

Moulton Matters

SEPTEMBER 2015

A lot has been going on in Moulton over the last few months.

Rock in the Meadow was a great night which was helped by a wonderfully warm evening. The Quiz Night was well attended and both events raised a considerable amount of money for St Peter's Church and the Village Hall. Residents have been consulted on proposal to put solar panels on the Village Hall roof and there is a possibility of a significant grant towards the cost if we all vote online with Marks & Spencer's
PLEASE do help by voting.

We have some dates for your diary with a trip to Peterborough Dogs on the 26th September, the Harvest Supper on the 3rd October, McMillan Coffee Morning on the 25th September and two Bingo Nights on the 14th November and 12th December respectively. Money raised goes towards village or charity funds so come along and meet up with friends.



The village is looking wonderful with all the colourful flowerbeds and lots of volunteers are continuing to water the plants – thank you. Sadly, thieves took some of our flower troughs but it did not deter us – in fact it has made us more vigilant about keeping our eyes open and reporting anything suspicious to the Police!

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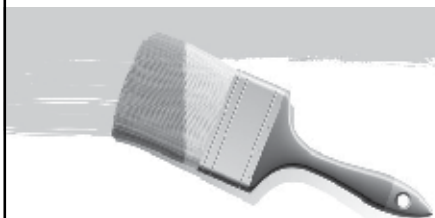
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Parish Council News

Village of the Year Competition – although we were unsuccessful in this event, lots of kind volunteers have done a wonderful job in ensuring that the village has looked colourful and splendid over the summer. Thank you to everyone who has helped.

Please do visit Moulton's new website moulton.onesuffolk.net which has been encouraged through Suffolk County Council. Our thanks to John Scott for all his work with the previous site.

Forest Heath District Council (FHDC) has just launched a Public Consultation on two very important issues regarding local planning. It covers the period until 2031 and is asking peoples opinions about the overall housing provision and distribution and specific site allocations. Wherever you live in the district this is going to affect you. If you are interested in where new housing is built then please have your say. As a Parish Council we will be making representations about this consultation on the effects that nearby housing provision will have on Moulton. It will be discussed at the next Parish Council Meeting on the 8th September at 6.30pm at Moulton School. Please come along to make your comments known. The document can be accessed through the FHDC website – details of which are on the Home Page of our new village website moulton.onesuffolk.net

Communication is the key to keeping any community vibrant. In order to ensure that you all have the opportunity to communicate your views we have arranged a number of drop-in sessions at the shop with Becky Simpson, PCSO and a member of the Parish Council. If you would like to raise any issues please do come along for a chat. The dates will be displayed on the Parish Council Noticeboards.

As you will see further on in the newsletter we are supporting the installation of Solar Panels at the Village Hall. Jerry Goodwin has applied for a grant from Marks and Spencer's but we need everyone's vote if we are to be successful with this. Please vote online and ask your friends and family to support us too. Details are on the new website moulton.onesuffolk.net

Dog Fouling is continuing to be a problem in the village. We have had complaints that dogs have been let off leads on the recreation ground despite the fact that there are notices on every entrance to this facility. No one is exempt from this. The Church Wardens have also noticed that dogs have been let off leads in the churchyard as well, again despite polite notices to the contrary. The Parish Council provide free poo bags available from the shop and there are bins for their disposal throughout the village so there is no excuse for people not picking it up. However, the practice of leaving bags of dog poo in trees is unacceptable as someone has to remove it. Please be responsible dog owners.

The Football Pitch has been reseeded and the grass encouraged to improve the playing surface for the coming season. With at least four teams playing on the pitch regularly last season it was getting worn out. Hopefully with a programme of regular management we can maintain a good pitch through the forthcoming season.

The School development is still progressing for four additional classrooms for September 2017 intake. During the Autumn Term further meetings will be taking place with Suffolk County Council, Governors and Teaching Staff to agree on which option is best suited to the site and community. The Parish Council is keen to ensure that the best facilities we can possibly achieve are provided and stronger links are built between the school and community. (Continued overleaf)

The Bus Shelter was painted by Dale and Alex Burch in preparation for the Village of the Year Competition. On behalf of the village I would like to thank them for their time and effort. Our thanks also go to Mrs Pickering who for some time has regularly volunteered to clean the bus shelter. Recently she has reported that on occasions the bus shelter has been used as a toilet and left in a disgusting state. We assume that no resident would do this.

Bill Rampling

552631 billrampling@gmail.com

St Peters Church News

A record attendance at Rock in the Meadow made the event a great success, approximately 500 adults with their children attended. The weather was very warm which helped with the success of the event, sadly the Coffee people could not get there as their old Volkswagen van broke down on the way, but they will be with us next year (van permitting). A total of £5,400 was raised towards the Church capital fund. A donation was made to the Village Hall fund in recognition of the help given by members of the village hall committee in helping put up marquees etc. Our thanks to everybody who helped to make it a most enjoyable and successful event.

