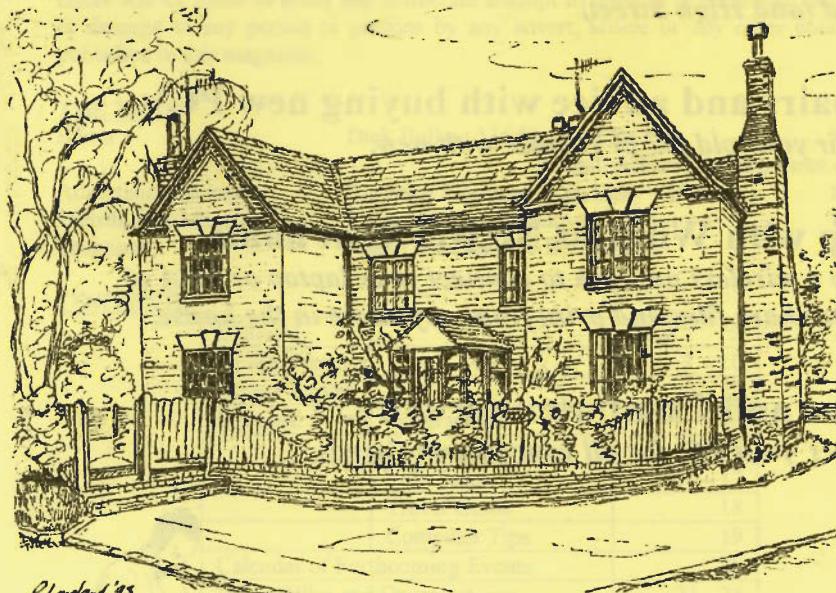




Arms of the de Meppershall Family

## **MEPPERSHALL MESSENGER**



### **MARCH 2009**

Meppershall Village Website: [www.meppershall.org](http://www.meppershall.org)

## THE MEPPERSHALL MESSENGER

### **CONTRIBUTIONS**

The editor welcomes contributions to the Messenger, whether as letters, articles or notices. Contributions should preferably be as attachments to e-mail but hand written contributions may be sent by post, left at the Editor's address below or in the folder kept at the Village Stores. Contributions should run to not more than one A5 page (except by prior arrangement) and should be received by the Editor not later than the 12<sup>th</sup> of the month for publication at the end of that month. Contributions received after the deadline may be held over.

### **DISCLAIMER**

The Editor reserves the right to omit or alter any ad or article and to change the content, format or issue date of the magazine without prior notice. The Editor cannot be held responsible for the factual correctness of, or for any libellous comment or statement made in any advert, article or other contribution published in this magazine. Every effort will be made to avoid any deliberate attempt to mislead or otherwise cause harm or damage to any person or persons by any advert, article or any other contribution published in this magazine.

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**EDITORIAL**

First this month, an apology to Linda, who supplies the Garden Tips and to all her readers, for reprinting the December column instead of the one she had prepared for February. It would not help now to tell you what you **should** have done in February, so apologise is all I can do.

You will notice that this month we are sporting a Lottery Fund logo and page 5 carries the official award of £3,000 towards the cost of our new printer; you may even have seen a mention of this in the Biggleswade Chronicle. As I said to the Chronicle's reporter, this award is a further tribute to the fund-raising skills of our Treasurer, John Thompson.

I am delighted to welcome in this issue the first instalment of a farming diary, to be kept by Chris Foster. Chris aims to provide some information, some provocation and some serious discussion. I believe this will be particularly welcomed by our many readers who are not only new to the village but relatively new to the countryside as well.

Chris's diary marks another innovation at the end of a year which has seen quite a few changes in The Messenger, but I hope it will never stagnate. Please come to our AGM on 2<sup>nd</sup> April and tell us what you have liked and what you would like to see in the future.

Also, please do not forget those photographs for our covers: there is still room for more.

And you may notice: no Free Cycle this month! That is because there were no entries! This is a brilliant service, and with spring cleaning on the horizon, there must be things in your loft/garage/shed that you no longer need but someone else will? Pass them on!

I also regret being unable to print the usual report from the Parish Council meeting, due to sickness.

Dick Bulley



## LETTERS

*Dear Editor,*

*I have today telephoned the Mid Beds Council concerning the matter of dog fouling. I have requested them to move the dog litter bin which is in the playing field to the other side of the railings in order that it can be reached more easily by all walkers using the pathway. I also informed them of the many dogs being walked in the evenings, requesting more bins to be supplied on parts of the High Street, hoping that these will help when dogs are being walked at night, when a lot of the fouling is being done. Hopefully, by contacting Mid Beds, more bins will be put in place.*

Name and address supplied.

Letter from Gillian Marshall-Davies

I would like to thank all of the people who have helped me to recover fully from the operation I had last year. Thank you all for the cards, prayers, good wishes and support. Gillian

### *Retirement*

*May I take this opportunity to thank everyone who contributed to all the delightful gifts, cards and good wishes received upon the occasion of my retirement from Meppershall School.*

*Yours sincerely,*

*Mrs Janet Davies*

Letter from a satisfied patient!

There has been so much talk and comments regarding the NHS. I would like to say how well I have been treated in Bedford Hospital. Unfortunately I have recently been an 'inpatient' as well as an 'outpatient' so have experienced two totally different departments of this hospital. From the time I first contacted the Shefford Healthcare, arrangements were immediately made for me to attend the hospital. The liaison between the GP's and the hospital was faultless and my treatment and after care made me feel completely at ease. One is always hearing complaints, but the existing teamwork is really professional and first class. Everyone was so pleasant and helpful. I really can only speak as I find!!

Name and address supplied

It is nice to hear from someone who has had a good experience, but I wish it was always like this!  
Ed.

### **And from a dissatisfied resident!**

What an awful start to the year the bad weather has brought! If you had to travel, I hope your journey was safe and if you were stuck at home, then I hope you made the most of it.

Unfortunately we experienced snowballs packed with ice and stones being thrown at our windows and doors as late as 10:45 pm on three separate occasions. This was not the action of bored young teenagers but young adults who should have known better. Police were informed and an incident file number has been issued. This apparently was not an isolated case and we would be interested in any comments or concerns from other village residents.

Meppershall has always been known as a friendly, quiet village. Anti-social behaviour is against the law because it makes people feel unsafe and threatened. This should not be allowed to happen here and it is up to us as a community to ensure that we maintain the good village spirit that we enjoy.

