

**March 2020**

**Parish News**



**THE COMMUNITY MAGAZINE FOR YOU!  
WITH INFORMATION AND NEWS FROM YOU**

*delivered to the whole of the Parish*

**Aley Green  
Slip End**

**Pepperstock  
Woodside**

## Editors' Notes

As I write this piece we are about to experience the second storm in just a few days. Given the name Dennis by the Meteorology Office it promises to be even more devastating than its predecessor. Whilst all these events are always a potential problem, we seem to fare better than many further north. My sympathies are with the many, perhaps older people, who must exercise care before even stepping foot outdoors. Sue Briggs has contributed an article about COPD problems which appears on pp 22

This issue includes items from our regulars and new contributors which again indicate the wide range of interests within our small community. Alison, my co-editor and I are pleased to see these pages so full. We have said so many times before that if something interests you, it will interest others. Consider using these Parish News pages to let others share your thoughts.

Training for volunteers from Brickhill North and South mobile home estates met at the home of BADRA Chair, Peter Motson, in February to learn how to use the latest Defibrillator Unit purchased by the Parish Council. This unit is in addition to those at the Village Hall and Peter Edwards Hall and agreement to place this unit on the site office was agreed by and its installation paid for by McFarland Homes. A similar unit to be located near the Woodside and The Grove Parks has not been possible. The Owners are unable to agree to the siting on their property. If you would like to know more about the use of the unit please ask Peter Motson or a BADRA committee member, or one of our Parish Councillors, Carol Beeton or Paul Shaw whose telephone numbers are in PN, can provide further information. The unit is for the use of residents and visitors to the Pepperstock and Half Moon Lane areas of Slip End. ***KHolme***

## By the right, March!

The right in this case could be the 'right' to be the first month of the year.

Originally named *Martinus* by the Romans, the month we now call March was the first of ten months in the calendar up until about 700BC. Each month had, as now, a different number of days which were sometimes altered at the whim of the latest Emperor. The names of Gods and Goddesses were used for some months and the number of the month within the current sequence of ten for others. Thus, for example, September as the Seventh and October for the eighth month.



The change to twelve months came about under the rule of Numa Pompilius who gave us *Januarius* and *Februarius* and so eased March off its prime spot. Julius Caesar introduced the idea of some months having an uneven number of days and for February to have twenty-nine every fourth year. Thus our calendar became known as the Julian.

*'Beware The Ides of March'*

*but, just what were they?*

March 15th was a date of several observances of a religious nature, but it was also the final date for the settlement of debts. Shakespeare used the term in his play *Julius Caesar* and we probably remember it from there.



## **PARISH COUNCIL UPDATE**

The February Parish Council Meeting was held on Monday 3rd February in the Village Hall.

Three Planning Applications were discussed:

CB/19/04252/FULL - Pedlars, Pepsal End Lane, Pepperstock – Demolition of part existing dwelling and replace with single storey extension and internal alterations.

CB/20/00050/FULL - Cobblers Gold. Mancroft Road, Aley Green - re-submission. Demolition of existing dwelling and erection of a four bedroom house.

CB/20/00250/FULL - 71 Woodside Road, Woodside – re-submission – single storey rear and side extension.

The meeting discussed all three Planning Applications, and it was agreed that the Parish Council had no objections.

It was confirmed that all the new equipment has now been installed in the Playground, along with the new fencing.

Excess fencing and pallets would be removed shortly. It was agreed to purchase three new playground signs and Airparks have offered to pay for them.

In an effort to deter illegal fly-tipping within the Parish it was agreed to initiate a CCTV fly-tipping initiative and within the next month or so residents should see new warning signs at four identified fly-tipping hotspots; two in Woodside Road, one in Grove Road and one in Church Road.

The Parish Council defibrillator box at the Playing Fields has become rusty.  
It was agreed that it would be replaced in the new financial year.

The Planters at Rossway are rotting and need replacing this year. These will  
be replaced in the new financial year.

The Parish Council has received an email from a resident complaining about  
'Holiday Parking' and asked if the Parish Council would consider a  
residents' parking scheme. It was agreed that initially the Parish Clerk  
would find out the current costs of such a scheme and circulate them to  
Parish Councillors for discussion at a later date.

The Parish Council meets on the first Monday each month (unless the Monday falls  
on a Bank Holiday in which case it meets the following week.

No meeting in August

## **Tony Strong 1938-2019.**

**Tony passed away last year and was remembered in a service at  
Stopsley Vale Cemetery on 19th December. For many years he  
supported Jason Cunningham and eventually moved to the North  
of England where most of Jason's contests take place.**

**Jason writes;**

*'Tony really was a genuine and thoughtful man who taught me a lot about  
life's experiences. He showed me places which a kid from Doncaster doesn't  
get the chance to see or experience. He supported me with a passion at every  
success I had. I will never forget winning my Commonwealth title. We  
hugged and had a photograph taken. I shall never forget that evening. '*

Jason's fight on 22nd February at the Doncaster Dome was  
be in preparation for the European Title fight in Finland in  
April.

