

WINTER 19
ISSUE 61

CHALGRAVE NEWS

Celebrating Chalgrave

DATES FOR YOUR DIARY

Day/Date	Event	Location/Contact	Time
Third Tuesday of each month	Parish Council Meeting	Memorial Hall	7.30 pm
Every other Sunday	Quiz Night	The Plough	8.00 pm
Mondays	Dominoes	The Plough	
Weekdays	Book Club	Noeleen Thompson	
Second Tuesday of each month	W.I.	Memorial Hall	8–10 pm
Fourth Thursday of each month	W.I. Book Club	Members' Homes and sometimes the Pub	8pm
Every Thursday	Parish Ukes	Queen's Head	7-8.30pm
Saturday 8 June To be confirmed	Chalgrave Open Gardens	Tebworth and Wingfield	TBA
6th Feb 6th Mar 3rd April 1st May 29th May	Joes Sessions	The Queens Head	

Thank you to Alan Higgs for the lovely cover photo.

Deadline for next edition:

30 March

Please send your contributions to: thechalgravenews@gmail.com

The Chalgrave News team produces the Chalgrave News in good faith and we do all we can to ensure that no offence is caused to any individual or organisation. We also reserve the right not to publish articles and

A brief message from the editorial team

Happy New Year Readers, welcome to the first edition of 2019.

We've enjoyed an unusually mild winter and seen spring bulbs popping up in December in complete contrast to the harsh conditions of last year. Let's hope the remaining seasons are kind to us and we have another glorious summer. Perfect for our Open Gardens and Chalgrave Games events!

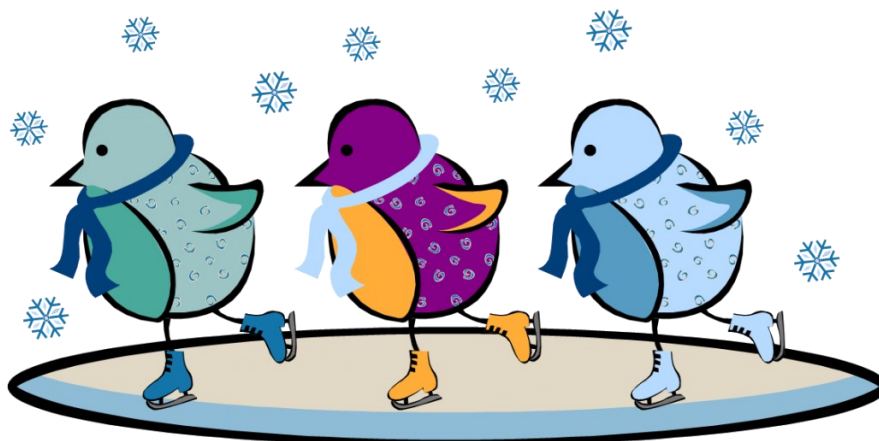
Sadly, Colin Edwynn, our longstanding landlord, lost his battle with illness in November. His send off at the Queen's Head was a mark of the high esteem in which he was held and villagers, past and present, attended.

There is a vacancy for a new pub landlord at the Queen's Head as Angie and Axel have moved on. They did a sterling job and will be sorely missed. An opportunity not to be missed!

The Plough have announced their award winning member of staff, Alison Young, who has received her Master Cellarman award from Fullers and has been awarded full marks by Cask Mask. We'll drink to that.... Cheers!

We say goodbye and thank you to Chris and Mick McDonagh and Sarah and Gary Colnut who are moving away to pastures new. As residents of Chalgrave for over 30 years, they have served the community tirelessly and will leave very large boots to be filled.

On that note, our parish has a thriving community spirit with many events and groups who are always looking for new committee members. This year there are also Parish Council vacancies to fill. If you are interested you would be more than welcome. Contact www.chalgravepc.org.uk or see contacts page in the Chalgrave News.



CHAIRMAN OF THE PARISH COUNCIL

Traffic. By the time you read this we should have 20mph signage on the bends on the Toddington Road. Hopefully this and the continued work of the Speedwatch team should slow the traffic through the village.

We have new members joining the Speedwatch team – Peter Warburton, Sally Soper, Jan Day and John Wojdyla. The Speedwatch team not only checks speeding but will also take details of lorries exceeding the 7.5 tonne weight limit. We understand that Highways England and CBC are looking into the congestion that happens on the A5 at Hockliffe. Whilst not in our Parish, it does have an impact on those that have to use the A5 from our villages.



All Saints. Our Church is 800 years old this year, more specifically on the 14th September. I know that they are planning events to celebrate this landmark.

Fly Tipping. We continue monitoring the fly tipping in the Parish. Cllr Whitton will try to identify the source of rubbish and bring about a prosecution.

Planning. Fullers Brewery have put in an application for the Plough Inn. This includes moving the kitchen, extending the bar and developing the conservatory. An Enforcement officer is looking into the development of North Star Cottage i.e. the pallet business on the A5.

Dogs. Once again, we need to remind dog owners to 'pick up' after their dogs. There is a lot of dog mess left on pavements, footpaths and even on the cricket pitch. We are fortunate to have some lovely footpaths in our Parish, it's a shame that they can be spoilt by a few thoughtless dog owners.

Potholes and gulleys. We continue to press CBC to repair the roads in our Parish. They are making some progress. They have programme of gully clearing for the whole county during the year.

As always, you are welcome to our Parish Council meetings, usually the third Tuesday of the month.