Name and Address supplied



# Awards for All

This is to certify that

***The Meppershall Messenger***

has been awarded a grant of

**£3,000**

by the Awards for All programme

 Awarding funds from  
**The National Lottery™**

[www.awardsforall.org.uk](http://www.awardsforall.org.uk)

## SHEFFORD LEISURE GROUP

*What a hazardous month January turned out to be, with so much snow and ice making road conditions awful. However, we must count our blessings as in this area we certainly did not have as many problems as other areas. Our second trip in January (the first being the Pantomime) was to Milton Keynes Theatre to see Cinderella on Ice! Staged by the Russian Ice Dancers. A truly magnificent show, beautifully dressed and produced and certainly well worth the visit – and our Leisure Group once again chose one of the better days to venture out, with clear roads!*

*Listed are a few of the day trips currently available:*

*Kew Gardens Orchid Festival*

*Sunday March 8<sup>th</sup>*

*Boundary Mills Stores & Garden Centre, Grantham*

*Thursday March 19<sup>th</sup>*

*Annual 'Get Together' Shefford*

*Saturday 28<sup>th</sup> March*

*Ideal Home Exhibition*

*Sunday 5<sup>th</sup> April*

*Brick Lane Music Hall starring 'The Batchelors'*

*Thursday April 23<sup>rd</sup>*

*London Museums*

*Sunday 31<sup>st</sup> May*

*Dutch Rivers and Railways – Monday 4<sup>th</sup> – Thursday 7<sup>th</sup> May.*

*4 seats only remaining. Our floating hotel will be the M.V.Virginia, air-conditioned throughout with comfortable outward facing cabins. We will explore the Dutch Bulbfields by steam train and a visit to the Keukenhoff Gardens. On route back to Calais we will visit one of Belguim's historic cities.*

*Other holidays include Paignton & Torbay – an 8-day holiday in June and a Tinsel & Turkey in Street, Nr Glastonbury in November.*

*For London Theatres, arrangements are made with our colleagues from Stevenage. Most of the time a Shefford 'pick-up'*

is available, but failing that Letchworth or Hitchin are always available. For any particular show you would like to see, for prices and details etc. please contact Enid.

*Shefford Leisure Group is open to everyone in the local community who feels they would like to join us on our ventures. We are always happy to meet new friends. Raffles are held and the proceeds are for Keech Cottage Children's Hospice. For further information regarding dates, prices and availability or to receive our monthly newsletter, please contact Enid on 01462 851397 or e-mail [Enidpamment@aol.com](mailto:Enidpamment@aol.com).*

The Messenger wishes Enid a speedy recovery from her recent hip operation. We are also delighted to report that our printer, Phyl Kidger, is recovering well from a similar op.

---

**Piano for Pleasure** 

Lessons for beginners of any age

Learn to play for your own enjoyment by means of carefully planned lessons and friendly encouragement

For further details contact Val Moules

Tel: 01462 815943

email: [valerie@moules.freeserve.co.uk](mailto:valerie@moules.freeserve.co.uk)

---

**Found , a girls bike in very good condition.**

It was found lying on the verge at the bottom of Fildyke Road / Chapel Road. If you wish to claim it please telephone 01462 814779.

Vivienne Weddell

## **Meppershall Parish Council Report**

**No report this month due to sickness.**

**We send best wishes to John Parsons.**

No report this month due to sickness.

We send best wishes to John Parsons.

**Messenger Collating Dates  
2009**

March	30		July	27	double issue
April	27		August	No	
May	No	Bank holiday	September	28	
June	1		October	26	
June	29		November	30	double issue
			December	No	

**MEPPERSHALL MESSENGER  
A.G.M  
THURSDAY 2<sup>nd</sup> APRIL  
AT 7.30 PM  
IN  
THE SUGAR LOAF**

**Please come and support your Committee**

**And tell us what you think of your magazine.**

## School Report

Meppershall VA Lower School

'An Outstanding Church of England School'

The development of our school depends on productive partnerships. This can be with other schools, as described in last month's Meppershall Messenger. It can also be with governors, church, members of the community and many other people and agencies. One of the prime partnerships that we work hard to sustain and develop, is our partnership with parents.

At Meppershall this takes many forms. On an individual pupil level, we work hard, together with parents, to raise standards of achievement through homework, individual pupil targets, regular meetings and an open door policy that allows regular communication between staff and parents.

We have a suggestion box in our foyer and have recently started a daytime Parents' Forum in addition to our evening curriculum evenings. We also send out regular newsletters and questionnaires. These offer opportunities and invite contributions to the development of our school.

Many parents volunteer to help in school generally, in classrooms or with the walking bus or with curriculum areas such as running clubs, reading, art, technology, netball, French etc and the children's experience is greatly enhanced by their input.

Parents who are not free during the school day often offer their help in many other ways. Sometimes this takes the form of freely offering professional skills or expertise. A recent example of this, was during the development of our new prospectus. Roger Hart advised us on appropriate content, and a wonderful portfolio of photographs of the children at work was donated by professional

photographer, Paul Derrick. There are many other examples of parent/school partnership, including membership of our hardworking Governing Body and advice offered on outside opportunities that are available to improve our curriculum provision.

Partnership also takes the form of membership of the School Association Committee where secretarial, accountancy, organisational and social skills are all utilised for the advantage of all. This hard working committee led by the chair, Sarah Saunders, organises social opportunities for families and raises large sums of money through its efforts. These funds have contributed towards our new extension, our laptop trolley, and most recently, new playground equipment.

If your child's birth date falls between 1/9/04 and 31/8/05 and you haven't yet applied for a place in our 'Outstanding' Foundation Stage class in September 2009, please contact the school office on 01462 813293. Mrs Reynolds, our secretary, can arrange a time for you to visit. We also have a few spaces in two other year groups. You can read our excellent report on the Ofsted website. Clarification of the parish boundaries that make up our catchment area can be found on the website [www.achurchnearyou.org.uk](http://www.achurchnearyou.org.uk)

**MEPPERSHALL PLAYERS  
DRAMA WORKSHOPS**

For Juniors and Adults

Led by Paul Carne

Wed 18<sup>th</sup> March

In Village hall at 7.45 PM

Enquiries: contact Colette House, Tel: 815585

### **Meppershall Bakery Bees *by Roger***

The days are getting longer and I notice that on a warm day the bees are very active. They are flying out to look for fresh nectar and pollen. The queen should be laying again. The rate of her egg-laying will be determined by the workers, the more they feed her the more eggs she will lay. So, when the workers go out to forage and find plentiful pollen and nectar, they encourage the queen to lay. If however, they do not find many provisions, they will under-feed the queen and slow her laying rate. It is a very effective feedback mechanism that ensures the colony numbers only build up when food is available.

The first inspection is always very exciting as I can find out how the colony has survived the winter. I will choose a day when it is calm with a little sunshine and the daytime temperature is above 12 degrees C. The purpose of this inspection is to ensure the colony is queen right, looks healthy and is building up well.

At this stage it prompts me to write about stings and the first thing to say is that they hurt! And some hurt more than others. Stings on the hand are not so bad but stings on the body's sensitive parts can be excruciating. A sting on the end of the nose will make your eyes run floods of tears. Beekeepers are not tough, I'm a dreadful wimp of the fainting variety, but we have got used to the level of pain and we know when to back off. A beekeeper is no match for a large angry colony and the only sensible response is to replace the roof as quickly as possible and come back another day. Bee stings are supposed to ward off arthritis - will let you know in a few years! When a bee stings it usually leaves its sting behind because it is barbed and the bee cannot extract it from our tough skin. Left behind is the venom sac, which is attached to the sting, and this goes on pumping-in the venom after the bee has gone. It's best to get your fingernail under the sting sac and flick it out as soon as possible to minimise the venom delivered. If you bite your nails, tough, but don't squeeze the venom sac. Don't use tweezers. If you have a credit card handy try flicking the sting out with this. Credit cards help to take the stings out! As for the bee, its situation is far worse, with its sting (and perhaps more) torn out it is now fatally wounded. Only the workers sting but as there are about 50,000 in a strong colony there is plenty of sting potential. The queen bee has a smooth sting which she only uses to kill another queen. The drones, the males, don't have a sting.

