

2024
ISSUE 81

CHALGRAVE NEWS

Celebrating Chalgrave

DATES FOR YOUR DIARY

Day/Date	Event	Location	Time
Third Tuesday of each month	Parish Council Meeting	Memorial Hall	7.30 pm
Second Tuesday of each month	WI	Memorial Hall	8.00 pm
Fourth Wednesday each month	Pop-Up tea room	Memorial Hall	11-1

Thank you to Natasha Moorut for the cover photo.

Annual Sponsorship Rates

thechalgravenews@gmail.com / 07927 144090

Quarter Page Colour £50.00	B&W £35.00
Half Page Colour £80.00	B&W £60.00
Full Page Colour £135.00	B&W £110.00

Deadline for next edition: 15 May 2024

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 contributions submitted to us if they do not comply with our policy.

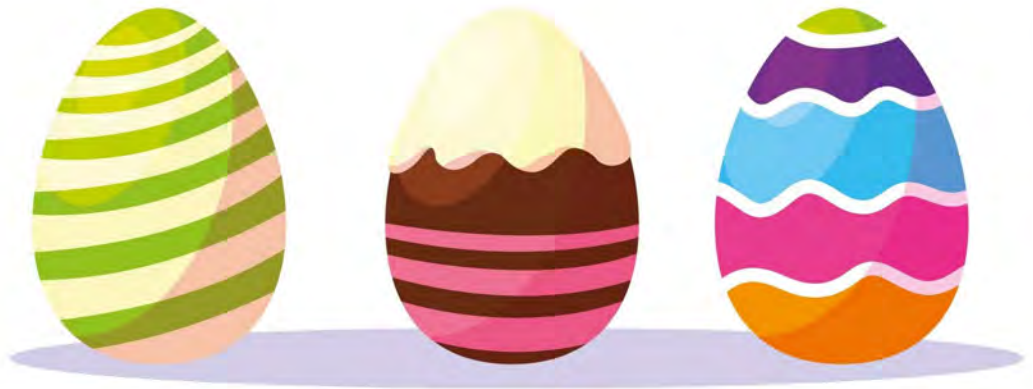
A note from the editorial team

As the countryside around us begins to burst into life, hedgerows filled with birdsong and blossom and the joyous sight of spring lambs in the fields; our wonderful community groups have lots of exciting events planned for the up and coming months.

The pop up tea room is continuing its excellent work, the village hall have a great family Easter '**eggstravaganza**' planned, the WI offers lots of interesting events and there are many sporting opportunities with the sports club and although it is currently having renovations the church is still running Sunday services in the chancel.

Lets hope the rain ceases soon and we get some lovely weather so we can get out and celebrate our wonderful parish.

The editorial team.



Chairman of the Parish Council

The volume of rain has caused flooding in many parts of the Parish. We are urging CBC to clear gulleys to help clear the roads of water. We are particularly concerned with the flooding on the bend by the Queens Head and with the flow of water from Wingfield Road across to The Lane. There are also problems in Wingfield.



Tebworth Solar Farm - We are aware of the disruption on Chalgrave Road. I have been in contact with the contractors asking them to clear the road of mud and to reinstate the edges of the carriageway. I also reminded them that lorries going in and out of the solar farm site should use the B5120 and travel through the village. By the time this edition is published there will have been a public meeting organised by the agents of the Solar Farm.

Speed Watch – We now have permission to monitor traffic speeds coming into Tebworth from Hockliffe. The team will be in action at this location.

Footpaths - We are fortunate to have many paths through the Parish. We are looking to form a P3 Group (Parish Path Partnership Scheme) to walk the Rights of Way and carry out maintenance keeping the paths clear and walkable. Lindsay Measures our Rights of Way Officer from CBC can provide equipment and insurance for the volunteers. If you can help, please contact Ken Green or Jane Spiers.

The defibrillator cabinet at the village hall needs to be replaced. We will be replacing it with a combined defibrillator and bleed kit cabinet.

Phil Parry
Chair



View from The House

I was delighted to be able to visit four local businesses this month. I never forget that it is businesses like these that enable workers to feed their families and the government to get the tax revenue we need to pay for all of the public services we care about. The new Lidl warehouse will employ 1500 people when at full capacity and is recruiting at the moment. They have done so much to help with cost of living pressures.



Arnold White are responsible for building both the tallest and the most powerful wind turbines in England as well as an electric vehicle charging station at Checkley Wood. The Online Tasting Company is a start up which has moved to Leighton Buzzard and has great plans for the future to enable people to sample different wines in a much more environmentally sustainable way. I am working to help them grow. Baileys Travel in Waterbourne walk, stood by all their customers through the pandemic and have earned the loyalty and a lot of repeat business as a result. It takes a lot of courage and commitment to start and run businesses like these.

I am also working to help make sure that Universal Studios choose Bedfordshire, rather than anywhere else to build a new theme park, which will create huge job and other opportunities throughout the whole of Bedfordshire.

We've just come to the end of apprenticeship week and it was wonderful to see Central Bedfordshire College holding true to their commitment to provide more engineering apprenticeships in Leighton Buzzard to add to the ones in Dunstable and Houghton Regis. I also highlighted the National Grid apprenticeship scheme on a visit to the substation south of Leighton Buzzard and welcomed an apprentice to the House of Commons from The Picture House.

I've been lobbying for changes to the National schools funding formula to be fairer to Central Bedfordshire as well as supporting improvements for children with special educational needs and disabilities. I visited the Edwin Lobo centre and I'm working with Health ministers to get more clinicians to choose community paediatrics as a career. contd.

View from The House

I'm also working to get the Bidwell West primary school built, a larger police footprint in Houghton Regis and expanded primary care there as well as in Leighton Buzzard. It was also good to welcome the new ambulance patient transport service for the whole of south Bedfordshire, to Dunstable.

