



# Moulton Matters

The Village Newsletter

Summer 2018

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Pantomime

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Panthers

Speed Watch

*And lots more...*



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**Luncheon Club p19**



Moulton Matters - a quarterly publication edited by Lisa Rampling & Jill Goodwin

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## Flower planting in the Village

We all enjoy seeing the flowers around the village and this spring the daffodils have been spectacular. If you would like to help with pre-planting preparation for the summer bedding please come along on Sunday 3<sup>rd</sup> June at 9.30 am at the village hall. Please bring gloves/trowels and energy. Tea and coffee will be provided.



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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 14th August for distribution in the first week of September. For previous copies and advertising rates please check out our Village website <http://moulton.onesuffolk.net>

**Lisa Ramping 552631 and Jill Goodwin 551851**

# Parish Council News

Potholes / Highways - the hot topic for this edition.

For months the Parish Council has been complaining to the Highways Department of Suffolk County Council about the state of our village roads.

We became so fed up with the lack of any sort of response that we agreed to ask other parishes if they were getting any better service. The replies came in thick and fast – everyone was as frustrated as us.



We decided to organise a joint meeting with the Highways' Chiefs and any representatives from our area (Forest Heath). The parishes in St. Edmundsbury got to hear about our meeting and also wanted to add their weight to the arguments. So, this very big meeting will take place on the 29<sup>th</sup> May and we will be able to air the views and frustrations of so many of you, with the people responsible.

We will optimistically wait for the state of our roads and potholes to improve.

We will update you at the Parish Council Meeting on the 16<sup>th</sup> July at 6 .30pm at Moulton School. All Agendas and Minutes of Meetings are available on our website [moulton.onesuffolk.net](http://moulton.onesuffolk.net)

## Local Lettings

Just to remind you that when our local housing association sold off three houses in the village we fought very hard against it. The houses were sold but we managed to get a local Lettings Policy. This gives priority to people with a local connexion on the local authority list. The aim of the policy is to keep families together, to allow children to look after parents and grand parents to look after children etc. thereby taking pressure off the social care system.

## Village Maintenance

The Parish Council is responsible for maintaining the village centre, the green, the playing field and the riverbank. The District Council maintain all the other green areas.

Because of District Council cutbacks the green areas away from the centre of the village are not being cut so often and therefore in the Autumn the leaves from the trees are not collected. This is a unfortunate but a reality, and all we can do is to ask everyone to do a little more to keep the village tidy and clean. We already do a huge amount of work with the help of volunteers but the more people who take part, the easier it is for us all.

Bill Rampling

## St Peter's Church News.

The **Suffolk Historic Churches Trust** will hold their

**\* annual event to encourage people to gain sponsorship and then cycle or stride**

**\* to as many Suffolk Churches between**

**\* the hours of 9am and 5pm on Saturday 8<sup>th</sup> September 2018.**

Our PCC have agreed to keep church open and staffed all day, and to provide refreshments for the participants.

Last year in the Mildenhall Deanery area which includes our churches, **£3013.50** was raised from sponsorship. This was split between the place of worship chosen by the Rider/Strider and the Trust, which in turn subsidised various maintenance projects across the diocese. It was their 50/50 funding that enabled us to install the Roof Alarm in January 2017, so we are more than pleased to be supporting their event again. If you would like a **sponsorship form** please get in touch. If you could provide some cakes on the day or savoury items, do let us know. Thank you.

~~~~~

It gave me great pleasure to welcome **Moulton Primary School** to St Peter's for their Easter Service in March. They behaved so well and showed respect to the people they met and for the sacred space they entered for their gathering. They performed their words and songs with enthusiasm, clearly encouraged by all the staff. Poise and confidence are crucial skills to learn at primary school. This was most evident in the maturity of the older children who read their prayers with great understanding and sensitivity. We are very fortunate in our village to have such a dedicated team of teachers and support staff led by Mrs Shipp who create such opportunity for growth and development.

~~~~~

During our regular services there is an opportunity for a group of prayers to be said that focus on issues with a personal emphasis. These prayers can reflect local or national concerns and they convey a caring awareness of what life experiences can mean to others. My first example is from our benefice gathering in St Peter's Church in March.

**"On this Mothering Sunday** we give heartfelt thanks and gratitude for the endless love of mothers everywhere, their steadfast commitment to provide for and uphold their young, to protect and guide, discipline and teach their children. That they do this with humour, joy and resilience makes them special disciples. Many enjoy parenthood, accept the pain of sacrifice, but faithfully fulfil their promise to cherish their children always.

