



MEPPERSHALL MESSENGER



APRIL 2008

THE MEPPERSHALL MESSENGER

Volume 24 Issue 1
April 2008

In contrast to last month's rather down-beat opening, I am delighted to report that this month's issue includes no less than three new regular contributions: Roger's Bees; Brenda's Recipes and a new Freecycle item. It is just as well that we have more editorial copy, because our Advertising Manager, Christine Elbourne, has managed to secure advertisements to fill five double pages rather than the four we carried in the last volume. So we go into our new volume 24 in great strength – I hope you like the addition to the cover! But let nobody rest on their laurels: we can add more pages if need be! The more village input there is, the better the Messenger will be to read

Continuing on internal Messenger matters, will regular collators please note that the May issue will be collated on Mon 2nd June and not Monday 26th May, which is a bank holiday. And will those of you who are not regular collators please consider coming along to the village hall at 2 PM on Monday 31st March or 28th April to join the merry throng: many hands....etc. We have some well-earned retirements from the collating team in April, so we really need new hands; if we can get sufficient people we can organise into alternate monthly shifts, which would be very welcome.

Now turning our view outwards, I think all readers will have received the booklet "Talk to Mid Beds". If you can, it is well worth going on to the website www.talktomidbeds.co.uk where you can find a map of all the sites in Meppershall which appear in the Local Development Framework for possible housing development, together with brief descriptions of each possible development. You may already have attended one of the Mid Beds exhibitions around the district, but if you have not already let them have your views, if you are quick you can put them on line at the above site or by phone on 0845 230 0139. The consultation period ends on 4th April.

Dick Bulley

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READERS' LETTERS

Dear Editor,

I am writing in response to the police report in the March 2008 edition of the Meppershall Messenger. As one of the residents who parks on Fildyke road I feel that it is unfair to criticise the parking problem. I understand that the situation is not ideal and I would much rather park in a safer place.

However there is only one lay-by with five parking spaces for seventeen dwellings. Parking further up the road would create the same problem as the cars would be opposite the Brookmead turning, which has also been identified as a dangerous corner in the same police report. Another reason for not wanting to park further up the road is that recently my partner's rear window wiper was snapped off and his car spat on in acts of vandalism. Last month my vehicle was also damaged when a car struck my wing mirror and broke it off.

In 2007 Aragon housing association issued plans to resolve the parking situation on Fildyke road. Unfortunately these plans have never materialised. If pressure is to be put upon anyone it should be Aragon, it should be their responsibility to provide adequate parking for their tenants.

I also think it is unfair to brand residents 'selfish and thoughtless' I think I stand for everyone when I say that no one would intentionally hurt another member of the village.

Yours Sincerely,
Miss Davies and Mr Bramley
20B, Fildyke Road

I should like to express sincere thanks to the Ancient Order of Foresters for the very generous and unsolicited donation of £300 towards our publication and distribution costs.

Dick Bulley

Highways & Lighting

The meeting was advised that next year there will be additional funding for highway maintenance in Meppershall. It is hoped that these funds will be used to provide a proper and safe footway outside Meppershall Stores.

The white paint on the roadway in Shefford Road are the markings made during recent surveying and planning work for a new footpath. We have been advised that a formal proposal will be put before Beds County Council in May. However, this project cannot take place until sufficient funds are available. County Councillor Robin Younger is continuing to lobby for this project and the funds needed to action it.

Environment & Leisure

If you visit the area behind the Village Hall you will see that the refurbishment and improvement of the play equipment is almost complete with the recent installation of a new slide and swings. The concrete shed in the young children's play area is being replaced and relocated.

In Old Road Meadow the hedge rows have been trimmed in order that they thicken up and to prevent their encroachment into the meadow. The Council is very grateful to Tony Edwards for all his hard work in the area. You will notice thanks to Tony that the whole meadow is cut a several times a year and the paths are kept regularly mown and clear amongst other jobs that he does for us.

Planning & Housing

Please do not forget to view and comment on the Local Development Framework initial proposals which can be read and responded to at www.talktomidbeds.co.uk before April 5th.

PCSO

James has started his training as a full time police officer so we no longer have our own dedicated PCSO. Unfortunately due to the Government funding changes for Bedfordshire Police we will not be having our own dedicated officer from April, but will have a share of the two based in Shefford who will cover the town and all the surrounding villages.