Andrew Selous

Andrew Selous MP for South West Bedfordshire

Scan the QR code



to join my mailing list

Andrew Selous Member of Parliament for SW Bedfordshire

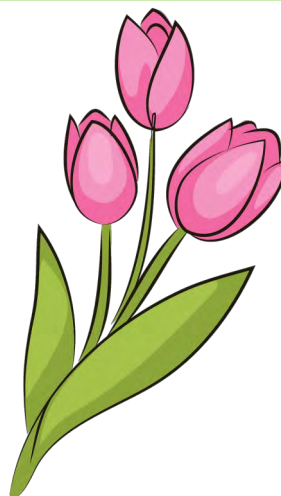
Andrew's contact details are:

House of Commons, London SW1A 0AA

Tel: [0207 2198134](tel:02072198134)

email :andrew.selous.mp@parliament.uk

Or to see him tel: [01582 662821](tel:01582662821) or email tracey.farrugia@parliament.uk



Chalgrave Memorial Hall

As we come out of probably the wettest winter that I can remember, we are hoping for drier weather for some of the events we are planning at the Chalgrave Memorial Hall this year.

There will be an **Easter Eggstravaganza on Saturday 30th March at 1pm**, with Fancy Dress, Games, Egg Decorating, Toddlers Egg Hunt, Refreshments and an Easter Bonnet Competition. (If you are reading this after the event, hope you had a great time).



The Chalgrave Games will be held on Saturday 13th July. The theme this year is 'Traditional' and we are planning to include all your favourite events and activities. More details to follow.

We are looking for helpers/volunteers to help on the day of the games. Also anyone with IT skills who can help us with our new website would be greatly appreciated.

There will be **Plant Sales at the Pop-up Tea-room in April and May.**

A **Northern Soul Night and Table-top Sale** are planned for later in the year. The cost of maintaining the Hall is high and fundraising is important to us, but we are always trying to improve the hall and its facilities. We are currently planning to install new external lighting around the Hall to improve the safety and security of its users.

John Wojdyla and William Randall (Co-chairs)



Chalgrave photos by Natasha Moorut



The first 4 pictures were taken last March. The Osbourn's very kindly invited us to their farm during lambing season; the lamb in the first 2 pictures is about 10 minutes old. The other photos were taken at the beginning of March.

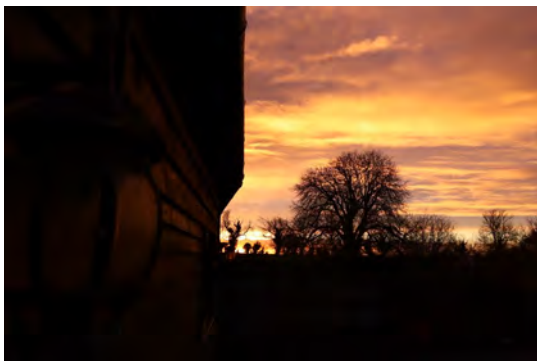




Thank you for these stunning photos celebrating our lovely parish Natasha.

We are always happy to publish photos taken by our readers, please send your pictures to :

thechalgravenews@gmail.com





We had our annual Drinks, Dinner and Awards Night at the Fancott in January. It was a great event, definitely memorable but not necessarily for the right reasons! The drinks and awards went well but the dinner was chaotic! It was really good to award MAD (Mile a Day) medals to all those that successfully completed walking a mile a day over the year.

We had our Christmas Golf Day at Caddington Golf Club. The competition was intense, particularly as no player had the advantage of 'local knowledge' on this unfamiliar course. With handicaps ranging from 12 to 28, the winner was Paul Younger. The second highest scorer, John Given, with 31 points chose instead to take the Longest Drive prize over second place. The third prize, in effect the second-place award went to Alan with a score of 29 points while the official third place was secured by Nev Andrews with 26 points. The day was thoroughly enjoyable, effectively 'blowing the cobwebs away' for everyone, without any mishaps. We have our Spring Golf Day arranged for May 18th at Chalgrave Manor Golf Club. Please join us.



Chalgrave Sports Club



Despite our Quiz Night being cancelled last year we were able to make a donation to St Georges Lower School. The donation is going towards Bikeability – cycling proficiency for Year 4 children. The Cheque was presented to the Headteacher Mr Andrew Darlington.

Before The Plough Inn in Wingfield closed, the Club helped organise the Quiz Nights. The Quiz Nights raised money for charity, and we donated £210 to the Trussell Trust Foodbank in Houghton Regis.

Yoga continues on Monday evenings and Saturday mornings. Check the dates on our website or in this magazine. We are planning to continue classes over the summer probably one a week on Monday evenings. We are also looking to organise Ten Pin Bowling and Go Karting.

Dates for your diary – Saturday 20th April Quiz Night at the Memorial Hall, and our Spring Golf Day on Saturday; May 18th at Chalgrave Manor Golf Club. Check our website for details.

CSC Chalgrave Sports CLUB





Meeting Update

In **November** we learned about the life and legacy of popular musical theatre performer and militant Suffragette, Kitty Marion. She had a turbulent life - the performer-turned-arsonist was imprisoned and force-fed over 300 times.

In **December** we visited the Brick Lane Music Hall in London to see their Jingle-bells Christmas Show and enjoy a three-course Christmas evening meal. We also attended a Christmas party night at Tilsworth Golf club. At our meeting we made Christmas wreaths.

In **January** a celebrant talked to us about the changing face of life ceremonies and in **February** our lovely member, Debbie Kidd, gave us some great tips on decluttering.



The WI – Give us a Try!

We are a friendly and fun group and we offer a warm welcome to any woman who would like to join us for one or two sessions to see if our WI is for them. Please contact me if you would like to know more – or just pop along to one of our meetings.



