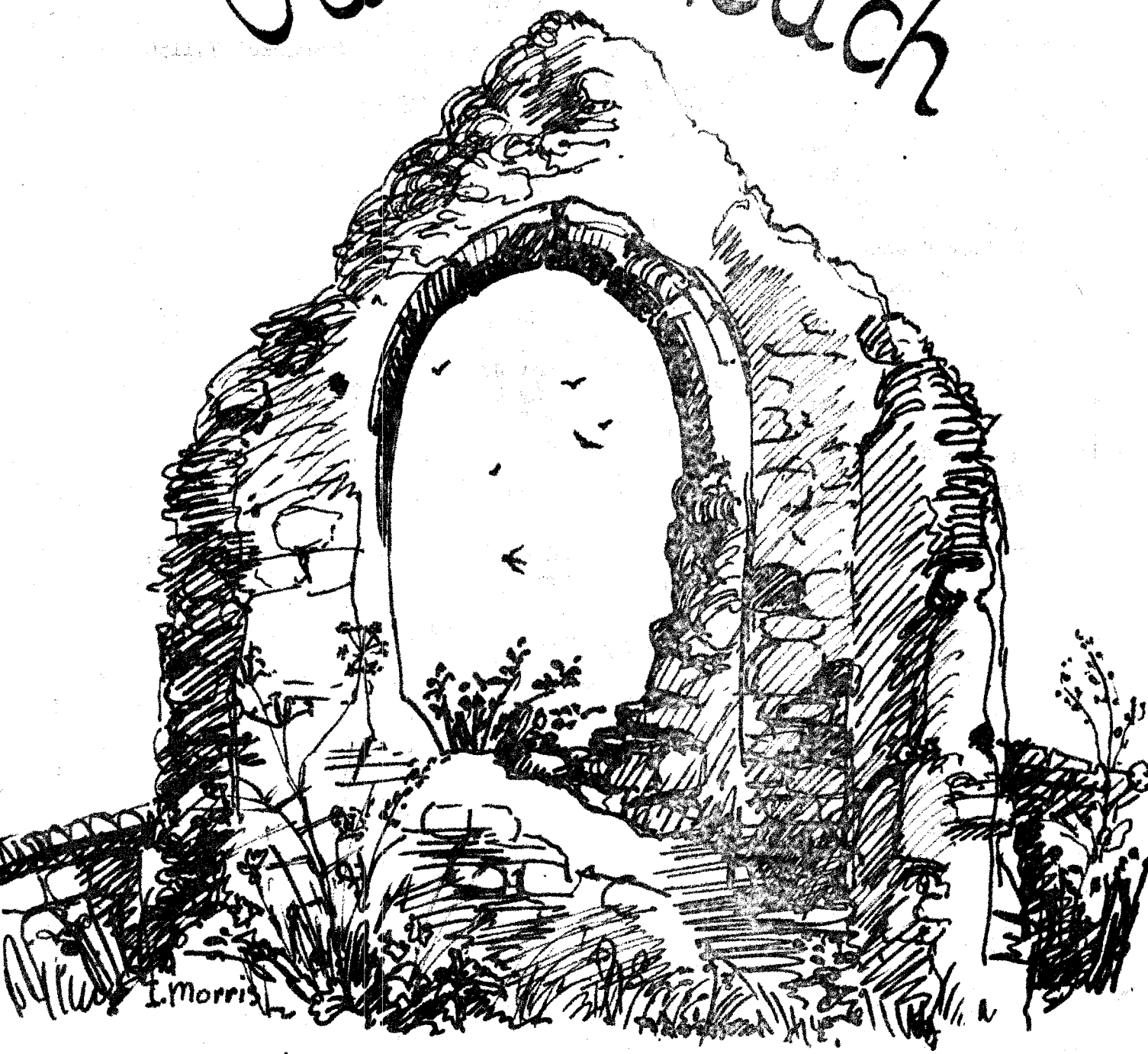
49

October 1980

Out of Reach



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DOCTORS SCOTT AND RIDSDILL-SMITH, Red House Surgery, 90 High Street, Burwell. Tel: Newmarket 741234

Surgery Hours: Monday, Tuesday, Friday 9.00 - 11.00a.m. 4.30 - 6.30p.m.
Wednesday 9.00 - 11.00a.m.
Thursday 9.00 - 11.00a.m. 2.00 - 5.00p.m.

