

HealthWise

Thank you to everyone who came to support the table top sale in aid of the Mother and Toddler group and, in particular, thank you to all those who came to support my stall on that morning. I enjoyed talking to you all and showing my range of goods and hope that those of you who made purchases are pleased with the results.

It has come to my attention that there are a lot of people locally who suffer to some extent with arthritis. In response here is some information which may help.

There are some foods which are known to be irritants to arthritis sufferers, namely: sugar, hydrogenated fats found in margarine and many processed foods, instead try using olive oil or a little butter; potatoes (sweet potatoes are better), peppers and cooked carrots (raw is fine) are out, together with bananas and oranges, and in are all green vegetables, salad leaves, onions and garlic, avocado, kiwi, apples, pears, strawberries, raspberries, cranberries, blueberries, kiwi and dried plums. Especially good are wholegrain brown rice, lentils and cooked beans, and to be avoided are grains, especially wheat which occurs in most breads, biscuits, cakes etc. Oats are acceptable and some pasta, but do try the non-wheat varieties.

Chicken, turkey and lamb are preferred to pork and beef. The better protein option is oily fish which can include tinned salmon, tuna, sardines etc. and eggs, cheese, skimmed milk and yoghurt. Brazil nuts, almond and walnuts are excellent (avoid peanuts) and seeds are good too e.g. sunflower, sesame, almond and walnut. Tea and coffee are on the bad list so at least cut down, water and herbal teas are fine - alcohol in small quantities only!

My advice is do not try it all at once, but cut out one food group at a time and gradually change to a more suitable diet for your condition. The fish oils are most important and you can supplement those too. Aloe Vera is extremely good for arthritis and Forever Living Products sell one called Forever Freedom consisting of Aloe Vera which contains natural anti-inflammatory properties, Glucosamine which helps to protect cartilage and can even encourage cartilage growth, Chondroitin which helps to prevent the breakdown of cartilage and MSM sulphur which promotes healthy cell growth and helps to eliminate toxins. The usual cost for one litre is £24.58 which is good value as it combines 4 components which are expensive in themselves. However I am making a special offer of just £20 until the end of June if you would like to try this. It does come with a 60 day money back guarantee if you really cannot stand it!

As always do contact me on email:

Maureen@penney24.go-plus.net or tel: 01638 750475 for more details.

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Snailwell and District Challenge Cup Final

This was held on Saturday 18th May at Lakenheath Football Club, between Littleport Town (last year's winners) and Wickhambrook FC (2001 winners). It was a very exciting and competitive match and although Littleport always looked the better side, the final score of 4-3 to Littleport showed that Wickhambrook went down fighting. A great game to watch. Many thanks to everyone in Snailwell, Newmarket and Chippenham who bought raffle tickets from me for this event. With your help we made £117. Winning tickets were 92, 159, 212, 247, 297, 322, 496 and 580. Congratulations to all, your support was greatly appreciated.

MH

Royal British Legion Poppy Appeal 2003

**Can you spare two hours to help us
collect in November?**

Each year the Royal British Legion responds to over 300,000 requests for assistance. This is from all age groups for a wide variety of help, financial, emotional or social. The Poppy Appeal is the main source of fundraising for our welfare work with ex-Service personnel and their dependents. Cambridgeshire has one of the highest demands for help in the UK and we need to raise more money each year to cope.

As a collector you only need to commit to 2 hours (although more will be welcomed) and we will allocate you to an area. We can discuss your preference for your collecting area when we speak.

Please help us to help those who fight or have fought for our freedom.

Ring David Cansick on 01954 715725 if you'd like to help us, or e-mail dcansick@britishlegion.co.uk.

The Parish Churches of Chippenham & Snailwell

Chippenham Sunday Rota										
SUNDAY	June 1st	June 8th	June 15th	June 22nd 6.30pm	June 29th	July 6th	July 13th	July 20th	July 27th	August 3rd
SIDESMEN	Ian	Alan	Brian	Jan	Anne	Ian	Alan	Brian	Jan	Anne
READERS	Chris	Anne	Jan	Eileen	Brian	James	Chris	Anne	Jan	Eileen
WINE	Fiona & Peter	Paul & Isobel	Sean & Moira	James & Jan	Michael & Helen	Anne	Kevin & Linda	Beth & Tim	Brian & Jennifer	Isabel & Terry
CLEANING	Paul & James	Fiona & Mandy	Judy Eileen & Mary	Julie	Paul & James	Fiona & Mandy	Judy Eileen & Mary	Julie	Paul & James	Fiona & Mandy
FLOWERS	Jennifer		Nicola		Joyce		Sam		Jennifer	
Please note Judy Gear (Tel: 721081) & Linda Sadler (Tel: 721713) are happy to act as sidesmen if anyone is away.										