We remember today also, those who face motherhood with the fear of rejection, the dread of increasing debt and poor housing. The intrusive social media that can wreck relationships and the damage caused by drugs and violence. All parents need courage and fortitude, for some, disappointment and anguish fills their hearts.

May this special day bring new hope to the challenged, unhappy, deserted, frightened and the lonely.



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# Moulton Grand Duck Race

## & Family BBQ

### Sunday 26<sup>th</sup> August

3 pm Brookside



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As in previous years the Duck Race will take place on Brookside, followed by live music, BBQ and children's entertainment on the playing field.

This year we are offering all Clubs, Organisations, Charity's the opportunity to run your own stall or sideshows (keeping the takings). We have some equipment, Bowling for the Pig, Coconut Shy etc available.

If you are interested, please contact Liz Burch – 01638 552055

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Ducks will be available for sale nearer the day, look out for the signs.

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## Fleas and ticks

This has been a hot topic over the past months, especially with last year's emergence of the tick borne disease Babesiosis in Essex. Fleas and Ticks are tiny parasites visible to the naked eye that are found almost anywhere and everywhere!



Ticks latch onto our pets, suck blood and grow to about 1cm within 48 hrs. There is evidence to suggest an increasing prevalence and distribution of ticks within the UK, possibly as a result of climate change, and the increased movement of people and their pets between countries. Those that pose a particular threat to dogs are the sheep tick (*Ixodes ricinus*) and the hedgehog tick (*Ixodes hexagonus*).

Fleas are blood sucking parasites which jump onto our pets, feed for a few minutes, and then lay up to 50 eggs! These eggs can become adult fleas within eight weeks, resulting in a full infestation before you know it!

Fleas and Ticks are found throughout the UK. Their life-cycle is temperature dependent, but with central heating in all of our homes, and milder winters, we are seeing these parasites 365 days a year.

The three most concerning tick-borne diseases that British pet owners should be aware of are Lyme Disease, Babesiosis and Ehrlichiosis all of which can also affect humans. The best way to prevent your pet from contracting these diseases is to use a product licensed to kill ticks. Ash Tree Vets recommend a fantastic new product that keeps working for 12 whole weeks. Pop in or give us a call to find out more.

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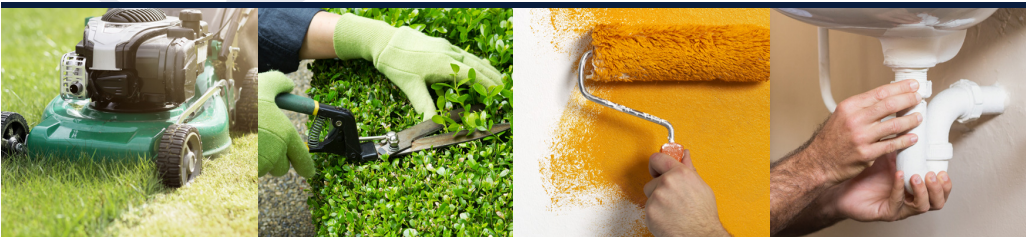
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# Village Shop & Post Office



Now that the sunshine has finally shown up and not every day is gloomy and wet like it appeared to be during the winter months, the atmosphere in the shop has gone up a gear. No day at Moulton Stores is ever quiet and on the murkiest of days you'll be sure to find a few people enduring the outdoors to enjoy a cuppa, but with the improvement in the weather the shop has become even more busy than usual. It's great.

A constant flow of brilliant customers come in throughout the day wanting breakfasts, lunches and more. Each day extra tables are needed outside the shop to accommodate the ever-increasing café culture. More frequently are they having to venture across the road and soon I think we'll need to expand into the sheep field!

Then, come school end, the Mr Whippy machine doesn't stop whipping with a queue of soon to be very happy children lining to its right-hand side. Mike's still not quite mastered the fine art that is involved in creating a perfect Mr Whippy, but the girls keep that department in order.

If it's not a whippy that our sweet toothed shoppers desire, then it's one of our delicious selection of ice creams, Toblerone being a popular newcomer. We've even almost sold out of Häagen Dazs which we never thought would happen after Mike ordered eight cases rather than eight tubs by accident. It's hard to keep up the orders with the amount of sunshine we're getting which is attracting new faces each day, so we hope this continues as it's lovely to see.

While we're on the topic of the wonderful spirit created within the shop thanks to all of you loyal and committed customers coming back for more, especially when British summer time shows its face, we'd like to introduce you to the 'Moulton Minx's'.



