



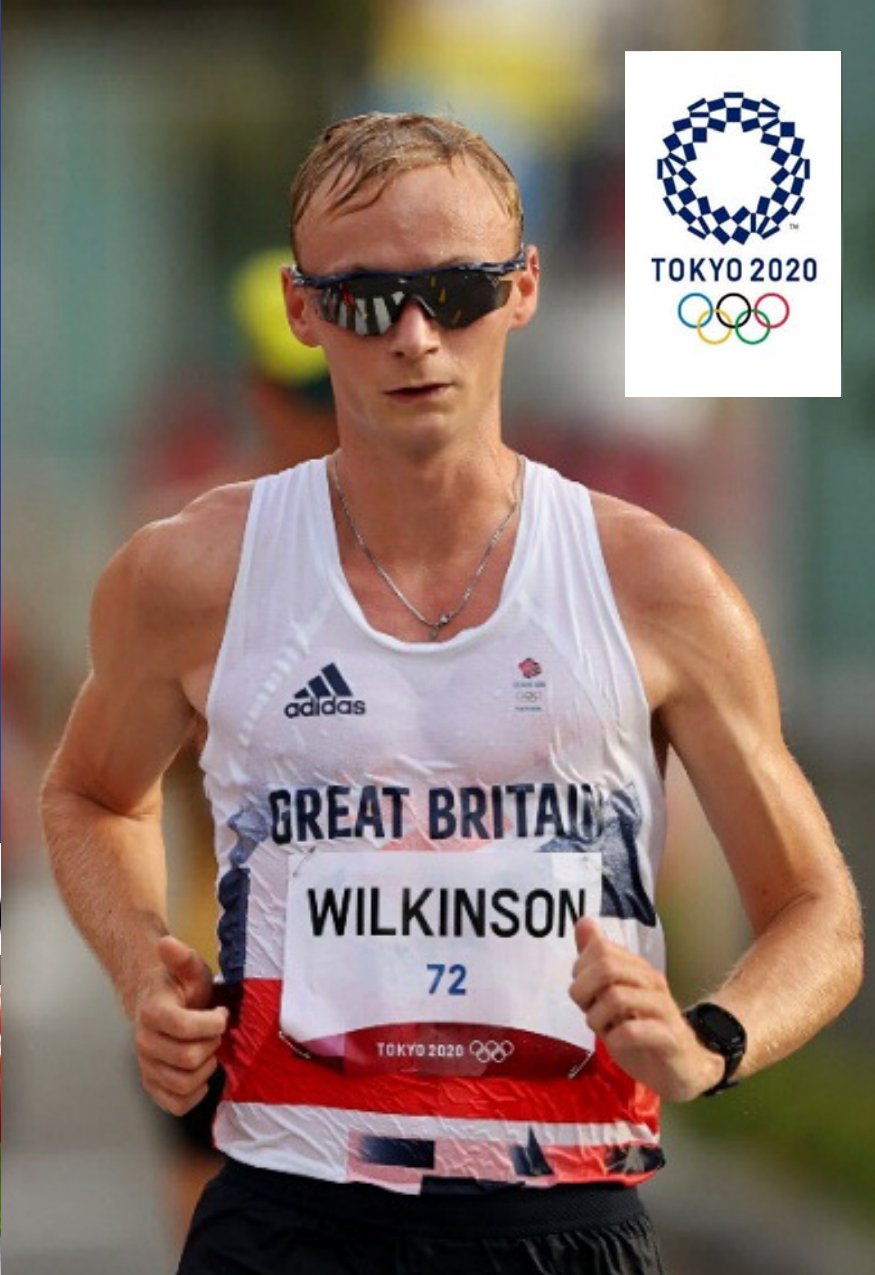
Moulton Matters

Packed with Village News

Autumn 2021

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Luncheon Club

A quarterly publication edited by Lisa Rampling & Jill Goodwin

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If you have an advertisement or an article you would like to submit for this newsletter, we publish them quarterly. Please ensure that articles reach us by the **17th November** for distribution in the first week of December. For advertising rates please check out our Village website. <http://moulton.onesuffolk.net>

Jill Goodwin 551851 and Colin Wilkinson 552779

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Moulton Parish Council (MPC) News – Sept 2021

PC meetings

MPC held its first face to face meeting in the village hall since COVID began on 26th July. It was strange, but good to be back to some sort of normality.

Moulton Parish Council (MPC) Clerk

I'm really pleased that Joanne Kirk has been appointed as MPC's Clerk and Responsible Financial Officer. Joanne stepped in at short notice as temporary clerk earlier in the year and looks after a number of local PCs. She can be contacted on moultonpc@gmail.com or 07880 686069.



MPC responsibilities and areas of interest

Councillor and Parishioner special interests are recorded as; -

Moulton Charities – Doug James, Bill Rampling & Rachel Webb

Village Hall Management Committee (PC representatives) – Ryan Bragg & David Clarke

Finance Working Group – David Almond, Mark Price & David Clarke
Green and Playing Field – Mark Price, Doug James & David Almond

Speed Watch – Tim James & David Clarke

Parish Archivist – John Gunson

Bus Shelter – Annette Pickering, Mark Price & Tim James

Red BT Box – Ed Chambers & Bev Culloden

Waste Management & litter – John Derry

Rights of Way & Public Footpaths – Jane Horsnell & Tim James

Dog bins & Fouling – Jane Horsnell & Tim James

Highways – Mark Price, John Derry, Ryan Bragg & John Ford

B1085 Safe Pedestrian/Cycle Way – David Clarke, John Derry, Fiona Unwin & Lorraine Stone

Railway issues – John Ford

Website and communications – Ryan Bragg & Joanne Kirk

Planning – John Derry & Tim James

Wildlife and conservation – Jeff & Anne Collins, Doug James & David Clarke

West Suffolk District Council – Roger Dicker

Suffolk County Council – Andy Drummond

MPC Banking

Online banking has now been set up for MPC with the Clerk authorised to make payments subject to the financial controls set out in the MPC's Financial Regulations.