## **Slip End Gardening Club**

The Club AGM was held on Monday 20th January. Chairperson Rosemary Wickens advised it had been another successful year. The Plant Sale held in June had once again proved very popular and was well attended. We again had some very good speakers and the garden visits made were both interesting and varied. The Club continues to sponsor the flower beds outside the bungalows in Crawley Close. Carol Beeton presented the accounts which showed the Club was in a healthy financial position. After the AGM business was concluded, Alison Wilson gave a photo presentation of National Trust, English Heritage and other property gardens throughout the country she had visited with her husband, which was very interesting and enjoyed by Members. Thank you Alison. The annual programme of garden visits is being prepared and hopefully will be ready by mid March. Planning for the Parish Open Gardens Day on Saturday 11th July has commenced. (Unfortunately the event did not take place in 2018 due to a lack of persons wishing to open their garden) However we are optimistic it will take place this year.

***P N Gardening Correspondent***

## **GARDENING CLUB**

**Monday 16th March**

**8pm Village Hall**

**Guest Speaker—Jo Roberts  
“Forest of Marston Vale”**

**Guests and Visitors £2.00**

**New Members Welcome**



## OPEN GARDENS 2020

Slip End hosted its eighth Open Gardens' day in July 2016. This proved to be a popular event and was enjoyed by over 100 visitors. We are now planning for the 2020 event on Saturday 11th July. Put the date in your diary now!! We are already looking for some gardens, big or small and would emphasise that it is not a competition. Your garden does not have to be anything special; we just want you to be enthusiastic about it.

You would be surprised how many visitors pick up ideas and tips from most gardens. If you live in the Parish and would be interested in opening your garden, please complete details below and return by the end of April to: Rosemary Wickens, 86 Front Street, Slip End or e-mail to [rosemary.wickens@mypostoffice.co.uk](mailto:rosemary.wickens@mypostoffice.co.uk)

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I would like to 'open my garden' on Saturday 11th July / I would like more information:

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Address.....

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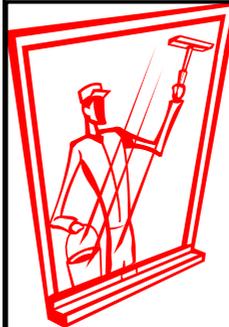
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## Slip End Photography Group

At the start of February we met to look at pictures on the subject of “Close Up”. These were very varied in approach. There were close ups of flowers and plants and pictures showing patterns and texture in objects, like wood grain and knots. One picture was a picture of a lion’s face (hopefully taken with a telephoto lens as I wouldn’t like to be close up even though it looked sleepy!)

A report and some pictures of the Exhibition (22<sup>nd</sup> Feb) will appear in the next issue. In March, two of our members will be presenting some pictures and tips on the subject of “Wildlife – Captive and Wild”. Our AGM is being held on 21<sup>st</sup> April and on 19th May, we have a visit from a regular speaker, Andy Sands.

The main meetings are on the third Tuesday of the month (usually Heathfield Centre at 7:30pm) and on the first Tuesday at Slip End Social Club.

For more information please contact Andy Prothero at [countrygardensAP@outlook.com](mailto:countrygardensAP@outlook.com)

Alison Wilson



## Gardening Notes *from Russell Sprout*

PN March 2020

A cold but sunny day as I write this, preferable to the rain and high winds we have been experiencing from the Atlantic recently. Hope you all survived with fences and sheds intact.

If you have any large clumps of snowdrops they can be dug up and split into small bunches and replanted straight away, but this should only be done about every fifth year.

Plant roses early in the month and prune established plants during a frost free period, cutting out all dead wood and any branches crisscrossing to open up and shape the bush to a bowl shape. Don't be afraid of cutting a rose back too far as they benefit from a really good reduction of the previous year's growth to produce strong new shoots. Dahlias and chrysanthemums over-wintered in the greenhouse will have shoots on them by now and cuttings can be taken when they are approximately 3 inches long. Sweet peas which were sown in autumn and over-wintered in pots, or bought from a nursery will need to be planted out as soon as the weather permits. They make an effective display when grown in clumps and supported with pea sticks or a cylinder of netting. Gladioli corms can be planted later this month and if sown over the next 6 weeks will give a longer flowering season. Sow between 4-6 inches deep and you will avoid the need of staking them.