I have received complaints of dog fouling again in the churchyard, in particular a deposit left on a new grave which causes distress to the family. I know that a very high percentage of dog owners 'poop and scoop' and respect our wish that owners keep their dogs on a lead in the churchyard. There are a few who still let their dogs off the lead. I know many dog owners are responsible and clear up after their pets, but having your dog off the lead gives a bad example to those who don't. It is not a big ask, so please help to cure the problem, 'keep your dog on a lead and clear up after them' - thank you.

With the success of the Rock in The Meadow and other fund raising events we hope that work will soon commence on building the toilet and small kitchen facility in the church with completion before Christmas.

All are welcome to join us at our normal services on the 1st and 3rd Sundays of the month at 10.30. On June the 11th at 7.30pm we played host to the Archdeacons Visitation. This is a service where the Archdeacon officially appoints the Churchwardens of our Mildenhall deanery (which covers an area from Brandon to Dalham also Newmarket to Elveden). We welcomed all our fellow Churchwardens to St Peter's and it was a very successful evening and proved the worth of creating the community space. After the service the participants enjoyed tea and cakes in the new community space. Dorothy Bowes kindly made the cakes and I have never seen cakes disappear so quickly - there was hardly a crumb left.

Bob Saltmarsh

Churchwarden

Church News Cont'd

The procedure to recruit and appoint our new priest at St Peter's Church in Moulton is moving slowly forward. There are processes which have to be followed but Reverend Mark Haworth, the Team Rector of the North Bury team and Rural Dean of Thingoe Deanery, has given our benefice churches explanation and guidance.

In preparation for the advertisement and selection phase, Bob and I have needed to compile a Parish Profile on which we would very much appreciate your thoughts and comments.

There is a copy of this in church where you can read through three sections:

How our Church is today,

The Priestly Qualities we are seeking, and

Our views on the future for St Peter's.

Members of the PCC, the congregation and others are all being consulted.

Through Moulton Matters we are asking all parishioners to take part in this consultation because many of you are involved in some way with St Peter's Church.

Whether you attend our regular church services, visit church for private prayer, come to the churchyard, walk along our pathways, support our fund-raising events, help with flower arranging, cleaning, strimming, clock-winding, bell-ringing, join the festival services at Christmas and Easter, contribute to the Church Floodlighting Scheme, come for family reasons, baptisms, weddings or funerals, use your expertise time and energy to assist with the upkeep and maintenance, give financial support, you have some memory or experience that could really help us to understand your point of view and perhaps understand your different spiritual needs.

Please share your thoughts and tell us. Write your comments on the page provided with the profile or get in touch soon with either Bob or myself. If you are unable to come into church but wish to read the profile let us know.

As we begin to plan for May next year, when Reverend Canon Stephen Mitchell retires, we want to sustain the Christian service that exists now within our village and the benefice. We want to build for the future. St Peter's Parochial Church Council needs to know what our community truly feels about their Parish Church and the ministry we have now.

All five churches in our benefice, Moulton, Gazeley, Dalham, Kentford and Higham, plus the churches in the Mildenhall Deanery for which Stephen is Priest in Charge need to face the future together. Knowing the views of our parishioners will be of enormous help.

**Anne Garmston Churchwarden Tele:
751188**

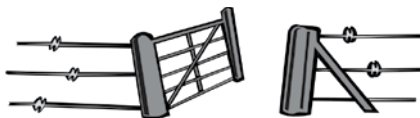
**Bob Saltmarsh Treasurer &
Churchwarden Tele: 750190**

Obituary – Jan Gribbens

We recently received the sad news that on the 4th June 2015 Jan Gribbens formerly from Chippenham Road died. Jan came to the village in 2002 and was an active member of the community. In July 2012 she moved from the village to live nearer her family and to help look after her Grand children.

**The flowers at the School Road sign have
been planted in her memory.**

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Bulk Oil Order Moulton

With oil prices now as low as they are, I would urge you all to order as much as you can – you never know! Don't forget there is a minimum order of 500 litres imposed by the oil companies (or Weights and Measures) – but so long as you have a rough idea of how much you can take, you can always add “fill up” if you wish.

There seem to be quite a few newcomers to the village recently – a warm welcome to you all.

Please do join our oil ordering scheme, all you have to do is ring me, it is not complicated and there are no charges.

Below are the dates we will be ordering for the rest of the year:

7th September

12th October

9th November

7th December

Tony Franklin 01638 552958 tfranklin40@gmail.com

Village Shop & Post Office



Mike & I would like to say 'thank you' to Sue Mills for all her help working in the shop & Post Office. We wish her all the very best in her new teaching job.

We also have to say goodbye to Harriet, but only until Christmas when she'll be back behind the counter entertaining us with her insight on the world!