Newmarket Road speeding. MPC has accepted Andy Drummond's offer to fund out of his locality budget a speed survey on the Newmarket Road entry into the village. MPC and villagers on this road are seeking to achieve a 40mph buffer zone from the existing 30mph zone back to the Newmarket side of the flint cottages.

Crossroad's accidents. Traffic management at the crossroads will be discussed at MPC's next meeting following the 2 recent accidents which resulted in the badly damaged flint wall at the crossroads.

Village bus service

As a result of the removal of the off-peak 312 service between Moulton and Newmarket on a Wednesday and Friday, villagers will have received a survey from MPC to gauge the level of concern on this reduction and to get feedback generally on Moulton bus services.

Playing field and village green bookings

The playing field and village green are available to hire and there is no charge for one-off hires by Moulton residents. MPC's clerk manages these bookings and hire licences.

MPC Meetings & minutes.

Our next meeting is scheduled for 7.15pm on Monday 4th October in the village hall.

Minutes of meetings are available on the moulton.onesuffolk.net website

David Almond Parish Council Chairman

Change Over!

This is Lisa's last Moulton Matters and I would like to thank her on behalf of all our readers for her dedication, hard work and resilience in putting together Moulton matters each quarter over many years. We have had lots of laughs along the way and I will miss her.

However, please join with me to welcome Colin Wilkinson(email address) who has helped with this, his first edition of Moulton Matters and has volunteered to co-edit with me in the future.

We have also taken this opportunity to change printers and will now be working closely with New Print printers Newmarket.

Church News from St. Peter's

September certainly brought us showers and sunshine and the Ride and Striders making keen progress during Saturday 11th to achieve signatures on their sponsorship forms. Many thousands of pounds will have been raised across the country in aid of the **Historic Churches Trust**, and our PCC are very grateful to the people who acted as stewards throughout the day.

As I write, our **Group Harvest Festival** is happening this Sunday 26th September. The choir will bring new harmonies to our worship, Revd Richard Stainer, the Diocesan Net Zero Carbon Officer will challenge us to re-think attitudes to climate issues. **Moulton Primary School** will display their ideas about hope for the future. We are very grateful for the Food Donations which will be delivered to **Open Door** this month.

Our services continue to follow the **2021 Worship Diary** and you are most welcome to join us for **Family Service 1st Sunday at 10.45am**, and **Holy Communion 3rd Sunday at 10.30am** each month.

Also, this autumn there is a Pet Service at Kentford on Sunday October 3rd at 3pm. Car Parking available behind the church, refreshments served afterwards.

The next 5th Sunday of the month combined **Kennett Valley Group Communion** is at **Gazeley on Sunday 31st October at 10.30am**.

We plan to mark **Remembrance Day** and '**Read the Rolls of Honour**' at 11am November 11th 2021 at St Peter's Church Memorial. The **Kennett Valley Group Remembrance Service** will be at **Higham** this year on **Sunday 14th November at 10.30am**.