Early potatoes can be planted from the middle of the month 9-12 inches deep and 14 inches apart, but as they shoot above ground they will need to be protected from frost. Main crop Brussels sprouts can be sown early in the month in drills ½ inch deep for planting out at the end of April. Parsnips can also go in as soon as the soil is dry in drills ½ inch deep and 15 inches. If you sow 3 seeds at 6 inch spacings this will make it a lot easier when it comes to thinning out.

Leeks can be sown this month for transplanting in June and summer spinach sown this month will be ready in May/June. Sow early rounded peas and

broad beans until mid month. Onion sets can be planted towards the end of the month or early next month, but shallots should be planted as soon as possible if not already done. Tomatoes sown last month under heat will need pricking out now or they will become weak and spindly. Finish pruning established fruit trees and bushes as soon as possible in the month.

Lawns will need some attention after the rigours of winter, new lawns need a final raking of ground dug in the autumn to a fine tilth for sowing seed. Established lawns will benefit from a good scarifying with a lawn rake or an electric scarifier to remove dead grass, moss and thatch. Any worn areas can be reseeded and any sunken areas levelled and seeded to bring it back to a good condition for the year ahead. The first time you cut don't cut too short, lower the blades over the next few mowings. Trim and straighten edges angling the cut slightly away from you to avoid it crumbling away.

***A date for your diary, the Gardening Club will be holding its bi-annual "Open Gardens" event on Saturday 11<sup>th</sup> July, but only if there are enough people willing to open their gardens, could you be one of them? Do give it some thought, it's a fun day and you get to meet some lovely people.***

Russell Sprout



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## Congratulations—60th Wedding Anniversary

Ita and Gordon Burton have lived all their married life in Front Street..

Gordon was born in Slip End, went to school at Slip End school and has many a tale to tell of stories when he was a boy. He did National Service in the 50s, returned and met Ita, a young lady from Italy, working at St George's School. They were both 24 years old.

They had two boys Mick and Peter. Both who grew up knowing village life.

Gordon worked in an engineering plant in Luton for 31 years and had a part-time job manning the petrol pumps at The Slip End Garage. When this service stopped he took a job in the Rothampstead research unit in Harpenden which lasted for 3 years before finally retiring. Gordon has always been involved in village life with the allotments and joining in various community projects .

60 years of marriage is something to be rightly proud of and they will be celebrating with family grand children and great grandchildren.

Ita is well respected for her cooking and if anyone is lucky enough to taste her Italian pizza which she often makes ...Delicious!



## Obituary for Ron Flashman

Long-time resident Ron Flashman passed away at the end of January. His funeral was held on 17<sup>th</sup> February at St Andrew's Church, with a wake at the Frog & Rhubarb. These memories are taken from the tribute written by his widow, Julie.

Ron was born in 1935 in East Barnet, so his childhood was shaped by WW2 and the bombing raids. His daily ritual was to collect shrapnel and seeing if the neighbours' houses were still standing. His passion for planes began at this early stage as he watched them flying overhead. His Dad would say "it's alright, son, it's one of ours" ...or not, as the case might be!

The family eventually moved to Luton where Ron joined the Air Cadets. He began an apprenticeship with Hunting Percival at Luton Airport. When he was called up to do National Service it was an obvious decision to put him on servicing aircraft.

Ron and Julie were married in 1959. Their son Michael, was born a year later.

When Huntings were taken over and reorganised, the family moved to rural Wiltshire to be near Julie's parents. This was the bad winter of 1963 when they were snowed in on the farm for 2 weeks. When they did manage to get out, they met a blizzard and got snowed in for over a month. Their daughter Caroline was born in June. Wages in the country were lower than Luton and so they moved back and have lived in this area ever since.

Ron worked for Hayward Tyler servicing pumps and travelling to power stations. Whilst he was foreman, son Michael and son-in-law Martin both worked under him as apprentices. Apparently, they led him a merry dance!

Ron and Julie began worshipping at St. Andrew's Woodside in 1994. Ron loved to sing and was a great addition to the singers' team. Liz Higgins used to put on musical shows at the Harvest Suppers and Ron was an obvious choice. He also loved making things and fixing things both inside

the church and out in the churchyard and was church warden for a while.

A few years before Ron retired he went back to Luton Airport, this time working for Monarch Airlines. Sadly, a year after he retired, Ron was badly injured in a car accident and was out of action for about a year. He started to build model ships which kept him occupied for many hours and took much patience and skill.



*Despite his aeronautical background, Ron became a skilled model ship builder.*

Later he suffered three strokes which seriously affected his ability to do things. This was a great frustration for him. The onset of dementia caused more deterioration and Ron was cared for in Woodside Nursing Home for the last 18 months. Ron and Julie celebrated their 69<sup>th</sup> wedding anniversary quietly in his room there.