Saturday: Emergencies only: 9.00 - 10.00a.m.

Ante-Natal Clinics: Every Tuesday 11.00 a.m. at the Surgery

Child Welfare Clinic: Every Tuesday 2.30 p.m. at the Surgery

VICAR: Rev. Canon J.K. Byrom, Swaffham Prior Vicarage
Tel: Newmarket 741409

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"O U T O F R E A C H"
COMMUNITY MAGAZINE

Issue No.49 October 1980

Editorial

Many thanks to Janet Biggs for last month's issue. I think that everyone will agree in principle with the points she made about forming a "Reach Society". However, from past experience I know how easy it is for good ideas to be shelved and then forgotten. If anyone is interested in the idea perhaps they could contact me in the first instance and I could put them in touch with Janet, then we could arrange a meeting for a future date.

With regard to Margaret Cook's comments on our marks in the "Best Kept Village" competition, special thanks are due to Mr. Dudley for keeping the grass cut on the Green. Perhaps our marks would have been even higher were it not for the amount of crisp packets, sweet papers etc. which can often be seen lying around. It may be that more or larger waste bins are needed since they often seem to be full or overflowing. Might it even be a good idea for the children to take an active interest in their village by collecting litter on a weekly rota basis? Two children could do this easily in about an hour. Can I have some reactions to this please, either from parents or children?

I expect that most of you read about the Dudley's drama in "Hurricane Allan" last month. After some gentle but persistent persuasion Mrs. Dudley kindly agreed to write us a first-hand account of their experience!

I would be grateful if people could pass on to me any village information concerning births, deaths, weddings, people moving in or out of the village etc., as it is not possible for me to know absolutely everything happening in a village of this size. In this way we can lessen the chances of my upsetting anyone by missing them out.

Congratulations to Martin and Clare Mead, our young milkman of Swaffham Prior, who were married last month. We extend our best wishes to Mr. Stan Sturgeon who is at present ill in hospital and hope he will soon recover. Good wishes also to Gwen Warren, who leaves the village next week to move to Duxford.

Kay Pote

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Copy of a letter received by the Editor from Mrs. Margaret Cook

"Dear Editor,

I was very interested to read Janet Biggs' suggestion about forming a "Reach Society", and I should like to commend the idea as worthy of very serious consideration.

Not only is Reach an ancient and beautiful village, which deserves close study for its past, but for the future, a Reach Society, could become what is known as a "statutory consultee" for the purposes of planning applications. In other words, the Society would be informed by the District Council of planning applications in the same way as the Parish Council is, and would be given two weeks in which to comment on village planning applications. I look forward to seeing a thriving Reach Society formed during the coming months, and hope that it will make a contribution to the planning process in the future.

May I take this opportunity of congratulating the Village on achieving such high marks in the "Best Kept Village" competition. Only a few years ago I expressed my regrets at your lowly grade, for a village with so much potential. Many of you, Parish Councillors and individuals have worked very hard to keep your village well, - as it deserves to be kept."

Signed: Margaret Cook

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Letter to "Out of Reach"

"We would like to thank everyone for their lovely presents, cards and good wishes. Everyone has been so kind to us and we are very grateful."