The Meppershall hives are looking good. The bees were bringing in pollen the other day, which means they are feeding the larvae. It's lovely to watch them and notice the different coloured pollens: most are yellow and orange. At this time of year it is too cold to open up the hives.

Only small jars of honey at Rogers Bakery-see you there.

## A Farming Diary from Polehanger Farm.

Many of you reading this will be familiar with the walks along paths that cross and skirt fields around Meppershall; but equally, many of you no longer have any direct link to the farming operations that go on in the fields and in the farm office beforehand. Encouraged by Dick Bulley, the editor, I propose to write a monthly diary through the year ( a challenge in itself ) to explain what is going on at Polehanger, and why, and open up any current issues to do with food that may provoke discussion and healthy debate.

As I write, a week's worth of accumulated snow is slowly thawing. When you read this it will be a distant memory, we hope! The white blanket provides fascination and pleasure to young and old, evidenced by the various giant snowballs abandoned in the fields and the footfalls following paths and sledge marks down Crackle Hill. Underneath the snow crops lie dormant but will soon be bursting into life when the soil temperature rises: the plants begin their race against time to get seeds set in the plant head before the next winter arrives. An arable farmer's challenge is to work with this natural cycle, tweak it and help each plant to reach optimum seed production at harvest time.

As in all industries and especially the primary industries of mining, fishing, forestry and farming there have been significant changes in agriculture since the 1950's when I was a child. In Meppershall parish there are now no dairy cows at all where there were two herds, at Chapel Farm and Polehanger: no pig herds where there were two, at Nuns Wood and Rectory Farm: no full-time glasshouses or market gardens. Today's local farming focuses on combinable crops.

The main soil type around Meppershall is a heavy clay loam ( compare this to the sandy soils in and around Rowney Warren at Chicksands or the chalk soils in the Chilterns ). This heavy soil suits the growing of winter crops: i.e. autumn sown biennial plants that

need to be in the ground over winter. These crops tend to yield more than spring sown equivalents but they are also more costly to grow. You will have seen that most years the two crops surrounding the village are Winter Wheat and Winter Oil Seed Rape (the yellow flowered sneeze maker!). Growing continuous wheat or rape leads to a build up of soil-borne disease specific to each crop, so we practise a simple form of rotation over a three year cycle: Winter Rape, Winter Wheat, Winter Wheat. ( I will refer to the abolition of Set Aside in a future diary entry. )

This year, however, harvest was delayed significantly by wet weather in August. By the time the last fields were harvested it had become impossible to prepare a decent seed bed for the next crop, due to be sown by early October. You will notice that the land around the top of Crackle Hill is still just brown cultivated soil. We plan to sow Spring Wheat in March, instead of the originally planned second Winter Wheat, again subject to the weather. The ground must dry out sufficiently to bear the weight of tractors and machinery without compacting the soil and to break down into a fine seedbed ( tilth ) that will settle around each seed to give the best conditions for it to germinate and get growing quickly.

If you walk around the foot paths through the spring and summer, watch the subtle weekly changes as the crops develop. The Rape will show rapid signs of growth in March and April even allowing for the slow start it got from being sown ( drilled ) four weeks late in the early autumn and it's consequent susceptibility to wood pigeon damage through the winter. The Wheat will start to 'tiller' as each plant develops a number of shoots that will become stems bearing ears in the summer.

Chris Foster  
12<sup>th</sup> February 2009

### **Be In Control Of Your School Work**

Like a young man I saw recently, you may be faced with a heap of course work and exam preparation to do in the next couple of months. It is important not to panic and to make sure that you feel you are in control - but how can you do that?

Firstly, it is important to establish exactly what has to be done. You may find it helpful to make a list of every piece of work that needs to be completed, for example, a project or essay. Next to each item write a date that you would like to complete this work by – not the date it is due in but a date prior to that, which will give you time for any amendments or alterations.

The next part of the exercise is to establish what time you have available in your week to set aside for this work. Be realistic here and make sure you plan in breaks too. If you write that you are going to work from 7.00am to 5.00pm each Saturday with just an hour for lunch, the chances are, you will fall short of your target as this is probably unrealistic.

Think about what time of day you are at your best and try to make the most of that. Find a space that is good to work in and keep that area fit for productive work. Try to add touches that will make you feel happy, so that when you look up from your work, you will see something that makes you smile.

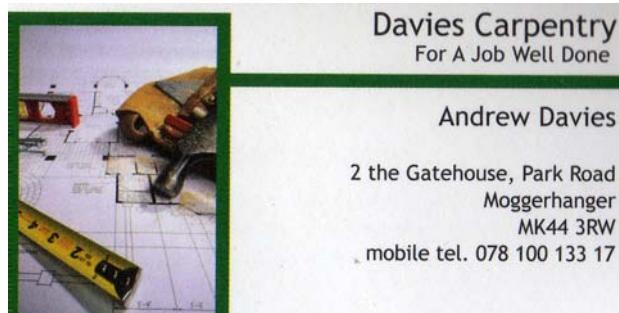
Give yourself some variety by spending an hour or so on one task and then move on to the next task that you have timetabled in.

Accept that you are probably not actually going to enjoy doing all the work that you need to get through. Try closing your eyes and imagine handing in the work that needs to be done or coming out of an exam that you felt really prepared for, and keep that vision firmly in your mind when the going gets tough.

The gremlins in your head will probably try to tell you that you feel too tired to do the work; that something else such as needing to phone a friend or emails needing to be answered, really needs to be done instead of getting on with what you had planned to do. If this happens, acknowledge your gremlin and decide to work for 15 minutes first of all. The chances are that once you get started, the 'gremlin' will quieten down and you will then be able to work comfortably for an hour or two before you need a break.

Good luck and happy learning – you are the future!

Jill Foskett – Career and Life Coach Way-2-Go



## Travel Guide - Salzburg in Austria

The city of Salzburg is famous for being the birthplace of Mozart and his memorable music. His memorial in Mozartplatz is adored by visitors every day of the year. Salzburg is surrounded by beautiful mountains and plenty of ski resorts are accessible within 2 hours from the centre. With budget flights from many UK airports, you'll have no excuse not to visit this charming city and the surrounding areas of Austria. Salzburg is the perfect holiday destination!

Being Austria's 4<sup>th</sup> largest city, Salzburg has many bustling squares with numerous hotels, monuments, shops, and café's. The city is alive with the sound of inspired musicians, much like Mozart himself, whilst playing at the Glockenspiel Café.

You can enjoy a romantic break in Salzburg anytime, just sitting outside a pavement café, enjoying a peaceful drink in the fresh clean air, knowing you are surrounded by spectacular scenery and alpine meadows. If you are a couple strolling around admiring the city's ancient squares, you'll soon find this oh-so beautiful setting will produce a magical and romantic feeling that will last forever!