*A long life and many happy memories.*



*Ron, blowing out all 65 candles!*

## St Andrew's Church Dates – March

### March

Sunday 1st: 10.30am: Informal Communion – Temptation of Christ

Friday 6<sup>th</sup>: World Day of Prayer hosted by Aley Green Methodist Church at 7.30 pm.

Sunday 8<sup>th</sup>: 10.30am: Morning Praise – God so loved the world

Sunday 15<sup>th</sup>: 10.30am: Holy Communion – Samaritan Woman

Sunday 15<sup>th</sup>: 4.00pm: Afternoon Service

Tuesday 17<sup>th</sup>: 11am: Woodside Care Home Service

Sunday 22<sup>nd</sup>: 10.30am: Morning Praise - Mothering Sunday

Sunday 29<sup>th</sup>: 10.30am: Morning Praise – Jesus Trusts

### Little Stars for March

Every Wednesday parents, babies and preschool children gather in the family room at St. Andrew's for chat, a story, crafts and songs – all based round a simple Bible story or theme. All are welcome and we are very relaxed about timing if the morning doesn't pan out quite as expected. If you are new to the village or new to motherhood do come along, you will receive a warm welcome. We serve refreshments from 10am and the session starts at 10.30am.

In March we will meet on the following Wednesdays:

4th, 11th, 18th and 25th

### Reported Crime figures for February

#### Slip End

Theft of a motor vehicle – 2 Theft from a motor vehicle – 2

Theft from the person of another – 1 Burglary – Residential – Dwelling – 1

Attempted Burglary – Business and Community – 1

Other criminal damage, other (Under £5,000) – 1

Sec 4 POA Fear of provocation of violence - 1

**Total – 9**

**Aley Green and Pepperstock** No crime reported

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**ALEY GREEN METHODIST CHURCH**

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**Services and Diary Dates**  
**for March****Sunday 1st**

10.30am Morning Service - John Enejo  
10.30am Little Lambs Sunday School

**Monday 2nd**

7.30pm Ecumenical Lent Fellowship  
Week 1 led by Jo Prowse

**Friday 6th**

7.30pm World Day of Prayer  
Ecumenical Service at Aley Green

**Sunday 8th**

9.30am Morning Service -  
Rev Nigel Bibbings

**Monday 9th**

7.30pm Ecumenical Lent Fellowship  
Week 2 led by Jo Prowse

**Tuesday 10th**

10.00am - 12.00pm 'Cakes & Company'  
10.30am - 11.00am Little Lambs

**Saturday 14th**

8.00am Prayer Breakfast

**Sunday 15th**

10.30am Morning Service -  
Elisabeth Bibbings  
10.30am Sunday School

**Monday 16th**

7.30pm Ecumenical Lent Fellowship  
Week 3 led by Jo Prowse

**Sunday 22nd**

10.30am Morning Service - Colin Quine  
10.30am Sunday School Communion

**Monday 23rd**

7.30pm Ecumenical Lent Fellowship  
Week 4 led by Jo Prowse

**Wednesday 25th**

7.30pm Coffee Evening in aid of A' Rocha

**Sunday 29th**

10.30am Morning Service - Rev Jenny Spouge  
10.30am Sunday School

**Monday 30th**

7.30pm Ecumenical Lent Fellowship  
Week 5 led by Jo Prowse

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Towards the end of January we had the Ecumenical Service for Christian Unity at our church, led by our minister Rev Nigel Bibbings. All five local churches took part in the service entitled 'Unusual Kindness'. We were so pleased to welcome almost fifty people, our little chapel looked full! After worship forty of us tucked into a typical Aley Green style afternoon tea in the school room ~ lots of chat and bottomless tea and coffee pots, £110.00 was collected for the Bible Society.

We are very pleased to report that Little Lambs is up and running again. Three children came in February, a new little boy got quite upset when it was home time, he must have had a lovely time. Do bring any little ones along on the second Tuesday each month, thirty minutes of story time, singing and crafts, then playtime ~ coffee and chat time for mums and carers.

Our Lent Study will commence on Monday 2nd March for five weeks. Please feel free to come along when you can. Each evening is a complete session.

The World day of Prayer service prepared by the women of Zimbabwe and organised by the local Churches Together will be held at Aley Green on Friday 6th March at 7.30pm. Each year the service is written by women in a different country and used all over the world, starting as the sun rises over Samoa and ends 36 hours later back in the Pacific. Over 120 countries and islands. Light refreshments will be served after the service. The Coffee Evening on Wednesday 25th March is in aid of A Rocha, (ARUK) a Christian charity working for the protection and restoration of the natural world and environment. Join us for a cuppa and cake.