With Sue and Harriet moving on we welcome Chloe back to working for us. I'm sure everyone will make her feel welcome and help her to settle in to the madness that seems to go with the shop!

We thank Ali for her display in the shop window & look forward to Debi Reidy - Bond displaying her lovely handmade products,

search www.bondsofmoulton.co.uk. She has a wide range of luxury potions and candles, all very affordable and would make lovely Christmas presents.

It's hard to believe that summer is nearly over and after the Halloween party we will be starting to concentrate on the next big event, Christmas! We look forward to taking your orders to ensure you have everything you need for the holiday period.

Thank you to all our loyal customers/friends for your continued support.

Don't forget to join us for the McMillan coffee Morning on 25th September starting at 8.30am

Mike and Kathy Dillon

YOU'RE INVITED

Coffee & Cake

Friday 25th September 2015

8:30 – 11:30 am

Moulton Village Shop/Playing field



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Village of the Year/Moulton in Bloom



As many of you will know Moulton was unsuccessful this year with our entry in the Village of the Year Competition. West Row was the lucky winner on their first ever attempt at the competition and we congratulate them on their success.

Although there was disappointment we have to look at the positives and WOW! Moulton in Bloom was born and hasn't it changed the village for the better! So many people have commented that it looks really colourful and pretty.

Initially three local organisations Moulton Event Planners, The Millennium Club and the Parish Council each contributed to buy plants for the village. Volunteers dug out a new bed at the crossroads and helped to plant troughs of flowers at key junctions around the village. Unfortunately there were not enough funds to buy flowers for everywhere we would have liked to, so some residents have clubbed together and provided their own beautiful displays!

Another group of volunteers dug over the village hall car park garden and planted flowers and shrubs, a hanging basket and a pot of flowers. Others have assisted with watering the plants so even today there is a beautiful display throughout the village.

Incredibly we had planters stolen firstly from School Road and then a week later from Church Road and St Peters Avenue. We reported the theft to the Police and lots of very angry residents have since kept a particularly watchful eye on the remaining plants and residential properties. A suspicious van was reported to the Police on one occasion and fortunately we have not lost any more plants. School Road and St Peters Avenue plants have been replanted this time in the ground and as yet the thieves have not dug them up!

A huge thanks to Dorothy and Ron Bowes who selected the plants, planted them and secured the boxes to the sign posts. Also a big 'thank you' to all the volunteers who participated in planting and are continuing to help water the plants on a daily basis - your efforts have made a real difference to the village.

And so to the future... Dorothy has kindly offered to co-ordinate the replanting of the troughs with winter pansies once the summer flowers have faded, but again she needs your help. If you can either donate some money to enable plants to be bought or donate some plants or have time to help re-plant the boxes please contact Dorothy on 750362. We would also like to create some wild flower verges at some key places in the village. We will try to arrange a seed planting day in the spring so will have details in the Christmas/Spring Newsletters. Jill and Lisa

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Solar Panels for the Village Hall

We need your vote....

Following an open meeting held in the village hall, the Moulton Village Hall Management Committee has decided to go ahead with a plan to install solar panels on the roof of village hall overlooking the playing field.

This is a wise investment as the roof faces almost due south and is ideally suited to this form of renewable energy generation. As the hall relies on electricity for heating, lighting and ventilation, as well as cooling in summer, the energy costs are substantial. By installing solar panels the management committee expects to get significant savings in our electricity costs and a rebate from our electricity supplier through the feed-in-tariff scheme.

To help with the cost of installing solar panels, we have entered our project into the Marks & Spencer Community Energy Fund competition. You can find details here <https://www.mandsenergyfund.com/>. We have a very good chance of winning the regional competition which is worth £12,500.

The project with the highest number of public votes gets the money. This offer is too good



to let slip by and it would take us many years for fund raising to match the sum of money on offer.

The competition is open to public voting until the end of September and we need your vote to succeed!

If you need any more information please contact me on 01638 551851.

Jerry Goodwin, for Moulton Village Hall Management Committee

So please go to the website and give us your vote!



Greyhound Racing at Peterborough

Moulton Millennium Club have arranged a night out at **The Dogs** on Saturday 26th September. The coach will leave Moulton at 5.30pm and will leave Peterborough at 10.45pm. The cost of the coach is £10 return ticket payable in advance at Moulton Stores. Programmes are £1 each and there are a number of Diner Deal Packages at the Raceview Diner and Raceview Restaurant as below but all the usual refreshments are also available. There is no obligation to have a meal you can just enjoy the races.



Includes...

Entry to the Stadium
Meal from the Raceview Diner

£2.50 per person



Includes...

Entry to the Stadium
Meal from the Raceview Diner
Including large fries and a side order

£3.50 per person



Includes...

Entry to the Stadium
Meal from the Raceview Diner
Including large fries and a side order
Regular soft drink

£5.00 per person



Includes...