If you're keen for adventure, there are opportunities to climb nearby mountains, fish in the crystal clear lakes or go sailing. Golf and mountain-biking are holiday sports you can experience too.

Holiday accommodation in hotels, apartments or B & B's is generally of a high standard throughout Austria, always very clean and tidy with a warm welcome too! The currency is the Euro, with which many of us are now familiar. If you wish to explore away from the centre, take in a summer trip on the mountain railway as it journeys high into neighbouring mountains - you'll be amazed at such stunning scenery - it adorns the beautiful city. Salzburg in winter is a wonderland setting and gorgeous paradise for both skiers and snowboarders alike.

The driving in Austria is easy. The roads are quiet and safe, so why not rent a car and tour around some of the nearby towns and alpine villages to explore the countryside or historic castles and churches? Visit Ebensee, Lofer or pretty Obertraun on Lake Hallstatt. Travelling towards Innsbruk, visit beautiful Zell-am-See or the very fashionable Kitzbühel. Set high up on a sunny plateau you'll find Westendorf, another very pretty village of the Austrian Tyrol.

To find out more about Austria, contact the writer, Stuart Johnston or visit: [www.holidayrentalcentre.com](http://www.holidayrentalcentre.com)

**Part 2 of 2.**Windows – Files & Folders

Ready to add to your knowledge of Windows?

To delete a File or Folder, *Right Click* on it and *Left Click* on *Delete* say Yes to the warning. What you have deleted will be preserved in the Recycle Bin until you finally get rid of it entirely from there.

To rename a Folder or File, *Right Click* on it and *Left Click* on “Rename”. *Left Click* in the shaded name area just before the dot and backspace to remove the old name then type in the new name. Pundits will tell you there are variations to this but to start with this is safest! If a file refuses the name change it will be because you have it open – just close it and try again.

To start a new Folder, *Right Click* in white space in the right hand pane and choose *New / Folder* and type a name to the shaded area under the Folder which appears, then click in white space to accept it. You can add many Folders inside Folders but best to restrict this to under 50 in order not to confuse Windows.

If you have Files you wish to place in an adjacent Folder, shade them, *Left Click and hold down whilst Dragging the mouse pointer over the Folder and release the mouse button*. The files will happily deposit themselves in the folder, neat huh? This is especially useful for storing your photo files.