With Love & Prayers from

Team AG

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**Parish News sends best wishes and congratulations to Beryl Abbott as she celebrates her 90th Birthday**



*Beryl's Family and Friends were together at the Frog and Rhubarb to give their best wishes and love to this resident of Woodside for the last 31 years.*

*Beryl has a Son living in Indonesia and a Daughter who farms in the UK. She is very proud of her six grandchildren and seven great grandchildren. You may remember BEDCO's in Harpenden where she worked for fifteen years. Beryl's late husband was Village Hall Secretary for many years.*



**Easter Holiday Fun Day  
At St Andrew's  
Friday 17th April 2020 10.00 a.m. to 3.00 pm**



stories, songs, games crafts and fun  
on the Resurrection and beyond

**For children Year 1 to Year 6 younger children can stay if accompanied by an adult, and older children are very welcome as helpers.**

**Parents : If you would like your child(ren) to come please contact**

**Julie Taylor for a registration form on 07841 482119 or email**

**[duncan.taylor@btinternet.com](mailto:duncan.taylor@btinternet.com) as booking is essential for planning purposes.**

**Free of charge – bring a packed lunch**

**ALL ABOUT PLANNING**

**Alan Buttery**

**Planning applications submitted within the Parish since January 2020**

**Application CB/20/00250/FULL.** Submitted 28/01/2020

71 Woodside Road, Woodside, LU1 4DJ.

Submission of planning application permission CB/19/03742/FULL: Construct new single storey rear and side extension. **Awaiting decision**

**Application CB/20/0052/FULL.** Submitted 28/01/2020

Woodside Farm, Woodside Road, Woodside, LU1 4LT

Prior notification of change from agricultural to flexible commercial: Change of use to D2 (gymnasium) **Awaiting decision**

**Application CB/20/00526/Full.** Submitted 13/02/2020

Land adjacent to Ashridge, Pepsal End Lane, Pepperstock, LU4 1LJ

Erection of 6 affordable key worker cottages. **Awaiting decision**

**Application CB/20/00528/Full.** Submitted 13/02/2020

37 Summer Street, Slip End, LU1 4BL

Rear extension, garage and conservatory conversion. **Awaiting decision**

For further information or to comment on applications visit

[planning@centralbedfordshire.gov.uk](http://planning@centralbedfordshire.gov.uk)

**Recent Planning Approvals** CB/19/02869/ FULL. 10 Crawley Close, Slip End, LU1 4 BT. Retention of outbuildings for disabled use (Retrospective). Approved

## Parish News Article March 2020

When we receive our March edition of the Parish News Lent will have just begun. This is a period of 40 days that Christians have traditionally marked in some way to remember the 40 days that Jesus spent in the wilderness fasting and praying.

During these days we can **Look Out:** We can think a bit more about the needs of others and consider how we could do something to help. Often when people give something up, like sweets or chocolate they give the money that they save to a charity. This year the Church of England has produced a booklet with an idea for each day of something to do that will help us care for God's creation. Last year I kept a dairy fast.

We can also take time to **Look In:** When we make a sacrificial change in our life and choose to go without something we can become aware of psychological or emotional needs that we generally mask by watching television, keeping busy, eating or social media. When Jesus was in the wilderness he ate nothing and because of his hunger and aloneness he was more vulnerable to being tempted by the devil. There was nothing and no one to distract him. During that time he decided to do what God wanted him to do whatever the cost. Lent can give us the opportunity to test ourselves – to become more aware of what is really going on within us and reflect on this.

Finally Lent is generally a time when we seek God and **Look Up:** Christians often take more time for prayer or for meeting together to study the Bible. If our Lenten abstinence is a struggle we can look to God to help us and become more dependant on his strength. One year I was led to make more time for silence which was a real blessing. Ever since then I have refrained from listening to the radio before breakfast so that I can become aware of God at the start of the day and spend some time praying for my family.

So even if you've not yet thought about what you might do for Lent – it's not too late. It might be that God shows you something that will make a life-long difference to your life. Like the morning silence, there are several things that I began for Lent that have continued as an ongoing beneficial pattern for my life for which I am very grateful.

So have a blessed Lent,

*Cathy*

## Celebrations

75 years ago this year many villages and towns had street parties to celebrate VE Day. This year for the anniversary, the Mayday Bank Holiday has been moved to Friday 8th May to celebrate that day. I don't know if anyone will be celebrating but it is certainly an important day to remember.

A chance conversation at Line Dancing prompted Wendy Barton to pass these photos to Parish News. They show celebrations for the Queen's Silver Jubilee in 1977. A children's party took place in the Village Hall. This photo shows some ladies who were helping. (Current and former residents of the village / local area). A couple are unidentified, maybe you know them!