All service details are on the Noticeboard by the church gate. If you would like to receive the weekly Newsletter for our Group please email: revcchilds@aol.com. All our December services will be advertised in November.

~~~~~

Our prayers for others this month included these words -

**Holy Shepherd**, we give thanks for all that you have given us, for your protection and blessing on our homes and families. We pray for children and young people as they face the new school year, still with some uncertainty and anxiety. Broadcasts and social media seem to fill their minds with negative messages about their futures, their worth, their self-belief. Whichever setting they are in - schools, colleges, universities, apprenticeships, training or employment, may they receive fair assessments and be **encouraged** to continue learning and studying. May they be **supported** by trainers and teachers, who with insight and determination, build again youngster's self-esteem. Show them a way forward from this diseased episode towards a future full of hope and optimism, brightness, happiness, trust and faith.

**Lord in your mercy, hear our prayer.**

**Holy Father:** we pray for those unable to come today, those in hospital, in care, or ill at home, for those coping with difficult news.

Hold close in your loving care also, those who need healing in mind and body, and those facing extreme sadness, or the loss of a loved one.

We name in our hearts those who need your presence in their lives.

**Merciful Father:** accept these prayers for the sake of your son, our saviour Jesus Christ. Amen.

Best wishes to you all, and our sincere appreciation for the responses so far to our new fundraising leaflet.

Thank you.

**Anne Garmston** 01638 751188 & **Bob Saltmarsh** 01638 750190

### **Community Donation**

Jill would like to thank the Moulton Village shop's community bucket for a £125 donation which has assisted Moulton Matters with this publication.

## From the Vicarage

We all have favourite times of the year and until this year I really didn't know which was mine. But, ladies and gentlemen, I have concluded that it is the autumn and I think this is partly because it is the time of year with the strongest and most consistent memories throughout my life.

I started work in September, was Ordained in September but probably the strongest memory is the return to school that seems to trump just about everything with its mixture, for me anyway, of fear and a little excitement.

We pray for the staff and children in our schools who are just starting as I write, and perhaps especially for those leaving home for the first time.

I am sure that we all recognise that we are on a lifelong learning exercise. Our Gospel reading on Sunday 5th September was from Mark 7. 24-37 and tells of Jesus healing the daughter of a foreign woman. As we look at the discourse between them today, we think that Jesus is being rude to her – reminding her of her status outside the 'chosen people' and referencing her as dog.

There are other interpretations of this healing miracle – but one which strikes resonance with me, is that Jesus was learning what it meant to be the Messiah to *all* people, not just the chosen race of Jews. This foreign woman challenged Jesus in his view and there is a case to be made for *her* teaching him something of his calling.

Obviously, we discern carefully what we hear and see from others before we accept it. But no one person or group has a monopoly on teaching and certainly we all need to keep our minds and ears open for the nuggets of truth that come sometimes from the most unexpected sources - even sources we have long discarded - for they may improve our lives and that of our society or community immeasurably. We don't have to go back to 'school' to learn – in my case – **thankfully.**    Rev Chris





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## **Moulton Amateur Dramatics are back!**

A new production is underway (not sure when and where it will be performed).

Join us for a casting meeting at Moulton Village Hall on Sunday 17th October at 5pm.

New talent always welcome (both on and off stage).

More info: Jill 551851

## Excellent Olympic Debut for Callum Wilkinson

Congratulations to Callum Wilkinson on his 10<sup>th</sup> place Olympic debut. A large screen in the village hall enabled the Moulton community to support him as one. There was a terrific atmosphere. People who knew nothing about the discipline had their eyes riveted to the screen and spontaneous cheering and clapping broke out whenever a glimpse of him was caught or when his name appeared in the race positions, getting louder and louder as he moved up places from the 42<sup>nd</sup> he occupied at 2km.



I chatted with Callum the day after his return from Japan and he told me that prior to the race, he had a dilemma in respect of his warm-up routine. In normal circumstances, it is of necessity a lengthy process to ensure that he is technically sound from the report of the starter's gun. But, in the oppressive heat, he decided that a sacrifice in warm-up would pay dividends in respect of energy levels in the latter stages of the race. As a result, he wasn't quite as fluid as he would like to have been in the early stages. But nevertheless, he remained card-less, and it proved a wise strategy, as he worked his way

through the field (57 starters) to finished only 70 seconds from the bronze medal position.

The Gold medallist was Massimo Stano (Italy) 81.05 ahead of the Japanese duo of Koki Ikeda 81.14 and Toshikazu Yamanishi 81.28. Callum's time was 82.38.

Looking ahead 2020 presents opportunities for Callum to continue his development, with the Walking World Cup in Oman in March, World Track championships in America and the Commonwealth Games in Birmingham in July and the European Championships in Munich in August.

Speaking to **Moulton Matters**, Callum said:

"I was very excited to compete at my first Olympic Games and come away with a good result in the top ten, well above my ranking going into Tokyo. It was a fairly surreal experience with all the covid measures in place for our safety and that of the Japanese public (some of the most polite people I've ever encountered), and so it only really hit me how much support I had received once back at home in Moulton. A massive thank you to all those that cheered me on at the village hall on the big screen, from home on their TVs or on the streets as we pass by as I'm out training"

**But you don't have to have Olympic ambitions to enjoy walking in our lovely countryside.**

**Moulton Wanderers** are an informal, friendly off-shoot of a Health Walking group.

The walks take place on Tuesday mornings starting at 10am from the Village Hall or a designated venue, hence first timers should contact Ron Wallwork (ronc893moulton@tgmail.com) who will gladly answer any questions about the group. It costs nothing to walk with the group and there is no long-term obligation. Visitors are welcome – simply turn up and walk when one feels like it.

**TOKYO 2020**



Moulton Village Hall Committee  
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### **Apology**

Jill and Lisa would like to formally apologise to Viv Houghton who kindly supplied some lovely black and white prints for the centre pages of the summer edition of Moulton Matters. Unfortunately, the printing of these photos resulted in very poor copy and very little by way of an apology from the printer.