Entry and Race Programme
Starter
Main course

£21 per person

PLUS full at table service for all these meal packages, drinks and the tote



Includes...

Entry and Race Programme
Starter
Main course
Dessert
Tea or Coffee

£26 per person



Includes...

Entry and race Programme
Bucks Fizz on arrival
Starter
Main course
Dessert
Cheese & biscuits
Tea or coffee

£36 per person

All restaurant meals **need to be booked in advance on the website** where there are full menu details
<http://www.peterboroughgreyhounds.com/the-diner-deal> or **01733 29 69 39**.

We have contacted the organisers and they have given us a **reference number** so that we can all sit in the restaurant in a reserved area. When you buy your coach ticket from the shop, you will be given this reference number if you wish to reserve a restaurant place.

For any further details please contact Liz and Dale Burch on 01638 552055



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Firework Phobia in dogs

Firework Night will soon be here and it is a time when many of our four-legged friends start running for cover and quaking in their beds. As the number of days over which fireworks are set off seem to increase every year it can be a time of considerable stress for fearful pets as well as their owners.

But your pet needn't live in fear. Here are just a few things that you can do to help them to cope with firework noise...

- Build a cosy 'den' well in advance. Soundproof a cupboard, wardrobe or large cardboard box using pillows and blankets and reward your dog when he uses it.
- Play music with a repetitive beat to mask the noises.
- Make sure all doors, windows, cat flaps and curtains are closed to block out the bangs and flashes.
- Walk your dog in the daylight before any fireworks are set off.
- Never take your pet to a firework display and keep them safe inside if you are setting fireworks off at home.
- Get all your pets microchipped in case they panic and become lost.
- Pheromone plug-ins: Adaptil for dogs or Feliway for cats. These give off a synthetic copy of their natural pheromones to help increase the sense of security and calm. They are best started at least 48 hours prior to fireworks night.
- Zylkene: a natural product derived from cow's milk that can help your pet cope with stressful events. It is given as a once daily capsule and is best started at least 24 hours before bonfire night.

Please contact us at Ash tree on 01638 554477 for further information.

Moulton Walking Scene

Local's Do Well in County Championships

The Suffolk County Athletic championship was held in conjunction with the 5 mile challenge and local walkers won four of the six medals awarded.

Joyce Crawford from nearby Red Lodge, who failed by only 800m to become a *Centurion at Southend last autumn won the Suffolk Women's championship and Moultonian Rachel Webb was third, whilst the men's champion was Callum Wilkinson, with the silver medal going to Malcolm Smith, with the silver medal going to Malcolm Smith with Ashley who bettered the hour for the distance.



left to right: Rachel Webb, Val Nutley (2nd lady) Joyce Crawford and Callum Wilkinson with their championship trophies, Malcolm Smith and Phil Nutley (3rd man) and behind Joe Mower Chairman of the Suffolk CAA

Third Moulton Challenge Victory for Dominic King

Olympian Dominic King won the Moulton Five for the third time, seeing off a strong challenge from Moulton villager Callum Wilkinson. Following Wilkinson's outstanding performance at the European Cup meeting in Spain the previous month, many thought that he would triumph in his fourth outing in the event that got him started as a race walker. However, the experienced international who is also a Centurion had other ideas and notched up his third victory in the event.



Sophie Hales making a return to the discipline was an impressive ladies winner recording the fastest time since 2005.

The record Field of 70 including eight walkers from Guernsey club Sarnia (pictured right), made the most of the sunny, but breezy conditions and 51 walkers bettered the hour compared to 31 in 2014. An inscribed salver was presented to the Sarnia club commemorating their visit.

Moulton resident Ray Still a former jockey who underwent a triple by-pass operation last November although finishing last was delighted to have met his challenge of completing the distance.

The Amble and Ramble



Thirteen people accompanied by (left to right) Zak, Nellie, Chloe and Lucy made the most of a lovely Sunday morning to do the "Three Churches" walk and among them were Rachel Webb and Sue Mills who had both raced the previous day.

St.Peter's Church and the Village Hall each received a donation of £100 and Moulton Scouts £25 from the proceeds of the event.