Phil Parry

£8M FUNDING BOOST FOR BEDFORDSHIRE POLICE WARMLY WELCOMED

South West Bedfordshire MP Andrew Selous warmly welcomed the extra £8m a year that Bedfordshire Police will have available to spend next year, when speaking in the House of Commons today. Yesterday Andrew raised the issue in Parliament with the Prime Minister as well. Speaking after the announcement today Andrew said: "This is a wonderful early Christmas present for the people of Bedfordshire and a huge boost for our determined Bedfordshire Police officers. I look forward to the additional 360 officers that Bedfordshire Police will be able to recruit over the next three years with this funding increase. I also want to reduce the demand placed on the Police by mental health and social services issues as it is not fair to the public to expect the Police to have to deal with these issues to the extent they do. I also want to see significant additional focus on the crimes of assault, drug dealing, burglary, robbery, theft of and from vans and cars. All of us also need to play our part by being the eyes and ears for the Police, by teaching our children right from wrong and doing everything we can to uphold the law."



UNEMPLOYMENT FALLS FURTHER IN SOUTH WEST BEDFORDSHIRE

Figures released from the House of Commons' Library show that the number of unemployed claimants in South West Bedfordshire in November 2018 was 525. This represents a rate of 0.9% of the economically active population aged 16-64. The total number of claimants is 35 lower than November 2017. The number of claimants is 74% lower than November 2010. Three quarters of the rise in employment nationally has been in full time work and over 70% has been in higher skilled occupations. On average, over a thousand people have moved into work every day since 2010.

South West Bedfordshire MP, Andrew Selous said: "I am delighted to see that the number of claimants is going down. It is businesses like Marks and Spencer who will be creating 55-60 new jobs in Leighton Buzzard who have helped us get so many more people into work, with the security of a pay packet"

BREXIT

People had wanted to have their say on Europe for many years. When we gave them

VIEW FROM THE HOUSE Andrew Selous MPcontinued

the referendum on the alternative vote, the main question in my constituency was, “Why aren’t you giving us a vote on our membership of the European Union?” Some 17.4 million voted to leave, including 58% of my constituents, and more people voted for Brexit than have voted for anything else. Importantly, 403 constituencies voted to leave. Those people were promised that their vote would be honoured, that it was the people’s decision, and that it would not be overturned by politicians or by this Parliament. It would be wrong to say to those people that we will have a second vote when we have not delivered on what they voted for the first time. It has become clear over the past month or so that there is a majority in this House against no deal. Therefore, if we vote down this deal, the remaining alternatives, including the Norway model or some version of it, are so far from what people voted for that we will have broken faith with the British people.

I say to my friends across the House—pragmatic Brexiteers and democratic remainers alike—that we must prevent an alliance of people who want to stop Brexit and people who want an even stronger Brexit from denying what the people voted for. We know that business does not want a second referendum, which would lead to even more uncertainty. I heard today from trade unionists who want to leave the EU that it “will unleash an unprecedented level of disillusionment in British politics which will be unparalleled in our history” if we do not deliver Brexit. I wish all the readers of Chalgrave News a very happy 2019

Andrew Selous MP can be contacted on 02072191834 or email to andrew.selous.mp@parliament.uk

MARK VERSALLION

Mark Versallion is our Central Bedfordshire Councillor, representing the Ward of Heath & Reach which includes Tebworth, Wingfield, Hockliffe, Eggington, Stanbridge, Tilsworth and Heath and Reach.

Besides speaking on our behalf at planning committees and many other meetings, he continues to work on issues brought to him at his regular ward surgeries or when contacted through his office.

If you have any questions or concerns Mark can be contacted on 01525 234 000 or at mark.versallion@centralbedfordshire.gov.uk.



LOCAL ORGANISATIONS - *Update*

Women's Institute

In **October** we had Jess Wills back to run a Mamma Mia themed singing session, v ery enjoyable!

November was our AGM with an unusual and fun game of bingo run by Lesley Mead. In **December** Julie and Lisa ran a Christmas crafts workshop and everyone brought along some food and drink. Twenty seven of us went to the Fancott for some food, wine and dancing.



LOCAL ORGANISATIONS - *Update*

WI Book club

We are now meeting on the **4th Thursday of the month** in the evening – most recent books are below – all have been well received.

- September - Veronika Decides to Die by Paulo Coelho – Held at the Queen's Head
- October - In The Dark by Cara Hunter- hosted by Bernadette Inzani
- November - The Underground Railroad by Colson Whitehead- hosted by Caron Kendall

Forthcoming Events

Date	Event	Location
Tue-08-Jan	Yoga	CMH
Tue-12-Feb	Recycling with a Difference	CMH
Tue-12-Mar	Finding My Voice within London's Theatre Land	CMH
Tue-09-Apr	Chocolate talk	CMH
Tue-14-May	Confessions of a male nurse	CMH
Tue-11-Jun	Colin's Cocktails	CMH
Tue-09-Jul	Swishing	CMH
	Holidays	
Tue-10-Sep	Salsa Session	CMH
Tue-08-Oct	Star Gazing session	CMH
Tue-12-Nov	AGM - Nibbles and natter	CMH
Tue-10-Dec	Christmas crafts	CMH

Debbie Parry – Chalgrave WI President

07770 543797, email Debbie.parry@accenture.com



<https://www.facebook.com/ChalgraveWI/>

LOCAL ORGANISATIONS - *Update*

Chalgrave Sports Club

It's a quiet time of year for the Club but it is an opportunity for maintenance work. With the grateful help of Roger Fenwick, we emptied the container in the far corner of the cricket pitch. Roger has now moved it to a more convenient place at the side of the clubhouse. Over the next couple of months, we will continue to work on the pitch and clubhouse.

We had our usual Christmas Golf Day. Ed Morton organised the day at Redbourn Golf Club. We had fewer golfers this year, but it was still a good day with 'Big Dave' the winner. It was followed by a good meal in the Plough. We will be planning another Golf Day in the Spring. If you want to play, contact any of the Committee or look for notice in the Plough later in the year.

We welcome our new Secretary, Debbie Levy, who is doing a great job. Not sure whether she volunteered - or was volunteered!