Clubs

Our **Book Group** – led by Sue Watling, meets on the fourth Thursday of the month.

Bern Inzani runs our **Supper club** which meets on the third Friday of the month at different restaurants.

Tracy Malster leads our **Craft club** which runs on the third Monday of the month at Chalgrave Memorial Hall from 7 to 9pm.

Future Meetings

We meet on the second Tuesday of the month at 8pm in Chalgrave Memorial Hall, Wingfield Road, Tebworth, LU7 9QQ. We typically have a number of additional outings and events throughout the year.

Date	Event
Tue-12-Mar-24	Belly Dancing workshop
Tue-09-Apr-24	Answers in the dark- grief, sleep and dreams
Tue-14-May-24	AGM and hedgehog talk
Tue-11-Jun-24	Walk
Tue-09-Jul-24	Tales from the Auction Room
Tue-10-Sep-24	Indoor Kurling
Tue-08-Oct-24	Eyes on the spies
Tue-12-Nov-24	One of Our Own - the wartime story of Victor Ekins
Tue-10-Dec-24	Christmas Crafts

Debbie Parry
Chalgrave WI President

Debbie.helen.parry@outlook.com

Tel 07770 543797



CHALGRAVE WI Book Club

The WI book group meets on the fourth Thursday of the month, at 7.30pm. There are currently 13 of us and we meet in each other's houses, or a local pub. We take it in turns to choose the books we read, covering all genres and tastes.

Not everyone always finishes the book by the meeting date but the rule is to be prepared for spoilers, if you've not got to the end in time.

In November we read *The One* by John Marris -

One simple mouth swab is all it takes. A quick DNA test to find your perfect partner, the one you're genetically made for. A decade after scientists discover that everyone has a gene they share with just one other person, millions have taken the test, desperate to find true love. Now, five more people meet their Match. But even soul mates have secrets. And some are more shocking and deadlier than others. A really interesting concept, with some twists and turns along the way. A very enjoyable read.

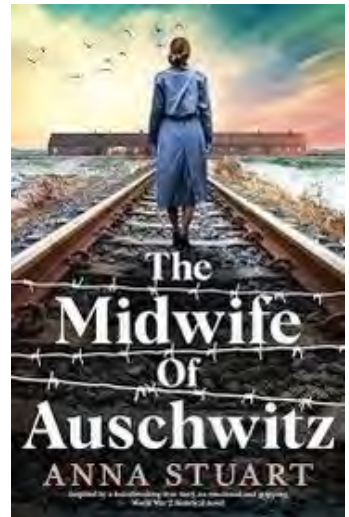
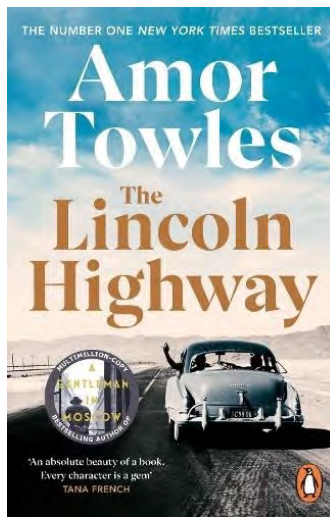
In December we didn't have a book, as everyone was too busy!

In January we read *The Lincoln Highway* by Amor Towles - In June, 1954, eighteen year-old Emmett returns home to his younger brother Billy after serving fifteen months in a juvenile facility for involuntary manslaughter. They are getting ready to leave their old life behind and head out to sunny California. But they're not alone. Two runaways from the youth work farm, Duchess and Wolly, have followed Emmett all the way to Nebraska with a plan of their own, one that will take the four of them on an unexpected and fateful journey in the opposite direction - to New York City. This was a lovely book, but quite long. It didn't end how some of us would have liked but would make a great film.



CHALGRAVE WI Book Club

In February we read **The Midwife of Auschwitz** by Anna Stuart - Auschwitz, 1943: 'As I held the tiny baby in my arms, my fingers traced the black tattoo etched across her little thigh. And I prayed that one day this set of numbers, identical to her mother's, would have the power to reunite a family torn apart by war'. Inspired by an incredible true story, this poignant novel tells of one woman's fight for love, life and hope during a time of unimaginable darkness. This was a difficult read but many of us found it hard to put the book down once we started reading



If you are interested in joining the WI book group please contact Sue (sue.watling@hotmail.com) You do need to be a member of Chalgrave WI to join this group.

Church Bloomers

You might be planning a visit to Chalgrave Church this Easter. If so, I'm pretty certain Rev Linda Washington will not be making any of these kind of bloopers. Yes, these are real bulletins or announcements made at church services. Enjoy!



Weight Watchers will meet at 7pm at the First Presbyterian Church. Please use large double door at the side entrance.

Low Self Esteem Support Group will meet Thursday at 7. Please us the back door.

This evening there will be hymn singing in the park across from the church. Bring a blanket and come prepared to sin.

The eighth-graders will be presenting Shakespeare's Hamlet in the church basement Friday at 7. The congregation is invited to attend this tragedy.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours'.

AN EXTRA DAY

2024 is a Leap Year, where, February has 29 days meaning the year itself has a total of 366 days.

That's a whole extra day! But why does it happen?

Well, a calendar year is typically 365 days long; the idea being it takes that many days for the Earth to make one complete rotation around the sun.

However, that number is actually rounded down and it actually takes 365 days, five hours, 48 minutes and 56 seconds.

This means 5 hours of the year is unaccounted for. Without adjustment, the seasons would then drift year on year until they were completely out of sync and we'd end up celebrating Christmas in June!