To take a file out of a folder to place in another use the *Cut & Paste* commands. To copy a file to another folder use the *Copy & Paste* commands.

~~~~~  
John Chapman - [www.ceekay.co.uk](http://www.ceekay.co.uk)

*Tip of the Month:* Protect your computer from viruses with AVG Free Anti-Virus from here:

<http://free.grisoft.com/ww.download?prd=afe>

Download and choose *Run* – follow the instructions. A neat feature, if you use Windows IE7 browser for the Internet, it will put a green tick against those searches it feels are safe to open and warnings for all others.

## Calendar of Forthcoming Events

### **March 2009**

|                                                   |                |                           |
|---------------------------------------------------|----------------|---------------------------|
| <b><u>Wednesday 4<sup>th</sup> march</u></b>      |                |                           |
| <i>Parish Council meeting</i>                     | <i>7.45 PM</i> | <i>Meppershall School</i> |
| <b><u>Thursday 12<sup>th</sup> March</u></b>      |                |                           |
| <i>Players Social Evening<br/>"Bring a Plate"</i> |                | <i>Village hall</i>       |
| <b><u>Wednesday 18<sup>th</sup> march</u></b>     |                |                           |
| <i>Players Drama Worksop</i>                      | <i>7.45 PM</i> | <i>Village hall</i>       |
| <b><u>Saturday March 21<sup>st</sup></u></b>      |                |                           |
| <i>The Vauxhall Male Voice Choir</i>              | <i>7.30 PM</i> | <i>St Mary's Church</i>   |

### **April 2009**

|                                             |                |                   |
|---------------------------------------------|----------------|-------------------|
| <b><u>Thursday 2<sup>nd</sup> April</u></b> |                |                   |
| <i>Messenger AGM</i>                        | <i>7.30 PM</i> | <i>Sugar Loaf</i> |
|                                             |                |                   |
|                                             |                |                   |
|                                             |                |                   |
|                                             |                |                   |
|                                             |                |                   |
|                                             |                |                   |

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## **WHO'S WHO AND WHAT'S WHAT IN MEPPERSHALL CHURCHES**

### St. Mary's Parish Church

|                       |                                                                                        |                  |
|-----------------------|----------------------------------------------------------------------------------------|------------------|
| Rector:               | Rev. John Harper<br>The Rectory, Church Road                                           | 813334           |
| Curate:               | Rev. Patsy Critchley<br>39 Rooktree Way, Haynes<br>(normally available Wed, Fri & Sun) | 01234 381510     |
| Church Wardens:       | Mr. Brian Bellamy, 125 High Street<br>Mrs. Brenda Wright, 75 High Street               | 815944<br>816446 |
| Lay Reader:           | Pam Halliwell, 15 Buxton Close.                                                        | 817069           |
| Junior Church leaders | Alex Sinfield 97, High Street<br>Gillian Marshall-Davies, 9 Brookmead                  | 851473<br>850947 |

### Parochial Church Council

|            |                                         |        |
|------------|-----------------------------------------|--------|
| Secretary: | Mrs. Janice Middleton, 11 Shefford Road | 813925 |
| Treasurer: | Mr. D. Bartlett, 14 Taylors Close       | 811191 |

### Methodist Chapel

|           |                                             |        |
|-----------|---------------------------------------------|--------|
| Minister: | Rev. P. Snelson, 79 Ampthill Road, Shefford | 813284 |
|-----------|---------------------------------------------|--------|

### Roman Catholic Church

|         |                      |        |
|---------|----------------------|--------|
| Priest: | Father Bennie Noonan | 813436 |
|---------|----------------------|--------|

### **SCHOOLS**

|                                    |              |                   |        |
|------------------------------------|--------------|-------------------|--------|
| Meppershall Lower School           | Head Teacher | Mrs. Moira Coomes | 813293 |
| Henlow Middle School               | Head         | Mr. Payne         | 813733 |
| Samuel Whitbread Community College | Head         | Mr. Rob Robson    | 629900 |

### **DOCTORS**

|                                            |                                                                                             |                  |
|--------------------------------------------|---------------------------------------------------------------------------------------------|------------------|
| Cakebread & Partners,<br>Puritz & Collins, | The Health Centre, Iveldale Drive, Shefford<br>The Surgery, 109 Station Road, Lower Stondon | 814899<br>850305 |
|--------------------------------------------|---------------------------------------------------------------------------------------------|------------------|

### **LOCAL REPRESENTATIVES**

|                          |                                        |        |
|--------------------------|----------------------------------------|--------|
| Chairman, Parish Council | Mr. John Parsons, 17, Shillington Road | 813333 |
|--------------------------|----------------------------------------|--------|

Council meets 1<sup>st</sup> Wednesday each month, in Meppershall Lower School at 7.45pm

|        |                                            |        |
|--------|--------------------------------------------|--------|
| Clerk: | Mr. C. Waghorn, 15 Church Lane, Letchworth | 637531 |
|--------|--------------------------------------------|--------|

|                                                                                                           |                                                                                     |              |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------|
| Email: <a href="mailto:waggers.uk@ntlworld.com">waggers.uk@ntlworld.com</a>                               |                                                                                     |              |
| County Councillor:                                                                                        | Cllr. Robin Younger<br>Jesmond House, High Street, Flitton                          | 01525 717090 |
|                                                                                                           | Email: <a href="mailto:robin.younger@bedscc.gov.uk">robin.younger@bedscc.gov.uk</a> |              |
| Surgery/Advice Centre: 1 <sup>st</sup> Friday each month (except August), Shefford Library 10am – 11.30am |                                                                                     |              |

|                       |                                                                                                                            |                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------|------------------|
| District Councillors: | Mr. Paul Carne, 6 Hoo Road, Meppershall<br>Email: <a href="mailto:paul.carne@midbeds.gov.uk">paul.carne@midbeds.gov.uk</a> | 857803<br>857804 |
|                       | Mr. Tony Rogers, 3 Poppyhill, Henlow<br>Email: <a href="mailto:tony.rogers@midbeds.gov.uk">tony.rogers@midbeds.gov.uk</a>  | 816305<br>816510 |

|                       |                                                          |              |
|-----------------------|----------------------------------------------------------|--------------|
| Member of Parliament: | Mrs. Nadine Dorries, House of Commons<br>London SW1A 0AA | 0207 2194239 |
|-----------------------|----------------------------------------------------------|--------------|

|                            |                                                                                                                         |              |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------|
| Member of Euro Parliament: | Christopher Beazley (Con)<br>C/o Herts & Stotfold Conservative Ass, 4a Swains Mill<br>Crane Mead, Ware, Herts. SG12 9PY | 01920 463064 |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------|

**SHOPS**

|                                                 |                                                      |        |
|-------------------------------------------------|------------------------------------------------------|--------|
| Roger's Bakery & General Store (next to School) | Mon-Fri 8.15am – 5.30pm / Sat 8am – 1.30pm           | 813398 |
| Post Office & Village Store, 6 High Street      |                                                      | 811252 |
| Post Office:                                    | Mon-Fri 9am – 1pm & 2pm – 5.30pm (closes 12..30 Sat) |        |
| Shop:                                           | Mon-Thurs 6am – 6pm, Friday 6am – 7pm                |        |
|                                                 | Saturday 6.00am – 6pm, Sunday 6.30am – 1pm           |        |

**PUB**

|                |                                          |        |
|----------------|------------------------------------------|--------|
| The Sugar Loaf | 25 High Street (Charlie & Glynis Bailey) | 813513 |
|----------------|------------------------------------------|--------|