Moulton Matters has since changed printers in an effort to improve the finished issue to our customers

**Jill & Lisa**

## Shop News



As one season ends and autumn is upon us, we reflect on yet another fantastically busy summer. While the weather hasn't been great, the Mr Whippy machine has been kept busy with all of you putting in your requests for extra flakes and bubble-gum sauce. The addition of iced Lattes on our new coffee machine have also been very popular, with many of you returning time and time again for more of the good stuff!

Throughout the summer, we often struggled to restock the shelves quick enough as each day our regulars came in for drinks and snacks, filled rolls and a chat. We've also seen lots of new faces as we welcome more people to our village and others from elsewhere who seemed very happy to have stumbled upon our special hub when out on a summer's drive. We thank you all.

As with many small businesses through the pandemic, staffing has changed a lot for us and we are very pleased to welcome on board lots of members of new staff. You might have spotted some new faces when in the store. Ellie, Melanie and Lyn have all begun their time with us and are all enjoying the role – they can't believe how busy it is! In a few weeks we will welcome (another) Lynn and Ellie to expand our team.

The preparations for the B&B are fully underway and some of you might have noticed the new windows that Hugo and Allan have been busy fitting. Their dedication has led to many a weekend working, and I can assure you that the end product is going to be nothing short of fabulous. The excitement builds as the team prepare the rooms and rearrange the stock to make both sides of the business work together.

So it's all change at New Moulton Stores...next thing you know it will be Christmas!



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## **Preparation is Key**

(Callum's televised event)

It was really great to be asked if the hall could be used to broadcast Callum's Olympic Race event live on Thursday 5th August 2021 at 08:30 am – that should be ok I thought as we were due to have broadband installed on the 6th July -one whole month before the event date.

It was April when the MVH committee first agreed to apply for the installation of broadband and Jerry quickly got to work (he enjoys a project). Within a couple of weeks of filing the application a new telegraph pole suddenly appeared on the bank outside the hall. A couple of weeks later an email was received asking if we wanted the cables to go across to the top of the building or underground. Underground we agreed and paid the extra money. Again, the work was undertaken without delay – this was looking good! An email gave us an installation date of 6th July – now we just needed a big screen and we would be all set!

Jerry started to ring round to companies who hired big screens and sound systems for the day. Not as easy as we thought but eventually Jerry found a company in Cambridge that would deliver the equipment at 07:30 am on the 5th August and take it away at 13:30 the same day. Perfect.

Oh no! Spoke too soon. On the 5th July an e-mail was received stating that there was a problem with the installation and the date had changed to middle of September. Disaster!

But no, Jerry was on to it. Hours of phone calls and live chats (well this is BT we were dealing with) to find out what the problem was. 'Too many leaves on the tree' (a bit reminiscent of British Rails leaves on the line)' cherry picker required to sort out the problem'. Jerry made a formal complaint, suggested we could take out a couple of branches, but the cherry picker had already been booked. More complaining by Jerry.

Plan B had been to ask the school to use their hall as a venue, but we were informed they were having major decorating work undertaken so plan C was to ask our friendly next-door neighbour Rob Nash if we could log into his internet – which he kindly agreed. Jerry asked Ron Wallwork to check that the event was going to be broadcast on BBC iPlayer and we would be good.

Oh no, Ron came back and said that as the rights to broadcast the whole Olympics had been bought by the Discovery channel, the BBC had very limited rights and the Walk race was not one that would be broadcast live so we could not log in to watch it. Plan D - Ron had a word with Callum's family and as it turned out they had been given a password to the Discovery plus channel so as to be able to watch the race live. The family were happy to share their special occasion with the village in the hall. All go again.

On Saturday 31st July Jerry, Rob, Ron and Tony Wilkinson (Callum's Dad) had an equipment test in the hall to see if it would all work. Jerry had bought a special long cable which ran from Rob's house and into the hall. Tony bought his laptop and they used my TV screen. Hooray it all worked! Fingers crossed for Thursday.

And so, at 08:00 hours on Thursday 5th August 2021 villagers began to fill the hall. The equipment had been delivered, the internet connection and laptop gave access to Tokyo live 2020 Olympic games and we waited for the event to begin.

We were not disappointed! Such a brilliant occasion to be part of. The coffee and bacon rolls from the village shop also helped in the early morning celebration.

A big thank you to Rob Nash, Ron Wallwork, Tony Wilkinson and Jerry Goodwin for never giving up

But the biggest thank you must go to Callum for his brilliant 10th place.

**Jill Goodwin**

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### **Is it too early to be thinking about fireworks?**

Believe it or not, fireworks season is nearly upon us! Now is the time to start thinking about how to help your pet cope during the fireworks season, particularly if you already know that they are sensitive to loud noises.

Pacing, shaking, vocalisation and trying to hide are all common symptoms a dog or cat might display when afraid, dogs may also pant or salivate excessively. Some pets will recover fairly quickly from the fearful episode and seem to go back to normal soon after the noises have stopped, whereas others might remain in a fearful state for quite some time. Firework fear or phobia can be very distressing for your pet (and you!)

There are a number of products designed to help your pet 'short term' on fireworks night such as pheromone diffusers, calming sprays and herbal remedies; these can be very effective at helping pets with mild to moderate fear of fireworks. There is also a prescription only product for dogs which has proven to be quite successful in helping short term with more firework fear.

If you would like to know more about any of these products available to help your pet, please pop into the practice and collect one of our fireworks information packs. It also includes information on how to create a safe space for your pet to hide in alongside other helpful tips.

We recommend that you seek help from a qualified behaviourist if your pet is showing signs of a serious noise phobia.



# *Changing Seasons*





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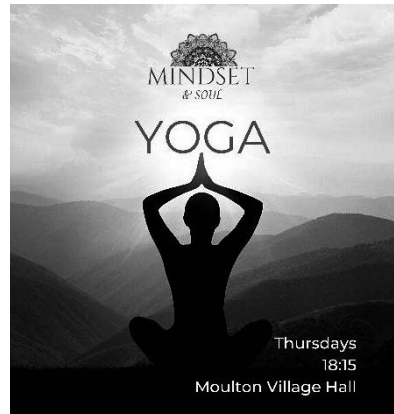