We are looking ahead to the cricket season and we want to return to the original ethos of the Club which was a mix of social, cricket and fun. We want to move away from playing league teams to playing pub and village teams - playing a match on a Sunday afternoon with everybody getting a chance to bat and bowl followed by a few beers in the Plough. Nev is going to look for like-minded teams for our fixture list.

With this in mind, if you fancy a game on a Sunday afternoon - and a bit of fun - all ages and abilities are very welcome. Please contact Mike, Phil or any of the Committee. **Mike Wells and Phil Parry**



Do you want to be a Parish Councillor?

2019 is an important year for our parish council. On Thursday 2nd May we in Tebworth, Wingfield and the small hamlet of Chalgrave will have the opportunity to elect our 7 parish councillors for the next 4 years. The voting station will be at the Memorial Hall as usual but should you be unable to vote in person, postal votes are available via the Returning Officer at Central Beds Council.

The parish council make all kinds of decisions on issues that affect the local community. Probably the most common topics that it gets involved with are planning matters (they are statutory consultees), crime prevention, managing parish land, dog waste bins, bus shelters and campaigning for and delivering better services and facilities. Chalgrave parish council is invariably the first place people will go with concerns or ideas. For this reason it is a vital part of our community.

Parish councils are legally obliged to hold at least one meeting a year. In Chalgrave, the parish council meets monthly to discuss council business and hear from local residents. Members of the public are welcome to attend the council meetings. There is a public forum at each council meeting where residents can raise issues and speak about matters of local concern. Our district and county councillors regularly attend council meetings to report back to the district on developments at parish level. Councillors attend meetings of the full council and generally have specific areas of responsibility such as planning. They take collective decisions that form the policy of the council. New councillors in Chalgrave can receive some official training in their roles.

Are you interested in becoming a Parish Councillor?

By becoming a parish councillor you become someone our community will look to for help, guidance and support.

Are you eligible to be a Parish Councillor? You must

- be a UK or commonwealth citizen or a citizen of the Republic of Ireland.

- be at least 18 years old.

- be an elector of the parish, or for the whole of the previous 12 months have occupied (as owner or tenant) land or other premises in the parish, or during the previous 12 months have worked in the parish (as your principal or only place of work), or, for the whole of the previous 12 months lived in the parish or within three miles of the parish boundary.

You don't have to be connected to a political party.

Do you want to be a Parish Councillor? *continued*

If you do become a parish councillor you will have to sign up to the Code of Conduct which should also include reference to the Nolan Principles which cover ethical standards expected of all public office holders. These promoted 7 principles:-

Selflessness – you should act solely in terms of the public interest and not do so to gain financial or other benefits for yourself, your family or your friends.

Integrity – You should not place yourself under any financial or other obligation to outside individuals or organisations that might seek to influence you in the performance of your official duties.

Objectivity – In carrying out public business, including making public appointments, awarding contracts, or recommending individuals for rewards and benefits, you should make choices on merit and facts not on personal judgements

Accountability – You are accountable for your decisions and actions to the public and must submit yourself to whatever scrutiny is appropriate.

Openness – You should be as open as possible about all the decisions and actions you take. You should give reasons for your decisions and restrict information only when the wider public interest clearly demands.

Honesty – You have a duty to declare any private interests relating to your public duties and to take steps to resolve any conflicts arising in a way that protects the public interest.

Leadership- You should promote and support these principles by leadership and example.

If you wish to stand as a councillor in May then these are the next steps:

You need to submit a completed set of nomination papers to the place fixed by the Returning Officer by 4pm on the 19th working day before the poll. This deadline is set out in law and cannot be changed. Nomination packs will be available from 4 March 2019 from

Central Bedfordshire Council
Electoral Registration Officer
Priory House
Monks Walk; Chicksands
Shefford; Bedfordshire SG17 5TQ
Tel:0300 300 8008

electoral.registration@centralbedfordshire.gov.uk

Buckinghamshire Badger Recipe

Pastry

8 oz (225 g) self-raising flour
4 oz (100 g) shredded suet
1/2 level tsp salt
1 tbsp chopped parsley
About 8 tbsp cold water

Filling

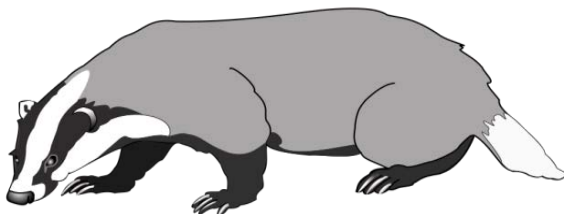
8-10 oz (225-275g)
bacon pieces
1 onion, finely
chopped

Recipe as used in Tebworth

1. Heat the oven to 400°F (200°C) mark 6.
2. Remove the rind and bone from the bacon and cut the lean meat into small pieces. Put them in a bowl, add the onion and potato and mix well.

To make the pastry:

1. Put the flour, suet, salt and parsley in a bowl and mix to a soft but not sticky dough with the water.
2. Roll out on a lightly floured surface to a rectangle 15 x 12 in. (37.5 x 30cm). Brush the edges with water.
3. Spread the filling over the pastry to within 1 in. (2.5cm) of the edges. Loosely roll up the pastry like a Swiss roll and seal the ends firmly.
4. Lift onto a piece of greased foil and cover loosely. Place on a baking sheet and bake in the oven for 45 minutes.
5. Open the foil and cook for a further 15 minutes to allow the top to brown. Cut in slices and serve hot.



HIDDEN HISTORY!

A few years ago I began metal detecting. This was a new hobby for me and one that I had been wanting to do for a long time.

My first experience was on a cold October morning. I headed towards a field in Northampton to meet a group called the Central Searchers. It was quite a sight to see as a herd of humans with detectors in hand trundled towards the field in question. I found nothing that day, bar a few pieces of iron plough that the farmer's grandad had lost when he was a boy but I did see some fantastic finds ranging from Roman coins to medieval buckles and more modern Georgian coins. That had me hooked and I have been doing it most weekends ever since!