An extra day is added every four years but this actually makes the calendar longer by 44 minutes. So, a leap year is not necessarily every four years and the rule of thumb is, if the year is divisible by 100 and not divisible by 400, then the leap year is skipped. For example, the year 2000 was a leap year but the years 1700, 1800, and 1900 were not. The next time a leap year will be skipped is the year 2100.

Leap Year

So, what will you do with a whole extra day this year? Poet Brian Bilston has his own ideas:

An Extra Day

If every year had an extra day, the things that I might do –
I'd paddle down the Amazon in a fibre-glass canoe
I'd write a five-part symphony with the cello and kazoo
I'd topple this bad government in an unexpected coup

If every year had an extra day, there'd be no stopping me –
I'd fix the dripping tap upstairs, I'd save the honey bee
I'd brush up on my Mandarin, earn my black belt in feng shui
I'd stop the Earth from warming, then learn to water ski

If every year had an extra day, the things I might achieve –
I'd launch my own cosmetics range and make sculptures out of cheese
I'd bring lasting peace to the Middle East and help the refugees
I'd drive around the country collecting honorary degrees

But when an extra day does come by, it always seems the same
Just another square on which to land when playing at life's game
I should care about each one of them as I make my way around
Life shuffles by in smaller steps, not in leaps and bounds

Brian Bilston



Would **YOU** like to help make a lasting difference to future generations of children growing up in Chalgrave and Hockliffe parish?

Educational grants are available to every local child and young person through West's Educational Charity.

The charity originates from the £400 will legacy of Francis West, in 1690. Nowadays, the charity provides biannual grants for the educational activities of young people under 24 years of age living in the parishes. If you would like to find out about how you could support the continuation of this wonderful local charity by donating or even leaving a gift in your own will, please visit the Chalgrave Parish Council website or contact Lesley Smith on **01525 874716** to find out more.



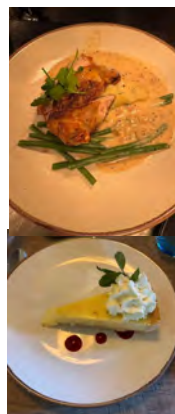
Restaurant review—*EGO at the Flying Fox*

The Chalgrave News Restaurant review team were out on another 'research trip' recently and, this time, found ourselves at The Flying Fox on the A5 at the Heath and Reach roundabout. Actually it's known as EGO at the Flying Fox now as it's been taken over by a food chain specialising in Mediterranean style dining.



They've done a good job of it too. It's busy, be warned, and you have to book. We arrived half an hour late and had lost our table. Another one was soon found, however, it was further back from the main dining area. We opted for the fixed price menu of 3 courses for £22.95 with garlic and chilli prawns to start, chicken supreme for mains and lemon tart for pud. Absolutely no complaints at all about the quality of the food or speed of service even though the restaurant was busy.

You can join the EGO Club and get 20% off the cost of dining with other seasonal special offers. Some weeks they halve the price of all lunches, meaning many main courses are around £8.50 which is pretty great value these days. It's good to see a thriving local restaurant offering good service and food at affordable process. Long may it continue.



CHALGRAVE SPORTS CLUB



YOGA

FOR A HEALTHIER MIND BODY & SOUL - EVERYONE WELCOME
FRIENDLY & SUPPORTIVE CLASSES WITH A PROFESSIONAL YOGA INSTRUCTOR



SATURDAY MORNINGS | 11:00 - 12:00 | CHALGRAVE MEMORIAL HALL
MAR 02 | APR 27 | MAY 11 / 25 | JUN 22 | JUL 06

MONDAY EVENINGS | 19:00 - 20:00 | CHALGRAVE MEMORIAL HALL
MAR 04 / 11 / 25 | APR 08 / 22 / 29 | MAY 13 | JUN 05 / 10 / 24 | JUL 01 / 08 / 22 | AUG 05 / 12 / 19

Dates may occasionally be subject to short notice change or cancellation. Please check our website for latest information and updates.

COST PER 1 HOUR CLASS : £3 CSC MEMBERS / £5 NON-MEMBERS & GUESTS
(PAY ON THE DAY - CASH / BANK TRANSFER / CARD / CONTACTLESS)

Open to all ages, genders, abilities, and mobilities. Complete beginners welcome. Yoga mats provided or bring your own. As well as traditional floor/mat based yoga we can also accommodate those who may need a chair for balance or seated yoga.

Walk-ins are always very welcome but spaces are limited, so please let us know in advance that you are coming by using our website to reserve a place or by sending us an email. For more information, please visit the Chalgrave Sports Club website.



SCAN ME



[chalgravesportsclub](http://chalgravesportsclub.co.uk)

www.chalgravesportsclub.co.uk

chalgravesportsclub@gmail.com

[chalgravesportsclub](https://www.facebook.com/chalgravesportsclub)

Chalgrave Church Services & Dates for your Diary

The beautiful church of All Saints Church Chalgrave has been looking very different these days with scaffolding in the Nave reaching high to the roof and plastic sheeting covering the pews & the organ while structural investigations have been taking place to check the interior roof. These investigations revealed there are several roof beams in need of repair. Hopefully this will be underway soon.

Unfortunately, the work will be very costly... in excess of the initial investigative quote of £27,000. We will apply for grants to help cover the cost, with guidance from the Diocese & pray the applications will be successful. Many grant bodies won't consider grant applications if the work has already begun so the urgency of this work may preclude some applications.



Any & all donations for the repairs, or fundraising ideas, will be greatly appreciated.

We are currently having our Sunday 9:30am services in the Chancel.

There is a very special feeling as we sit in the choir stalls joining in our worship together.

Despite the restoration work, it's important & special to gather together.

We warmly invite you to come & join us.