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Everyone at Moulton Pre School would like to say a big welcome to all the children both starting and continuing their Pre school adventure this year! And big thank you to all the Parents, Grandparents and our Friends in the local community continuing to support us! We look forward to seeing you all for lots of

fundraising fun over the next year! We've made a brilliant start following the Moulton yard sale where we raised an amazing £507!! So again a big thank you to everyone who supported us!

We are also on the hunt for someone with a head for numbers to join our committee as treasurer! Any offers of support no matter how big or small please email [secretary.moultonpreschool@gmail.com](mailto:secretary.moultonpreschool@gmail.com) we look forward to hearing from you!

### **Moulton Panthers**

As we start a new football season there have been a few changes within Moulton panthers.

We've said a fond farewell to Sally our club secretary who did a fantastic job in her role, now replaced by Louise who's already doing a great job. Sadly also a good bye to Sam and Mark, the girls coaches, who did a great job whilst in charge and finally unfortunately the girls team. We wish everyone good luck in the future.



It's not all bad though, panthers have some fresh blood that will continue the history with the introduction of a new under 9's team coached Mark McTrusty. Now we hold a great future for the club with an under 9's, under 10's and under 17's the local children will be gracing Moulton Park for many years to come.

We hope that you'll come down and cheer the teams on and help the club grow further for the future. New Moulton Panthers under 9's are proudly sponsored by Moulton stores. **Alan Sheldrick**

## Moulton Community Choir Can Sing Again.

Hooray!

After a long absence of over 18 months members of the choir were able to meet up again to sing at their first autumnal rehearsal in St Peter's church on Tuesday 14<sup>th</sup> September. Although we were missing some members due to holidays and other work



commitments, we had a chance to have a catch –up and finally get to practice some of the pieces we had started way back in September 2019! We all agreed that it was lovely to be back together and raising our voices to the rafters of our beautiful 14<sup>th</sup> century church as the torrential rain finally ceased and some avian graveyard songsters also joined in with an uplifting chorus of their particular evensong as dusk fell.

On Friday December 17<sup>th</sup> we will hopefully be singing with a variety of other local choirs and the Newmarket Town Band at the Rotary Club Charity Carol Concert in Tattersalls sale ring at 7-30 pm in aid of their 2021 chosen charity.

Our varied repertoire of popular songs from 2019 will also be sung belatedly at our Gala Concert in St Peter's in Summer 2022.!

We are always ready to welcome new members and for further information about the choir please contact:

Marian Brown on 01638 552953 Email [music@thebrownfamily.biz](mailto:music@thebrownfamily.biz)

### **Busking in aid of Moulton Pre-School**

If it is dry, I shall be busking outside the shop at 10am on Saturday 16 October. If that day is not dry, I shall try again the following Saturday – And then even the Saturday after that! I am determined to do this gig for our Pre-School! But let's hope we can nail things on 16 October! Watch the Moulton Village Facebook page for confirmation towards the end of that week.

My music is easy listening, and mainly Country & Folk. The plan is to set up on the park side, facing the shop. Look forward to seeing you - **Ian Garmston**

## Annual Moulton Walks

Tokyo Olympians spanning six decades made history at the Moulton Five as Callum Wilkinson, fresh from his splendid 20km 10<sup>th</sup> at this year's Games, came under the starting orders of Ray Middleton a GB stalwart of the 1960's, who competed at the 1964 Tokyo Olympics at 50km.

Olympian Wilkinson kept his brother George company for most of the way before easing ahead for the win, with the 2017 runner-up Dave Annetts from Royston in third place, some five minutes quicker than he was back then.

Although walking over two minutes faster than her winning time of 2019, Ilford's Emma Dyos was unable to prevent Loughton's Melanie Peddle from relieving her of the winner's trophy.

In addition to the Wilkinson Brothers other local walkers did well. Joyce Crawford (Mildenhall) retained her county title and taking the minor medals were villagers Kate James and Viv Houghton. Callum and George were joined on the Suffolk podium by their father Tony for the third spot and Kate was an agonising 15 seconds short of a '5 in the Hour' award.

Following a two-year break and a residual covid concern, numbers were understandably down on previous years, but the 'buzz,' warmth and friendliness associated with this event was as overwhelming as ever. Ray Middleton at 85, remains the likeable character he always was and was joined by peer internationals Bill Sutherland, George Nibre, Tony Taylor and Ron Wallwork.

Overcast, but humid conditions at the start quickly became uncomfortably sunny and hot and added to the test that the undulating out and back course poses.

Ray has been a long-time supporter of the Moulton Walks and over the years donated several personal items as awards for outstanding young athletes. In the 2013 edition of the race, he identified Callum as an outstanding prospect and presented him with one of his GB vest badges.



*Photo by Mark Easton*



*Ray and Callum with the badge*



*1st three ladies: Emma, Melanie and Helen*

### **Suffolk CAA Medal Winners**



*Kate, Joyce and Viv*



*George, Callum and Tony*

**Starter:** Ray Middleton

**Judges:** A Garner, M.Graham, R.Pearce. R.Wallwork © - **Registrations:** L.Spinks

**Timekeepers/Recorders:** J.Mower, P.Welch / P.Ficken © T. Wilkinson

**First Aid:** M.Houghton, G.Law, M.Woollard -

**Refreshments:** R.Spinks, - **Water Station:** Millie McCallum, Ellie Mills

**Marshalls:** , J.Browne, N.Crawford, J. Dobson, J.Grant, D.Rabbeth, J. Morgan, A. & M.Price,

D.Rabeth,C. & E. Richmond, **Course Management:** D.Spinks M.Ashpole, I.Spinks

**Event Organiser:** R.Wallwork ©

*Thanks to all the volunteers and any villagers who assisted and who I might have omitted.*

*Without them the event couldn't take place*

## **Events at RSPB Lakenheath Fen- October to December 2021**

Places for all events need to be booked online- please visit [events.rspb.org.uk/lakenheathfen](https://events.rspb.org.uk/lakenheathfen) to read more and book tickets. Please call 01842 863400 or e-mail [lakenheath@rspb.org.uk](mailto:lakenheath@rspb.org.uk) with any queries.

### **Friday's Foray**

Adults £7/Children £3 (Non-RSPB members) Adults £5/Children £2 Members)

Monthly guided walk – 11am-1pm, first weds in each month, so:

Friday 8 October, Friday 5 November & Friday 3 December

Join a different member of our team each month on a seasonal guided tour of the reserve, taking in current wildlife highlights and learning about the reserve and conservation as we go. If the weather is wet and windy, we will move the event a week ahead until it cheers up enough for a walk!

### **Treasures of the Moth Trap**

Adults £3 (Non -RSPB members, £2 for RSPB members

Children (under 16's) go free!

10am to 11am:

Saturday 30 October

Thursday 18 November (free for all ages- we may not catch as much!)