*Christine Benson,  
Linda Bartlett (now  
Edwards), Linda  
Stansfield, Theresa  
Wilson, Wendy  
Barton, Sue Cooke,  
Violet Plummer,  
Kath Cooper,*



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## Gareth Fowler—Charity Activities

*Gareth is a resident of Pepperstock and the Caretaker for the Village Hall. He is married to Paula, daughter of Gill and Michael Plummer. He works for Travis Perkins.*

*Parish News received a letter from Gareth to include in our pages. This is included here –slightly edited...*

**...I should like to grab your attention for a few minutes... where many people have been doing “Dry January”, I am going further doing ‘Dry 2020’ in order to raise the awareness of various Charities of my choice which are close to my heart and to hopefully raise funds for them.**



**Alzheimer’s Society**—my father suffers from severe short term memory loss.

**Diabetes UK**— many people including my wife and other family members suffer from this disease, which is an even bigger killer than cancer—a fact my wife brought to my attention.

**Motor Neurone Disease**—this took the life of a very dear friend of mine a few years ago. Compared to how he was, it was devastating to watch someone you care about deteriorate in such a small amount of time, absolutely shocking.

**Wood Green Animal Shelter**— in Godmanchester, Cambridgeshire, where our Collie Cross came from. They work tirelessly to care for, rehabilitate and rehome hundreds of neglected animals. All are volunteers and often go unmentioned.

With all these in mind I will be placing collection boxes in various locations of my choice. There is also the main event...

I work for Travis Perkins Builders merchants, the largest group of companies with this business. **On 23rd October 2020**, I shall be celebrating 25 years service alongside my colleague who is celebrating 20 years on the same date, quite an achievement in this day and age.

With this in mind, we are using the Village Hall and Slip End School to organise a charity 'footy' match featuring a mixture of Slip End and Caddington teams and others against a Travis Perkins Eleven. Hopefully we will be playing on the Peter Edwards Football ground.

In the evening I am assembling a band to play in the Social Club in Slip End to raise money for the charities and to honour Mr Perkins . Had he not employed me 25 years ago I would not be a resident of this Parish together with my wife, Paula and now the Village Hall Caretaker and living a great life with friends in easy reach!

There is another way to donate to the fund raising and all contributions will be greatly appreciated. Contact me via my company email address:-

[Gareth.fowler@travisperkins.co.uk](mailto:Gareth.fowler@travisperkins.co.uk).

I thank you from the bottom of my heart for any donations, as will each of the charities. Thank you, too, for taking the time to read about my plans. I know that October is a few months away, but please look for my charity boxes around the village!

*Gareth Fowler*

*This is a tremendous effort by Gareth and we hope you will find a way to give support.*

*As the year progresses we will try to tell you of his success.*

*Ed*



## **Pilates in Slip End**

Here we go into a New Year & a New Decade!

I have been teaching Pilates in the Village for over 15 years. My Tuesday morning class at 9.30am is held in Peter Edwards Hall and has been running for 3/4 years. A great bunch of people who are dedicated to keeping their bodies moving! We go for a coffee the last Tuesday in the month for a chat & a catch up (of course the coffee is great too!)

Wednesday evening at 7.30pm you can find us in the Village school. This class has been running for 15 years and is still as successful as ever!

### **So, what is Pilates?**

It was named after Joseph Pilates but in the early years was known as Contrology. It is a series of exercises put together to strengthen and improve the flexibility and mobility of the body. A strong, stable body is the key to maintaining an active life regardless of your age. It is suitable for all ages and abilities and different levels will be offered.

At the moment I have a few spaces in the classes and am offering the first three classes free so this will give you a greater insight into understanding the method before committing. Maybe you have been thinking of moving your body more in 2020, well this is your chance! If you would like to speak further please email me at:-

[golf58.ag@gmail.com](mailto:golf58.ag@gmail.com) or call on 07811343566.



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*Andrea Gregory*

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Our members enjoyed an In House evening with games of Bingo - we had an electronic machine to help and, loaded with pens and cards, Joanne and Valerie Dallinger called the numbers. Chocolates and Sweets were given to the winners. We then went on to a Bag Auction for which Joanne Sherwood acted as Auctioneer. This was to raise funds for ourselves. We had an enjoyable evening. Competition was an interesting one: “Guess the amount we raised on our Bag Auction.” Joanne was 1st with Carol Jones 2nd and 3rd Lou Cobb. There was also a Raffle.

St. Georges Day Celebrations will be held on 25th April held at The Heathfield Centre. The W.I. has been asked to provide refreshments including cream teas and Carol Jones will be our Organiser. Ideas are flowing in so if anyone is interested in making cakes, sausage rolls or scones, please contact one of the committee or Carol. All proceeds will be going to charity. We much appreciate your help.

Our Annual Meeting is on May 5th, and it would be great if we could get some more people the Committee. It is a lot of work for a small committee. We do have ladies who help on the night and we are grateful to them. Could you become one of them?