Men's 5 miles

1. Dominic King ©	(Colchester AC)	33.58	SM CR
2. Callum Wilkinson	(Enfield H AC)	*35.42	U20
3. Fransisco Reis	(Ilford AC)	39.43	M50
4. Fabian Deuter	(Hillingdon AC)	41.30	SM
5. David Crane	(Surrey WC)	41.51	M35
6. Stuart LeNoury	(Sarnia AC)	42.33	SM
7. Steve Allen	(Barnet & D AC)	43.30	M55
8. Jason LeNoury	(Sarnia AC)	44.20	SM
9. Peter Ryan ©	(Ilford AC)	44.27	M60
10. Steve Uttley	(Ilford AC)	44.39	M55
11. Malc Martin	(Surrey WC)	44.45	M55
12. John Hall	(Belgrave H)	45.33	M65
13. John Ralph	(Enfield HAC)	46.13	M55
14. Gary Smith ©	(Enfield HAC)	47.25	M55
15. Ken Bobbett	(Hillingdon AC)	47.55	M70
16. Andrew Cox	(Hillingdon AC)	48.46	M60
17. Amos Seddon	(Enfield HAC)	49.17	M70
18. Shaun Lightman	(Surrey WC)	50.04	M70
19. Arthur Thomson	(Enfield HAC)	50.11	M75
20. Dan Maskell	(Surrey WC)	51.09	M65
21. Russ Jackson	(Yoks RWC)	51.26	M65
22. Glyn Jones	(Coventry Godiva)	51.34	M70
23. Kevin LeNoury	(Sarnia AC)	52.24	M55
24. Chris Flint ©	(Surrey WC)	53.31	M65
25. Sean Pender ©	(Enfield HAC)	54.45	M60
26. Peter Beckerlegg	(Sarnia WC)	55.34	M55
27. Michael LeSavage	(Sarnia WC)	55.59	SM
28. Philip Goodwin	(Ilford AC)	56.39	M60
29. David Hoben	(Surrey WC)	57.09	M60
30. Paul Firmage	(Ryston R)	57.39	M60
31. Malcolm Smith	(unatt/Moulton)	57.41	M65
32. Len Ruddock	(Ilford AC)	57.48	M60
33. Steve Allen ©	(Ilford AC)	58.09	M55
34. Phil Nutley	(St.Eds Pacers)	58.20	M65
35. John Mc Donagh	(Unatt)	58.52	M55
36. Stephen Cartwright	(Colchester)	60.29	M55
37. Peter Cassidy	(Loughton AC)	61.09	M70
38. Mike Horscroft	(Unatt/Cambridge)	61.10	SM
39. Bill Sutherland ©	(Highgate H)	64.05	M70
40. Jon May	(Enfield HAC)	65.32	M60
41. Peter May	(unatt/Moulton)	65.45	M50
42. Tony O'Meara	(unatt/Moulton)	67.25	M70
43. Dave Ainsworth ©	(Ilford AC)	69.05	M65
44. Eddie Trotter	(Ilford AC)	71.44	M65
45. Ken Livermore ©	(Enfield HAC)	73.24	M80
46. Ray Still	(unatt/Moulton)	76.55	M65
47. Bernie Hercock	(Enfield HAC)	2.5m	M80

Women's 5 miles

© = Centurion - *=pb

1. Sophie Hales	(Steyning AC)	42.45	SW
2. Maureen Noel	(Belgrave H)	48.59	W50
3. Helen Middleton	(Enfield HAC)	49.29	W50
4. Angela Martin	(Surrey WC)	*51.29	W50
5. Olga Sinkevica	(Sarnia WC)	52.21	SW
6. Fiona Bishop	(Woking AC)	53.00	W55
7. Elizabeth Blakie	(Ryston R)	54.27	W55
8. Joyce Crawford	(Red Lodge R)	54.31	W45
9. Lynn Jones	(Enfield HAC)	55.08	W50
Jo Miles	(Hillingdon AC)	55.08	W55
11. Valerie Nutley	(St.Eds Pacers)	55.50	W55
12. Pamela Abbott	(Enfield HAC)	55.19	W50
13. Diana Braverman	(Enfield HAC)	56.40	W60
14. Jayne LeNoury	(Sarnia AC)	57.52	W50
15. Sue Clements ©	(Cambs & Col)	58.41	W60
12. Kay Coulson	(Sarnia WC)	59.40	W45
17. Joanne Outtrim	(Unatt/Cambridge)	60.27	W40
18. Clare McDonagh	(Unatt)	62.01	W50
19. Sue Smith	(Ryston R)	66.33	W50
20. Michaela Joysey	(Unatt/Cambridge)	67.31	W35
21. Rachel Webb	(Moulton)	68.02	W50
22. Sue Mills	(Moulton)	71.30	W50
23. Shelley Owen	(Moulton)	74.21	W50

Junior Races**U10's 80m** Oliver King
U12's 100m
Mia King
Gema Lewis
Mia King
Elissia Deuter

U14's 300m
George Wilkinson
Seren Palmer
Emily Sargent
Suffolk championships:
Joyce Crawford
Val Nutley
Rachel Webb
Callum Wilkinson
Malcolm Smith
Phil Nutley
EVAC Champions:

Elizabeth Blakie Paul Firmage

Judges: M.Croft, P.Wilson, R.Wallwork

Timekeepers/Recorders: Dr.L.Jennings, J.Mower, J.Grimwood, P.Ficken, T.Wilkinson

Registrations: M.Livermore, L.Spinks, G. & T. Wilkinson

First Aid: P.Brown, M.Houghton, G.Lawes, F.Mumford, M.Woolard (BRC)