That's right, the shop ladies will be putting down their aprons for one day only and taking part in the Cancer Research Race for Life on June 10th. Fear not, it's a Sunday so business as usual the rest of the time but there will be a bucket in the shop for the week leading up to the event and for those of you who do everything online you can also donate to our Just Giving page at <https://www.justgiving.com/fundraising/Moulton-shop-ladies>

We would appreciate any donations that you can give.

Judging from the generosity and continuous support that our customers give us daily, we know that we will be able to raise a significant amount of money for such a fantastic cause that affects us all. Thank you in advance and look out for the bucket!

Aside from this event, we'd like to thank you for your never-ending support to the shop, making it a buzzing and vibrant place to be. Long may that last, a significant feature of this wonderful village that we live in!

Harriet Mills



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1/2 page	£17.50 per issue (£70 per 4 issues)
Full page	£30 per issue (£110 for 4 issues)

**\*Only ads for 4 issues accepted.**

For more information please contact  
 Lisa Rampling 552631 [elissa.rampling@gmail.com](mailto:elissa.rampling@gmail.com)  
 Jill Goodwin 551851 [jerryjill99@hotmail.com](mailto:jerryjill99@hotmail.com)

# Centenary Flower Festival

9<sup>th</sup> – 11<sup>th</sup> November, 2018, at St. Peter's Church



This November we will be commemorating and celebrating the end of World War I, one of the cruellest and most devastating events of our time. We hope to reflect the horror, bravery, and heroism of our soldiers, who did not know what they would be expected to do. The many young men who bravely fought for the future of their country and gave their lives for our future. Not forgetting the women who had to take over the work of their men-folk, which included nursing, munitions, forestry, land-work, to name but a few, whilst still caring for their homes and families. This, in turn helped boost the cause of Women's Suffrage Movement, which also has it's centenary this year!

On Friday we will start the weekend with an evening of entertainment reflecting the music, prose and poetry of the time – more details in the next Moulton Matters!

Then the Church will be open on Saturday and Sunday for one and all to enjoy the flower extravaganza along with light refreshments being served throughout the day!

## Would you like to help us and be part of this event?!

We would really appreciate some help with the Flower Arranging on this scale. Perhaps you would like to do one of the arrangements or you may have a garden full of greenery which you would be happy to let us come and prune??!!!

We are also looking for a WWI uniform, nurses outfit and artefacts of the time – can you help?

**If so, please contact me on telephone: 01638 750190**

**Or - e-mail: [fran.saltmarsh@btinternet.com](mailto:fran.saltmarsh@btinternet.com)**

More details will be shown in subsequent Moulton Matters!

Many thanks and we hope you will note this in your diaries! – Fran Saltmarsh

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## Moulton Community Choir Summer 2018.

As the local hedgerows and verges festoon themselves with May blossom, clouds of Cow Parsley, delicate ribbons of powder blue Forget- Me- Nots, and swathes of Bluebells we in the choir know we are in the final furlong in preparation for our annual Summer Gala concert. This will take place in St Peter's Church, Moulton on Tuesday 3rd July at 7-30pm.

Our usual sumptuous buffet of savoury and sweet delights will be served after the concert and there will also be a variety of liquid refreshments expertly dispensed by "Barman Extraordinaire" Bob, before, during and after the concert; It's thirsty work singing!

The choir has been invited to sing at Ashley Village fete on Sunday 5<sup>th</sup> of August and at Stetchworth's inaugural Summer Choir Festival to be held at St Peter's Church in the village of Stetchworth on Tuesday 12<sup>th</sup> June at 7-30pm. Details on posters in the post office.

On a more sombre note we were all devastated to lose one of the stalwarts of the choir Bill Simmonds who sadly died on the 16<sup>th</sup> February 2018 aged 80. Bill's enthusiasm for singing and making music in general made him a valued member of not only our choir, but also The Kitchen Choir from across the border in Cambridgeshire. We so miss his great sense of humour, his resigned acceptance of his role in the infamous Moulton Choir choreography (aka. the Moulton Shuffle) during concerts and the ever present twinkle in his eyes. His last starring role at the Tattersalls Carol service last year saw him triumphantly sauntering off with not one, but two delightful ladies on his arm in our humorous medley of Santa Baby/Baby, it's cold outside!

We were both moved and honoured to sing at the celebration service of Bill's long and eventful life in a sunlit church full of family and friends in Dullingham on March 23<sup>rd</sup>. We think he would have approved of our choice of two songs; I shall not want and the more upbeat Blueberry Hill.

