

WAKE UP, SHAKE UP

Have you let your good resolutions slip already into the January gloom? It's the time of year when we are all being bombarded with healthy living, healthy exercise messages from the media. Marcham School, like many other school, has begun a 5/10 minute routine three times a week of exercise to music. It is fun watching the children and staff all getting their circulation going in the morning with these lively physical routines to music.

The children say: 'It makes me feel happy'
'It's fun because I like jumping around'
'The music is nice but a bit too fast'
'It makes me laugh'

No comments were recorded on the Staff's efforts!

PAMELA SHIRRAS See cover for picture



PRE-SCHOOL NEWS

What a busy time we're having. Our theme this term is 'Our Senses' and the children are having lots of fun testing each other's eyes and playing in our Opticians area. Some of the children made sparkly glasses which were fabulous! We've also talked with the children about what we use our senses for and over the next few weeks we will be giving the children lots of opportunities for other 'sensory' play, listening games, tasting unusual fruits, and lots more fun and learning. We are open Monday to Friday mornings and take children from their 2nd Birthday. If you would like to join us or to request a prospectus, please phone Marion on 07749 245313.

MARCHAM CRICKET CLUB

In preparation for the forthcoming Season, the Club is organising nets. Details regarding nets and other information relating to the Club may be obtained from Graham Hill (391415) or Terry Whittaker (391317).

As indicated previously, opening matches this year are set for 5th May and more information regarding fixtures will be given nearer the start of the Season.

CLIVE BENNETT



VOLUNTEERS NEEDED FOR KISSING GATES!

The Parish Council has just been awarded a Grant from the County Council to replace the stiles at each end of the public footpath between Priory Lane and Packhorse Lane. The grant has been made on the understanding that The Marcham Society will organise a team of volunteers to install kissing gates. This will enable more people to take advantage of the short cut avoiding The Bends. We envisage a similar team to the one which installed gates and bridges for the Jubilee Walks.

If you are prepared to give a hand in this very positive development would you please contact Eric Dunford on 391439. With a few willing hands it should be possible to finish the job in a couple of hours.

COW LANE PADDOCKS

Marcham Parish Council has available for rent the two paddocks off Cow Lane adjacent to the allotments between 1st April 2007 and 30th March 2008. Should anyone be interested in renting one or both paddocks please contact the Clerk stating the rent you are prepared to offer.

Please note the Council is not obliged to accept the highest or any offer. Clerk: Mrs. L. Martin 90 Howard Cornish Rd. Marcham. Tel: 01865 391833

NEIGHBOURHOOD ACTION GROUP – NAG

I have recently been appointed Chairman of the local Neighbourhood Action Group serving parishes in rural Abingdon. This group was recently formed to facilitate a multi agency problem solving group focused on the local community. The group concentrates on concerns identified by the community and by focusing on these concerns will improve community safety, reassurance and reduce crime and disorder.

The importance of the initiative was brought home to me recently when along with my son we witnessed the tragic fatality of a 15-year-old girl on the A 420 close to Besselsleigh. Whilst unable to comment on the circumstances of this accident, I am determined to ensure some good comes out of this tragic event.

Oxfordshire has experienced a very high incidence of fatal accidents and with the impending resurfacing of the A34 and bridge replacement work due it is obvious the A420, A415 and surrounding roads will be increasingly congested as traffic finds alternative routes "Rat Runs" for their journey.

It is therefore very timely that we should remind ourselves of some very sensible precautions that can be taken to minimise the risk to pedestrians and cyclists especially during this dark wet and windy season. Let's all take on board a 10 Point plan to improve our safety.

Pedestrians and Cyclists

- 1) Always walk on the right facing on coming vehicles.
- 2) Be prepared to cross before sharp right hand bends to allow a better field of vision.
- 3) Always stop, look and listen before crossing.
- 4) Keep close to the side of the road.
- 5) Help others to see you by wearing light coloured clothing and use reflective materials. (E.g. armbands, sashes, waistcoats and coats) Carry a torch or LED lights.

The latest LED flashing lights may help but should be used only in conjunction with proper lighting. Cycles at night must have front and rear lights lit. They must have a rear reflector and amber pedal reflectors if manufactured after 1985. Use appropriate paths and cycle tracks when provided.

Drivers

- 6) Drivers should drive at an appropriate speed for the prevailing conditions.
- 7) Check all lights are operational and use lights appropriate for the conditions. (Fog Lights in Foggy conditions only.)
- 8) Before driving ensure all windows are free of ice or mist and you have a clear field of vision.
- 9) Don't have distractions when you are driving (mobile phones especially).
- 10) Have a copy of the Highway Code available in the family and encourage its study.

On the cover there is a graphical illustration of the importance of being seen a photograph taken at dusk shows the improvement wearing high visibility clothing over dark clothes. The dark clothes merge into the background whilst the high visibility clothing stands out. Accidents can cause untold heartache to all those involved be it family, friends, witnesses, emergency service personnel etc. and anything that can be done to minimise the awful statistics in Oxfordshire has to be all of our joint responsibility.

"Think Light – Wear Bright" – "Think Bright – Wear Light"
Please take this message "On Board". I have a quantity of adult reflective jackets available if any one would like some.

MALCOLM DENTON 01865 391497

You can also contact NAG by email to ruralabingdon@thamesvalley.pnn.police.uk which is monitored by the police members of NAG or to editor@madnews.co.uk.

If you run or are a member of a group, why not write a short report about it?