Aircraft Overflying the Village

NATS have published a consultation document about changes to flight paths in and out of all the 5 London airports that will have an effect on aircraft overflying the village especially the changes to Luton arrival and departure routes. You have an opportunity to comment on the plans which can be seen on their web site <http://www.consultation.nats.co.uk/> or through libraries in the area.

David Foskett, Chairman, Meppershall Parish Council.

The next Parish Council meetings are Wednesday 2nd April and Wednesday 7th May at 19:45 Meppershall Lower School. The Annual Parish Meeting, where the Council presents its annual report to the Village, will be held in the Methodist Chapel on Wednesday 9th April at 19:45.

Village Plan

We are currently trying to get the final draft together and get it to the printers. There is quite a bit of housekeeping / editing to do to ensure we have eliminated all the obvious spelling and most of the grammatical mistakes. Our aim is ensure we have included as much as possible, without it being such a large document that no one will read it.

Our target is to issue the Village Plan to all households with the next delivery of the Messenger, (with any luck).

As the present village plan team near the end of their task, to raise the village plan, so we need to look ahead having a new team in place to take it forward. I am writing to several of the organizations in the village with a suggestion for this and hopefully I will be able to report on progress next time.

Last month I reported on a rather negative response from the police. Since that report Peter Crossley (Parish Councillor), Acting Chief Inspector Jaki Whittred and I have had a very constructive meeting to help ensure that the police and village are working in partnership. Due to funding changes there will be changes to the deployment of the PCSOs and the final outcome of those deliberations will come via the Parish Council. Our priorities, with regard to traffic and crime have been resubmitted to the relevant police department.

Spin-offs from the review with the police has been a meeting with Dave Rollings, a Community Safety Officer at Mid-Beds concerning the formation of Community Safety Groups (at parish level) and Safer Neighbourhood Forum, which could operate over the wider Shefford & Shefford Rural areas. Both of these are initiatives which look at crime prevention through multi-agency efforts and not simply by policing. More in the future.

Thank You - John W

Can you help Meppershall Pre-School on a voluntary basis over the next twelve months?

At the end of April we will be holding our Annual General Meeting. As a voluntary management committee with charitable status we need to fill the following committee positions in order to keep running.

CHAIRPERSON

Oversee and chair 6- weekly committee meetings; ensure smooth running of Pre-School policies in conjunction with Play Leader and her team of staff. Work with the committee and staff on strategic development of new and existing Pre-School activity. Support and authorise the work of the Treasurer.

TREASURER

This role involves approximately 2 hrs per week (from your home). Basic finance and accounts knowledge required. Responsibilities include issuing cheques, keeping records of income and expenditure, reporting to the committee at 6-weekly meetings, maintaining Pre-School bank account and staff payroll (some of which could be shared with other committee members)

SECRETARY

Arranges 6-weekly meetings in liaison with all committee members; types and circulates minutes of each meeting. Writes and receives letters for the group. Liaises with OFSTED on CRB checks and committee and staff changes.

Meppershall Pre-School is a small and friendly organisation, providing a secure learning environment from The Village Hall for approximately 10 - 30 children, Monday to Friday in line with government and early learning guidelines.

The positions we are looking to fill are supported by up to 12 other committee members including a registrar and fundraisers.

You do not need to have a child at the Pre-School. Most importantly we are looking for committed and enthusiastic individuals who feel they have some spare time and skills to offer and would like to be involved in helping us to keep a high standard Pre-School running in Meppershall.

If you would like further information on any of these positions and to discuss whether they might be of interest to you, please contact our current Chairperson Vanessa Wickersham by 10th April:

Vanessa Wickersham

01462 819428

All committee members must complete a satisfactory Criminal Records Bureau Check.

MEPPERSHALL BROWNIES

THINKING DAY 2008

Last Sunday 1st Meppershall Brownies went to Thinking Day, a celebration of the birthday of Baden Powell. We made cakes and boats, decorated a mug, made cards with tea bags inside them. We played games like bingo and afternoon tea beatle. We all had fun and met lots of other Brownies, Guides and Rainbows. We ate the cakes we made at the end and won prizes for the games. We all had a great time and got badges at the end of the afternoon.

From:

Emily Frost, Chloe Brightwell, Niamh Maxwell,
Georgia Rose & Katie Johnson

By way of explanation, the theme for the afternoon was a "Tea in Beds" challenge.