**ORGANISATIONS****Meppershall Village Hall Committee**

|                               |                              |        |
|-------------------------------|------------------------------|--------|
| Chairman:                     | Steve Ansell 6, High Street  | 811252 |
| Treasurer:                    | Mr. D. Birch                 | 817014 |
| Secretary                     | Linda Gold 18, High Street   | 815629 |
| Booking Secretary:            | Karen Lucas, 51A High Street | 811581 |
| Village Hall Telephone Number |                              | 817359 |

**Babysitting Circle**

Vacant

**Brownies**

|            |                         |              |
|------------|-------------------------|--------------|
| Brown Owl: | Mondays 6pm – 7.30pm    | Village Hall |
| Snowy Owl: | Mrs. Christine Elbourne | 811964       |

Mrs. Suzanne Brightwell

815752

**Beavers**

|                       |                          |                    |
|-----------------------|--------------------------|--------------------|
| Leader:               | Tuesdays 6.30pm – 7.30pm | Shefford Scouts HQ |
| Leader (Shillington): | Mrs. Hayley Henshall     | 817446             |

Jan Montgomery

712386

**Bingo**

Fridays 7pm Village Hall

**Mid Beds Conservative Association**

|            |                                     |        |
|------------|-------------------------------------|--------|
| Chairman:  | Mrs. Pippa McLuskie, 4 Stondon Road | 813417 |
| Secretary: | Mrs. G. Bird                        | 811260 |

**Cubs**

|             |                   |                 |        |
|-------------|-------------------|-----------------|--------|
| Shefford    | Wednesdays 6.45pm | David Cousins   | 811441 |
| Shillington |                   | Pauline Goodman | 711943 |

**Evergreen**

|            |                                         |              |
|------------|-----------------------------------------|--------------|
| (over 60s) | Alternate Thursdays 2.30pm              | Village Hall |
|            | Miss E. Ashton (Poppy), 20 Fildyke Road | 07931 636544 |

Miss E. Ashton (Poppy), 20 Fildyke Road

07931 636544

**Friends of St. Mary's Church**

|            |                                     |        |
|------------|-------------------------------------|--------|
| Chairman:  | Mr. Trevor Thorley, 9 Hoo Road      | 813357 |
| Secretary: | Margaret Evesham, 107A, High Street | 814291 |
| Treasurer: | Mr. H. Davies, 15 Hoo Road          | 812127 |

**Shefford Leisure Group**

Mrs. Enid Pamment, 112 High Street

851397

**Meppershall Players (Amateur Dramatic Society)**

|                      |               |        |
|----------------------|---------------|--------|
| Chairman:            | John Stinson  | 816919 |
| Contact              | Colette House | 815585 |
| Treasurer & Contact: | Graham Scrase | 813966 |

**Meppershall Lower School Association**

|              |                 |        |
|--------------|-----------------|--------|
| Chairperson: | Sarah Saunders  | 850817 |
| Secretary:   | Lorraine Jarvis | 811216 |
| Treasurer:   | Karen Lucas     | 811581 |

**Meppershall Social Club**

|           |                              |        |
|-----------|------------------------------|--------|
| Chairman: | Mr. G.R.Walker, 37 Brookmead | 815183 |
|-----------|------------------------------|--------|

**Meppershall Baby & Toddler**

|                        |              |
|------------------------|--------------|
| Tuesdays 1.30pm – 3.pm | Village Hall |
| Sam Hefford            | 07590290078  |
| Catherine Turner       | 812134       |
| Jo Mitchell            | 813146       |

**Meppershall Pre-School**

|                             |                   |
|-----------------------------|-------------------|
| Monday - Friday             | Village Hall      |
| Mon, Wed, Fri:              | 9.30am – 12 noon. |
| Lunch Clubs: Mon, Wed, Fri: | 12.45 – 3.15      |
| Chairperson:                | 12.00 – 12.45     |
| Catherine Turner            | 812134            |
| Secretary:                  | 819403            |
| Registrar:                  | 814148            |

**Scouts**

|             |              |       |        |
|-------------|--------------|-------|--------|
| Shefford    | Diane Landau | 01234 | 381153 |
| Shillington | Paul Major   |       | 834251 |

**Tennis (at Langford)**

|               |        |
|---------------|--------|
| Neil Franklin | 815735 |
|---------------|--------|

**Womens Institute**

|            |                                           |              |
|------------|-------------------------------------------|--------------|
| President: | 2 <sup>nd</sup> Wednesday in month 7.30pm | Village Hall |
|            | Gillian Thomas                            | 815979       |

**Are you thinking of joining two household together? Maybe your family and a relative or friend?**

Our house could, very easily, be used as two independent areas. We are looking to downsize and swap our lovely big house for two smaller ones. On the ground floor we have 9 rooms plus two bathrooms and separate loo. The two main reception rooms are larger than usual, as is the kitchen diner. Upstairs is a large master suite and another bedroom with its own bathroom. Outside are considerable out-buildings. One of these has development potential. There are gardens front and rear. There is ample parking. Our house overlooks countryside on the outskirts of Meppershall. If you are interested in exploring the idea of a swap more fully please call: 01462 815663

**AMENITIES**

|                                          |                                                                                                               |                                                       |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| <b>Banks</b>                             | Barclays, 6 North Bridge Street, Shefford                                                                     | 0845 7555 555                                         |
|                                          | Monday – Friday 9.30am – 4.30pm                                                                               |                                                       |
| <b>B&amp;B</b>                           | Old Joe's                                                                                                     | 815585                                                |
| <b>Dentist</b>                           | Mr. Lakhani, High Street, Shefford                                                                            | 814020                                                |
| <b>Fishmonger</b>                        | Les Braithwaite (Mobile Van) – Thursdays approx 11.45am                                                       |                                                       |
| <b>Flower Workshops</b>                  | Joanne Sheppard, 74 High Street. Booking essential. Children: Saturday 10.30-12.00; adults Tue &Wed 7.30-9.00 | 816849                                                |
| <b>Greengrocer</b>                       | Nigel Mann (Mobile Van) – Fridays 12.30pm – 2.30pm                                                            | 711802                                                |
| <b>Hedgehog Rescue</b>                   | Hedgehog Trust<br>St. Tiggwinkles                                                                             | 01584 890801<br>01844 292292                          |
| <b>Henlow Bowls Club</b>                 | Dennis Neilson                                                                                                | 01462 851208                                          |
| <b>Kennels/Cattery</b>                   | Wayside, Chapel Road                                                                                          | 813261                                                |
| <b>Library</b>                           | High Street, Shefford                                                                                         | 639070                                                |
| <b>Livery Yard &amp; Training Centre</b> | Caroline Carter, Fildyke Road                                                                                 | 07747 686118                                          |
| <b>Mobile Library</b> (alternate Wed)    | High Street/School<br>Village Hall<br>Fildyke Road                                                            | 1.55pm – 2.10pm<br>2.15pm – 2.30pm<br>2.35pm – 2.50pm |
| <b>Newspapers</b>                        | Meppershall Village Stores & PO                                                                               | 811252                                                |
| <b>Police</b>                            | Emergencies/Police attendance required<br>Shefford Police Post (non emergencies)                              | 01234 841212<br>Or 01582 471212<br>01234 841212       |
| <b>School of Dance</b>                   | Positive Moves Saturday Mornings<br>Emma Scott, 29, Fildyke Road                                              | Village Hall<br>07914 063892                          |
| <b>Whitbread Wanderbus</b>               |                                                                                                               | 01767 318444                                          |

**USEFUL NUMBERS**

|                     |              |                       |              |
|---------------------|--------------|-----------------------|--------------|
| Bedfordshire Police | 01234 841212 | Brit Transport Police | 0800 405040  |
| Lister Hospital     | 01438 314333 | Bedford Hospital      | 01234 355122 |
| Beds County Council | 01234 363222 | QE2 Hospital          | 01707 328111 |