Yours faithfully,

Signed: Martin & Clare Mead

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REACH BRANCH CONSERVATIVES

ANNUAL GENERAL MEETING on FRIDAY 17th OCTOBER 1980

8.00 p.m. in the Village Centre Coffee & Biscuits

ALL WELCOME

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SHIRE HALL TITBITS

August is something of a close season for Shire Hall activity and so there is little to report locally, but, between bouts of harvesting, I have been making semi-official visits to other Counties in the East of the Country - Hertfordshire, Essex, Suffolk, Bedfordshire, with Norfolk to come - to meet Education Committee Chairmen and to listen and learn about some of our near neighbours, their problems and their ideas. What I have found has been most heartening. One could be forgiven for believing, if one read some newspapers, that Education was in a state of collapse, that it was racked with controversy and that 'standards' had gone out of the window. My observations indicate the opposite. Education in the Counties that I have seen appears to be run by good, sound, down-to-earth people with the Service really at heart and with no dotty doctrinaire nonsense in their minds. All public services are having a degree of difficulty these days, but I have the firm impression that Education is thriving in Eastern England - perhaps it is elsewhere as well and maybe the doom-mongers have got it wrong again!

More good cheer - I hear on the grapevine that some outstanding 'A' Level, 'O' Level and CSE results have been achieved locally. Many congratulations to all concerned. My family is going through the period when the post in August is both dreaded and grabbed for thorough scrutiny, and sometimes I have my doubts as to whether our examination system is the fairest assessment of a child's school progress. It must be unfair, for example, for the candidate whose summers are made hell by hay fever, but until a better method is devised and until society fails to take notice of our youngsters' certificates, we are stuck with the system and must encourage all boys and girls to get the best results within reach. In today's employment market those with paper qualifications stand a better chance and that's a fact of life. Another fact of life is that some teenagers will get better results in exams than others - they know it, we parents know it, all the world knows it, and yet some would have us believe that publication of all exam results is harmful. I am in favour of the public availability of as much information as can be consumed. Not all agree, but I take the view that statistics, though open to abuse and misunderstanding, are better published than not, and that passes and failures of individuals, though sometimes the subject of embarrassment, should also be made known. It's a real world that these youngsters are in and they know what reality is a not sooner than we give them credit for. As a County Councillor I can get much more examination result information than most but I am trying to persuade colleagues that the general public can also be trusted with the truth!

 Geoffrey Woollard, County Councillor.

FRIDAY 10th OCTOBER, 1980

HARVEST SUPPER/DANCE

with the ever popular

'P E N T A C L E'

8.00 - 11.30 p.m. Bar

£2.25 including supper

Friday 31st October

FOLK EVENING

with

TAPESTRY FAYRE

8.30 - 11.30 p.m. 75p.

Buffet available

FROM THE VICAR

What would we do as a community if redundancy hit our villages in a really serious way, if, say, one in three of the normal working force found themselves out of a job, about the same proportion of the population of Europe decimated by the Black Death in the 14th century?

It is remarkable, though not surprising, that while we have been telling ourselves for nearly 20 years that advances in automation generally, and now the micro-chip in particular will soon reduce the amount of labour necessary or available to carry on our life to a point where only a fraction of its present hours, now that unemployment has hit us and reached really grim proportions, though for different reasons, we are angry and perplexed, and think dark thoughts. We are still, in fact, by no means prepared for such a massive restructuring of our lives, either because we refuse to believe it necessary at all, or because we have never trained ourselves to cope with such an eventuality. But again, what would we do if it actually became a reality?

Once more, of course, I speak as a fool, yet perhaps it is worth jotting down the thoughts that come to mind.

First, it begins to be apparent that the idea of The Good Life, the TV vision of which has done most of us so much good over the past few years, is not so much a dream as we might have supposed. As one goes round the parishes one finds it all but a reality here and there, and just as invigorating as Richard Briers and Felicity Kendal made it appear in their endearing version of it. There is leisure, of course, yet a depth of involvement in and therefore enjoyment of the basics of survival almost impossible for the traditional wage-earner of whatever sort.

And arising out of this, as I have suggested elsewhere, there comes a sense of mutual dependence on each other's skills which has a rightness about it both instinctive and enriching. One knows one's neighbour through a relationship of dependence on him or her in a way which is difficult to achieve by any other means.