Snailwell Church Summer Fete

Our Fete will be held on Saturday July 19th at 2.30pm in the grounds of the George & Dragon, by kind permission of Robbie and Tina. By popular request the Grand Championship Snail Racing will be held again. If you would like to have a runner, all you have to do is sponsor a snail for £5 and let me know what colours you wish it to run in!

Again, to open the Fete and do the commentary on the snail racing we are very lucky to have Richard Fox. He did a wonderful job last time. In case you don't know, Richard is an ex-jockey and present stand-in in the Harry Potter films, quite a character. Stalls will consist of Tombola, bottles, White Elephant, books, toys, produce, plants, good quality second-hand clothes, games, refreshments, and a raffle for a unique hand-stitched patchwork quilt as well as a grand raffle with many prizes. There will of course be children's races. Anyone who would be available on the day and would like to help on a stall or assist in some way will be welcomed with open arms. Please contact Maureen on 577456.

Questions of Faith

I am arranging a second series of talks and discussions following on from the previous two series which were well received. This time, however, I want to widen the subjects to include other faiths and to advertise them more widely. The meetings will be held on the second Monday of the month (with a gap in August), in the Village Hall, from 7pm to about 8.15pm Refreshments will be provided. The first talk will be "The Biography of Jesus Christ", on **Monday 9th June** and will be given by the Revd Mark Haworth. More details on future meetings will be circulated to everyone soon. *Paul Mangell*

Dates for your diary

Please make a note that we are hoping to hold our two-yearly Flower Festival in Chippenham church to coincide with Harvest Festival, on the weekend of October 4th and 5th. More details in future Newsletters.

The Historic Churches Trust annual cycle ride takes place on Saturday September 13th. Anyone wishing to take part please contact Judy Broadway on 720619 for sponsorship forms, which are usually available in August.

Snailwell Church News

Gift Aid

In 2001 the Church of England, with the support of the Inland Revenue, introduced a facility whereby the PCC can recover the tax element of any money given to the church on a regular or irregular basis, provided it is from a taxpayer. In this way Snailwell can benefit from an additional 23% of monies received by Gift Aid donors. The advantage of Gift Aid is that the giver does not need to give regularly, but for all monies received the PCC can recover an additional sum. The only stipulation is that one must be a taxpayer.

If you would like to know more about Gift Aid or would like to support St Peter's Church by this means, please let me know. Michael Wallis, 01638 577745.

Church repairs

The rewiring of the electrics in the church are now completed and paid for, thanks to the many donations we received for this work. The finished result is a great improvement on the past system, with a very neat job done by AG Electrical. It is much appreciated.

Easter Day Service

Special thanks to the Revd David Fysh for a lovely service. The church looked a delight thanks to all the flower arrangements. Well done everyone. *MH*

Snailwell Sunday Rota		
	<u>Readers/sidesmen</u>	<u>Flowers & Cleaning</u>
June 1st	Betty	Gaynor & Sue
June 8th	Muriel	Sophie & Jane
June 15th	Charles	"
June 22nd	Michael	Terry, Muriel, Maureen
June 29th	Maureen	"
July 6th	Gaynor	Bryan & Betty
July 13th	Betty	"
July 20th	Muriel	Gaynor & Sue
July 27th	Charles	"
August 3rd	Michael	Sophie & Jane
If these dates don't suit, please swap or contact me.		
Thank you.		Maureen Howes 577456

Parish Council News

A warning to parents

Chippenham PC have been very concerned at the number of reports of petty vandalism in the village which have occurred in recent months. Broken glass and empty bottles have been left around at the cricket pavilion and a window was broken in the tennis pavilion during the winter. Broken bottles have also appeared on the small play area which is used by very young children. And we have still been receiving reports about dogs being exercised on the football field, despite warning notices. This a really stupid thing to do when there are miles of footpaths around the village, two of which are right next to the fenced-in field. Please show more respect for village facilities: such anti-social behaviour only makes life more unpleasant and difficult for everyone. CPC

Current Planning Applications

Plans recently received by Chippenham PC:

- Replace flat roof to dormer windows with pitch tile gable roofs, 03/00470, Arden House, 31a High Street, for Mr J Smith.

Plans recently received by Snailwell PC:

- Single storey rear extension and detached double garage/annex, 03/00214, 3 Newmarket Road, for Mr & Mrs A Rankin
- Two storey extension and internal alterations, 03/00457, The Old School House, 8 The Street, for M & J Hall.