OPERATION SHOE BOX

I have only just realised that I have not reported on the final total. This was a magnificent £250 and was sent along with the boxes. I have forgotten the total number of boxes but thanks to everyone's generosity it was more than ever before. I believe they were going to very poor children in Eastern Europe.

Christine Elbourne
Brown Owl

Meppershall Strollers

On the 17th February, we had a great turn out with 20 people aged between 6 and 83 (thanks Dad!) walking with us. The weather was great, which obviously helped and it proved to be an enjoyable afternoon.

So please join us for some fresh air and exercise with the Meppershall Strollers on Sunday 18th May. We will meet outside the Village Hall at 2.00pm and will walk some of the village footpaths. The walk will last about an hour and will be suitable to anyone who has a pair of sturdy trainers and can climb over the odd stile.

Please either just turn up on the day or if you would like further information phone Jill on 01462 851770

Meppershall Bakery Bees *by Roger*

This is the first of a regular series which I intend to write for general interest and for the information of other beekeepers in the village. Any comments should be sent to the Editor.

DID YOU KNOW THAT :

- It takes 20,000 visits by bees to flowers to produce a pound of honey.
- A full sized colony in summer can contain more than 50,000 bees.
- At her peak-laying rate, a Queen can lay up to 3000 eggs per day - which is more than her body weight.
- Some people find that eating LOCAL honey throughout the year reduces hay-fever problems
- Where can you get Meppershall Local Honey? At Rogers Bakery of course see you there.
- Bees are essential to the pollination of many of our crops. There are not sufficient numbers of other insects that carry out this important task.

Meppershall bees live in 5 hives. What with such a mild winter, they were flying early, since January 9th, looking for pollen and water.

Honey is the bees' winter stores. All through the spring and summer they were busy building up the stock. They store it above the "brood nest", which is where the Queen lays the eggs and all the young bees emerge. This nest is large and wide at the height of the season but shrinks to a tight cluster like a football in winter, moving up through the honey as it goes.

In the wild the bees build their hives downwards. They fasten the top to the roof of a hollow tree or rafters in your loft. As the honey comes in during the summer, the comb is extended downwards and the brood nest moves down to allow more space above for the honey. Then during the winter they eat their way back up again.

In the managed hive the beekeeper puts the new comb on top of the colony as a honey super and then whips it away at harvest time. This leaves the bees with only a small depth of honey for the winter which they soon eat through. They could move sideways to get to the honey but it is against their nature and in any case they could not leave the Brood (larvae and pupae) behind because it has to be kept at 35 degrees centigrade all the time, so what's to do?

The beekeeper's solution is to feed sugar in the form of candy or better still, baker's fondant, in January or February. A block is placed over the feed hole in the crown board so that the bees can lick it when they have eaten their way through the honey. I have just given all my hives a 2kg block of fondant and I will give them more if they need it.

Meppershall Bakery Bees

MARCH

This is the month when we may get caught out, as the colony growth can advance at an amazing speed if the weather is relatively mild. Or it will be held back if the weather is cold either due to frost (or snow) or there is a cold wind with a high chill factor. We must watch the weather carefully and react accordingly to the conditions outside. When it is reasonably mild we can be tempted to open up a colony and see what is happening but this will be at the risk of disturbing the careful heat balance the colony has established in the hive. We risk chilling young brood unnecessarily for only minimal gain.

If the weather is mild enough the crownboard can be lifted to make sure that the colony is still alive and ascertain the size of the cluster, but no frames should be disturbed. This action will again confirm that all is well. If the weather turns mild a strong colony may need to have extra supers added because a Queen in her second year can breed rapidly and the colony expands with exceptional speed.

‘Thank you’

Our sincere thanks to Shireen and Carolyn for collating and delivering the magazine in the past, but who are now retiring. A special ‘thank you’ to Shireen for 20 years’ service!

SHEFFORD LEISURE GROUP

During March a full coach visited the British Museum and The Terracota Army, and everyone agreed it was a day to be remembered. A small group of us went to see 'Half a Sixpence' at the Milton Keynes Theatre. This was really a wonderful lively show starring Gary Willmott.

Our Annual 'Get-Together' on Saturday 15th, was held at The Memorial Hall, Shefford. This year it was decided to have a substantial buffet which proved very popular and the entertainer Maurice Kachuk, gave a superb song and dance routine. During the evening a cheque for £1,300.00 was presented to Jaquie Symons, a representative from Keech Cottage Children's Hospice. Jaquie acknowledged the cheque and explained how the money is used. We raised our money on raffles and donations during the year. We also held a tombola.