We are busy planning our Programme for 2020-2021 and hope to have this ready soon. We are always open to suggestions from you for speakers, outings, visits, craft evenings etc.

At our meeting in March we are Felt Making with Carol, and Pat Skelton will talk about The Woolpack.

*We meet on the First Tuesday of each month at the Baptist Church Hall at 7.30 p.m. Look forward to seeing you at one of our meetings.*

Linda EdwardsWI

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## Burns Supper Night at The Frog & Rhubarb



On 25th January we had a very enjoyable evening celebrating the life of one Robert Burns, who was born on 25th January 1759 into a world of political upheaval.

Kate Brooks welcomed everyone to the supper before Martin Simpkins shared the Grace, followed by a bowl of scotch broth with pearl barley. Paul Brooks, looking suitably attired in his kilt did the 'address to the haggis' which was presented by Paul Cooper.



Eddie Reader then read 'My Love is Like a Red Red Rose' before the starter of Haggis, Neeps and Tatties.

Before the main course of roast beef, Yorkshire pudding and seasonal vegetables we were treated to a recital by Richard Skelley and then Willie Brooks.



Following that, Paul Brooks recited the Robert Burns poem, 'To a Louse' which he wrote when he noticed a flea on a lady's bonnet, who was sitting in front of him in church one day. Sister-in-law Sarah Brooks on her first time of reading, recited the poem 'On seeing a wounded hare' and although nervous did very well. Burns had great empathy with nature and wild creatures and came to fame when he was only 27 years old. His lifestyle of wine, women and song made him famous all over Scotland. A tasty



whiskey trifle and Cloutie Dumpling was next!

After a toast to The Queen we all joined in with a rendition of Charlie He's my Darling, followed by coffee and shortbread. Grace after dinner was again recited by Martin Simpkins.

There was an attentive crowd at the Frog that night enjoying the recitals and good food with plenty to drink, and the whisky drinkers there were delighted with the next part of the evening which was the 'whisky tasting!' Four different whiskies were on offer to all.

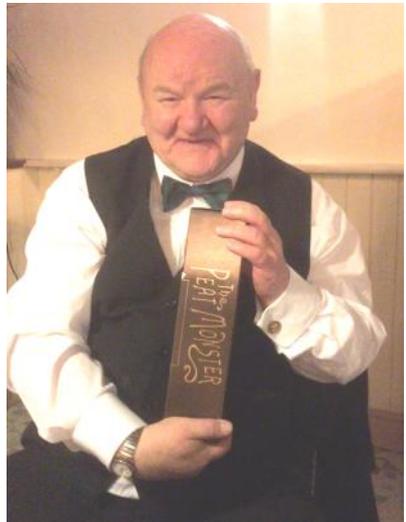
Well done Kate for the Final Address; for all the introductions throughout the evening and for keeping everyone entertained.



Finally, Paul thanked Willie for his help and presented him with a box of Peat Monster whisky (a brand he hadn't tasted before).



Willie Brookes then started the final part of the evening with The Immortal Memory of Robert Burns and the question of why his memory should be immortal. The toast to the Lassies was led by Justin Scrannage, although I don't think all the lassies agreed with some of his comments, but Kate Brooks responded very well on behalf of The Lassies.



A big thank you to Paul and his staff for the excellent service and great food. Don't forget to get your tickets early for next year's Burns Supper at The Frog & Rhubarb. You won't be disappointed I'm sure.

*By Sue Briggs*



## COPD day in aid of British Lung Foundation

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**Tuesday 21st April  
from 11am**

**at 4 The Oaks  
Slip End**



*Tea/Coffee*



*snacks & cakes  
to eat and buy*



We had such a worthwhile day last April that we have decided we will be holding another 'COPD day' in aid of the British Lung Foundation on 21st April at my house in Slip End, see above poster.

Please come along if you can and help support this very worthy cause. Any money raised will go towards the Breath of Life fund for Allan Briggs which helps other sufferers. Thank you.

*Sue Briggs and friends*

### **BLF- helping COPD sufferers**

Chronic obstructive pulmonary disease, is a group of lung conditions that make it hard to empty air out of the lungs because the airways have become narrowed.

**Chronic** = it's a long-term condition and does not go away.

**Obstructive** = your airways are narrowed, so it's harder to breathe out quickly and air gets trapped in your chest

**Pulmonary** = it affects your lungs.

**Disease** = it's a medical condition.

### **What causes COPD?**

COPD usually develops because of long-term damage to your lungs from breathing in a harmful substance, usually cigarette smoke, also smoke from other sources and air pollution. Jobs where people are exposed to dust, fumes and chemicals can also contribute to developing COPD. You are most likely to develop COPD if you're over 35 and are, or have been, a smoker or had chest problems as a child. It does seem to run in families, so if your parents had chest problems then your risk is higher.