All this, I know, can be dismissed as so much rural nonsense. Like the Unjust Steward, 'I cannot dig', we say. Yet the fact remains that we <u>are</u> rural, and do have to make sense of our lives together. One further thought, therefore, occurs, specifically related to this business of making sense of existence. Swaffham Prior doesn't possess a Village Green.....

as Swaffham Bulbeck and Reach do, yet it does possess an interesting survival of the last century unique in my experience, namely a Reading Room, as I believe it was originally called and intended to be. My point here is that both this and the renovated Village Centre in Reach could well become focal points in the lives of communities in which the loss of livelihood on a serious scale provided both leisure and a powerful stimulus for merely consorting together to pass part at least of the time of day with one's perplexed but always interesting neighbour. Men's wits, not to mention women's, sharpen one another. And it should never be forgotten that some of the richest and most enduring elements both of Greek and 19th century English thought emerged precisely from this basic human business of consorting together, whether in the splendid market-place of ancient Athens or the Reading Rooms of Victorian England.

J.K.B.

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FROM THE CHURCHES

Worship in October: St. Mary's and Reach

5th TRINITY XVIII: Harvest Festival

8.00 a.m. Holy Communion (Reach)
9.30 a.m. Matins and Eucharist (St. Mary's)
6.30 p.m. Evensong and sermon (Reach)

12th TRINITY XIX

9.30 a.m. Parish Communion (St. Mary's)
11.00 a.m. Family Communion (Reach)
6.30 p.m. Evensong (St. Mary's)

18th S. LUKE

8.00 a.m. Holy Communion (St. Mary's)

19th TRINITY XX

9.30 a.m. Parish Communion (St. Mary's)
11.00 a.m. Family Communion (Reach)
6.30 p.m. Evensong (St. Mary's)

26th 9th SUNDAY before CHRISTMAS

9.30 a.m. Parish Communion (St. Mary's)
11.00 a.m. Family Communion (Reach)
6.30 p.m. Evensong (St. Mary's)

28th SS.SIMON & JUDE

8.00 a.m. St. Mary's

25th QUIET DAY 10.00 a.m. - 4.00 p.m. in BURWELL CHURCH

CONDUCTOR: - ARCHBISHOP ANTHONY BLOOM

(Order forms for tickets (£1.00) obtainable at the back of St. Mary's Church)

A first-hand account of 'Hurricane Allen' as experienced by the Dudley family

"The aeroplane landed in Montego Bay and we had arrived on the beautiful island of Jamaica amidst the Carribean sunshine. Not for long though.....

We were driven from the airport along the northern coast road to our hotel in Ocho Rios. After an hour and a half of travelling through picturesque but poverty stricken countryside, we arrived at our hotel. No sooner had we got into the lobby, we saw all the furniture and carpets being moved away. What great functions were they preparing for tonight? But we felt an air of anxiety and we learnt immediately that Hurricane Allen was approaching and an emergency meeting was being called and all guests had to attend.

Here we were told what to do, such as filling the bath with water in event of contamination; put all lamps, telephones, cases etc. in the bathroom and close the door firmly.

It was all rather frightening - here we were stranded on an island - one felt so helpless.

The weather was rapidly changing, the sun had disappeared, the wind was gaining considerable force and the sea looked very fierce and in a raging temper, with large 20 feet waves crashing down.

We waited patiently completely at God's mercy. Every minute seemed like an hour. We listened to the quarter-hourly reports about the direction and progress of Hurricane Allen. This hurricane was the most vicious one in the last one hundred years. We wondered exactly what to expect.

All the guests had been moved down to the first five floors from the fourteen-storey hotel. Also for our safety we were told to sleep in the corridors on our mattresses, having placed the bed frames against our plate glass windows to save glass shattering everywhere.

We were listening throughout the night until 2.45 a.m. to the reports until suddenly the communication was cut. No electricity either - only candle power now!

The noise outside was tremendous, the glass was trembling, the sea roaring and crashing. What were these unbound forces doing to nature's wonderland? ..... over

Hurricane Allen contd....

It was a long frightening night. Gradually as dawn came the powers calmed down but what devastation all around - Our white sandy beach was now a rock jungle, strewn with large boulders swept up from the depths of the sea below, trees were uprooted, smashed - no longer was anything visible in its former glory or shape. It was a changed landscape. The tennis court had gone, along with the roads and houses - but the spirit of the natives had not. They were only too glad that it hadn't been worse and they were still alive; that our hotel was still standing and hadn't become a victim of this fierce hurricane.