The Kitchen Choir also sang two uplifting pieces The Longest Time and You Raise Me Up followed by a brave solo rendition of Dream Lover by Bill's Granddaughter Hetty.

At the end of the last spring term rehearsal our choir toasted Bill's memory with some hot mulled wine and cake. We will all miss him and his infectious Joie de Vivre.

We practice each Tuesday evening in term time at Moulton Primary School hall from 6-45pm to 8-15 pm and anyone interested in joining our merry band can pop along to see what we get up to. New members can start learning our new repertoire in September.

For further information please contact Marian Brown on 01638 552953

Or email: [music@thebrownfamily.biz](mailto:music@thebrownfamily.biz)

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# St Peter's Church Moulton



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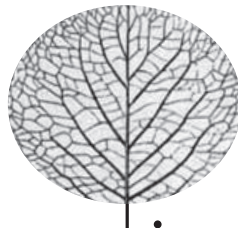
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## Open Garden Event

*9<sup>th</sup> September from 2pm-5pm*

11 Brookside, Moulton

Liz and Peter Mavroghenis will open their garden again under the National Garden Scheme on Sunday 9<sup>th</sup> September from 2 – 5pm.

Tea/coffee and delicious cake will be served on the south terrace – all in support of great charities such as **MacMillan Cancer Support and Hospice UK.**

Well worth making a note in your diary of this lovely event.



## *Luncheon Club*

The aim of the Luncheon Club is to provide the opportunity for people to get together, make friends or to renew friendships whilst enjoying a delicious lunch. Anyone of any age living in the village or with strong ties to the village is welcome to come along and enjoy a lunch with us. We meet at 1.00pm on the last Tuesday of each month except for August and December.

If you were present at our February meeting you will know we had a **Soupnami**. We had three soup kettles all set up on the table in front of the serving hatch when the table collapsed and the result was a pool of delicious soup on the floor. It was a little bit of 'don't panic' behind the scenes but it all worked out beautifully in the end. Willing hands helped to clear it all up and fortunately we had enough reserve soup in the kitchen so that everyone had plenty, even seconds.

In April we had around 50 people which was lovely, and we welcomed three new people.

We are very fortunate to be sponsored by Robin Millar, Suffolk County Councillor who funds the hall hire for the year. We only charge £2 per person with any soup/cake left over being offered for sale to take home.

Our fantastic team of soup/cake making/clearing up volunteers are Dorothy Bowes, Jenny Sabin, Zayana Price, Sally Lambourn-Brown, Marian Brown, Bridget Blum and Bill Rampling. However we could not manage without everyone who helps to get the chairs out, put out all the tables, sweep the floor and generally make our job so much easier.

Everyone is welcome - we can also try to arrange transport if necessary. If you need any more information please do contact me.

Lisa Rampling 01638 552631 07528175021 [elissa.rampling@gmail.com](mailto:elissa.rampling@gmail.com)

## Panthers Report May 2018



Panthers under 16's finish the season top of the league and Suffolk County under 16's cup winners. The boys only lost one match all season. (See team photo) and finished their cup final with a 5 -1 victory over Bacton.

The Pink Panthers have also made it to the Cambridgeshire County under 12's Girls Cup final to be played on the 19<sup>th</sup> May. So good luck to the Girls. This is a great achievement for a small village to have 2 teams making it to county finals for their age groups.

Panthers is also pleased to announce that we have retained our FA Charter Standard Award. This award recognises clubs with a high level of coaching and good practice within grass roots football.

We will soon be taking our summer break after this years end of season presentation where all the players receive awards and special awards are given out for players player, supporters player, managers players, most improved and clubman of the season.

But this would not be possible without all our coaches and the sponsorship from Mike and Kathy at Moulton Stores, Gotcha Security, Adcock and Wilson Physiotherapy Ltd. so a BIG THANK YOU!!!

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



© Richard James

The Girls Team played really well but lost 3-0 to Cambridge city.



© Richard James

The under 13 boys played in the Isleham tournament today (20<sup>th</sup> May 2018) and were undefeated in the group stages, but lost 3-0 in the semi-final against Cottenham.

Well done to both teams.