### **Symptoms include:**

\* Getting short of breath easily when you do everyday things such as going for a walk or doing housework

\* Having a cough that lasts a long time

\* Wheezing in cold weather\*

\* Producing more phlegm than usual

You might get these symptoms all the time, or they might appear or get worse when you have an infection or breathe in smoke or fumes. **Did you know?**

\* Every 5 minutes someone dies from lung disease in the UK

\* 10,000 people in the UK are diagnosed with a lung disease every week.

\* Over 700,000 hospital admissions a year are down to lung disease.

\* 1 in 5 people in the UK will have a lung condition at some point in their lives

Lung disease is the 3<sup>rd</sup> biggest killer in the UK. **Together the BLF are making sure one day everyone will breathe clean air.**

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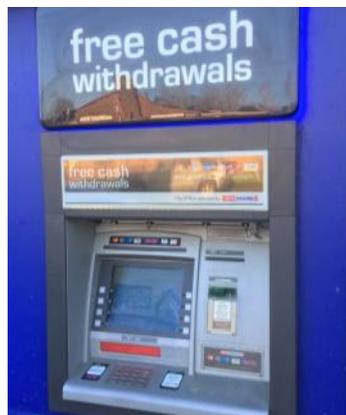
**All residents of Slip End, Pepperstock, Woodside and  
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## Update on Slip End Stores

For anyone who has not seen the Free Cash withdrawal dispenser opposite the Village Hall, Anil from Slip End Stores has been informed that the company that own this machine will unfortunately have to start charging for withdrawals if the machine is not used more frequently. It is really useful to have this facility in the village which saves having to travel further afield for cash, thus saving on bus fares or petrol costs etc.



**Please use it or we will lose it!**

## **Did you know?**



Anil would also like to remind or inform everyone if you weren't aware, that you can now arrange to collect deliveries from Amazon and DHL at the shop and also return items to them from there. This is a very useful option if you cannot choose your delivery date and are out at work or not at home when your delivery is made.

This is only part of the wide range of goods and services available from this important local amenity and like such businesses throughout the country needs the support of the community to thrive. Please remember **YOUR** local next time you are shopping .

## **St Andrew's NEW 4pm Service**



We are trying something new at St Andrew's. We know that people may want to come to church but find it too difficult to attend on a Sunday morning and so we are introducing a monthly service on a Sunday afternoon. The time is **4 pm**.

The service is open to anyone. It will be suitable for young families and older people alike. It lasts an hour with refreshments at the end. There is a mixture of "normal" church stuff (reading, short prayers, songs) and some fun elements, with a promise that the sermon is only five minutes!

### **The dates coming up:**

**15<sup>th</sup> March**

**19<sup>th</sup> April**

Please come along: you are very welcome.

## **St Andrew's Woodside Community Coffee Morning**



**Saturday 28<sup>th</sup> March 2020 10.00 am to noon**

**at St Andrew's Church**

**Tea, coffee, conversation and good company**

**Put 25<sup>th</sup> April and 30<sup>th</sup> May in your diary now.**

*(Dates will appear in PN diary page.)*

**Drop in at any time. All welcome. If you'd like to bring along a table-top game like dominoes or cards please do.**

**Contact us on 480391 if transport is a problem.**

*Diary - If you would like your events included, please contact the Editor*

## **March**

- Mon 2nd      **Parish Council Meeting 7pm Village Hall**
- Tues 4th      **Caddington WI 7:30pm Baptist Hall**
- Sun 15th      **St Andrew's 4 o'clock Service**
- Mon 16th      **Gardening Club Speaker Jo Roberts ' Forest Of Marston Vale'**
- Sat 28th      **Community Coffee Morning 10-12 noon. St Andrew's Church (most months)**
- Tues 31st      **Book Club 8:30pm Frog & Rhubarb (usually last Tues)**

## **April**

- Mon 6th      **Parish Council Meeting 7pm Village Hall**
- Wed 8th      **GNS Easter Tea Party and Bonnet Competition Village Hall 2.30**
- Fri 17th      **Fun Day at St Andrews**
- Sun 19th      **St Andrew's 4 o'clock Service**
- Tues 21st      **Photography Group AGM 7:30pm Heathfield Centre, Caddington**

## **June**

- 13th June      **Slip End Village School Summer Fayre**
- 15th June      **Gardening Club Guest Speaker Village Hall 8.00pm**
- July              **Village Open Gardens Day 11-5**
- 11th July

**There is no Village Day this year**

## **Bin Collections March**

Orange bin & Green bin – 13th, 27th Mar  
Black bin and Glass - 6th, 20th Mar, 3rd Apr





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