I find detecting a fantastic hobby that combines my love of history with the excitement of finding old coins and artefacts that have been lost and buried for years. I've added a couple of pictures of my favourite finds to date. I've even encouraged my girlfriend to get involved!



An Edward III gold Quarter Noble from around 1365 that was found last year. The coin was sold at auction and the proceeds split 50/50 with the farmer.

Find out more about the history of your land...



A Charles II Full Silver Crown from 1666 in VF condition. The scratches on the face were probably done at the mint to get the coin to the correct weight.

I have lived with my family in Tebworth for the last 9 years and have enjoyed researching the history of Chalgrave. The area has a rich historic past and is documented in the Domesday book and even further back. Amazingly Anglo-Saxon coins and Bronze Age axe heads have already been found in Wingfield. The ancient ridge and furrow fields and pottery shards are clues that suggest there are more fantastic finds to be made.

I would love to be able to investigate and detect any land locally that I can get permission for. From a simple pasture paddock to large arable fields there are exciting artefacts yet to be found and who knows, we may even find a Roman hoard along the way!

What I can offer you

I am a graphic designer by trade so if you required my design skills for your business I would happily discuss exchange of my services for the opportunity to detect on, alternatively my details are below.

In addition, perhaps you or someone you know has lost a valuable ring or a farm tool that I could help to find.

I am also a member of the UK National Council of Metal Detecting.

THE RESTAURANT REVIEW

Eileen's by Steve Barringer



Debbie Parry



Fine Dining in a relaxed atmosphere

Will and I were keen to try Steve Barringer's new Restaurant in Ampthill. He was a finalist in the BBC's Master chef in 2018 and we had enjoyed eating at his gastropub, the Anchor in Tilsworth.

The restaurant is tucked away behind the high street. It is a small room with a bar and 24 covers. They offered us a choice of a 5 or 7 course taster menu at £55 or £75. We went for the 5 course menu and they were able to accommodate Will being a pescatarian.

The starter was swede cooked in lamb fat with frozen goat's cheese and chive pesto, then I had quail with beer pickled turnip and Will had a hen's egg that had been cooked at 62 degrees for 2 hours! Next was mackerel accompanied by beetroot puree with horseradish and buttermilk sauce followed by duck with salted pear and blue cheese. Pudding was a milk chocolate cremeux with salted caramel sauce.

Service was friendly, and each dish was explained to us in detail. The wine selection was good and reasonably priced. We decided against a wine flight at £35 or £45 per person.

We very much enjoyed the food and the novelty of eating such unusual combinations of flavours. It isn't cheap but definitely somewhere we would recommend for a special occasion.



tebadvisor



Wild Chalgrave

Poor Mrs. Tiggywinkle!

When did you last see a hedgehog? I haven't seen one for years but apparently they're alive and well and living down the Lane. They used to be a common sight (or sound) snuffling around the garden at dusk but Britain's hedgehogs are in trouble.



Their numbers have fallen by two thirds since 1995 and the decline is worse in rural areas.

The reasons are thought to be partly down to intensive farming: loss of habitat in hedgerows and field margins and increased use of pesticides which reduce the numbers of their insect food and may even poison them. The increase in badger numbers may also be a factor as badgers will compete for the same insect and invertebrate food and will even eat hedgehogs.

So how can we help hedgehogs? Don't be too tidy in the garden – they love piles of leaves and twigs, and dense undergrowth to sleep or nest in. An adult hedgehog can range over a large area, travelling 1-2 km a night in search of food or a mate. Make hedgehog sized holes at the bottom of fences so they can move from garden to garden or field.

If you see a hedgehog in the winter it has probably been woken from hibernation so don't disturb it. Hedgehogs won't survive the winter if they're not fat enough so you can put out food and water for it (meaty cat or dog food is best) and leave it to go back to sleep.

If you already have hedgehogs around consider providing them with a hedgehog home to shelter in. Don't use treated timber if you make your own. Although hedgehogs look cute they're smelly and grumpy as well as being prickly, but if you're a gardener they'll help you with your slug and snail problems, so welcome the little critters in. Hedgehogs and their ancestors have been around for about 15 million years, so let's not let them disappear on our watch. **Janet Day**

ARMISTICE CENTENARY



Lest we forget.

Sunday 11th November 2018 marked the centenary of Armistice Day when the First World War ended and the guns fell silent.

A service to commemorate this event, led by Rev. Linda Washington, was held at Chalgrave Memorial Hall.

The service was well attended as parishioners gathered to lay wreaths and remember the fallen in the First World War and in all conflicts.



Good things come to those who wait.

'Twas (almost) the night before Christmas, when all through the house, no data was whirring, not even a mouse; the stockings were hung by the chimney with care, in hopes BT Openreach soon would be there.