On Thursday, March 27th, again with a full coach, we will be visiting Tower Bridge with their interactive displays in the towers and walkways; afterwards we head for Covent Garden to either wander or visit the newly re-opened London Transport Museum.

April trips include the ever popular recording of BBC2's Friday Night is Music Night on Friday 11th and Melton Mowbray Market on Tue 15th (a second coach has been booked for this event) On 17th we go to the Gordon Craig Theatre to see 'Syd Lawrence Orchestra' directed by Chris Dean and on Thursday 24th to Burleigh House and Stamford, with Camden Market on Sunday 27th

Our May holiday will take us to Croatia, flying from Stansted Airport. Also in May is a visit to Chelsea Flower Show on Saturday 24th and a day trip to Cambridge (including the American Cemetery) on Thursday 29th with a Blue Badge Guide.

A Taste of Suffolk on 5th June with lunch at Jimmy's Farm has proved so popular that a second coach has been booked, this time for Sunday 29th June. Mickie Driver's is always a popular venue, this time with their production of 'Hello Hollywood'; Bekonscot Model Village, Anglesey Abbey and a September holiday to Southern Ireland. London theatres include Lion King, Dirty Dancing, and Jersey Boys. Gone with the Wind, Lord of the Rings and Sound of Music.

Our September holiday will be Southern Ireland; arrangements for this are well in hand. Our Turkey and Tinsel will be in Bournemouth, 1st to 5th December.

Dates have now been announced for the ever popular Christmas Spectacular at Thursford. The dates given are all matinee performances and they are Wednesday 19th, Saturday 22nd and Sunday 23rd November. Confirmation from members who provisionally booked would be appreciated as soon as possible.

Shefford Leisure Group is open to any one in the local community who feels they would like to join us on our ventures. We are always pleased to meet new friends. To receive our monthly newsletter, contact me at the address below.

For further information regarding dates, prices and availability, please contact Enid on 01462 851397 or e-mail Enidpamment@aol.com

12 MEPPERSHALL BABY & TODDLER



OPENING TIMES

1.30pm until 3pm



Every Tuesday (term time only)
Meppershall Village Hall

We need more volunteers to help run this group. Please come along and support your local toddler group. We cater from newborn to pre-school

We have ride on toys, pushalongs, bikes, seesaws and rockers. An art and activity table. Separate soft baby area (from new born). Toy Library. Organised events for children including Christmas Party, Teddy Bears Picnic, Easter Events and Halloween Fancy Dress Party. Photographer sessions. Book, craft and clothes sales

We understand that it can be a little daunting at first but we are an easy going friendly bunch of parents. Join us for a cup of tea and a chat.

Our Annual General Meeting will be held on Wednesday
2nd April 2008 at 3 Gregory Close at 8pm

We look forward to meeting you



Calendar of Forthcoming Events

April 2008

<u>Wednesday 2nd April</u>		
<i>Meppershall Parish Council</i>	<i>7.30 PM</i>	<i>School Hall</i>
<u>Wednesday 2nd April</u>		
<i>Baby & Toddler group AGM</i>	<i>8.00PM</i>	<i>3, Gregory Close</i>
<u>Wednesday 9th April</u>		
<i>Annual Parish Meeting</i>	<i>7.45 PM</i>	<i>Methodist Chapel</i>
<u>Wednesday 9th April</u>		
<i>WI Thai Cookery Demo</i>	<i>8.00 PM</i>	<i>Village Hall</i>
<u>Wednesday 30th April</u>		
<i>Annual Parochial Church Meeting</i>	<i>7.30 PM</i>	<i>Methodist Chapel</i>

May 2008

<u>Sunday 18th May</u>		
<i>Meppershall Strollers</i>	<i>2.00PM</i>	<i>Outside Village hall</i>



Having a spring clearout?

Well let people know about stuff you no longer want before you take it to the tip or put it in the bin, because someone else might find it useful. This may help reduce increasing pressure on our landfill sites and recycle our resources, so it's great for the environment too.

Anything in reasonable condition can be advertised but must be free to the collector.

The Messenger will compile a list of what is on offer, together with the phone number of the person making the offer. After that it will be for interested parties to talk to each other.