Jackson-Stops  
& Staff

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## Moulton Village Hall Pantomime

Saturday 12th January 2019

### WE NEED YOUR HELP!

Following a meeting in May we have about a dozen volunteers ready to work on the Village's first pantomime – most of these are happy to work behind the scene. However, we desperately require the following actors:

Cinderella	Female Prince
King & Queen	Lord chamberlain
Stepmother	2 x Ugly sisters
Buttons	Fairy Godmother/Dame



We are holding a Make or Break meeting on **Sunday 3<sup>rd</sup> June 12 noon in the hall** for people to come along and put their names down for either the above parts of behind scenes. If you can't make the meeting but would be interested just give me a ring or e-mail.

Auditions will be held later in the month.

This is an opportunity for all ages in the community to come together to prepare for a 'One Day Only – 2 Performance Pantomime' and I am sure have a great deal of fun on the way!

Jill Goodwin 551851 [jerryjill99@hotmail.com](mailto:jerryjill99@hotmail.com)

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## Speed Watch



We carried out several sessions in late March and the percentage exceeding 35mph was 13%. The highest recorded speed was 55mph near the junction at Moulton Avenue in Kentford (a silver Volvo estate at 8.25am on March 26th).

This is totally unacceptable, and I hope the driver is aware of this.

We have had further police presence in the village and they have made some prosecutions.

With the weather improving we will step up the sessions but we still rely on your help. If anyone would like to have a go please contact me on 07768798066 or [timjam@hotmail.co.uk](mailto:timjam@hotmail.co.uk).

Please keep to the speed limit through the village.

Tim James

## A cultural paradox, the age of communication and unprecedented loneliness.

We live in an age of unprecedented connectivity, the cultural changes that mobile phones, email, social media have created are wide reaching. Those at 360 who are my generation have found it to be a roller-coaster of constant learning new processes, disintegration of customer service and encouragement of feeling like we are a number. We all have felt that we are an annoyance to companies when we ask for human help and have had to develop our sense of humour when constantly told to read reams of information on a website to find an answer to a question or query. The reality is there is too much information and we live in a culture which is anxious about being wrong, sued or worse.

One consequence of the 'Tech revolution' (or invasion?!) is that many people have less human contact and connection with people. Connecting with humans is far more than just nice! It is the most fundamental element for a healthy mind and psychology. Alfred Adler (founder of Individual Psychology) believed that in-person connection is as essential for our psychological wellbeing as oxygen is for our physiological health. This is agreed by many grounded theorists. Connection to others gives us the opportunity develop ourselves, observe our psychology and inner dialogues, develop respect, tolerance and understanding and ultimately grow within ourselves and our community.

An effective wellbeing model that prevents common mental health issues (a preferred term is psychological wellbeing) has a few elements in common which includes connection to self/others, developing and maintaining relationships with others who encourage your wellbeing and self-respect. Encouragement is another element, self-encouragement and encouragement from and to others develops confidence, self-esteem, social connection and an 'I can do' attitude which enables us to engage in tasks. Loneliness is one key component in compromised mental health, whatever the presentation and in-person connection is the panacea to this.

We are so fortunate we have a connection hotspot, The Moulton Stores. The value this brings is intrinsic to the health of many locals as it provides of hub of real connectivity! Of course, it's not the store it is the people within it who offer so much more than yummy food and post office services, they offer friendly, warm and interested in you human contact which is one of the most precious of gift we can offer.



**Camilla Ghazala**

Managing Director

BA (Hons) bacp accredited

Senior Coach | Tutor | Therapist

01638 552047 | 07881 937354 | info@360arw.org



360 is the home of preventative interventions and effective talking treatments that protect, develop and improve our all round wellbeing.

Since 1983 we have worked with psychological, emotional and behavioural health using effective, safe and practical styles of coaching, therapy and education. We work with Individuals, couples, families and corporate teams who want to develop self-awareness, communication, resilience, confidence, collaboration, assertiveness, respect for self/others and their creativity.

The label 'mental health' is the most used 'diagnosis' in the UK. This umbrella term (which many are lobbying the Gov to change) includes: anxiety, stress, depression, addictions, emotional eating, chaos creation, avoidance, insomnia and excessive behaviours. Working with us ensures crystal clear identification and understanding of the internal patterns that create these wellbeing issues. Habits and patters can be developed to improve health and relationships from the inside out. At 360 we work in collaboration with people in a highly professional, reliable, ethical and effective manner. If we cannot offer the most useful approach for you at this time we will signpost you to another service/organisation.

**Core services include:**

- Coaching ●Therapy ●Education ●Mentoring ●Clinical Supervision ●Consultancy ●Mental Health Advise ●Senior Executive & Management Advice ●HR Advise

**Key training includes:**

- Mindfulness ●Positive Team/Family Dynamics ●Prevention of MH Issues ●Communication & Collaboration
- Personal Development ●Professional Development ●Burn Out Prevention ●Employee turnover & sickness absence reduction

For further information about Camilla and what 360 can offer please browse our website:

[www.360arw.org](http://www.360arw.org).