Chalgrave Church Services & Dates for your Diary

Our Pop Up Tea Room continues at the Memorial Hall on the 4th Wednesday of the month. We serve soup, quiches, sausage rolls, scones & lots of yummy cakes. It's a wonderful opportunity to have a chat & maybe make some new friends. All age groups are welcome. The next dates are: March 27th, April 24th, May 22nd, June 26th & July 24th. No Pop Up in August.

Save the date: Saturday, November 9th for our Christmas Craft Fair at Chalgrave Memorial Hall. Back by popular demand.

More information about our services and events are available on the church website, All Saints Church page on 'A church near you' site, or on our Facebook page.

Please contact Rev Linda for
information about Youth
Group 9-13 years.

Messy Church (for younger
children & families).

For pastoral support or
prayer, or for enquiries about
baptisms, weddings, etc.

Contact details:

Rev Linda Washington
07715 603557

Revdchalgrave@gmail.com





Easter
EGGstravaganza

**Chalgrave Memorial Hall,
Tebworth. Saturday 30th**

March @ 1pm
£2 Entry, under 5's free



**Easter Bonnet
Competition**

CHALGRAVE SPORTS CLUB

FUN QUIZ NIGHT - SATURDAY 20 APRIL 2024

CHALGRAVE MEMORIAL HALL, WINGFIELD ROAD, TEBWORTH

DOORS/BAR OPEN 6:00 PM, QUIZ STARTS AT 6:45 PM

CSC
CHALGRAVE
SPORTS CLUB

QUIZ NIGHT

20 APRIL 2024

£100 CASH PRIZE • QUESTIONS TO SUIT ALL AGES • SPOT PRIZES
TRUE OR FALSE • RAFFLE • LICENSED BAR WITH REAL ALE, PROSECCO ETC

TICKETS: £15 ADULTS / £12 CSC MEMBERS & JUNIORS (UNDER 16)
INCLUDES FRESHLY COOKED FISH & CHIP SUPPER (OTHER OPTIONS AVAILABLE)

Purchase tickets online at www.chalgravesportsclub.co.uk
or by contacting DEBBIE LEVY on 07931 408697
or by emailing CHALGRAVESPORTSCLUB@GMAIL.COM
or by speaking to any member of the CSC Committee



FUNDRAISING ALLOWS CSC TO MAKE DONATIONS TO SUPPORT LOCAL YOUNG PEOPLE IN SPORTING ACTIVITIES



INFO/TICKETS

ESCAPE AESTHETICS

Mother & Daughter Duo – Aniqah & Shamem are super happy to join the high street in Toddington Village!

“Come see us at our brand new, beautiful Medical Spa located in Toddington, Bedfordshire.”

Find us on
www.saveface.co.uk



Aniqah & Shamem are registered with the governing body of aesthetics – SaveFace – The sign of safe practitioners. Always specialising in natural enhancements, weight loss, anti-ageing and skincare.



Aniqah & Shamem are trusted Qualified Advanced Aesthetics & Medical Practitioners with over 6 years experience in the field.

They have 300+ five star google reviews over the years and exceptionally happy patients.

They currently have Opening offers available on all treatments!

A few of the treatments they offer are;

- Dermal fillers
- Anti-wrinkle treatment,
- Skinpen microneedling,
- Chemical peels,
- Skin boosters,
- Weight loss treatments
- Hydrafacials
- Dermalux LED therapy

Get in touch:-

www.escape-aesthetics.com

07547 236488

01525798000



PUNCH

Eyecare and eyewear for all the family

- ◆ Professional friendly qualified Opticians and Contact Lens Practitioners
- ◆ Private, NHS and Corporate eye examinations (Eyecare vouchers accepted)
 - ◆ All contact lenses supplied and fitted
 - ◆ Range of children's spectacles
- ◆ Designer sunglasses: Ted Baker, Bench, Joules, RayBan, Oakley etc.

Pop in anytime, a warm welcome awaits.

18 High Street, Toddington, Beds, LU5 6BY 01525 875099

STUART DREW ELECTRICAL SERVICES

****Part P Certified** **Member of the ECA****

From extra lights & sockets to rewires.
For a professional, courteous service with
free estimates and all work guaranteed,
please call me.

**Fully Qualified & Insured
Over 30 Years Experience**

**29 Lincoln Way
Harlington
Beds.
LU5 6NG**

**Telephone
01525 875965
07941 812662**

Elite Motor Services

for complete car care!

Thorn Farm, Thorn, Nr. Dunstable, Beds. LU5 6JH

☎ **01582 606507**

www.elitemotorservices.co.uk

- Servicing - all makes and models to a high standard and without invalidating your manufacturers warranty
- Air Conditioning Service and Repair
- General Repairs
- Fault Finding Diagnostic Service - to all vehicle systems
- Tyres and Exhausts
- MOT Service - taking your car from Pre-MOT Inspection through to certification

A long term established local business
with highly experienced certified technicians

Car collection service available

Call us for friendly advice and
check our competitive rates

***Your One Stop Motoring Solution
with Quality Service Guaranteed!***



D. Daize
Mob. 07831 403377

D. Andrews
Mob. 07799 350386



NEVILLE FUNERALS

We help you prepare for the choices you have to make.

NEVILLE. Because there is a difference.