Saturday 18 December (free for all ages- we may not catch as much!)

Monthly moth-trap opening at the Visitor Centre- come and join us to empty the trap and see what we have caught the night before on the nature reserve.

### **Ghosts of the Fens guided walk**

Adults £10/ Children £5 (Non-Members) Adults £8/ Children £4 (Members)

Suitable for children aged 8 and above. Price includes entrance fee for non-members.

Tuesday 23 November (1:30pm to 4pm) sunset 15:54

Sunday 12 December (1:30pm to 4pm) sunset 15:43

We are very fortunate to have at least two pairs of barn owls nesting on the reserve. Late afternoons in winter are a great time to look for them as they tend to be out hunting regularly during daylight hours. Join us for a walk of around three miles to see these beautiful ghosts of the Fens hunting. If we're lucky, we may also see a short-eared owl and possibly even a hen harrier.

Please wear plenty of warm clothes and walking boots or wellies.

## **Why are there feathers everywhere? Where have all the birds gone?**

### **Bird behaviour in late summer explained...**

We receive a wide range of enquiries from visitors: in-person, over the phone and via e-mail all year round. But two topics that come up a lot at this time of year are the reasoning behind a lawn or lake full of feathers, and an obvious reduction, or almost complete absence, of small birds using people's gardens. Both of these trends are completely natural and part of a birds' annual life cycle, and nothing to worry about.



In fact, the lack of garden birds, including even staple species like robins and blackbirds, can actually be a sign of a good thing. Out in the wider countryside, the hedgerows are filling up with ripening berries, there's windfall fruit in orchards, fat caterpillars on bushes and the seeds of wildflowers and agricultural crops are ripening. This glut of food acts like a magnet to many of our garden birds, drawing finches like goldfinches and greenfinches to feed on seeds, whilst song thrushes and blackbirds will seek out fruit and plump insects. We often get attached to individual birds and it can be sad at times when they disappear, but they are simply making use of rich natural food sources while they can. And when these sources run dry towards the end of autumn, they'll be back to see us in our gardens.

Another reason why our garden friends may not be so obvious is that they are undergoing their annual autumn moult- it marks the end of the breeding season. Smart male birds no longer need such bright colours, and adult birds of both sexes have often worn their feathers ragged and tatty if they have had a successful breeding season whereby they have been in and out of nests dozens of times per day, and the relentless search for food for their chicks takes its toll on plumages too. Not to mention territorial fighting between males for mates or between females who don't want to share food sources! Most garden birds will moult all of their 'primary' (largest and outermost) wing and tail feathers quite quickly, so for a few weeks these key feathers are a bit

sparse and the birds struggle to fly. As a result, the birds often adjust their behaviour to creeping about a garden, lurking under bushes and not singing or calling like they usually do, as they know they are more vulnerable to predators and can't escape as quickly if they need to!

You may notice your local ponds, lakes and washes covered in a scattering of downy white feathers- the equivalent moult is happening in our waterbirds too. Geese, swans and ducks will shed feathers across the waters' surface and can often be seen vigorously preening to pull these itchy old feathers out. Mute swans undergo a full moult of their primary feathers at once, so they will be flightless for a few weeks and so will choose a water body that they perceive as safe and well-stocked with food to see this period out on.

It's also the time of year for the progeny of our garden birds to moult too- all the young birds they have spent their summer raising, if they have been successful, now need to change from their dull, camouflaged juvenile plumage into a fresh set of adult feathers that will keep them warm and dry during their first winter. Goldfinches are a good example of this- plain-headed juveniles will soon get bright red and black faces to match their elders! You will also see that your adult starlings lose their bright pink legs and yellow bills as these body parts become duller and plainer. Certain proteins are needed to make these pigments, which are quite costly in terms of energy for the birds. So, if the starlings no longer need to impress a female, they can stop producing these jazzy colours and focus on getting through the winter instead.



I hope this has been an interesting read and that it will help to explain a bit about what our local birds are up to. We are just beginning to say goodbye to our summer birds like house martins, warblers and hobbies at Lakenheath Fen but we are still seeing lots of butterflies and dragonflies on a warm day. We hope you can visit us soon!

With best wishes,

**Heidi Jones (Visitor Experience Officer, RSPB Lakenheath Fen).**

## Moulton School

We are delighted to be back at school. As ever, the children all seem so tall after the summer holidays! We have welcomed three new members to the team: Mrs Philips has joined our breakfast club; and Miss Fletcher and Mrs Kaur have joined as Learning Support Assistants. We have also welcomed our new reception children into school, as well as some children in the older year groups -welcome, everybody!



We had some work carried out in the school over the summer holidays: we now have a beautiful new hall floor. The classrooms have been painted – KS2 all have coloured feature walls, which look lovely. It is all looking fresh and smart.

We continue to follow safety measures in school, but that has not stopped us from having fun. Our first school trip of the year has happened already – Year 5 children spent a day at Thorpe Woodlands, where the canoed, caved,



climbed, and participated in team-building activities. There are many more trips planned for the upcoming year, with trips to Duxford and West Stow coming up.

We are looking forward to holding a harvest service at the church with Reverend Childs. We are also delighted to be asked to contribute items for the

harvest display in the church – Y5 and Y6 very much enjoyed reflecting on the ‘hope’ theme.

We hope that everybody is well, and we look forward to seeing you at our PTA events soon.



## **Moulton Parish Council Update on the Bus Survey**

Thank you to all the residents who responded to the Moulton bus survey. Moulton Parish Council decided to carry out the survey when we were made aware that there had been cuts to the 16 service. We queried the reduction in the 16 service with Suffolk County Council and this is the response we received:

*Thank you for your email enquiry regarding the changes to the 16 and 16A bus service. I have been advised that we had to replace regular calls with a revised timetable due to an additional stop at the new Mildenhall Hub. This could only be achieved by dropping 'off-peak' calls in Moulton, where the patronage is very low. The Mulleys 312 service serves Moulton during the day so this may be an option for the passenger concerned.*

