

THE BRIDGE



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The newsletter of the Tinkers Bridge Residents' Association

TINKERS BRIDGE
Residents Association

Dear Fellow Residents of Tinkers Bridge

We are lucky in that a fellow resident has stepped forward to help in producing the newsletter for this month and November. Thank you Sarah Mitchell. We are really grateful.

THE WUGHTON NEIGHBOURHOOD PLAN REFERENDUM is the most important issue this month. DO NOT IGNORE IT – IT IS ABOUT YOU AND YOUR HOME

- You have had official polling cards through your letterbox.
- Use them and vote YES on October 19th
- A Yes success means the MK Council have to accept the Woughton Plan and refer to it for any new developments across Woughton and that includes Tinkers Bridge.
- The Plan includes policies which try to protect the estates from the worst effects of Regeneration. It supports improvements but not bulldozing or building projects like the one at Broadlands with no green edges between the roads and houses, no green spaces.

You will find a flyer in your letterbox from your Residents' Association. It will give you more details and remind you – to go and vote! So – pop into the Meeting Place on **October 19 and vote Yes**. On your way to school. On your way to work. On your way home from school. On your way home from work.

When you pop into Tesco. It's not difficult to do it. Just please do it!!

The Editor

Halloween

It is that time of year again when children enjoy Trick or Treating on Tuesday 31st October. This does cause some residents distress with the costumes and noise. Please remember to only visit houses with obvious Halloween decorations on display and avoid those in darkness or no decorations. There are still lots of houses that do take part in this fun night! Remember to stay safe and never enter a house when Trick or Treating.

T.B.R.A Environmental Team

Grateful Greats

Thank you to Lorraine Essam and Ian Teggerdine of WCC for organising the payback team to do work around the estate. The payback team and Martin the supervisor did a fantastic job, thank you.

Also, a huge thank you to Ron, John and Bill and the team for working hard on the raised beds around the estate. They look great!

Mini Moan Please could residents ensure rubbish is put out after 5pm on a Tuesday and to make sure you are using the correct bags for rubbish and recycling. The rubbish men can refuse to remove incorrectly bagged rubbish. If you need help with this, please contact Ron Ellis at 48 Brent or John Orr at 49 Brent.

Saving Energy in the Home

1. Defrost your frozen food in the fridge overnight
2. Try not to open your oven door during cooking. It loses heat rapidly and costs money. Keep the glass door as clean as possible so you can see how food is cooking.
3. Microwave food when possible because it costs much less than oven or hob cooking. Always stand the food when it is cooked for the recommended time; this gives you even heat throughout the food.
4. Heat up food using your microwave and not other methods. Spread out the food so that it heats up more quickly.
5. Use your crock pot or slow cooker to cook meals. This method is very cost efficient. You can also use cheaper cuts of meat.
6. Boil in your electric kettle only the amount of water you need to use.
7. Always put a lid on the saucepan when you are cooking vegetables to conserve the heat (and stop your kitchen steaming up!)
8. Always use a size pan suited to the contents; put the pan on the smallest hob that is suitable for the size pan; turn down the heat to simmer once the water has boiled
9. Alternatively, steam vegetables in your microwave.
10. Always cut up your vegetables into bite size pieces so that they cook through more quickly.
11. Descale your kettle to ensure that it boils more quickly. Always follow the descaling instructions carefully.
12. Defrost and clean your fridge regularly.
13. During the cooler months dress in layers - vest, shirt, sweater - so you can adjust your clothing rather than always switching up the heating.



Grants Update

We have recently received the following grants:

£400 from Milton Keynes Council (MKC) for the Funday and Dog Show held on 22nd July.

£400 from Woughton Community Council (WCC) for a coach trip to Southend on Sea on 19th August

£330 from WCC for the coach for a pantomime trip on 19th December

We have also received grants from WCC, Councillor Hannah O'Neill and the Tesco Bags of Help fund for the work we are doing on the planting boxes around the estate.

We are now applying for another £400 from MKC to help us with our annual Christmas party for the children on the estate.

We are very grateful to all the organisations that help us in this way and particularly to Woughton Community Council, which supports many of our activities.

Feedback we have received shows that residents really enjoy the outings and events. The planting boxes are making a big difference to how the estate looks.

Do you have other ideas about projects that would benefit our residents? Are you willing to do some work to make your idea happen? If so, we can try to get grants to help you do it. Please send your ideas to tinkersbridge@gmail.com or ring me on 07599 321448. Thanks from the Grants sub-group.

Cook's Corner

Easy Tuna and Tomato Pasta Bake for 4 adults

- 2 tablespoons of extra virgin olive oil
- 100 g can of tuna, drained (You can increase the amount of tuna if you wish.)
- 1 peeled and chopped Spanish onion
- 2 cloves of garlic, peeled and finely chopped
- Half teaspoonful of Chilli powder
- 400 g can of Italian tomatoes in natural juice Handful of washed basil leaves
- Level teaspoonful of dried mixed herbs
- 500 g packet of pasta bows

Serve with a salad, grated cheese and French bread if desired.

Method Heat the oil in a pan until hot but NOT smoking. Add the onions and cook gently for 2 or 3 minutes. Stir in the garlic, tomatoes, mixed herbs and chilli powder. Season lightly with salt and black pepper. Bring to the boil. Stir well. Turn down the heat and simmer for just 5 minutes. Flake the tuna into the sauce mix and heat through. Drain the pasta and return it to the pan. Add the sauce to the pasta. Stir through over a gentle heat and add the basil leaves. Meanwhile Bring a large saucepan of water to the boil. Add a little salt and the pasta. Cook the pasta for several minutes according to the packet instructions. Prepare a warmed serving dish for the final bake. Arrange the mixture in the serving dish.

Halloween Event

Saturday 28th October 7pm until 8pm

Scary Stories in the Woods for Children event is being held in Colne Woods next to the courts. The event will be in a coned off area nearer to the houses end of the path. Please wrap up and prepare to be spooked!!!

Poetry Competition

By Sarah Mitchell

The Haunted House

The door creaked, the wind howled.

I sneaked in where I wasn't allowed

The old house on the hill trembled

Inside, monsters, ghosts and fears assembled

Cobwebs and dust cover my face

I creep in, my heart in a race.

A horrible screech to the right.

I spin around in fright, in time,

To see a scary face, but it's mine

Old wood creaks, groans and talks.

Looking and watching me as I walk

A loud bang crashes through

I jump out of my shoes

On the staircase, a figure lurks

A huge spider on a cobweb works

A scary howl a long way away

My feet want to run, but I stay....

ARE YOU A SECRET POET? If so enter our SPOOKY POEM COMPETITION!! Write a Halloween poem and win a spooky prize bucket full of Halloween goodies. Send it by email to sarsar140@gmail.com Judge's decision is final and the winning poem will feature in the next issue