| National Rail Enqs  | 0845 484950  | Mid Beds Dist.Council | 01462611222  |
| Gas Emergency       | 0800 111999  | NHS Direct            | 0845 4647    |
| Fire Safety Advice  | 0800 0435042 | Electrical Emergency  | 0800 838838  |

Do you have a party to organise and no venue?  
Do you have a wedding to organise and no venue?  
Do you have any event to organise and no venue?

Have you thought about hiring

### ***Meppershall Village Hall***

The Hall is available and can cater for all events, large or small.

There are tables, chairs, lighting, kitchen, licensed bar and all facilities needed for your event to run smoothly.

Our very reasonable rates vary with the time of day and day of the week eg:

|                                |      |
|--------------------------------|------|
| Children's party (afternoon) - | £36  |
| Saturday Evening -             | £140 |
| Wedding (all day) -            | £220 |

If this sounds like what you need, please contact our Bookings Secretary  
Karen Lucas on 01462 811581

You can also visit our website for full information on  
[www.meppershallvillagehall.co.uk](http://www.meppershallvillagehall.co.uk)

*Remember, it's your village. It's your Village Hall!*

## NEIGHBOURHOOD WATCH

Are you wondering what has been happening with Neighbourhood Watch since my last entry in the Meppershall Messenger in November? Well, wonder no more.

Since my request for volunteers to assist in establishing schemes throughout the village, I am delighted to report that a number of individuals from the village came forward and as a result a NHW group has formed.

The group first met on 17<sup>th</sup> December 2008 and discussed what NHW meant for the village and what areas could be covered by the group. It was decided that each group would cover the part of the village in which they live and would deliver letters to the residents in that area, inviting them to join NHW.

On 3<sup>rd</sup> February the group met again and gave feedback on how well the letters had been received. There had been a mixed response from residents, ranging from 25% to 100% interest. Feedback received from the group as a whole is that many of the residents seem to think that they will need to give quite a big commitment to NHW. This is certainly not the case.

Residents wishing to join a scheme would not need to attend any regular meetings, although there is an initial welcome to NHW meeting which will be set up by your street co-ordinator and to which you will be invited. At this meeting you will be given your welcome pack and a chance to meet with Beds Police NHW co-ordinator and Kay Farris of Shefford NHW. You will be able to ask questions and discuss what NHW means to the street in which you live. The main role of the resident is to keep an eye on each others' property when you are not at home. i.e. push papers through the door and keep an eye out for any suspicious activity. I suspect most of you already do this for your neighbours. NHW is not about curtain twitching; it is about being part of a community and looking out for each other. I have certainly witnessed a lot of this since the snow has come.

As well as the above, the NHW scheme also allows residents to report to the street co-ordinator anything that they witness that may seem unusual but does not warrant a call to the police e.g. a car continually driving up and down the village or individuals hanging around a particular place. Your street co-ordinator will record your concerns and will then take any necessary action.

NHW is as simple as that.

So now you know what is involved, if you want to become a member you need to check that a scheme is operating in your part of the village. The streets that have a NHW co-ordinator and where a scheme is established are:

|                                              |                        |
|----------------------------------------------|------------------------|
| Orchard Close                                | Denis and Ruth Neilson |
| Shefford Road (Opposite Orchard Close)       | Bryan King             |
| High Street (end of village)                 | Mike Cross             |
| High Street (near Gregory close – 11 houses) | Tessa and David Heath  |
| Brookmead                                    | Tanya Clark            |

Other areas which are in the process of being established are:

|                               |                |
|-------------------------------|----------------|
| Brookside                     | Julia Roberts  |
| Hoo Road                      | Lisa Frost     |
| Gregory Close                 | Gareth Jenkins |
| Fildyke Road (Middle section) | Jean Wood      |

If your area is not represented and you would like to be part of a scheme please contact me on 07890307063 or [tanya@tanya3.orangehome.co.uk](mailto:tanya@tanya3.orangehome.co.uk)

Let's all be part of a community that cares and keep Meppershall a safe place for all to live.

Tanya  
Meppershall NHW Area Co-ordinator

## FRIENDS NEWS

A big, big thank you is extended to all those who supported our **QUIZ NIGHT** on the night of Saturday, 31st January.

A great night was enjoyed by all those who filled the fifteen tables and contested with great spirit in the evening's entertainment.

Thanks to everyone who supported the raffle, and to Roger and Mary for supplying a cake, a healthy sum of £161 was raised.

John and Joan Barrall officiated as usual in running the quiz, and we are extremely grateful to them for again making the journey from Ickwell to be with us.

In total, and including the raffle proceeds we should show a profit from the evening of approximately £480, which will benefit St. Mary's Church.

Thank you again and we very much look forward to seeing you at our next Quiz Night in 2010.

### **And now to our NEXT BIG EVENT of 2009!**

There was tremendous response and demand for tickets when **THE VAUXHALL MALE VOICE CHOIR** entertained us in St. Mary's Church last year. It was a SELL-OUT and I know from first hand experiences that many people were unable to get a ticket.

We therefore take great pleasure in welcoming 'back' **THE VAUXHALL MALE VOICE CHOIR** who will again be coming to Meppershall on **SATURDAY, 21<sup>st</sup> MARCH**. With an entirely new programme and again including vocalists, a compelling and spellbound evening is again in prospect. Tickets are once again selling well, if you have not yet got yours there is still time.

Tickets are £12 and include the customary and popular buffet supper with wine, they can be obtained from Trevor Thorley 01462 813357, Margaret Evesham 01462 814291, Roger's Bakery and The Post Office.

See you there!

Trevor Thorley (Chairman).



Meppershall Baby and Toddler Group held their AGM on the 5th February. The former committee decided to stand down after several years of running the Baby and Toddler Group. We would like to thank them for all of their hard work.

A new committee was elected and the group will re-open on Tuesday, 3rd March (1:45 - 3:15pm). We are a friendly group who always welcome new members. We have a wide variety of toys including dressing-up clothes, a baby area and a craft table. Please come and support us - this is your village Baby and Toddler Group.

#### OPERATION CHRISTMAS CHILD – A THANK YOU

Your shoe box gift is a powerful reminder to underprivileged children around the world that they have not been forgotten at Christmas.

##### **Thank you for making this happen**

The smiles on so many children's faces would not have been possible without your generosity. Thank you for being part of an exciting 2008 Operation Christmas Child, which has seen:

- **1000's** of volunteers across the country helping to pack, sort, collect, deliver and ensure shoe boxes get to where they need to!
- **1.2 million** shoe boxes donated to the campaign, all of which will be delivered to children in need during this Christmas season.
- **13** different countries across Eastern Europe, Central Asia and Africa receive shoe boxes that will bring joy into the life of their children.

You can read more stories about the impact that your shoe boxes are having by [visiting our website](#).

This just leaves me to say a final thank you from everyone at Samaritan's Purse.  
Warmest Regards

**Simon Barrington**  
Executive Director, Samaritan's Purse

*The Friends of St. Mary's  
Meppershall delight in welcoming*

THE VAUXHALL  
MALE VOICE  
CHOIR

*On Saturday, 21<sup>st</sup> March 2009  
in St. Mary's Church at 7.30pm*

Tickets £12.00 to include Buffet  
refreshments; with red or white wine

FROM:

**Trevor Thorley 01462 813357**

**Margaret Evesham 01462 814291**

**Roger's Bakery & The Post Office**

## A Message from Bedfordshire Police

---

This is a Ringmaster Message from Neighbourhood Watch and Bedfordshire Police. Please pass the details of this message onto any friends, and neighbours in the area.

**A Burglary** took place in the High Street, Meppershall, Shefford, between the 1st, and the 4th of February. Offenders forced their way, into a garage, and then forced the boot to the victim's car. The offenders may have been disturbed, by putting the lights on, as the dog was barking. No sign of any search.

Outbuildings, sheds and garages can be especially vulnerable to criminals, and are often not the best place to store high value items. Always lock shed and garages, and help keep sheds secure with a good quality padlock, and hasp. If possible anchor down items like bikes and lawn mowers. Consider an alarm and make sure your security lighting is covering your shed and garage.

For more information on securing your shed visit  
[http://www.saferbeds.org/rmwebportal/rm\\_desktop/files/Crime%20Reduction%20-%20Shed.html](http://www.saferbeds.org/rmwebportal/rm_desktop/files/Crime%20Reduction%20-%20Shed.html)  