- Water Station: 1st Moulton Scout Troop

Marshalls: M. & S.Ashpole, T.Ashpole, M.Blyth, G. & J. Dobson, J.Grant, C.May-Holt, P.Nixon, D.Rabeth, B.Saddler, D.Weaver, R.Whatling, S. & S.Woolston

Catering: D.Bowes, M.Hall, M.Livermore, G.Stoneham, R.Spinks, J.Wallwork

August Panthers Report

Since the last Moulton Matters newsletter the Panthers football teams have been taking a break over the summer, with the new football season due to start at the beginning of September. We held a very successful presentation day over at Milton Footgolf Centre in July, where approx 45 players of all ages enjoyed a round of footgolf before being presented with some well deserved awards.

Maintenance has continued on the village playing field over the summer to try and keep it in as good as condition as possible. The Panthers committee would like to say a BIG THANKYOU to Richard James who re-seeded the playing field with a special slot seeding drill. Thanks also goes to Douglas James and the Parish Council for looking after the playing field for everyone to enjoy and for supplying the seed.

After a lot of hard work by both coaches and committee Panthers Football Club has also

achieved The FA Charter Standard accreditation. Which is great news for such a small club. The FA Charter Standard programme supported by McDonald's is a kite mark, which recognises and rewards high quality levels of provision in club and league football. The kite mark is awarded to clubs and leagues that are well run, sustainable, which place child protection, quality coaching and safety paramount.

But this would not be possible without all our coaches and the sponsorship from Mike and Kathy at Moulton Stores who have continued to support the club by sponsoring waterproof jackets for the under 16 team, Race Right who have kindly sponsored the under 16 kit. Genix, and Wilson Physiotherapy Ltd. So a BIG THANKYOU!!! But we are still looking for new sponsors, if you would like to sponsor a team kit, Jumpers or any kit/training equipment to support your local youth teams we would love to hear from you.

For more information please contact nicola.talbot1@tiscali.co.uk

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Musical Infants



There are often interesting and exciting things that happen in Moulton that we hear little about. I was fortunate to be invited by Jennifer Howells to see her Musical infants Class in action.

Jennifer runs this class every Thursday morning at Moulton Lodge on Newmarket Road for Children aged 1 – 4 years to introduce them to music and musical instruments.

On the morning that I joined them there were lots of children and their mothers present and it was clear that the children (mothers too) were having a lot of fun. Joining in with familiar songs and actions accompanied by Jennifer on the guitar there was a lot of laughter and much concentration to get the actions right. Surprisingly at such a young age each child took turns to play the small cello and seemed thrilled at the deep resonant sounds they produced. Each term a different musical instrument is introduced with which the children are helped to produce sounds. I spoke to some of the mothers, some of whom had been attending for a number of years, and they said the children had grown in confidence and socialisation skills and looked forward to each weekly class. Some had also started to develop a real interest in music and singing.

There is also a “coffee break” for a friendly chat with other parents.

The class is one hour long and starts at 9.15am.

If you are interested do give Jennifer Howells G.T.C.L., L.T.C.L. a call on 01638 552582 for further information.

Advertising rates

For many years we have been able to keep our advertising rates down but as printing costs have increased we reluctantly have to pass this small percentage increase on to the advertisers. As you are aware it is the advertising that pays for the newsletter, and so from 1st September 2015 the advertising rates will be as follows:

Full page	£30 for 4 issues
¼ page	£12.50 per issue (£50 per 4 issues)
½ page	£17.50 per issue (£70 per 4 issues)
Full page	£30.00 per issue (£110 per 4 issues)

Our distribution numbers have also increased over the last 12 months to include the Farriers Grange development which is also part of Moulton parish. Our circulation number is now 550 copies. This means that advertising coverage is greater.

We thank you for your continued support in the knowledge that without the advertising there would be no newsletter.

Kind regards

Lisa & Jill

Lisa Rampling,

3 Chippenham Road, Moulton CB8 8SN

Tel: 01638 552631 elissarampling@gmail.com

Jill Goodwin, 4 Cheveley Road, Moulton CB8 8WF

Tel: 01638 551851 jerryjill99@hotmail.com

Moulton Community Choir

Summer round up and looking ahead to Autumn 2015

The choir was asked to sing at the Annual Dinner of the Newmarket Lions club at the Rutland Arms Hotel and produced a stirring performance for the audience.

On Saturday 6th June the choir sang at the Newmarket Festival of Choirs evening held in St Mary's Church Newmarket . Our selection of songs was very well received and applauded.

During the Summer we also sang at two weddings in Moulton and Stoke by Clare.

On a more sombre note we were honoured to be asked to sing at the funeral service of Len Horsnell, much loved Dad of both Judith Fisher, our original Musical Director, and her sister Jane Horsnell who now leads the choir.

