am Morning Prayer (CW) (+StA4K)

4:00 pm Choir Church

Regular weekday Services: February

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

8th 2:00 pm - Abbeyfield Holy Communion

9th 3:30 pm - Messy Church

21st 2:15 pm - Arlington Manor Holy Communion

22nd 7:00 pm - Ash Wednesday

23rd 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)

Ash Wednesday: Lord, for our sake you fought and overcame the temptations in the wilderness. We pray that we may have the strength to fight against our spiritual enemy. Be with us today in our thoughts and plans to spread your word to all lands, through Jesus Christ our Lord. Amen.

(Anglican Church of Papua New Guinea)

Girton Baptist Church



Minister: Revd Nick Lowe

Tel: 01223 279289

Secretary: Mrs Virginia Rootham-Smith

Tel: 01223 520442

Website: www.girtonbaptistchurch.org.uk

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

5th 10.30am Morning Worship, with communion, led by Nick Lowe.

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

19th 10.30am Morning Worship, with communion, led by Nick Lowe.

26 10.30am Morning Worship, led by Nick Lowe.

Messy Church is on Thursday 9 February from 3.30pm. It is for parents or grandparents and their children, with craft activities based on a Biblical theme, a story, and a meal together. This month we will be looking at Jesus calming the storm and the power of Christ. 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

Devotional thought: Psalm 74 begins with a cry, "Why have you rejected us for ever, O God?" As with many of the Psalms, it begins with lament and with many complaints. But by the end, although not much has necessarily changed externally, the Psalmist is in an altogether better place of confident faith. The Scottish pastor and theologian Samuel Rutherford once said, "I see grace grows best in winter." In other words, it is often in the school of suffering that we learn most. It is the place we can most easily find God.

The American hymn writer and poet, Samuel Longfellow (1819-1892) wrote a hymn that expresses this truth, apparently with Psalm 74 in mind. He wrote, "Although it is winter now ... and all the earth lies dead and drear ... yet God's love is not withdrawn, his life within the keen air breathes, his beauty paints the crimson dawn." This is not a hymn we sing at GBC, but as poetry it communicates.

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

Chairman

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

Vice-Chairman

Ann Muston, ann.muston@girton-pc.gov.uk

Councillors

Gary Betts, gary.betts@girton-pc.gov.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

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

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County Councillor

Edna Murphy, Tel: 01223 577005

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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:



Girton Parish Council
Website



Girton Village
Community FB



Girton PC Twitter
@GirtonPCouncil

Bin collections February

Thursday 9 February	Blue and Green bins
Thursday 16 February	Black bin
Thursday 23 February	Blue bin
Thursday 2 March	Black bin

Mobile Library

Thursday 9 and 23 February 2023

Thornton Court	9.40 - 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

Contact numbers for bookings

Cotton Hall	07759 983420
Orchard Close	277164
Pavilion	618619
St Vincent's Close	276447
William Collyn Community Centre	279587



The Mobile Post Office

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



The A10 Fish & Chip Van

Visits Girton most Thursdays

Church Yard	3.50 – 4.10
Orchard Close	4.15 – 4.30
Wellbrook Way	4.30 – 4.45
St. Vincents Close	4.45 – 5.30
Church Lane	5.30 – 5.45
Hicks Lane	5.45 – 6.00
Duck End	6.00 – 6.30
Gretton Court	6.30 – 6.45
Woodlands Park	6.45 – 7.00
Dodford Lane	7.00 – 7.15



Answers to this month's
CODEWORDS puzzle (p.27).

1	2	3	4	5	6	7	8	9	10	11	12	13
W	D	Z	F	E	G	A	N	S	L	P	Q	C
14	15	16	17	18	19	20	21	22	23	24	25	26
Y	I	B	J	O	M	T	K	V	U	H	X	R

The Girton Chiropodist

(Mobile Service)

ERICA NICHOLS

M.S.S.Ch. M.B.Ch.A HCPC Ch20454

Glebe House
39 Cambridge Road,
Girton CB3 0PN

Tel: 01223 520077
Mob: 07703 292354
e-mail: erica.n@me.com



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