We also thanked God that we had survived this awful ordeal."

Jo Dudley.

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FROM THE PARENTS AND FRIENDS OF THE SCHOOL

We are holding our Bonfire Party on Wednesday, 5th November, starting at 7.00 p.m. Refreshments will be served in the School following the firework display. Everyone welcome.
Any donations towards the cost of the fireworks would be most gratefully received.

The next Committee Meeting will be held on Monday 6th October at 7.30 p.m.

There will be a sponsored 'Knit-In' on Tuesday 14th October in the school at 8.00 p.m.

The Christmas Fair will be held on Saturday 22nd November in the School.

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COVER THE POOL APPEAL

New Orleans Jazz Evening
featuring Amadeus Bold Wickets' Hot Peppers and Tim Phillip's All Stars.
Licensed Bar. Ploughman suppers.

Saturday 8th November 8 -12 p.m. at the Village College.
Tickets £1.50 available from Mrs. A. Humphries,
39 Beechwood Ave.,
Bottisham. Tel: Camb. 811598.

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Part I Herbs for Health

The culinary uses of herbs are well known and widely used to enhance our cooking, but less well known are their health-giving properties. Almost every plant once had some cosmetic or medicinal use which our ancestors understood years before the development of the chemicals industry and medical science. They used them to treat all their diseases, basing their knowledge on their own results which they then handed down. Today their beneficial constituents are often synthetically reproduced by research chemists to provide modern medicines. So if we know which herbs have medicinal values, their use can prevent deficiencies which are often the cause of serious ailments. Herbs can also give relief in illness, but not as a form of treatment for serious illness when a doctor is needed. They are rather to be used as a preventative measure and their good effects have a cumulative effect with regular use. Herbs can be grown in the garden, sought in the hedgerows or bought from a health food shop.

The following are merely a short selection of some of the most effective curative herbs. Anyone interested in the subject can discover a wealth of information from the Library.

Burdock is a very common plant, popularly known as "Dock". It is one of the most important medicinal herbs and is used in herbal pills and medicines for purifying the blood. It also helps to renew damaged tissues, is good for the bladder and kidneys, helps cure skin diseases, eczema, boils and rheumatism. To make a decoction of the root and seeds take 1oz. (dried) to 1½ pints of water, and boil it down to 1 pint. This can be taken in wineglassful doses four times a day before meals. For skin and kidney troubles use the seeds only, and not the root. An infusion of fresh or dried leaves, 1oz. to a pint of boiling water, can be taken as a tea for stomach upsets and indigestion, and it makes a good lotion for ulcers and scaly sores. The leaves made into a poultice can be applied to swellings, bruises or inflamed areas.

Camomile acts as a tonic. It is used for upset stomachs, nervous pains and flatulence. It is taken in the form of a tea infused from 1oz. of the flowers to 1 pint of boiling water. It should be covered and left to stand for ten minutes before being strained. A wineglassful of the cold tea taken at bedtime has a sedative action and ensures peaceful sleep. It can also relieve swollen ankles, colic, liver upsets and loss of appetite.
A fomentation can be made by filling a muslin bag with camomile flowers and steeping it well in boiling water. This can then be applied to external swellings or absesses, it is quite antiseptic and safe to use.

Clover, which grows in most gardens, is an excellent herb for curing several ills. A tea made from the flowers and the leaves provides iron for the anaemic, it helps the kidneys and is effective for relieving bronchial coughs. It also eases the strain of Whooping Cough (fortunately uncommon now), and prevents or cures cramp spasms. To make the tea, pour a pint of boiling water over loz. of clover leaves and flowers, cover and drink when cool in wineglassful doses several times daily. White Clover can be used to ward off Mumps and Clover Honey is also a useful precaution if there is an epidemic.