We have since been told that our singing of Pie Jesu and I shall not want was very beautiful, moving and much appreciated by the family and all the mourners.

Our fundraising Summer Gala Concert was held on a beautifully balmy summer evening in St Peter's Church. There was a great turn out of villagers and people from further afield to hear us sing, finishing up with a medley of well-loved Vera Lynn favourites accompanied by much flag waving!! Over £300 was raised.



Autumn 2015 will see us increasing our repertoire with new medleys of songs from a wide variety of sources.

As part of our community involvement the choir is also planning to sing at Kentford Manor, The Affleck Arms and Tattersalls Carol Concert in December.

We hope to continue to practise and rehearse each Tuesday from 6-45 pm to 8-15 pm in Moulton Primary School.

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

Marian Brown on 01638 552953 or email music@thebrownfamily.com

Fuller & Marshall

Mr fuller has now retired from the partnership after 43 years and would like to thank all of our customers for their loyal support during this time.

Mr Marshall will be carrying on doing plumbing, heating and small building works and can be contacted on 01638 750488 or 07985303958.

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Bowling will start again on Friday September 4th after the summer break. We have friendlies arranged with various villages 'home and away'. All ages welcome - cost £3 per evening which includes tea/coffee and nibbles. For more details contact Olive Newman 01638 751284 or Dick Marshall 01638 750488

Website

Suffolk County Council have been encouraging all villages to have their own website, and using their template I am delighted to advise you that we now have a new village website.

The address is moulton.onesuffolk.net and at this stage it is very much a work in progress. However, as my webmaster skills grow and we have input from people in the village, I will aim to make it the first place to look when an event is happening, for village news, updates on clubs and organisations and history of the village. Also, as the Police regularly send through alerts by email I want to post these as blogs on the website and then automatically send via Facebook and Twitter (for those that subscribe to these).

'Find Molly' – somewhere in one of the pages I have put a small figure –



If you look through the pages and find her, then email me Elissa.rampling@gmail.com stating on which page you found Molly, I will put all the correct answers in a hat and ask Bob Saltmarsh to draw the winner at the Harvest Supper evening on 3rd October. The winner will receive a £10 prize.

Lastly, I would like to thank John Scott for the work he has done up to date with the old village website. I now realise how much work is involved in trying to put one all together.

If you want to make any suggestions to the website please do let me know 552631.

Lisa Rampling

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SEPTEMBER EVENTS

Sunday 6 September

Celebrate Lakenheath Fen's big twentieth!
10am-4pm

Join us for a free history themed family fun day to celebrate to twentieth anniversary of the reserve. All of the usual activities will be available plus much more. There will be a history themed trail and a chance to trace the reserve's history as far back as Neolithic times, which was around 4,000 years ago! **Facilities charge of £4 per car applies to non-members of the RSPB. All children must be accompanied by an adult and accompanying adults are free. No need to book**

Sunday 20 September

The Long Walk

9.30am-3pm

Join us for a 10 kilometre (Around six and a half mile) walk around the reserve. This will provide a special opportunity to visit parts of the reserve that aren't usually open to the public. We will visit Botany Bay SSSI during the walk, which is an area of original fenland that has never been drained. **Please wear long trousers and stout footwear. Please also bring a packed lunch and plenty of water. Adults £12 Children £7 (Non-Members) Adults £7 Children £4 (Members) PAYMENT TAKEN AT TIME OF BOOKING via www.wegotickets.com/lakenheath; or by cheque**

Outdoor clothing and footwear is essential and binoculars are recommended.

Booking is essential for all events unless stated otherwise.

For all enquiries and bookings,

please contact: 01842 863400 or email: lakenheath@rspb.org.uk;

Other Information: Most events have outdoor components so please dress appropriately. Stout footwear and warm, waterproof clothing are strongly recommended. We suggest you bring a torch to evening events.

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Migration calls - September 2015

September marks the end of those long sun filled summer days, and for wildlife, the start of hard times to come. Those familiar summer visitors like swifts and swallows start to depart for sunnier climates whilst in coastal areas, bird numbers swell as waders and geese flock to our shores.

In the Brecks, September brings about the best time of year to catch a glimpse of one of our rare migrant birds, the stone-curlew. Migrating here to breed from southern Africa and northern Europe, the Brecks is one of their last strong holds in the UK, where the dry sandy soil and warm climate provide good breeding conditions. However, as any wildlife enthusiast will know, these are one of the most shy and easily disturbed birds found in the UK with very few people being lucky enough to catch a good glimpse of them.

Stone-curlews are crow sized birds with bright yellow legs, knobby knees and highly effective camouflaged plumage. This helps them to disappear as if by magic into the sandy soil of the Brecks. They are ground nesters, nesting on grass heathland or arable land in the Brecks. They lay their two eggs on bare and stony ground. If successful, pairs will raise two young and may try and raise two broods.