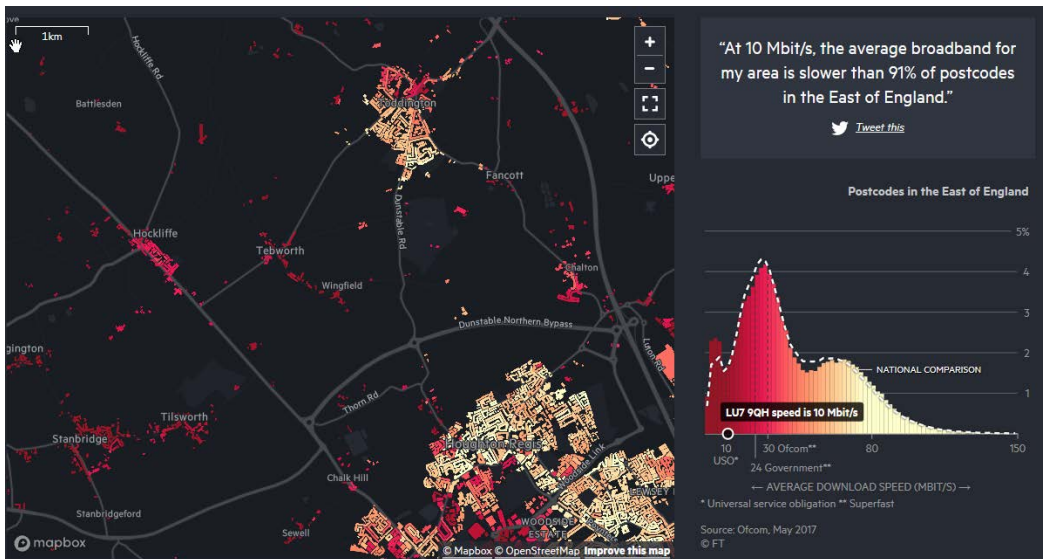
Longsuffering consumers, our wits at an end, engineers one must befriend. And then, in a twinkling, the doorbell did ring. 'Twas Thomas, with toolbag, arriving from Tring.

He spoke not a word, but went straight to his work, completed his testing and turned with a jerk, and laying his finger aside of his nose, and giving a nod, triumphant he rose.

Our problem was not with the overhead cable, a hungry squirrel or a signal unstable. The cause of the outage was plain as day: an upgrade, no less, had come our way! (With apologies to Clement Clarke Moore.)

Christmas arrived early in Wingfield as BT finally brought fibre optic broadband to cabinet 15, located at the junction of Tebworth Road and Hill Close. Our download speed has jumped from less than 10Mb to 38Mb and upload speed from barely 1Mb to 9Mb! No more buffering! Films used to download so slowly that we wondered if the later scenes were not yet in the can. "Gone with the wind" became "Gone West". "Gone in 60 seconds" became "Paint your wagon".

The scourge of rural broadband has become more and more of an issue as the national average for actual download speeds across all connections has risen from 12 Megabits per second in 2012 to 46 Mb/sec in 2017 (according to the regulator,



Good things come to those who wait continued

Ofcom). Before the upgrade, our postcode was in the bottom 10% of East of England broadband speeds. Now, we are close to the national average. Only a privileged 14% of households has access to ultrafast full fibre, which involves the fibre optic cables running directly into homes.

Source: <https://ig.ft.com/gb-broadband-speed-map/>

The emerging reality is that superfast fibre-to-the-cabinet (FTTC) broadband has hijacked Maslow's hierarchy of human needs, shown below. More and more of our needs are increasingly difficult to meet in the absence of decent internet access. Providers are switching from analogue to digital, physical to virtual, in line to online. Financial companies, large retailers, airlines, gas, electricity and water utilities and most government departments, especially the Inland Revenue, have ushered their public into online communication as the default option. Universal Credit is designed as an online benefit system requiring monthly self-certification.

Wingfield has at last stepped out of the internet shadows into a new world! Who knows, it might even be possible to run a business from here?

Peter Warburton

Why you may not be getting the speed advertised:



Your wifi router might need an upgrade, or it might be poorly configured;



Your router might be picking up interference due to its position in your home;



More people may be using your provider's network at peak times, leading to slower speeds; and



The distance of your home from the street cabinet or the exchange can affect your broadband connection

How does your Garden grow?

The New Year celebrations may be a distant memory, but it's not too late to make some resolutions in your garden.

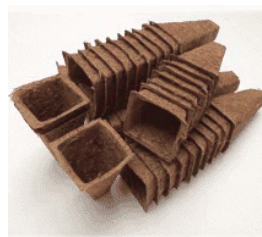
After the hot summer of 2018, my resolutions are to save more rainwater and mulch bare soil while it's still moist.

I'm also planning to reduce my use of plastic in the garden. The problems of plastic waste have been much in the headlines recently. If you do have plastic pots, try to re-use them as many times as possible. One of the problems with black plastic pots (the most common sort), is that most recycling plants cannot detect them easily and so end up going to land-fill. Pot manufacturers are trying different coloured pots to make recycling easier.



Consider alternatives to plastic;

terracotta pots are much more attractive than plastic and provide better growing conditions for plants as they breathe and provide much better drainage thus avoiding the problem of waterlogging, which is a common problem with containerised plants. An even greener alternative is to use coir pots. These are made from the husk fibres of the Cocoa plant. They offer excellent drainage and will compost well after use. If using small pots for seed sowing, a cheap and effective alternative is to use old toilet roll cardboard tubes or rolled-up newspaper formed into a tube.



You might want to grow something new this year. Last year I grew squash for the first time. They do take up a lot of space, but they are very attractive, will store for months and taste great roasted, so I am planning to grow some different varieties for 2019.

John Wojdyla



A simple way to cheer yourself up

It's no secret that, after the birth of my second baby, I suffered an episode of extreme post natal depression. Having managed to get through Christmas, I finally crashed and burned in the New Year of 1982. Worryingly, my GP didn't seem to know how to help me other than to offer pills, which actually made me feel a lot worse. The whole frightening experience set me on the road to a career in mental health. There had to be a better way, I thought. I was determined to seek out an explanation for what had happened to me.



The depression had seemed to come out of the blue... but it didn't really. And, as I learned more, I uncovered something which absolutely astonished me; it was to do with how natural daylight affects the human brain.

Solar powered

It turns out that full-spectrum light travels through the retina of the eye, is transferred onto the brain, and has an immediate effect on levels of our feel-good hormone, serotonin.

According to the research of Professor Russell Foster, a circadian neuroscientist based at Oxford University, we receive up to 100 lux, or units of light, per hour when we are indoors.