We pointed out that the 312 does not run on Wednesdays and Fridays and received this reply:

*Your comments are noted. However, this does mean that on a Monday, Tuesday, Thursday and Saturday, 4 days a week there remains suitable times for around 2.5 hours in Newmarket.*

*If journeys are required on a Wednesday and Friday, these can be arranged by contacting Connecting Communities – Forest Heath. The Voluntary Network is the operator on 01638 664304.*

Moulton Parish Council was not happy with this response and decided to carry out the survey to find out how many residents used the 16 and 312 service and their experience of the bus service in general. Once we have this information we will review it and follow up with Suffolk County Council.

### **Connecting Communities Service**

The **Connecting Communities Service** is an alternative if there is no regular bus. It includes dial-a-ride (this is a door-to-door service), a registered (flexible) service and community cars which is a scheme run by volunteers. There are wheelchair accessible vehicles. The service runs 6 days a week from 7am until 7pm.

To find out more visit <https://communities.suffolkonboard.com/> and <https://www.thevoluntarynetwork.org/> or ring **01638 664304**

Unfortunately bus passes cannot be used on the Connecting Communities Service, however Suffolk County Council offers a travel voucher of £100 for

people who are unable to access a regular service. The voucher can be used to meet the cost of Connecting Communities transport or taxis. Suffolk County Council has a registered supplier list of taxi drivers. You can either have a bus pass or a voucher but not both, which is not particularly helpful for Moulton residents where there is a partial bus service. If you would like to find out more visit <https://www.suffolkonboard.com/concessionary-travel/#tab-8892>

### **Planning a journey by bus**

The Suffolk Onboard website has a journey planner. You can enter the date and time you wish to travel and it will show you what buses are available.

<https://www.suffolkonboard.com/mdv/journeyplanner/?action=search&origin=&destination=>

### **Bus timetables**

Bus timetables are available online at

<https://www.suffolkonboard.com/buses/timetables/> or see our handy table on page36.



If there are no regular bus services to make your journey or you are unable to get to your nearest bus stop then Connecting Communities is here to help.

For longer journeys, the service will connect you to other bus or train services.

Connecting Communities could be used for social, appointments, study, shopping or work.

Affordable, accessible transport service providing those vital connections. All journeys are pre booked, for more information call **01638 664304**.

## **Moulton Oil Scheme**

As I write this, the order placed on the 2 September has not been fully delivered but I am assured it will be delivered by next week which will be a month after the order was placed. I am sure you are all aware that we have a shortage of HGV drivers nationwide and this has impacted on the oil industry as well. As of yet there is not a shortage of oil.

As we approach the winter months could I suggest you order your oil far earlier than you would normally do and keep your tanks fairly full and maybe order a little more than you normally do as I can see we are in for a difficult winter with oil and many other deliveries and if you do run out there may a longer wait than normal to get a priority delivery. I also can see oil prices rocketing on the back of electricity and gas prices and the demand caused by the cold weather.

Could I also suggest you check your oil tanks are in good order maybe get them checked if they are old, that the gauges working and all locks are unlocked and not obstructed by vegetation when you are expecting a delivery. The driver of this delivery has refused to deliver to some for all for these reasons. I will do all I can to help if you do have a problem.

The order dates for 2021/22 are as follows

October 10

November 29 (Christmas deliveries)

January 10

February 21

March 28

May 9

20 June

I hope all these problems facing deliveries are sorted soon and that we have a mild winter.

**Lesley James** 01638 482012 [moultonoilscheme@outlook.com](mailto:moultonoilscheme@outlook.com)

## Simplified Bus Timetable

### To Newmarket – Monday to Friday

|                         |      |      |      |      |      |      |      |      |      |      |      |
|-------------------------|------|------|------|------|------|------|------|------|------|------|------|
| No.                     | 312  | 16   | 312  | 16   | 312  | 16   | 310  | 312  | 312  | 16A  | 16   |
| Restrictions            | NWF  |      | WF   | Sch  | Sch  | Sch  | Sch  | Sch  | NSch | Sch  |      |
| <b>Bury St. Edmunds</b> | 0900 | 0900 | 1120 | 1320 | 1450 | 1540 | 1535 | 1545 | 1550 | 1550 | 1650 |
| <b>St. Peter's Ave.</b> | 0935 |      | 1155 | 1355 |      |      |      |      |      |      |      |
| <b>Crossroads (W)</b>   | 0937 | 1010 | 1157 | 1357 | 1607 | 1615 | 1636 | 1627 | 1709 | 1800 |      |
| <b>Nkt. Bus Station</b> | 0943 | 1018 | 1203 | 1403 | 1615 | 1625 | 1642 | 1633 | 1717 | 1808 |      |

### To Bury St. Edmunds – Monday to Friday

|                         |      |      |      |      |      |      |      |      |      |
|-------------------------|------|------|------|------|------|------|------|------|------|
| No.                     | 16   | 16A  | 16   | 310  | 312  | 312  | 312  | 16   | 16   |
| Restrictions            |      | Sch  | Sch  | Sch  | WF   | NWF  | NWF  |      |      |
| <b>Nkt. Bus Station</b> | 0635 | 0700 | 0750 | 0750 | 0950 | 1210 | 1410 | 1630 | 1720 |
| <b>Crossroads (E)</b>   | 0643 | 0708 | 0758 | 0800 | 0956 | 1216 | 1416 | 1638 | 1728 |
| <b>St Peter's Ave.</b>  |      |      |      |      |      | 1217 | 1417 |      |      |
| <b>Bury St. Edmunds</b> | 0749 | 0853 | 0921 | 0845 | 1032 | 1250 | 1450 | 1744 | 1834 |

### To Newmarket – Saturday

|                         |      |      |      |
|-------------------------|------|------|------|
| <b>Bury St. Edmunds</b> | 0900 | 1120 | 1545 |
| <b>St. Peter's Ave.</b> | 0935 | 1155 | 1625 |
| <b>Crossroads</b>       | 0937 | 1157 | 1627 |
| <b>Nkt. Bus Station</b> | 0943 | 1203 | 1633 |

### To Bury St. Edmunds – Saturday

|                         |      |      |      |
|-------------------------|------|------|------|
| <b>Nkt. Bus Station</b> | 1210 | 1410 | 1650 |
| <b>Crossroads</b>       | 1216 | 1416 | 1656 |
| <b>St. Peters Ave.</b>  | 1217 | 1417 | 1657 |
| <b>Bury St. Edmunds</b> | 1250 | 1450 | 1738 |

Restrictions: WF Wednesday & Friday; NWF Not Wednesday & Friday; Sch School Days; NSch Not School Days

## **PARISH COUNCIL**

The Parish Council meets regularly in the village hall and residents are all welcome to attend. Meeting dates and Agendas are listed on the village website at the bottom of the page and are also regularly posted on the village noticeboards.

## **PARISH COUNCILLORS**

|                         |              |
|-------------------------|--------------|
| David Almond (Chairman) | 01638 428250 |
| Mark Price (Vice Chair) | 01638 750200 |
| Ryan Bragg              | 01638 751153 |
| Ed Chambers             | 01638 750014 |
| David Clarke            | 01638 750263 |
| John Derry              | 01638 751902 |
| Jane Horsnell           | 01638 750879 |