Alternatively, you are welcome to contact Camilla directly.



**Camilla Ghazala**

Managing Director

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## New Arrivals in Cheveley Road

At the beginning of April David was pottering around the garden when Freda suggested he take out the large sedge plant (a coarse grass plant) in the flower bed before it went to seed and spread even more.

Anything for a quiet life thought David and went off to find his fork.

With much gusto he lifted the fork high and thrust it into the soil at the edge of the plant. To his shock and horror, a large angry female duck flew out of the centre of the plant across the garden and flew over the hedge. Wow they did not expect that! They both peered into the plant and there was a nest full of nearly a dozen eggs.

Quickly David and Freda retreated into the house in the hope mum would come back. They were not disappointed as mum flew back to the nest with dad not far behind sitting on the roof tops.

David and Freda turned to Google – how long before the eggs would hatch? What can you do? What food do you leave out? Lots of questions but only one answer: the eggs would take about 28 days to hatch.

So, for the next few weeks neighbours called out ‘how is mum today’ and David and Freda prepared for the ducklings filling trays of water. The grand children were none too pleased to see their paddling pool appear in the garden but not for them!

At the end of the month the daily call changed to ‘Any news? How much longer?’.

The reply came ‘Any day now’.

Then early one Friday morning David and Freda sent text messages around to tell everyone ‘they have arrived’. David invited neighbours Jill and Jerry to see the happy event. There on the lawn stood a very proud mum with 11 ducklings swimming and pecking around her. Dad looked on from the shed roof. Once the oooo’s and aaaah’s were over the next question was what are you going to do with them?

David and Freda had a plan A to get them down to the river. However, David showed Jill and Jerry a rather painful cut on his foot delivered by mother duck. So on to plan B. Oh dear, there was no plan B.

On Saturday morning mum and the ducklings were still enjoying their Cheveley Road home even though David and Freda had got up early and opened the side gate and cut a small hole in the hedge hoping they would find their own way to the river. After going about their morning chores and cutting the front grass, David and Freda returned to the back garden and to their surprise mum and all the ducklings had gone without even a thank you!. David and Freda quickly walked along Dalham Road and down Church Road to see if there were any squashed ducks or ducklings on the road but there were none.

The new family hopefully found their way to the river and now David’s priority is to remove the Sedge before they return to nest again next year!

Written by Jill Goodwin



# Rock in the Meadow



© Angel Stetson

*Jim Crawford*

*Split Whiskers*

*Revival*

**Saturday 7<sup>th</sup> July 2018**

5.30pm until 10.30pm

Tickets £10 in advance from Moulton Stores or £12 on the night

Children under 14 free

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## Moulton Walking Scene

It has been a miserable wet spring, but the Moulton Wanderers, with the exception of one Tuesday continued their weekly walks at a number of venues. In addition to the local village paths they have tramped at Kings Forest, Banstead Manor Stud, Cavenham Heath, Barrow, disused railway lines at Haverhall and did a town walk at Newmarket (picture below).

The Wanderers walk every Tuesday morning and newcomers are welcome, but should contact Ron Wallwork (01638 751869 – [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)) prior to their first walk. It costs nothing to walk with the group and there is no commitment to walk every week, just as and when people are able and want to.



In completely contrasting weather conditions during March/April half a dozen Moultonians were coping with temperatures in the 30's on the Australian Gold Coast, where one them; Callum Wilkinson was walking for England in the Commonwealth Games.

To combat the heat and humidity the race which was over 20km (12.5 miles) started at 7am and within half an hour the mercury had risen substantially and was already nudging above 30c and it got even hotter before the race finished an hour later.

Callum at 21, by far the youngest competitor in the field went into the race ranked tenth<sup>h</sup> in the Commonwealth. So, given the torrid conditions his 7<sup>th</sup> place finish in 82.35, less than 20 secs outside his personal best, was a superb performance!

The next Commonwealth Games will take place in Birmingham in 2022 and there perhaps, he will join the list of three English winners of the event since its inclusion in the Games in 1966. In the meantime, this major games experience will stand him in good stead in his bid for a place on the GB Olympic squad for Tokyo in 2020.