AMPTHILL

The Old Church, Flitwick Road MK45 2NT

t: 01525 406132

e: ampthill@nevillefuneralservice.com

DUNSTABLE

Globe House, 84/88 High Street South

LU6 3HD

t: 01582 320290

e: dunstable@nevillefuneralservice.com



www.nevillefuneralservice.com

Ark House Vets

'we care like you care'

Caring & professional healthcare for your pets

- Friendly
- Local
- Convenient
- Easy parking
- Pet food delivery
- Healthy pet club
- Puppy playgroup
- Weight Watchers
- Exotics Service
- Neutering
- Microchipping
- Acupuncture
- Physiotherapy
- Wormers and flea treatment
- Modern Diagnostic Facilities
- Preventative health care
- Behaviour Clinic
- All Domestic Pets Welcome



01525 373329

22 Hockliffe Street,
Leighton Buzzard LU7 1HJ
(between Countrywide & Connells)



INVESTOR IN PEOPLE

www.arkhousevets.co.uk



Find us on facebook



AJ AUTOS (TODDINGTON) LTD

MOT Centre and Mechanical Repairs

Free local delivery and collection

Other services include:

- **MOT's**
- **Tyres**
- **Exhaust**
- **Servicing**
- **All major repairs**



MEMBER



- Competitive Pricing -

Opening Hours: 8.00am - 6.00pm Monday - Friday

17-19 High Street, Toddington, Beds. LU5 6BX

Tel: 01525 872630

ajautostoddington@gmail.com

CAPELLO HAIR DESIGN

www.capellohairdesign.co.uk

*Our passion is hair and customer service thus creating
an environment that you will want to return to.*

We offer:

- ❖ Colour Specialists
- ❖ Conditioning Treatments for all hair and scalp problems
- ❖ 10% Student discounts Mon-Thurs
- ❖ Discounts for senior Citizens Mon-Wed
- ❖ Loyalty System
- ❖ Free Parking

OPENING TIMES

Mon - Wed	9.00am - 5.30pm
Thursday	9.00am - 8.00pm
Friday	9.00am - 7.00pm
Saturday	8.30am - 4.30pm

26 High Street, Toddington
Beds. LU5 6BY



Tel: 01525 877599

Follow us on facebook and twitter



Panache



Call or visit to receive your FREE hair and beauty
consultation from our friendly and experienced team.

- Toni and Guy trained stylists
- L'oreal Advanced Colour Technician
- Wedding hair trained by Patrick Cameron
- Minx nails
- Dermalogica facials
- Fake Bake spray tans

01525 873031
HAIR&BEAUTY
panachehairbeauty.co.uk

Gift vouchers available
Senior citizen discount Mon - Weds
10% Student discount Thurs - Fri

Visit our website for exclusive discounts.



www.tomclinic.com

25 Church Square,
Toddington, LU5 6AA
Entrance on Park Road

Tel: 01525 875 474

Osteopathy

Cranial Osteopathy

Naturopathy

Pregnancy Massage

Sports Massage

Arthritic and Rheumatic Pain

Back Ache, Back Pain, Sciatica and Nerve Pain

Neck Pain, Headaches and Migraine prevention

Frozen Shoulder, Tennis Elbow and General joint pains

Circulatory problems, Cramps, Inability to relax and Muscle Spasms

Digestion problems

Fibromyalgia and Chronic Pain Syndromes

Sports Injuries

Pregnancy Care

Free ½ hour checks for babies & toddlers up to 3 years old

Appointments: Monday-Friday 8am-10pm and Saturday 9am-6pm



PPP HEALTHCARE

Hallworth Farm – The Granary

Three self-catering cottages available for short-term rentals, each with two bedrooms, a family bathroom and an open-plan living space.

For enquiries, please visit our website, hallworthfarm.co.uk, or phone 01525 874163.



StotenGillam
chartered accountants
chartered tax advisers

**Our aim is to provide an outstanding professional
cost effective and friendly service**

- ✓ Established over 50 years
- ✓ Full range of business and personal accountancy and tax services
- ✓ Traditional values
- ✓ Forward thinking and modern technology
- ✓ Latest cloud software
- ✓ Free initial meeting



Tel: 01582 608601
Alban House,
99 High Street South,
Dunstable, LU6 3SF



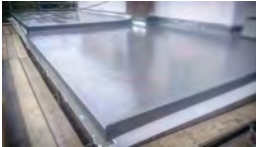
Contact us today:
enquiries@stotengillam.co.uk
www.stotengillam.co.uk

f @stotengillam



Highly recommended across all platforms with 20 Years experience working across the commercial and domestic sectors. Award winning, fully qualified and insured team offering only the highest standards of workmanship, project management and customer care.

New works and restoration projects.



- Pitched roof projects
- Flat roof projects
- Leadworks
- Skylight installer
- Solar installer
- Roof repair and cleaning



01908 042 038

07305 795 484

info@rosboroofting.com

www.rosboroofting.com

@rosbo_roofting

@Roofers



Chalgrave Emergency Response Team

Barbara Jackson
07960 445492

Debbie Levy
07931 408697

Phil Parry
07831 605600

Paul Whitton
07808 174843

LOCAL . TRUSTED

Peter the Handyman

FREE ESTIMATE

HANDYMAN SERVICES



Repair work
Painting
Plumbing
Tiling
Carpentry
Brick work
Locksmith

CONTACT

07957 711883
peter-the-handyman.co.uk

TROPIC WITH LAURA FISHER

100% Natural, Vegan and Cruelty Free Products - Freshly Made For You.
Including Skincare, Make Up, Body Care, Hair Care and Sun Care.

What I offer:


- ❖ Free Local Delivery and Personal Customer Care.
- ❖ Free 1-2-1 Skincare Consultations, selecting the right products for you.
- ❖ Borrow Baskets full of our products for you to try.
- ❖ Tropic Get-Together with your friends and family to receive your favourite products for free!



Get in touch, I'm here to help!

☎ 07748262834

✉ laura@fisher.pm

 Tropic with Laura Fisher



Wills Mums recipes

We would like to share with you this wonderful collection of recipes, handed down to William Randell by his late mother Maureen Randell.

What a very special collection of memories.