| Douglas James           | 01638 750897 |
| Tim James               | 01638 482012 |

## **CLERK TO THE PARISH COUNCIL**

Joanne Kirk 07880 686069 email: [moultonpc@gmail.com](mailto:moultonpc@gmail.com)

|                       |                   |               |
|-----------------------|-------------------|---------------|
| Parish Priest         | Revd Chris Childs | 01638 429212  |
| Village Archivist     | John Gunson       | 01638 750131  |
| County Councillor     | Andy Drummond     | 01638 751411  |
| District Councillor   | Roger Dicker      | 01638 750392  |
| Member of Parliament: | Mathew Hancock    |               |
| Parliament Office     |                   | 020 7219 7186 |
| Constituency Office   |                   | 01638 576692  |

## **MOULTON MATTERS**

|                 |                                                                                |              |
|-----------------|--------------------------------------------------------------------------------|--------------|
| Jill Goodwin    | <a href="mailto:jerryjill'99@hotmail.com">jerryjill'99@hotmail.com</a>         | 01638 551851 |
| Colin Wilkinson | <a href="mailto:c.wilkinson67@btinternet.com">c.wilkinson67@btinternet.com</a> | 01638 552779 |

## **MOULTON VILLAGE WEBSITE**

<http://moulton.onesuffolk.net>

## TELEPHONE DIRECTORY

### Medical

|                        |              |
|------------------------|--------------|
| Addenbrooks Hospital   | 01223 245151 |
| Newmarket Hospital     | 01638 558400 |
| West Suffolk Hospital; | 01284 713000 |
| Oakfield Surgery       | 01638 662018 |
| Orchard House Surgery  | 01638 666887 |
| Rookery Medical Centre | 01638 664338 |

### Churches

|                                        |              |
|----------------------------------------|--------------|
| All Saints Church (Rev Chris Childs)   | 01638 429212 |
| Catholic Church (Fr Christopher Smith) | 01638 662492 |
| St Peters Church (Rev Chris Childs)    | 01638 429212 |
| St Peters Church Wardens               |              |
| Bob Saltmarsh                          | 01638 750190 |
| Anne Garnston                          | 01638 751188 |

### Newmarket

|                        |              |
|------------------------|--------------|
| Citizens Advice Bureau | 01638 665999 |
| Day Centre             | 01638 664262 |
| Dial-a -Ride           | 01638 608080 |
| Library                | 01638 661216 |
| Leisure Centre         | 01638 662726 |

### Moulton Village

|                                             |              |
|---------------------------------------------|--------------|
| Ash Tree Veterinary Surgery                 | 01638 554477 |
| Pack Horse Inn                              | 01638 751818 |
| Village Shop                                | 01638 750242 |
| Village Hall Bookings (Jill Goodwin)        | 01638 551851 |
| Village Oil Ordering Scheme (Lesley James)  | 01638 482012 |
| Village School Head Teacher (Deborah Shipp) | 01638 750236 |
| Village Website (Ryan Bragg)                | 01638 751153 |

### Travel

|                       |              |
|-----------------------|--------------|
| Newmarket Taxi Hire   | 01638 561561 |
| Nation Rail Enquiries | 03457 484950 |
| Stagecoach CamBus     | 01223 423250 |

### Emergency

|                         |     |
|-------------------------|-----|
| Fire, Police, Ambulance | 999 |
|-------------------------|-----|

### Non-emergency

|                |              |
|----------------|--------------|
| Crime Stoppers | 0800 555111  |
| Power          | 0800 7838838 |
| Water          | 0800 145145  |
| Police         | 101          |
| NHS            | 111          |

## Moulton Village Hall

### Management Committee Officers

|                    |                  |              |
|--------------------|------------------|--------------|
| Chairman           | Richard Marshall | 01638 750488 |
| Deputy chairman    | tba              |              |
| Treasurer          | Jerry Goodwin    | 01638 551851 |
| Bookings/Secretary | Jill Goodwin     | 01638 551851 |

Jill Goodwin is responsible for taking bookings. To make bookings, or make enquiries about the hall, please contact Jill on 01638 551851 or e-mail: [bookingsMVH@moultonsoffolk.co.uk](mailto:bookingsMVH@moultonsoffolk.co.uk)

If you are interested in joining a group or activity, set out below are the names and contact details you will require:

|           |                         |                |                                      |              |
|-----------|-------------------------|----------------|--------------------------------------|--------------|
| Monday    | Pre-School              | 09.15          | Amy Edge-Bovair                      | 07958 290837 |
| Monday    | Pilates                 | 18.30          | Alison Wilson                        | 07752 60839  |
| Tuesday   | Moulton Mini Tots       | 10.00          | Emily Tasker                         |              |
| Tuesday   | Healthy Walks           | 10:00          | Ron Wallwork                         | 01638 751869 |
| Tuesday   | Community Lunch         | 13:00          | Last Tuesday in the month            |              |
|           |                         |                | Yvonne Slater                        | 01638 750547 |
| Tuesday   | Cubs/Beavers/<br>Scouts | 18:00<br>19:30 | Paul Walker<br>Paul Walker           |              |
| Wednesday | Pre-School              | 09.15          | Amy (as above)                       |              |
| Wednesday | Yoga                    | 18:15          | Bridget Pooley                       | 07758 540739 |
| Wednesday | Dance                   | 19:30          | Private Hire                         |              |
| Thursday  | Bridge club             | 14.00          | Pat & Paul Harris                    | 01638 500325 |
| Thursday  | Panthers U9's           | 18:00          | Alan Sheldrick                       | 07939 570439 |
| Thursday  | Mindset Yoga            | 18:30          | Victoria Steenkamp                   |              |
| Thursday  | Badminton               | 20.00          | Yvonne Slater                        | 01638 750547 |
| Friday    | Pre-School              | 09.15          | Amy (as above)                       |              |
| Friday    | Carpet Bowls            | 19:00          | Every 2nd Friday<br>Richard Marshall | 01638 750488 |
| Saturday  | Panthers U10's          | 10:00          | Alan Sheldrick                       | 07939 570439 |
| Saturday  | Panthers U9's           | 10:00          |                                      |              |
| Sunday    | Panthera U17'a          | 10.00          | Steve Wilson                         | 07538 241521 |
| Sunday    | Veterans                | 10:00          | Mark Price                           | 01638 750200 |



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[www.heatingcompany.co.uk](http://www.heatingcompany.co.uk)

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[www.oiltankchange.co.uk](http://www.oiltankchange.co.uk)



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**Gracewell of Kentford**  
Jeddah Way, Kennett,  
Newmarket, Suffolk CB8 8JY



1 September 2017

**Gracewell**  
HEALTHCARE

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**[GracewellKentford.co.uk](http://GracewellKentford.co.uk)**