The RSPB has been working with farmers, gamekeepers, landowners and our conservation partners for 30 years in the Brecks to monitor

and provide protection for nests and young on arable land year. This year marks the thirtieth anniversary of this successful partner project, which has raised their population from under a 100 pairs when the project started to over 240 pairs at present day. The success of this project would not have been possible without the cooperation and passion of those involved.

For anyone who hasn't had a chance to be mesmerised by their large piercing yellow eyes and their haunting curlew like call- never fear! During late August and early September these wailing heath chickens gather together in large roost flocks at the end of the breeding season, where they can be seen during the day feeding, preening, resting and sometimes getting annoyed with their neighbours! This provides the perfect opportunity to catch more than a glimpse of these icons of the Brecks, and with their breeding season finished, you do not run the risk of disturbing them.

So if you haven't been to see one of the things that make the Brecks so special then why not join us on one of our September roost events?

Sadly, I am leaving my role in the Brecks at the end of September to start my new role as the Devon Visitor Experience Manager for the RSPB Exe Estuary Reserves and surrounding area. I will miss writing these articles and I hope they have inspired you to explore the Brecks on your doorstep.

Sammy Fraser

Brecks Community Engagement Officer

Another chance to camp out in the wild

If you read these articles regularly, you may remember that last June, I wrote an article about camping out under the stars here at RSPB Lakenheath Fen. Our Big Wild Sleepout event that took place between 20-22 June went very well indeed and we were blessed with some wonderful weather for the entire weekend.

Our event included a bio blitz of events and we saw a massive variety of species, both large and small. The highlights included our Warden finding a rare goat moth in her moth trap and one of our

volunteers finding a beautiful emerald damselfly while he was leading a "Dazzling Dragonflies" walk.

This year, the RSPB will be holding Big Wild Sleepout Events across the country over the weekend of 7-9 August. Once again, we will be having a two night event on 7 and 8 August. The event on the Friday night will be a bat and moth themed campout and the event on the Saturday night will be a "family fun night" full of wildlife themed activities.

The RSPB Brecks team are also planning an event over the course of the weekend. Last year, they held an event at High Lodge in Thetford Forest. They were lucky enough to see nightjars and glow worms. They also went for an early morning walk the morning after. If you would like more information about this year's event, please ring 01842 753732 or e-mail thebrecks@rspb.org.uk;

We are hoping for good weather again this year as August is a great time to look for wildlife. It is a good month to look for bats and if the weather is nice and warm, there should be plenty of moths on the wing as well. An added bonus if the skies are clear is that we may be lucky enough to see the Perseid meteor shower, which should peak this year on 11 August. The best time to look for it will be the hour before dawn, which means between 4am and 5am at this time of year.

If you are unable to come to one of our events, you could always hold your very own Big Wild Sleepout in your garden! Please visit the Big Wild Sleepout website for more information:

<http://www.rspb.org.uk/discoverandenjoynature/discoverandlearn/sleepout/>; If you do, we would love to hear how you got on and to see some pictures!

Although I don't tend to get much sleep, I am really looking forward to our Big Wild Sleepout events this year. As I write in mid-June, several people have already booked onto the event so hopefully our events will be as successful as last year! We hope to see you soon.

David White

Visitor Experience Officer RSPB Lakenheath Fen



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Bookings/Secretary	Jill Goodwin	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@moultonsuffolk.co.uk

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

DAY	CLASS	TIME	CONTACT	TEL
Monday	Pre-School	09:15	Pauline Paines	07905 786303
Tuesday	Healthy Walkers	10:00	Ron Wallwork	01638 751869
Tuesday	Cubs/Beavers/Scouts	18.00	Geraldine Law	01638 750845
Wednesday	Pre-School	09:15	Pauline Paines	07905 786303
Wednesday	Dog Training	19:00	Sue Hough	07836 624684
Thursday	Pilates	09:15	Alison Wilson	07752 360839
Thursday	Upholstery	10:30	Danny Niven	07840 777053
Thursday	Bridge club	14:00	Graham Burford	01638 661642
Thursday	Badminton	20:00	Yvonne Slater	01638 750547
Friday	Pre-School	09:15	Pauline Paines	07905 786303
Friday	Hip Hop Work Out	18:00	Nikki Hayes	01638 751208
Friday	Youth Club (2wkly)	19:15	Lara Briggs	01638 551835
Friday	Carpet Bowls	19:15	Dick Marshall	01638 750488
Saturday	Dance studio	08:30	Rachel Glen	
Saturday	Panthers Football	10:00	Nicola Talbot	01638 552358
Sunday	Panthers	10:00	Steve Wilson	07538 241521
Sunday	Veterans	10:00	Steve Wilson	07538 241521

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Local District Councillor (James Lay)	01638
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Moulton Parish Council Clerk (Lorraine Stone)	01638 720971

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