Outdoors, on an overcast day, we receive up to 10,000 units of light per hour and, amazingly, if you are lucky enough to be outdoors at midday on a very sunny day, you may receive up to 100,000 units of light per hour.

So now we have the scientific explanation for Seasonal Affective Disorder (SAD). No wonder I finally crashed in January. Even now, I have to force myself to go out in winter and fight my natural tendency to hibernate!

Here's what I advise my clients

Try to get outdoors for at least 20 min a day to enjoy the benefits of full-spectrum light and the lift in mood it will give you.

As an added bonus, 20 minutes of exposure to sunlight, will also provide more than your total daily needs for vitamin D, which converts at a rate of 20,000 units for 20 min exposure.

Give it a try. There are no nasty side effects and, so far, they have not found a way of either charging us for the air that we breathe or for natural light....so it's absolutely free! **Frances Masters** (psychotherapist)

Dunstable Gazette May 1880

TEBWORTH. A WOMAN BURNT TO DEATH

On Monday afternoon an inquest was held at the Shoulder of Mutton, Tebworth before Mr Tanqueray, coroner for the honour of Ampthill, on the body of Mary Hines, aged 55, wife of William Hines, in the employ of Mr Stevens, timber merchant. It appears from the evidence given at the inquest that the deceased was in the habit of sitting up late, and last Saturday night, she had been very busy with her ironing and other domestic work. The only inmates in the house at that time were Mrs Hines (the deceased), her son, a lad about 16 years of age, and her husband's mother, a bedridden person, about 84 years of age, the husband being away in London on business.

It appears that the lad left his mother up as usual, on going to bed: at that time, everything was safe. About one o' clock or a little later on Sunday morning, the old lady heard screaming proceeding from the kitchen which is situated immediately below her bed-room and who at once called the son who she aroused with great difficult as the old lady was unable to get out of bed herself to go to the room door. As soon as he awoke, he too heard his mother screaming and groaning terribly. The lad in his fright rushed down-stairs in his night shirt, and a terrible sight met his eyes. On the threshold of the back door was his mother, one mass of flames, whilst her kitchen was all ablaze. The lad ran out into the street and gave an alarm of 'Fire.' He cried aloud for 'somebody to



Dunstable Gazette May 1880 continued

come and help or his mother would be burnt to death.'

In a short time a large number of persons were upon the scene, many of them in a half dressed state. Fortunately there was a large water butt close to the door.

Every effort was made to extinguish the flames and to relieve the unfortunate woman. Buckets of water were thrown upon her, and also into the kitchen as they were afraid the house would take fire. Meanwhile, Dr Waugh of Toddington, was sent for and he arrived in a very short time. The poor woman was in a terrible state. Everything that could be suggested was done for her to alleviate her agony. It was stated the lower part of her body was burnt quite black. Her face was horribly disfigured and drawn.

Towlo's Penhyroyal and steel Pills for females quickly correct all irregularities, and relieve the distressing symptoms so prevalent with the sex.

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Beware of imitations

and at time tried to speak but was unable to do so. Just before she died however, she said 'The lamp, the lamp.' This was the only evidence the jury had to go upon, for no one knew the cause of the accident or saw how deceased was set on fire.

The general impression is, however, that she was sitting down as usual with the lamp by her side on the table, and by some accident it either exploded or was knocked down and that in trying to extinguish it her clothes caught fire and thus she came to her terrible death. She had, it was stated, complained of giddiness lately and it is surmised by some that in one of these attacks she may have knocked the lamp from the table. The jury returned a verdict of 'Accidental death.' The kitchen on a further examination was found to be almost wrecked, loaves and other things being burnt to cinders; all the articles too, which she had been ironing, and which hung across the room were totally destroyed. So intense was the heat of the room, which is about 8ft square, that the glass in the windows was cracked and all the paint is off the interior. A table and a pair of shoes standing under it, cleaned ready for Sunday morning, were also destroyed whilst the chairs and other things are more or less injured. Great sorrow is felt for the family as deceased was well known and greatly respected of her many excellent qualities.

The poor woman lingered on in the most intense agony for several hours



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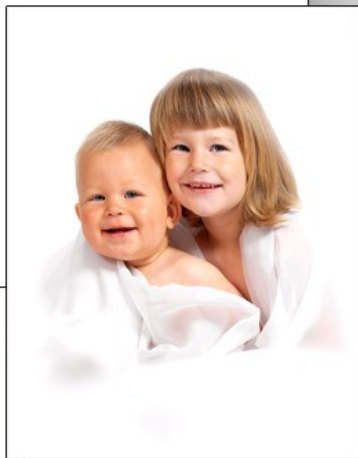


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St Marys Close Christmas Tree

Switching on the Christmas Tree at St Mary's Close, Tebworth.

On Saturday 1 December a local crowd gathered to see Lois Osborn (assisted by Phil Parry) turn on the lights on the Christmas Tree.

Sue and Ray Willis had done a great job as always in decorating the tree and the front of their property. They also provided some delicious drinks and nibbles. What a wonderful gesture – it certainly got us all in the Christmas spirit!

Many of us went on for a tippale or two in the Queen's Head. **Debbie Parry**



Sheep below enjoying the mild January weather



Fireworks Night at the Queens Head

Fireworks night on 12 November this year was a huge success. A large number of families and friends from the parish and further afield came along and supported Angie and Alex. The fireworks were amazing, food was served outside and the weather was kind.

As requested several brought along their guys which were ceremoniously burnt on a huge bonfire.



Goodbye from Chris and Mick



After over 30 years' time flies!

Yes we are sadly leaving Tebworth for a new adventure in North Devon. We bought the Vicarage from Jack and Megan Kemp who had lived there for 42 years; we were in our early thirties full of energy and excitement.

We have had many fabulous years of friendships and fun and will miss you all greatly. Tebworth is an amazing village with the village games and concerts that we have been a part of for so many years but we feel that The Vicarage always was and is now too big for us especially as we get older.