Please leave your advert and contact details in the Messenger folder at the Village Store, or at 116 Shefford Road or 17 Hoo Road, or e-mail to the Editor.

APRIL IN YOUR GARDEN

(With acknowledgement to the RHS)

- Continue watering newly planted trees and shrubs if the weather is dry.
- Plant or move evergreen trees and shrubs. In cold exposed sites, erect a windbreak to protect them.
- Spray roses against blackspot.
- Trim grey-leaved shrubs to keep them bushy.
- Tie in the new shoots of climbers.
- Prune early-flowering shrubs.
- Prune shrubs grown for large or colourful foliage such as cotinus.
- Divide perennials.
- Stake tall-growing perennials.
- Protect young growth from slugs and snails.
- Pot up or transplant self-sown seedlings that you come across in beds and borders.
- Keep weeding. Annual weeds can be hand-pulled, but always dig perennial weeds right out.
- Deadhead daffodils.
- Sow annual climbers and grasses.
- Plant new aquatic plants.
- Sow or turf new lawns.
- Feed established lawns.
- Sow greenhouse crops such as tomatoes.
- Continue sowing and planting vegetables outdoors.
- Prick out or pot up seedlings before they get congested and grow leggy.

LAST CHANCE

- Cut down any dead growth left over-winter on perennials, especially grasses, before there is too much risk of damaging new shoots.
- Plant summer-flowering bulbs.
- Sow sweet peas.

GET AHEAD

- Prepare trenches for runner beans.
- Plant up hanging baskets if you have space under glass to shelter them for a few more weeks.

SCHOOL REPORT – MARCH 2008

New Life at Meppershall VA Lower School

We are looking forward to Easter and are celebrating the new life that Spring brings by having some 'living eggs' in school. With great excitement and a lot of awe and wonder, we have watched six healthy chicks hatch out of their eggs in our classroom incubators. They will be greatly missed when they are returned to be reared elsewhere.

Singing has always been an enthusiasm and strength here, as those of you who have heard the children singing in church over the years will testify. We have the sound of music throughout the school with many of our children learning to play additional musical instruments during the school day. We have eight violinists, four cellists, one flautist, one guitarist and sixty eight recorder players. In addition, this term, all our year three and four children are learning to take part in 'Xylophone Capers', culminating in a powerful performance for the rest of the school.

From time to time, retail companies run token schemes for equipment that benefits schools. At the moment, Tesco is running 'Computers for Schools' and Sainsbury's is running 'Active Kids'. We are always grateful for any tokens towards free equipment and collection boxes for these are placed in our foyer. If you have collected any that you would like to donate for the benefit of children at the village school, we would be very grateful to receive them. Our School Association is also registered for a website called easyfundraising.org where you can log on, naming Meppershall Lower School as your beneficiary, when you shop on-line at a variety of popular retailers. Thank you for your support.

We do still have some places available for children starting school in September 2008 and this year will be able to take children from outside the village in accordance with our Admissions Policy. If your child's birth date falls between 1/9/03 and 31/8/04, please contact the school office on 01462 813293 and Mrs Hepburn, our secretary, will help you.

**ST MARY THE VIRGIN,
MEPPERSHALL PARISH CHURCH (CHURCH RD) 21**

Rector: (Meppershall & Shefford) Rev John Harper,
The Rectory, Church Rd, Meppershall.

revjohnharper@talktalk.net 01462 813334

Curate: Rev Patsy Critchley; 01234 381510

(Patsy's usual ministry days are Weds, Fri & Sun)

Churchwardens: Brian Bellamy – 815944 (Pastoral Assistant);
Brenda Wright 816446

SERVICES FOR APRIL

**April 6 Easter 3. 11.15a.m. Parish Communion,
 (followed by v brief PCC meeting)
 & Sunday School in Rectory**

**April 13 8.30a.m. Holy Communion.
 11.15a.m. Family Service**

**April 20 8.30a.m. Holy Communion
 6p.m. Evensong**

**April 27 8.30 a.m. Holy Communion
 11.15 a.m. Family Communion & Sunday
School**

Weekday Services:

Wednesdays : 10a.m. Holy Communion (B.C.P.)

Fridays : 7.30p.m. Compline (Evening Prayer)

Saturdays 9.30a.m. Morning Prayer.