Comfrey was nick-named Knit-Bone, as it greatly assists the healing of broken bones. It is also good for bronchial ailments, asthma, catarrh, whooping-cough, boils, carbuncles, spots, external ulcers, diarrhoea, dysentery, arthritis, internal bleeding and bleeding piles! It is therefore one of the most valuable of all herbs. To make a decoction, boil loz. of crushed root in 1 quart of water until it is reduced to 1½ pints. It should be taken frequently in wineglassful doses. To make Comfrey tea, pour 1 pint of boiling water on loz. of leaves. This can be taken for the same complaints or as a general tonic. The leaves make very effective poultices and fomentations. They are chopped up and mixed with a little boiling water, then put between two pieces of gauze. These applications will relieve swellings, sprains, bruises, cuts, boils, abscesses, carbuncles or ulcers. You can also buy Comfrey medications such as Comfrey ointment, Comfrey tablets and Comfrey tea, if you do not wish to make your own!

Garlic has many medicinal qualities, and these days we do not need to endure the taste and smell produced by preparing them ourselves. Garlic Pills help in resisting infectious diseases, aid the digestion, help reduce hypertension and high blood pressure. They also relieve bronchitis, catarrh, asthma, whooping-cough and rheumatism.

Marjoram relieves coughs, asthma, colic pains, nervous hysteria and headaches. Infuse a tea from a handful of the fresh plant or a teaspoonful of the dried, with a pint of boiling water. Marjoram bath-bags can also be made by putting the herb into a muslin bag. Used in the bath they help stiff or paralytic limbs, rheumatism or stiffness from over-exertion.

Thyme is used for soothing the stomach and digestive organs, and dispelling wind and colic and for catarrh and throat infections. The tea is made from one teaspoonful if dried or fresh Thyme, to a pint of boiling water and sweetened with honey. This will also help to promote perspiration at the beginning of a cold, and help in any feverish complaint.

Also useful for relieving fevers or colds is the herb Yarrow. An infusion of loz. of the fresh herb or one teaspoonful of the dried is made with one pint of boiling water. This makes a rapid cure for influenza when it is combined with elderflowers, peppermint and a little honey. It is also good for measles and other spotty diseases. Yarrow tea (without the extras) is also recommended for rheumatism and kidney disorders.

THIS MONTH'S RECIPES

ELDERBERRY WINE

3lb. Elderberries
3½lb. Sugar
1 gallon water
yeast (1 teaspoonful)

Strip the berries from the stalks using the prongs of a fork. Weigh them and crush them in a bowl. Pour on the boiling water, then let it cool to about 70°F (21°C) before adding the yeast. Leave for three days, stirring daily, then strain through muslin on th the sugar. Pour the liquid into a stone jar or dark glass bottle, but do not fill completely until the first ferment has subsided, plugging the neck with cotton wool. When the ferment is quieter fill to the bottom of neck and fit airlock. Leave until fermentation is complete, then siphon off into clean, dark bottles and keep for at least six months.

TOFFEE APPLES for HALLOWEEN

Wipe 12 medium-sized apples and insert sharpened sticks through them. Have ready one or two greased trays. Into a saucepan put ¼lb. butter or margarine, ½lb. demerara sugar, 2 tablespoons golden syrup, 2 tablespoons vinegar and a pinch of cream of tartar. Melt, slowly stirring until sugar is dissolved. Bring to boil and simmer until a drop in cold water hardens. Remove from heat and immediately dip each apple. Place on greased trays to cool.

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BOTTISHAM VILLAGE COLLEGE MUSIC SOCIETY

FRIDAY 10th OCTOBER at 8 p.m. at the Village College
AN ENSEMBLE OF WIND SOLOISTS.

PROGRAMME DVORAK Serenade for Wind.
Beethoven Rondino
Mozart Serenade K361.

ADMISSION £1 (members 75p) Students 40p.

FRIDAY 14th NOVEMBER at 8 p.m. at the Village College
THE ORSINO ENSEMBLE
A Programme of Baroque Instrumental Music

ADMISSION £1 (members 75p) Students 40p

FRIDAY 9th JANUARY 1981 ANNUAL GENERAL MEETING followed by an evening of MUSIC IN THE HOME.