Please note that all planning applications are available for viewing by members of the public on application to the Parish Clerk at 50 High Street, Chippenham. Plans are copyright of the applicant and may not be copied without their permission.

~~THE NEXT MEETING of Chippenham Parish Council will be held on Tuesday June 17th at 7.30pm, in the Village Hall.~~

Snailwell Parish Council's next meeting will be held in St Peter's Church on Thursday July 10th at 7.45pm.



You can do it! Fostering & Adoption

It doesn't matter who you are or what you do – if you can offer a child a loving, caring and supportive home – you can do it! We offer financial allowances and payments, personalised training, the loan of essential equipment and a 24-hour support service. Please call Cambridgeshire County Council on 0800 052 0078 for an Information Pack.

Next issue Please send all notices and news for the next issue to the Editor, Judy Broadway, 50 High Street, Chippenham, Tel: 720619, by July 25th. News stories always welcome. You can e-mail me items at: j.broadway@dial.pipex.com.

And the **Newsletter** is available on-line at www.ely.anglican.org/parishes/chippenham/news.htm

Election Results

Neither Chippenham nor Snailwell had Parish Elections this year, as we had 7 candidates for 7 places at Snailwell and only 6 for 7 at Chippenham. Chippenham Parish Council has subsequently co-opted James Broad as their 7th Councillor. The Parish Councillors are listed below.

Chippenham Parish Council

Kevin Pallant (Chairman),

Coach House Stables, 720415

Fred Fuller (Vice-Chairman), 39b New Street, 721234

James Broad, 8 Badlingham, 721393

Fiona Maxwell, 49 High Street, 720677

Nick Parsons, 18 Scotland End, 721791

Jane Van de Peer, 20 Scotland End, 721783

Jennifer Wilson, 5 Manor Farm Barns, 720649

Snailwell Parish Council

Jane Waddilove (Chairman),

The Walled Garden, Church Lane, 577222

Bryan Orme (Vice-Chairman), 5 The Green, 578265

Malcolm Baxter, 10 The Green

John Bye, Jonthel, 5 The Street

Tony Ranner, 7 New Cottages, 24 The Street

Gaynor Ryan, 1 Manor Farm Barns, 34a The Street

Clive Sutton, The Old School, 10 The Street

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*Two District Councillors were also elected on May 1st:*

*John Abbott, 50 Mildenhall Rd, Fordham, Tel: 720607*

*Michael Allan, 24 Bloomsfield, Burwell, Tel: 744050*

## Jubilee mugs and video

One year on, there are a few Jubilee mugs left to sell at a bargain price of £3 each. If you've already broken yours and would like a new one, or missed out last time, please contact Judy Broadway at 50 High Street, Tel: 720619. Copies of the Jubilee video are still available if you provide a blank to Darren Hughes, 5 Tharp Way, Tel: 720915.

## Refuse Collections

A reminder to residents of Chippenham that the refuse collectors call on Tuesdays except when there is a Bank Holiday in the week, when the collection is one day later on Wednesday. Please don't put your bin-bags out too early as so often they seem to get torn open by cats or dogs and the contents strewn about.

## A Celebration of Childcare

*This June is National Sure Start Month, formerly known as National Childcare Month. In Cambs the Care & Education Partnership, which is responsible for developing high quality childcare and early years education, is coordinating events around the County. To find out more about events in your local area, call the Partnership on 01954 273361 or log onto the national website:*

*[www.nationalsurestartmonth.com](http://www.nationalsurestartmonth.com).*

*For information about childcare, childcare jobs and training in your local area, call the Childcare Information Service on 0800 2989121.*