HORSE RADISH SAUCE

1 CUP LIGHTLY WHIPPED CREAM
1 TAB. FRESHLY GRATED

HORSE RADISH:

LEMON JUICE SALT & PEPPER
1/2 TEASPOON OLIVE OIL

FOUD HORSE RADISH INTO CREAM.
ADD LEMON JUICE & SEASONINGS.
STIR WELL BEFORE WORKING
IN THE OLIVE OIL DROP BY DROP.

MAYONNAISE BASED SAUCES

SAUCE VERT.

FOR 1/2 PINT MAYONNAISE

ALLOW 2 OZS POT HERBS:

(SPINACH, WATERCRESS, PARSLEY AND,
IN PLACE OF CHIVES, SPRING
ONION TOPS)

BLANCH THE HERBS IN BOILING
WATER FOR 3 MINUTES. DRAIN,
CHOP & PUSH THROUGH SIEVE.
MIX THIS PULP INTO THE
MAYONNAISE.

-2-

TARTARE SAUCES.

FOR 1/2 PINT OF RATHER
MUSTARD + MAYONNAISE MADE
WITH 2 RAW EGG YOLKS +
ONE HARD BOILED YOLK - ADD
5 TEASPOON OF FINELY HASHED
CARPES, GHERKINS, SPRING ONIONS,
OR SHALLOTS, CHIVES AND
PARSLEY. ALSO HALF THE WHITE
OF THE HARD BOILED EGG.

WITH THE MEAT SERVE HOT
FRENCH BREAD. SWEET PICKLED
CUCUMBER, RAW CELERY, A
DISH OF ONION, HARD BOILED
EGG + PARSLEY

BARBECUED BAKED BEANS.

1 OZ BUTTER or Margarine
4 OZS Bacon pieces, chopped
1/4 cup chopped celery 1/4 cup sliced onion
x 1 lg. can BAKED BEANS.
1 Tab. Horse Radish Ketchup 1 Teaspoon mustard
meat butter, ADD Bacon, Celery &
onion. COOK GENTLY UNTIL GOLDEN BROWN.
ADD REST OF INGREDIENTS, STIR WELL,
COVER & COOK GENTLY FOR ABOUT
20 MINUTES UNTIL BAKED
BEANS ARE HOT.

FONDUE BOURGIGNONNE

1/4 lb to 6ozs MEAT PER PERSON.

BARBECUE SAUCE

4 DESERTSPOONS DRY MUSTARD

2 TABS BARBADOS SUGAR

1/2 TEASP. TABASCO

1 14oz CAN TOMATO JUICE

2 TABS WORCESTER SAUCE

1 SMALLISH ONION

1 STICK CELERY

1 LARGE CLOVE GARLIC

2 SILL FRESH GRAPEFRUIT JUICE

4 TABS. WINE VINEGAR

1 BAY LEAF

1 OZ BUTTER

REDUCE ONION & GARLIC TO A
HASH & COOK UNTIL SOFT IN BUTTER
STIR IN DRY MUSTARD, THEN ADD
ALL THE OTHER INGREDIENTS & THE
CELERY VERY FINELY CHOPPED.
SIMMER SLOWLY IN OPEN PAN FOR
ABOUT 1/2 HR.

MUSTARD SAUCE

TWO GENEROUS TABLESPOONS FINE
DE DIJON MUSTARD STIRRED
INTO A SILL OF SOUR CREAM

Exmoor National Park

Did You Know about Exmoor National Park? I didn't until I moved to this beautiful part of the country 5 years ago after many years living in Tebworth. Yes its Cider Lil here AKA Chris McDonagh.

Wild Coast Exmoor's 34-mile-long (55-kilometer-long) shoreline is one of the wildest and most remote in England. The six-mile (ten-kilometre) stretches between Combe Martin and Heddon's Mouth, and from Countisbury to Glenthorne, boast such steep cliffs that the water can't be reached by land and few places exist to beach even a small boat. Other parts of the coastline are covered with woodlands running right to the beach, a rare sight in UK.

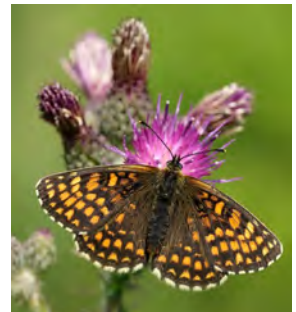
Moors and Valleys Exmoor is a rolling, open expanse coated with heather moorland and cut by wooded combes, or valleys. Here wild animals such as red deer share space with the sheep and cattle whose ceaseless grazing over the centuries has helped to shape the landscape itself.

Top Cliffs The White Cliffs of Dover may be better known but the highest sea cliffs on the British mainland are found in Exmoor. Great Hangman, near Combe Martin, has a face some 800 feet (250 meters) high. Some of the park's sea cliffs also feature spectacular waterfalls. Hollow Brook at Martinhoe is among the highest in Britain and plunges some 655 feet (200 meters) to the sea.

Wildlife

The heath fritillary butterfly, or woodman's follower, is one of Britain's rarest but can be seen here along the fringes where forests border areas of open space. Exmoor ponies, several hundred of which roam the park, may be the closest living relative of the wild prehistoric steeds that once roamed Europe.

The ponies aren't wild, however; they are part of park and privately owned herds turned loose to graze on the moor.



Human History

Humans have inhabited Exmoor for some 10,000 years and left behind tangible evidence of many a bygone era. Prehistoric standing stones, hut circles, and almost 400 burial mounds lie within the park's borders. The Romans left

Exmoor National Park

fortifications behind, and three Norman castles survive. The medieval period saw the construction of priories and the landscape settled into a patchwork of farms and settlements, which, in rough form, still exists today.

How to Get There

Taunton, Tiverton Parkway, and Barnstaple are nearby rail centres; each is linked by bus to Exmoor.