Also :

Tues April 1, 7.30p.m :

Service of Prayer for Healing and Wholeness:

at St Michael's Shefford

Organised by Shefford Churches working together.

22 St Mary's Annual Parochial Church Meeting –
Weds 30 April . 7.30p.m. at Methodist Chapel

All are invited to join us for the annual review of progress during the past year and a preview of our plans for the year ahead. The churchwardens are elected, and those whose names are on the Church Electoral Roll also have opportunity to vote for and/or stand for election to the Church Council. If you appreciate the presence and the ongoing life of the Parish Church do join us for this important occasion. And by all means , have your say.

'Sparks' – the Children's Christian Holiday Club, will be underway once more in around St Mary's for all 5 – 12 years olds from Tues July 22 – Thurs 24, 10 – 2p.m.

We'll be delving into the story of Daniel in lots of exciting ways. Do make a note of the dates and look out for more details.

**ST. FRANCIS OF ASSISI
CATHOLIC CHURCH
HIGH STREET, SHEFFORD**

Sunday Masses

First Mass of Sunday

Saturday Evening

6pm

RAF Henlow

9am

Shefford

5.15pm

Shefford

Weekday Services

See notice at Church or telephone

Parish Priest:

Parish Secretary:

Fr. Bennie Noonan 813436

Rose Boulton 811547

My dentist tells me, to my shame, that I should be more regular with the brushing and the flossing! Of course I know he's right, especially when he's got his drill at the ready and I'm the one in the chair! I recognise that it's no use skimping over the daily routine just because time is pressing, or relying on a single super clean just before heading for the surgery. Naturally it would be good to enjoy sound filling-free dental health – it's just a matter of discipline!

Much the same could be said about our spiritual health. It's one thing to take it seriously when there's a problem, but it's the regular practice that we find tough, particularly now that Lent is over. The strange thing is that the discipline God offers us, a bit like that of a good dentist, is really for our own welfare, because that's His main concern.

This season of Easter leads us on to Jesus' Ascension, when we honour Christ as King. It is easily overlooked, coming as it does on a Thursday, but we mark it to remind us that Christ is not simply a good example, but that He is sovereign. Consequently, to be counted amongst his people means that we accept and practice His ways before our own. In fact, to be a disciple, (i.e. a learner) , means that we follow the Lord's discipline, which in turn leads to our true health. And that is a daily exercise – to seek through prayer and scripture and worship what Christ would have of us each new day.

There the analogy with the tooth brushing routine breaks down, because as we persevere so we find that our godly routine is itself a source of delight and encouragement. Far from being a chore, we find that our developing relationship with the God revealed in Jesus becomes the source of our fulfilment – the encounter that colours and shapes the whole of our day, and that gives direction and purpose to tomorrow.

With good wishes,
John Harper, Rector.

THE FRIENDS of St.MARY's

Bringing, once again, top quality entertainment to Meppershall, the visit of 'The Vauxhall Male Voice Choir' in concert on Saturday March 1, was a huge, huge success. Thank you all for coming and joining a record, sell-out audience, for an evening that will be remembered for a long time.

Featuring a 40 strong choir, with Kerry Watson Soprano Soloist and James Banville the professional organist, as it was St. David's Day, the concert commenced with the Welsh National Anthem', followed by no fewer than thirteen choir numbers. The concert concluded with 'Cwm Rhondda' with the audience joining in. Afterwards, everyone mingled and socialised with a glass of wine and the wonderful home cooked buffet prepared by the ladies.

If you were unable to get a ticket this time, the choir have intimated that they would like to return sometime in the future, we would like to welcome them back, so watch this space.

Thanks to your support; over £700 was raised which will benefit the future well-being of St. Mary's Church.

We are always looking for help in putting on these events, an hour the day before and an hour the day after, if you think that you would like to come along and see what we do, please do give me a call, offers of help will be gratefully received. Otherwise, we look forward to seeing you at our next concert in the autumn.

Trevor Thorley.

Chairman. Tel: 01462 813357

LETTER FROM JODIE GRAVETT OF ITV.

ITV is making a new television programme fronted by Trinny and Susannah and we want the people of Bedfordshire to take part. I wondered if you might be to consider forwarding my request to the local community.

The programme will be called The Great British Body and will take place over a series of road shows. It will explore various body issues and body shape and how it has changed over time. The programme will be filmed during a nationwide road show. At each road show a team of experts will invite members of the public to take part in various fun experiments and to discuss some of these issues and also to be measured / assessed or analysed in some way to find out something interesting about their body shape or even biological history.