# The Parish Churches of Chippenham & Snailwell

## Church Diary

### June

#### **Sun 1st**      *Sunday after Ascension*

*Acts 1:15-17, 21-26*    *1 John 5:9-13*      *John 17:6-19*

Holy Communion      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

#### **Sun 8th**      *Pentecost (Whit Sunday)*

*Acts 2: 1-21*    *Romans 8:22-27*    *John 15:26-27, 16:4b-15*

Matins      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

#### **Sun 15th**      *Trinity Sunday*

*Isaiah 6:1-8*      *Romans 8:12-17*    *John 3:1-17*

Holy Communion      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

#### **Sun 22nd**      *First after Trinity (Proper 4)*

*Deuteronomy 5:12-15*    *2 Corinthians 4:5-12*    *Mark 2:23-3:6*

Matins      Snailwell 9.30am

Evensong      Chippenham 6.30pm

#### **Sun 29th**      *Second after Trinity (Proper 5)*

*Genesis 3:8-15*    *2 Corinthians 4:13-5:1*    *Mark 3:20-35*

Holy Communion      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

### July

#### **Sun 6th**      *Third after Trinity (Proper 6)*

*Ezekiel 17:22-24*    *2 Corinthians 5:6-10,*    *Mark 4:26-34*  
14-17

Holy Communion      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

#### **Sun 13th**      *Fourth after Trinity (Proper 7)*

*Job 38:1-11*    *2 Corinthians 6:1-13*      *Mark 4:35-41*

Matins      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

#### **Sun 20th**      *Fifth after Trinity (Proper 8)*

*Wisdom 1:13-15,*    *2 Corinthians 8:7-15*    *Mark 5:21-43*  
2:23-24

Holy Communion      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

#### **Sun 27th**      *Sixth after Trinity (Proper 9)*

*Ezekiel 2:1-5*    *2 Corinthians 12:2-10*      *Mark 6:1-13*

Matins      Snailwell 9.30am

Matins      Chippenham 11am

### August

#### **Sun 3rd**      *Seventh after Trinity (Proper 10)*

*Amos 7:7-15*    *Ephesians 1:3-14*      *Mark 6:14-29*

Holy Communion      Snailwell 9.30am

Sung Eucharist      Chippenham 11am

### Pastoral Letter from the Vicar of Fordham

Some people say that May is Mary's month (Mary, the mother of our Lord, that is), though I've never been absolutely clear why, since only one of her feast days, the one which commemorates her visit to Elizabeth, occurs in May. This year we might say, with at least as much justification, that June is Peter's month. Near the beginning of the month we celebrate the Feast of Pentecost, the day the Holy Spirit swept all the apostles out of their hiding place and into the street and Peter conquered his fear and became their spokesman: preaching the gospel to a great crowd and converting 3,000. He never looked back. He became the leader of the Church in Jerusalem and later travelled to Rome, where he was martyred, and became revered as the first bishop of that great city and thus, by tradition, the first pope.

At the end of June, on the 29th, we celebrate Peter's own day. St. Peter's Day is, of course, Snailwell's patronal festival. Petertide has also long been the traditional time for the ordination of deacons and priests and this year we have a special interest in the ordination which will take place in the cathedral on the 28th. At that service Michael Banyard, who is to be assistant curate in the Three Rivers Group, living in the vicarage at Chippenham, will be ordained deacon and begin his ministry among us.

Mike had a long career in teaching, both in this country (at Ely College) and abroad in forces schools in Cyprus, Germany and Hong Kong. But ordination to the priesthood was something he had long felt a call to, and when the handing back of Hong Kong to China resulted in his taking early retirement he took the opportunity to test his vocation. Having been recommended for training, he took up a place at Westcott House in Cambridge and now finds himself on the brink of fulfilling that long-held dream.

Interestingly, I recently attended a day course exploring some of the changes that are due to take place in Anglican liturgy – not, I hasten to add, in the normal Sunday services we have so recently revised, but in those which have not yet seen that revision process completed, notably, the ordination services. The revisions are a long way from being completed, but one of the things which is proposed for the new services is that they will begin at the font, for this is where all our ministry begins. St. Paul famously spoke of the Church as the 'priesthood of all believers'. In our baptism services the newly baptised are given a lighted candle, taken from the light of Christ as symbolised in the Easter candle, and we, or our parents and godparents, are reminded that Christ calls us to be his lights in the world. And to be that, is to be a minister of Christ. That moment is just the beginning of our pilgrimage of faith. If we are prepared to allow God to lead us on that pilgrimage, he will show each of us what he has in mind for us. It might be ordained ministry or some other licensed lay ministry. In the other hand, it might be something we wouldn't immediately recognise as ministry, and yet, guided by him, we will still be doing

his work whatever we do and wherever we find ourselves.

With my love and prayers, Revd Anne Haselhurst

### **Wildtracks planning applications**

*(Jordan Miller's letter was sent to the Newsletter prior to its appearance in the Newmarket Journal. Apologies to those who have already read it and Kevin Pallant's reply. I'm afraid I have had to cut a little out of both letters to fit them in.)*

Letter to the Editor

#### **A personal point of view**

"After reading about the set back in planning permission for a hotel at Wildtracks on the A11, I thought that it was time that a point of view from someone that could be affected by the decision should be heard.