Exmoor itself is served by a network of local bus routes, and coaches can be flagged down anywhere on the moor. In peak summer months the Moor Rover carries everything from luggage and bikes to pets and makes moving from place to place throughout the park easy.

When to Visit

England's south-west has a relatively mild climate year-round but conditions in Exmoor can vary widely over the distance of just five miles (eight kilometres). That's enough ground to cover a climb from sea level to 1,706 feet (520 meters). High ground in Exmoor may have snow cover for a few weeks each winter but the park is certainly pleasant to visit in all seasons.

How to Visit

Watch the stars come out in some of England's darkest skies. Meander the streets of the historic hamlets and villages scattered throughout the park. Examine thatched-roof buildings or lace up a pair of boots and explore more than 620 miles (1,000 kilometres) of footpaths and bridleways, including the Coleridge Way, which follows the footsteps of the famous poet through the landscape that inspired some of his best work.

Chris McDonagh



Chalgrave Memorial Hall Fees and charges effective from October 2023

Rates may increase without notice —existing bookings will be honoured

	Parish Resident Individual and Parish Voluntary Community Groups 50% discount	Non Parish Resident or Parish Commercial	Non Parish Organisation or Commercial
Monday to Thursday			
9am to 6pm	£10 per hour	£20.00 per hour	£22.00 per hour
6pm to midnight*	£11.50 per hour	£23.00 per hour	£32.00 per hour
Friday			
9am to 6pm	£10 per hour	£20.00 per hour	£22.00 per hour
6pm to midnight*	£145.00	£290.00	£330
Saturday			
9am to 6pm	£13.00 per hour	£26.00 per hour	£30.00 per hour
6pm to midnight*	£160.00	£320	£470
Sunday			
10am to 10pm*	£13.00 per hour	£26.00 per hour	£32.00 per hour
Weekend Rate			
Friday 6pm to Sunday 12 noon	£335.00	£670.00	£790.00

***NB Hall to be locked up and vacated by midnight Friday and Saturday night**

***NB Hall to be locked up and vacated by this time unless by special arrangement.**

Bank Holidays/New Years Eve - Rates on application.

Committee Room available for hire separately when hall is not hired - Rates on application.

Bookings outside above hours subject to individual rates on application.

Non - refundable deposit of 50% of the booking fee payable to confirm booking.

**Bookings
07803 378548
Chalgravememorialhall1@gmail.com**

USEFUL CONTACTS

Parish Council			www.chalgrave.org
<i>Clerk</i>	Lesley Smith	874716	clerk@chalgrave-pc.gov.uk
<i>Chairman</i>	Phil Parry	07831 605600	phil.parry@chalgrave-pc.gov.uk
<i>Councillors</i>	Ken Green	874107	Ken.green@chalgrave-pc.gov.uk
	Peter Warburton	874036	peter.warburton@chalgrave-pc.gov.uk
	Kevin Ludgate	07768 606968	kevin.ludgate@chalgrave-pc.gov.uk
	Harvey Greenwood	07932 326274	Harvey.greenwood@chalgrave-pc.gov.uk
Council	Central Beds	03003 008000	www.centralbedfordshire.gov.uk
<i>Ward Cllr</i>	Mark Versallion	03003 008555	Mark.versallion@centralbedfordshire.gov.uk
MP	Andrew Selous	01582 662821	selousa@parliament.uk
Memorial Hall	Bookings/ Jane Spiers	07803 378548	chalgravememorialhall1@gmail.com
Senior Citizens	Roger Fenwick	873768	
Speedwatch	Phil Parry	07831 605600	phil.parry@chalgrave-pc.gov.uk
Rector	Rev Linda Washington	714442	
<i>Warden</i>	S. Russell	07796 66174	
West Charity	Clerk Lesley Smith	874716	
Schools			
<i>Lower</i>	St Georges	872360	office@toddstg.co.uk
<i>Middle</i>	Parkfields	872555	schooladmin@parkfield.cbeds.co.uk
<i>Upper</i>	Harlington	755100	enquiries@harlington.org
Doctor	Medical Centre	872222	www.toddingtondoctors.co.uk/
Library	Toddington	03003 008069	
Police		101	
Helping Hands		07882 988270	
Public Houses			
<i>The Plough</i>			
Clubs			
<i>Rotary Club</i>	Chris Osborn	873920	
<i>Sports Club</i>	Phil Parry	07831 605600	www.chalgravesportsclub.co.uk
<i>Tennis Club</i>	Roger Fenwick	07814 598309	
<i>Chalgrave WI</i>	Debbie Parry	07770 543797	Debbie.helen.parry@outlook.com
<i>Brownies/Guides</i>	Dee Curtis	872649	
<i>Rainbow</i>	Dee Curtis	872649	
<i>Cubs/Scouts</i>	Karen Calder	873065	

stuart

www.sbms-online.co.uk

Beds & Bucks 01525 877650
Herts 01442 252040
Mobile 07710 770969

MAKING THE HOUSE BUYING
PROCESS EASIER WITH
HONEST, PROFESSIONAL &
FRIENDLY MORTGAGE ADVICE



MORTGAGES

We look at the whole market
so that you do not have to

We are local
and cover
Beds,
Bucks & Herts



PROTECTION

We cover all you need to
know about protecting you,
your family and your home

- Mortgages for First Time Buyers, Homemovers and Remortgages
- Life, Critical Illness & Income Protection cover
- Unemployment Insurance
- Pension & Investment referrals
- Wills & Solicitor Recommendations
- Commercial, Bridging and Development Finance



FINANCIAL ADVICE

We pride ourselves on
providing suitable advice
whatever your needs

call Stuart
for a
no obligation
chat

advice@sbms-online.co.uk
www.sbms-online.co.uk



COMMERCIAL

Help with commercial and
development finance tailored
to your requirements