We hope that you will come and visit us for a Devon cream tea and a glass of ???

Lots of love

Chris and Mick

McDonagh



The Queens Head News

Sadly we have had to say goodbye to Angie and Axel our well loved managers of the Queens Head who left for pastures new on December 16th. Having given them a good send off we wish them well in their new ventures. Having only moved to Toddington, we hope to see them frequent the Queens soon but on the other side of the bar.

We now have a new manager in place, Paul Murphy just happens to be the brother of the owner of the Queens Head Martin.

Not sure how long Paul will be in situ as the pub has now been advertised on Right Move for £45k with a ten year (free of tie) lease at £25k per year. So there you are, if you

want to run our great little pub give Guy Simmonds Business Transfers Limited a ring on 01332 448136. By the way you will need to put a kitchen in!

Other news on the Queens, what a fantastic Christmas and New Year we had. Standing room only and that was on someone else's shoulders!

New Year was celebrated into the early hours with the fabulous Tom Dibb playing some great music and even some of the locals breaking into song after a few beers.

What else is happening at the Queens?

Quiz nights, Karaoke nights and Open Mic nights are on the agenda. The folk singers play and sing once a month and of course the Parish Ukes (Pukes) like to practice and play something akin to music from 7.00 to 9.00 on a Thursday evening.

For those of you a bit tuned in to social media, look at the Queen's Head face book site, and for those not tuned in, watch out for the notice board outside the pub.

Roger Masters



Cheering Volunteering is back for 2019!

Following the success of previous events, Cheering Volunteering returns this year. This will be the fifth Central Bedfordshire Cheering Volunteering event as the success of the awards and celebration evening grows each year.

The event is run by Central Bedfordshire Council, working in partnership with the Volunteer Centres as part of Central Bedfordshire Together, to say thank you to those who give their time to help others.

Sponsored by Biffa, Pro Logis, Aragon, Weir Beds Fire and Rescue, the Grove Theatre will again host the awards evening on Tuesday, 4 June.

Last year, seven awards were presented on the night, with winners ranging from fundraisers for the Road Victims Trust to Friends of Houghton Hall to Leighton Buzzard Hockey and a men's weight-loss coach.

There will seven awards in 2019:

- Young Volunteer of the Year
- Volunteer of the Year
- Volunteer Group of the Year
- Outstanding Contribution
- Lifetime Achievement
- Sport and Wellbeing Volunteer of the Year
- Panel's Choice

Nominations opened on Monday, 14 January 2018—and free tickets to the event will be available from the Grove Theatre from this month. The Inspiring Volunteer funding pot of £5,000 for projects which encourage volunteering or kick-start new activities involving volunteering will also be available. Grant awards will be made from a minimum of £100 to a maximum of £1,000.

So, if you want to say thank you to a special volunteer or volunteers, please put them forward for an award—and make sure you book your free tickets for the event too, as you are guaranteed a great night out with fabulous entertainment.

To find out more about volunteering opportunities across Central Bedfordshire, visit www.centralbedfordshire.gov.uk/cheering-volunteering

Entries will close at midday on Monday, 8 April 2019.

For further information please contact: Chris Faulkner, Communications

Officer, on 07391 862258 or email Chris.Faulkner@centralbedfordshire.gov.uk

Born to be mild bike tour 2018



It all started in 2016 when I joined an organised guided motorcycle tour to Croatia – none of us knew each other – just turned up at Folkestone and we had a great time riding bikes, drinking wine and getting to know each other. Although it was a good holiday a group of us thought the tour leader was a great biker but less than great tour leader and we could do a lot better for less money.

So in 2017 we organised a trip to Spain and it was a roaring success. So in 2018 we decided to do it again – still Spain but a different bit.

There was an opportunity for a few “extra” people so I asked Will Randell – “fancy a bike holiday in Spain ?” He looked a bit unsure but a few days later he said ok.

Now Will is an experienced biker – quite a few years of commuting which is an ideal training ground but he hadn’t done the abroad, holiday, other potentially fast bikers, group riding bit. Group riding if you do it right is a wonderful and rewarding experience but if you do it wrong it can be very dangerous indeed. I did consider telling him all the challenges he might face but then decided not to – best wait until he was in Spain and would have to rise to the challenge. And he didn’t have a

Born to be mild bike tour 2018

sat nav anyway so couldn't get home without us! On a more serious note I reckoned he'd be fine so what would be the point of worrying him?

So the day dawned and off we went to Portsmouth for the overnight ferry to Santander – all had a jolly good time drinking beer and wine and eating in the restaurant

Well in the limited space available here what can I say – except it was brilliant; stunning scenery, stunning roads, brilliant weather, great hotels, great routes, great food and wine and wonderful company. The 8 of us really gelled on the “Born To Be Mild Bike Tour 2018” - yes we have the t-shirts - and we're all booked to go this year as well. Only incident was Terry getting stung (twice) and he's allergic to such things but Will's medical background ensured he gave sound advice, accompanied him in the hospital and even translated the medicine dosage (well he knew the dosage anyway rather than read it in Spanish)

On the ferry back there was a force 9 gale which was fun (not) but we all got home safely with a wealth of great memories and pictures

And yes, Will rose brilliantly to the challenge and even agreed I was right not to warn him - though I suspect day 1 was one hell of a steep learning curve.

Roll on the 2019 trip – can't wait! **Colin McCausland**



News from The Plough Inn

CONGRATULATIONS

A massive well done again to **Alison Young** who has achieved her Master Cellerman award from Fullers, her little brass pump topper has now arrived.

Also, more recently, she has been awarded full marks by Cask Mask. We're super proud of her and the care she takes to provide all our customers with the best possible pint.