Enjoying a walk in the King's Forest

## 2018 Moulton Community Walks Saturday 2<sup>nd</sup> June

*The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP*



12.30pm **Young Age Group & Novice 2km** (Register on the day before 12.15)

1.00pm **Five miles Road Walk Challenge** Advance Entry £5 – on the day £7  
*inc. The Suffolk County AA championship - Under Race Walking Association Rules*

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### Volunteer Marshalls needed for the Saturday 5 mile Challenge

**Duties:** Assist in safely directing Walkers at road junctions  
Encourage the competitors.

**Time**

**Commitment:** 12 noon until 3pm

**High-Viz Bibbs and Refreshments provided**

Contact Ron Wallwork on 01638 751869 or [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)

## Bugs galore

I am sure that I have said before in these articles that over the last nine years that I have worked at RSPB Lakenheath Fen, I have got really interested in insects. I never expected it happen but it has! One of the great things about insects is that there are so many different of types. On the one hand, this can be quite challenging, as there are so many different types to try to tell apart. On the other hand, the fact that there are so many different "creepy crawlies" of different shapes and sizes is a wonderful sign of how good the reserve is for insects.

The month of the June is one of the best months of the year for bugs at Lakenheath Fen. A good selection of dragonfly and damselfly species are on the wing and there are some weird species of beetles to be found. My personal favourite is the wonderfully named: "golden bloomed grey longhorn beetle." This species can be very conspicuous for a couple of weeks in June and they are regularly photographed due to their bizarre appearance:



They are long and thin in shape and they have two proportionally massive antennae, which almost make them look like aliens!

Another impressive species of beetle that we find on the reserve is the musk beetle.



This species comes in two colour forms, green or purple. They are one of the largest species of beetle that calls the reserve home and when somebody bought in a purple formed specimen in a bug pot at around this time last year, it hardly fit in the bug pot as it was so big!

Once our large friend had been returned to whence it was found, we had a quick sniff in the bug pot and found out where this species gets its name from: the very musky scent that it left behind!

I know that I have barely scratched the surface when it comes to beetles, as there are around 28 million known species in the world! However, this just means that there are plenty more species to learn about! If you do come to the reserve looking for bugs, I would recommend bringing your smartphone or camera with you. It is much easier to identify creepy crawlies from photographs than trying to identify them in the field as they don't tend to stay still for very long. If you find a species that you are not sure what it is, show us your photograph and we will (try to) identify it for you!

The reserve is open at all times. The visitor centre and toilets are open daily 9am-5pm. RSPB members visit for free. There is an entrance charge for non-members: Adults £3, students £2, children £1.50 (first child free per party). Please ring 01842 863400 or e-mail: [lakenheath@rspb.org.uk](mailto:lakenheath@rspb.org.uk); for more information. We hope to see you soon.

**David White**  
**Visitor Experience Officer**  
**RSPB Lakenheath Fen**

## June events

**Friday 1 June**

**Evening exploration**

**7pm-10pm**

The long days in June provide plenty of opportunities to get out and enjoy the reserve. Join us for a three mile circular walk to look for species like barn owls and cuckoos. If we are really lucky, we may even see an otter from one of the reserve viewpoints. At the end of the walk, we will also have a quick listen for the local bats near the visitor centre using special bat detectors. **Please bring a torch and insect repellent. We recommend that you wear long trousers for this event. 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.**

**Saturday 9 June**

**Wild Challenge: Shake a tree**

**10.30am-Midday**

This month, we will look for bugs by (gently!) shaking trees! We will find out creepy crawlies are living in our trees at this time of year. We will then do some quadrat surveys in the grass to find out what bugs are sneaking around in the grass. We are likely to find a selection of grasshoppers and crickets. We may even find the curiously named golden bloomed grey longhorn beetle, which looks positively extra-terrestrial. **This is a Wildlife Explorers Children's Club meeting and is suitable for children aged 5 to 12. All adults must be accompanied by a child to take part! Non-members £3, Members £2.50. Price includes car parking. No need to book.**

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](mailto: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.

**The RSPB is the country's largest nature conservation charity,  
inspiring everyone to give nature a home.**

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654

## Race Night – What a Winner

We had a fabulous evening with lots of fun and a wonderful curry supper provided by Dorothy Bowes and Zayana Price. We raised £1,650 for Village Hall and Church funds.



Thank you to all who attended.