We hope to get at least one family from each county in Britain to attend one of our road shows who can trace their family history back to their region at least two generations. It would be great if we could have some people from Bedfordshire who would be willing to attend our south road show, meet the presenters and our team of social historians and scientists. There will be an opportunity to take part in some of the events and experiments with the experts. I personally am originally from Arlesey and went to school in Shefford so I'm particularly keen to get a good representation from the area!

The south road show will be in Brighton on the 13th of April and we are hoping to provide some sort of transport for people to get there. The programme will be a series of three and all are due to air at 9pm on ITV1 some time in June of this year.

If you think you can help or are interested in learning more about the programme please do give me a call or reply to this email.

Many thanks

Jodie Gravett

Telephone: 02076332781

Email: jodie.gravett@itv.com

INGREDIENTS

650g/1lb 7oz Rhubarb;
140g/5oz Caster Sugar;
150ml/1/4pint + 2tsbp Sweet Rose Wine
Grated zest and juice of 1 large Orange;
284ml carton Double Cream.

METHOD.

- 1) Chop the rhubarb into 2.5cm/1in pieces and put in a pan with 50g/2oz of sugar, 2 tablespoons of the rose wine and the grated orange zest. Cover and cook over a gentle heat for 5 minutes until the rhubarb is tender. Set aside to cool.
- 2) To make the syllabub, pour the orange juice and remaining wine in a bowl. Stir in the remaining sugar until it has dissolved. Leave to infuse for 15 minutes.
- 3) Pour the cream slowly into the wine mixture, stirring all the time. Whisk with a balloon whisk until the mixture thickens to soft peaks. Do not over whisk. Spoon the cooled rhubarb into the bottom of 6 glasses or dishes then top with spoonfuls of the syllabub.

-ooooOoooo-

FOOD FACTS**COFFEE**

Did you know that it takes nearly 2000 coffee cherries to provide enough beans for a pound of roasted coffee?

The worlds rarest coffee costs \$300 a pound. It is called Kopi Luwak and comes from Indonesia!

A less serious recipe, which just missed 29th February!

How to cook a Husband

A good many husbands are utterly spoiled by mismanagement in cooking and are not so tender and good. Some women keep them constantly in hot water; others let them freeze by their carelessness and indifference. Some keep them in a stew with irritating ways and words. Some keep them pickled, while other waste them shamefully. It cannot be supposed that any husband will be tender and good when so managed, but they are really delicious when prepared properly.

In selecting a husband you should be guided by the silvery appearance as in buying a mackerel; not by the golden tint as if you wanted salmon. Do not go to the market for him as the best ones are always brought to the door. Be sure to select him yourself as tastes differ. It is far better to have none unless you will patiently learn how to cook him.

Of course, a preserving kettle of the finest porcelain is best, but if you have nothing better than an earthenware pippin, it will do – with care. Like crabs and lobsters, husbands are cooked alive. They sometimes fly out of the kettle and so become burned and crusty on the edges, so it is wise to secure him in the kettle with a strong silken cord called Comfort, as the one called Duty is apt to be weak. Make a clear steady flame of love, warmth and cheerfulness. Set him as near to this as seems to agree with him

To be continued.

From The Yankee Kitchen Cookbook, author and date unknown.

**A very HAPPY BIRTHDAY to those of you
celebrating birthdays in APRIL**

Rebecca Myers who will be 3 on the 3rd
Amie-Lee Lumbis who will be 1 on the 5th
Micha Staines who will be 15 on the 5th
Thomas Boggon who will be 10 on the 11th
Caitlin Gardiner who will be 15 on the 12th
Matthew Hill who will be 15 on the 14th
Katrina Brennand who will be 8 on the 17th
Harry White who will be 7 on the 19th
Bethany Palmer who will be 11 on the 19th
Gemma Dalton who will be 2 on the 20th
Edmund Holmes who will be 10 on the 20th
Samantha Pepper who will be 15 on the 21st
Shane Sturgeon who will be 12 on the 21st
Bethany Lowden who will be 12 on the 27th
Charlie Lodge who will be 4 on the 30th
Alex Holcombe who will be 11 on the 30th

If you are under 16 and would like your name added to
the birthday page, please call Louise Hutson on 814148