I first started working at Wildtracks in 2000. This came about because I felt that having to pay to live in Sheffield for only 13 hours of lectures in a week at the University was a waste of valuable time and money. I started working at weekends doing menial tasks such as cleaning toilets, clearing litter and marshalling at moto-cross events. This employment, especially involving weekends, gave me the opportunity to start a degree course again. I am now about to enter the final stage and hopefully get my BSc. Thanks to Wildtracks I earned enough never to need a student loan to pay my educational fees. I have bought my own car and a guitar that I only dreamt about.

What is my point in this insight into my personal circumstances? It is simply to let you people out there know that when you start opposing any sort of change in your local environment you often overlook the needs of other people in your society, especially the young. Many young people never have the opportunity that Wildtracks has given me. They need opportunities and experience to start them off in life. Wildtracks currently employ around 10 young people at £25 per day at the weekends. Also they are welcome to use the facilities free of charge. And they are gaining experience for later in life.

I would like to question another part of the objection to planning. How can the Parish and District Councils raise objections over increased traffic? I am constantly meeting visitors to Wildtracks, I know that well over 95% of them come via the major roads, the A11/A14, not through local villages as has been stated.

If the local councils were so serious about traffic flows why do they do nothing to ease the situation that is the real cause for concern? Take Chippenham. The local councils turned down the offer of free land to enable the building of a roundabout at the North end of the village because of cost. This would certainly have clamed down the incidents of high traffic volumes and speeding vehicles. What have we got now? A small flashing speed-warning sign that no-one seems to take notice of. If the councils were serious about traffic flows they would do something about speeding motorists that habitually drive in excess of 40mph in the High Street., Some drive on the pavement and many cars have been damaged by reckless drivers. So please, District and Parish Councils, do not claim that traffic visiting Wildtracks causes danger when the blame lies with the weekday rat-run speeders that you do nothing to stop.

I hope that my comments are noted. A hotel on the site would bring a lot of extra employment to the area. It will hardly affect village traffic. And it is a much-needed expansion in accommodation on a major trunk road, in a major tourist area.

Like most young people I look on in disbelief at the way that most politicians behave. So did the original decision

not to oppose the application by East Cambs District Council suddenly change when they realised the local elections were upon them?"

Jordan Miller (22) 32 High Street, Chippenham

#### **Reply from the Chairman of the Parish Council**

"Dear Jordan,

We are very pleased to hear that Wildtracks has given you the opportunity to learn the sorts of life skills that you have attained. This is what a local business should be doing and should continue to do.

The decision of the Parish Council to oppose the hotel and racetrack development at Wildtracks was made after lengthy, detailed discussion and not by self interested people overlooking the needs of society, young or old. It was felt that a development of this size and one that caters mainly for corporate clients was harmful to the environment and inappropriate for the area.

The Parish and District councils can quite legitimately object to the increase in traffic due to the sheer size of the hotel. 120 rooms means a significant increase in journeys to and from the site for deliveries of food, laundry etc., staff, not to mention the hotel residents themselves. There would be an increase in traffic through the village and the rest of the Parish so our concern has to be mentioned. This would mean a large increase and demand on the local highways. The site also has an important water course and spring on it so there is an environmental impact. These are the sorts of issues councillors have to think about and balance with the prospect of a few more job opportunities.

We would just like to point out that the District and the Parish Councils have always been against the proposal for a hotel and racetrack at the Wildtracks site. The only people that recommended the site for approval were the paid officers of the District Council Planning Department, so there was no change in Councillors' opinions just because of the impending election. Please try not to be too cynical!

In answer to your queries about Chippenham's traffic calming. You are correct that we could not accept the kind offer of a piece land for a roundabout and that it would reduce the speed of traffic coming into the village from Fordham. A great deal of Parish Council time was taken several years ago to explore all the options of traffic calming in the village and whilst a roundabout was the ideal option, the cost of over £100,000, which had to be funded solely by the Parish Council made the roundabout project unworkable. The work than carried out was the first stage of ongoing traffic calming measures. The kerb changes made by the Parish Council have reduced the overall speed of traffic in the village. The Police carried out a survey last August which showed that, despite the increase in traffic since the previous survey in 1998, only 3% of the vehicles were speeding in the High Street. This is 5% fewer than in 1998. Since then we have also had some extra warning signs and road markings put in at the other end of the village by the Bowls Club.

You are also correct in saying that cars drive along the pavement, this had already been noted by us. Two



months ago we ordered the installation of three bollards on the pavement between the village hall and the pub to stop it and we are waiting for them to be put in.

Jordan, please be reassured that the Parish Council is well aware of all sectors of the community and constantly works with all the authorities to help keep Chippenham the great Parish it is."

Kevin Pallant     Chippenham Parish Council Chairman