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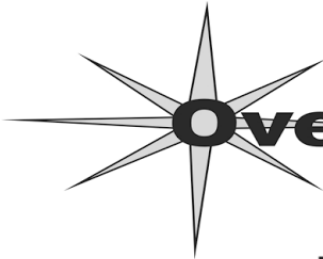
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## PARISH COUNCIL

The Parish Council meets regularly in the school 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:**

Bill Rampling (Chairman)	01638 552631
David Clarke	01638 750263
Ed Chambers	01638 750014
Peter Collin	01638 750665
Douglas James	01638 750897
Mark Price	01638 750200
Ron Wallwork	01638 751869
Rachel Webb	01638 551655
Tim James	01638 482012

### **Clerk to the Parish Council:**

Lorraine Stone	01638 720971
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### **Parish Priest:**

Rev Rosemary Rycraft	01638 750783	
Village Archivist :	John Gunson	01638 750131
County Councillor:	Robin Millar	07545 423782
District Councillor:	Roger Dicker	01638 750392
Member of Parliament:	Matthew Hancock	
Parliament Office:	0207 219 7186	Constituency Office: 01638 576692

### **Moulton Matters:**

Editors:

Lisa Rampling	Elissa.rampling@gmail.com	01638 552631
Jill Goodwin	Jerryjill99@hotmail.com	01638 551851

**<http://moulton.onesuffolk.net>**

## Telephone Directory

### MEDICAL

Addenbrookes 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

### CHURCHS

All Saints Church (Rev Max Osborne)	01638 662514
Catholic Church (Fr Simon Blakesley)	01638 662492
St Peters Church c/o Vicarage, Gazeley (Rev Rosemary Rycraft)	01638 750783
St Peters Church Wardens (Bob Saltmarsh & Anne Garmston)	01638 750190 & 751188

### NEWMARKET

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

### MOULTON VILLAGE

Parish Council Clerk (Lorraine Stone)	01638 720971
Parish Council Chairman (Bill Rampling)	01638 552631
Ash Tree Veterinary Surgery	01638 554477
Moulton Matters Editors (Jill Goodwin & Lisa Rampling)	01638 551851/552631
The Packhorse Inn	01638 751818
Village Hall Bookings (Jill Goodwin)	01638 551851
Village Shop (Mick & Kathy Dillon)	01638 750242
Village Bulk Oil Ordering Scheme (Lesley James)	01638 482012
Village School Head Teacher (Debs Shipp)	01638 750236
Village Website (Lisa and Mike Rampling)	01638 552631

### TRAVEL

Newmarket Taxi Hire	01638 561561
National Rail Enquiries	03457 484950
Stagecoach – Cambus	01223 423250

### EMERGENCY

Fire / Police Ambulance	999
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### NON EMERGENCY

Crime Stoppers	0800 555111
Gas	0800 111999
Power	0800 7838838
Water	08457 145145
Police – Non Emergency	101
NHS	111

## Moulton Village Hall

### Management Committee Officers:

Chairman	Richard Marshall	750488
Deputy Chairman	Dale Burch	552055
Treasurer	Jerry Goodwin	551851
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](mailto: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:

Monday	Pre-School	09.15 Pauline Paines	07905 786303
Monday	Salsa Classes	19.30 Jorge Zalasar	07826 810052
Tuesday	Moulton Mini Tots	10.00 Colleen Cox	07498 312612
Tuesday	Healthy Walks	10:00 Ron Wallwork	01638 751869
Tuesday	Community Lunch (Last Tuesday in the month)	13:00 Lisa Rampling	01638 552631
Tuesday	Cub/Beaver/Scout	18.00 Geraldine Law	01638 750845
Wednesday	Pre-School	09.15 Pauline Paines	(as above)
Wednesday	Dog Training	18:00 Rachel Langley	01638 778641
Thursday	Pilates	09.15 Alison Wilson	07752 360839
Thursday	BoogiBabes	10.30 Luan Latimer	07769 883506
Thursday	Bridge Club	14.00 Pat & Paul Harris	01638 500325
Thursday	Pilates	18.00 Alison Wilson	as above
Thursday	Badminton	20.00 Yvonne Slater	01638 750547
Friday	Pre-School	09.15 Pauline Paines	(as above)
Friday	Hop fit	18:00 Nikki Hayes	01638 75120
Friday	Carpet Bowls	19:15 Dick Marshall	01638 750488
Saturday	Dance studio	08:30 Rachel	
		<a href="mailto:rachel@dancexcelacademy.co.uk">rachel@dancexcelacademy.co.uk</a>	
Saturday	Panthers Football	10:30 Nicola Talbot	01638 552358
Sunday	Panther/U13	10.00 Steve Wilson	07538 241521
Sunday	Veterans	10:00 Mark Price	01638 750200



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