Dave



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A CHALGRAVE CHILDHOOD

In the past, preparations for Christmas in Chalgrave often began in the summer when villagers might buy day old chicks that were fed at first on finely chopped boiled egg, then scraps and later on, corn from the fields left over from the harvest.

Eating chicken might be a regular weekday meal now, but back then was considered a real treat and, if you were lucky, there might be a cockerel for Christmas day, perhaps a second for Boxing Day and that would be it until next year.

By late October, one or two Christmas puddings would be made with suet bought from the village butcher and breadcrumbs from stale bread mixed together with dried fruit. Then all was bowled up and wrapped in a cloth taken from some old sheeting, a cloth handle was fashioned from sheeting too and put inside the kitchen boiler which was normally used for washing clothes. The puds would likely stay there all day, filling the home with the warming smell

of Christmas spices.

A silver joey, the old three pence coin also called a thrupenny bit, would have been placed inside the pud and there was great excitement to see who had it in their pudding bowl after Christmas dinner as it meant great good luck for the coming year.

Funnily enough, when the 12 sided replacement coin came into circulation in 1937, people were advised not to use it in puddings as it contained toxic metal and some then changed to the old silver sixpenny piece instead.

It's extraordinary how many Christmas presents children receive these days. Children then were thrilled to get some nuts, an orange or tangerine and a toy or book in their stocking. Nuts and oranges were considered real treats and generally not eaten at other times of the year. Can you imagine giving nuts and an orange to a child now? They'd probably speed-dial social services to register a complaint!

Frances Masters



LETTER TO THE EDITOR

After the long wait to sell our house, our leaving date has come round so quickly. With so much to do it's been impossible to say goodbye to everyone.

We have lived in Tebworth for over 30 years and brought up our 2 children here:- both now flown the nest but they look back now & say how fortunate they were to have lived here.

They feel lucky to have had the carefree childhood that was possible in the village. We too feel very privileged to have been living in a such a lovely community and are sure we will miss it very much.

We are now going down to Cornwall for a new adventure by the sea and will take with us very fond memories of our life in Tebworth.

Farewell to all of the friends we made over the years although we will surely be visiting often as the family are still local.

Sarah & Gary Colnut

Would you be prepared to open your garden?

Saturday 8 June is the provisional date for this year's Chalgrave Open Gardens. This has been a great success over the previous 2 years.

So far we have 4 or 5 gardens signed up but need a few more to make the event work.

Would you be prepared to open your garden? We are not expecting anything of Chelsea Flower Show standard and don't feel you need to know the names of all your plants (Latin or otherwise). Your garden doesn't need to be grand or large, just a place people would find interesting and attractive.

Alternatively, if you know of anyone who may have a suitable garden, please message us in confidence and we can approach them.

This is a fun and sociable community event and raises much needed funds so that we can produce four free editions of the Chalgrave News each year for our Parish residents.

Please contact us: thechalgravenews@gmail.com

AUNT AGNES ANSWERS YOUR PROBLEMS

Well I hope you all had a very Merry Christmas and Happy New Year. Unfortunately I cannot say the same for myself out here in my beach front luxury Caribbean villa as it has been in the 90's making it very difficult for me to keep cool. I have already spent the £200 winter fuel monies the Government send each year to all us pensioners on my increased electricity bills working my air conditioning units and fridge where I am having to make ice cubes daily to cool down my gin and tonics that I sip each evening while watching the sun set over the ocean. £200 is really not good enough and we poor expats should get more than pensioners in the UK as to keep warm you can always just put on another jumper but we have to turn on fans etc. which cost money.



Anyway you don't want to hear of my problems. A short time ago I received a letter asking for advice from a lady living somewhere in the parish stating that she had eaten far too much food over the Christmas break and put on unwanted weight. She asked me for suggestions how she could get back to her original weight as soon as possible.

As always I sent my hand written reply to the Chalgrave Magazine but have today received a summons to appear at Luton magistrates court to act as a witness in the trial of this unfortunately lady who is being prosecuted for gross indecency in a public place. Having no idea what this was all about I contacted the committee of the Chalgrave news who sent me a copy of the magazine in which my reply was published.

I immediately realise that once again there had been a mistype in my reply which the committee tell me is because of my handwriting.

My reply should have been - I recommend that the best and cheapest way to exercise would be to join a jogging club and go out and meet with them and join in with their activities.

Well of course the actual reply came out as - I recommend that the best and cheapest way to exercise would be to join a dogging club and go out and meet with them and join in with their activities.

Now I would have thought that this lady would have realised something was wrong once she turned up at her first meeting, never mind the fact that she was arrested by the police on her third meeting which has lead to her having to make a court appearance.

This unnamed lady has asked me, as she knows this reply to her problem is going to be in the Chalgrave News, if anyone walking at the bottom of the lane can look out for a pair of frilly blue panties as somehow she has managed to lose these during her police arrest and would like them back.

Until next time dear readers.....

CHALGRAVE KIDS COLOURING COMPETITION

Please colour and return to: The Old School, 16 The Lane, Tebworth, by March 1st. Don't forget to put your name, age and address on the back of your drawing. Good Luck!



Parish Noticeboard

Chalgrave News are looking for some new gardens for our Open Gardens fund raising day. Your garden can be any shape or size and you will be helping to keep your village magazine in print.

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Chalgrave News Editorial Team		thechalgravenews@gmail.co.uk	
Police Community Support Officer	PCSO Hannah Retallack	LPT.LeightonBuzzardLinslade&Rual@bedfordshire.pnn.police.uk	01582 473411
Member of Parliament	Andrew Selous	andrew.selous.mp@parliament.uk	0207 2198132
Secretary to Andrew Selous	Sue Howats	howats@parliament.uk	01582 662821
Ward Councillor	Mark Versallion	mark.versallion@centralbedfordshire.gov.uk	01525 234000
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