or, for securing your garage visit [http://www.saferbeds.org/rmwebportal/rm\\_desktop/files/Crime%20Reduction%20-%20Garage.html](http://www.saferbeds.org/rmwebportal/rm_desktop/files/Crime%20Reduction%20-%20Garage.html)

**Property was taken from a vehicle** in Conygate, in Meppershall, overnight on the 11th to the 12th of February. The vehicle was a Black, 08 registered, BMW. The offender has used a jack to raise the vehicle, and all 4 alloy wheels were removed.

The safest place to park your vehicle is in a garage, if you have a garage please use it. Park your vehicle in a well lit area. Always check that it is correctly locked, and all valuables are removed, before leaving the vehicle.

For more information on reducing vehicle related crime visit  
[http://www.saferbeds.org/rmwebportal/rm\\_desktop/files/Crime%20Reduction%20-%20Vehicle%20Crime.html](http://www.saferbeds.org/rmwebportal/rm_desktop/files/Crime%20Reduction%20-%20Vehicle%20Crime.html)

Please report any suspicious activity, or vehicles, in the area. If you have any information about this crime, please call the Police Control Centre on (01234) 841212, for North and Mid Beds, or (01582) 401212 for South Beds, and quote crime reference, J./,5,4,7,8,/2009. Or call crime stoppers in confidence on (0800) 555111. Alternatively text your message to (07786) 200011 or email your message to [chc@Bedfordshire.pnn.Police.uk](mailto:chc@Bedfordshire.pnn.Police.uk) . Thank you for your support.



*“Hold a Fish and Chip Supper to help spinal cord injured people live full and independent lives.”*

### **Great British Fish and Chip Supper – Friday 15<sup>th</sup> May 2009**

Want to do something different? Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 15<sup>th</sup> May 2009 whilst raising awareness of spinal cord injury and supporting SIA's information and support services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional £5.00 means you will raise at least £35.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2009 SIA will celebrate its 35<sup>th</sup> Anniversary and being that Friday 15<sup>th</sup> May 2009 is Spinal Cord Injury awareness day and what a better way to raise funds than eating Fish and Chips and raising money for SIA.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury

occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Donor Development Officer, Elizabeth Wright, says, "The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

2009 is the first year that SIA are running the suppers but we already envisage this to be one of our top fundraising initiatives in the SIA calendar over the coming years. Be a part of something special and make a real difference to help spinal cord injured people gain access to the information and support they need to enable them to live full and independent lives."

For more information or request a fundraising pack call Elizabeth Wright on 0845 678 6633 xtn 229 or email [fishandchips@spinal.co.uk](mailto:fishandchips@spinal.co.uk) or visit [www.spinal.co.uk](http://www.spinal.co.uk)

*The Messenger is hoping to arrange one of these suppers for the Village.*

## **Would you like to know about Bedfordshire's links with Henry VIII?**

This year is the five-hundredth anniversary of Henry coming to the throne and one way of finding out more about his reign would be to join the volunteers who open the National Trust's Tudor dovecote and stables at Willington on the last Sunday afternoon of each month during the summer.

The story of John Gostwick of Willington threads through King Henry's reign. He worked for both Henry and Cardinal Wolsey for many years and played a key administrative role in the Dissolution of the Monasteries in the 1530s.

A new display, showing King Henry's links with Willington and the rest of Bedfordshire, will be on show in the Stables at Willington on July 26<sup>th</sup>, between 1 and 5pm. Are you able to help us by offering us information or materials, or by joining our team of volunteers?

A pre-season meeting for volunteers, whether new or long-established, will be held on Saturday afternoon, April 18<sup>th</sup> 2009, from 2 to 4 pm, meeting in St. Lawrence church, Willington.

You would be very welcome. If you would like more information please 'phone 01234 404879, or send an e-mail to [dorothy.jamieson@ntlworld.com](mailto:dorothy.jamieson@ntlworld.com)

***ST MARY THE VIRGIN  
MEPPERSHALL PARISH CHURCH  
(CHURCH OF ENGLAND)  
Church Rd, off Campton Rd***

Rector: (Meppershall & Shefford) Rev John Harper, Rectory, Church Rd,  
Meppershall. [revjohnharper@talktalk.net](mailto:revjohnharper@talktalk.net) 01462 813334  
(usual day off: Monday)  
Curate: Rev Patsy Critchley; 01234 381510  
(Patsy's usual ministry days are Weds, Fri & Sun)  
Lay Reader: Pam Halliwell 01462 817069 (usual day off: Friday)  
Churchwardens: Brian Bellamy 01462 815944 (Pastoral Assistant);  
Brenda Wright 01462 816446

**Services for March**

**Sun 1st** 11.15 a.m. Parish Communion & 'JC'  
(Junior Church/Jesus Club) - in Rectory.

**Sun 8** 8.30 a.m. Holy Communion  
11.15 a.m. Family service

**Sun 15** 8.30 a.m. Holy Communion  
6pm Evensong

**Sun 22** *Mothering Sunday*  
8.30 a.m. Holy Communion  
11.15 a.m. Parish Communion,  
baptism of Elizabeth Salmon & 'JC'

**Sun 29** 11.15 a.m. United Benefice Family Communion & 'JC',  
followed by shared lunch.

**Weekday Services:**

Wednesdays : 10a.m. Holy Communion (B.C.P.)  
Fridays : 7.30p.m. Compline (Evening Prayer)  
Saturdays 9.30a.m. Morning Prayer

## Lent Services in Shefford Deanery

All are invited to share in weekly Communion services held at different Parish Churches in the Deanery on Tuesdays, starting at 8p.m. The theme of each sermon will focus on a particular Christian who has influenced the preacher in their own journey of faith, thus 'They made a difference'. Refreshments served after each service.

If you would like a lift do please ask – 01462 813334.

3 March All Saints Shillington. Preacher: Revd Mark- Aaron Tisdale

10 March St Mary the Virgin Meppershall Preacher: Revd Dean Henley

17 March St Peter Arlesey Preacher: Mrs Elizabeth le Mesurier

24 March All Saints Campton Preacher : Mrs Pam Halliwell

31 March All Saints Southill Preacher : Revd Jane Wheatley

### 'Alpha' in Meppershall

As I write the 'Alpha' course has made an encouragingly positive start in the village, involving some 30 local people who are enjoying the weekly suppers at the school and then being stimulated by the on screen talks and informal group discussions. We are roughly half way through this course, so if others are interested in joining a subsequent Alpha do let me know so that you can be kept in touch with details of future plans as soon as they are made.

John Harper. – 01462 813334

|          |                            |                                                   |
|----------|----------------------------|---------------------------------------------------|
| Alpha 6  | Tues 3 <sup>rd</sup> Mar   | How does God guide us?                            |
| Alpha 7  | Weds 11 <sup>th</sup> Mar  | How can I resist evil?                            |
| DAY AWAY | Sat 21 <sup>st</sup> Mar   | The Holy Spirit                                   |
| Alpha 8  | Weds 25 <sup>th</sup> Mar  | Why and how should we tell others?                |
| Alpha 9  | Weds 1 <sup>st</sup> April | Does God heal today and<br>What about the Church? |

**Lent lunches** are being held as last year at Shefford's Community Hall (by the fish shop on Ampthill Rd) 12.30 - 1.30. Organised by the four town churches, the lunches start on Sat Feb 28 and continue on Mar 7,14, 21, 28 & April 4 . Brief reflection & prayer at 1p.m.ish. Simple meal - donation in support of the work of Christian Aid. No booking - just come along

### **Also in Lent....**

All are welcome to a series of reflections on the ' Stations of the Cross' – the significance of Good Friday, on Monday evenings . They begin on March 2 7.30p.m. and are held at 58 Ivel Rd, Shefford. Details from Ken and Joan Westwood : 01462 815196.

### **Women's World Day of Prayer Service.**

The local service is being held at St Michael's Shefford on Friday March 6, 2.15p.m. This year's theme originates from the women of Papua New Guinea, : 'In Christ there are many members yet one body'. All invited.

### **Dear all,**

The snow and ice have caused delight and frustration in equal measure. On the positive side it has prompted much stopping and looking – making space to contemplate the wonder of nature and its unusual covering.

There's a poem by WH Davies which includes these words:

*What is this life, if full of care,  
We have no time to stand and stare.*

So much of life is lived at a pace that makes unrushed appreciation a rare practice. Maybe, when the snow has disappeared, we can still discover how to 'stand and stare' and find something more of ourselves as we enjoy something more of the world we inhabit. As a way into this approach, here are some questions to reflect on when life seems to be lived on a non stop roller coaster:

When did I give and receive the most love today?  
When did I give and receive the least love today?  
When did I feel the most alive today  
When did I most feel life draining out of me?  
When was I happiest today ? When was I saddest?  
What was today's highest point? What was today's lowest point?

This is part of a 'spiritual discipline' that many have found helpful in terms of re-connecting with their awareness of who they are and of what matters most in life. It may also be a pointer to the Lord who said : 'I have come that you may have life in all its fullness'.

With good wishes,

Rev John Harper

### **Trip to St John's College Cambridge**

Two years ago a party from the village enjoyed a trip to our Church's patronal body – St John's College Cambridge. Once more our patrons have invited us to join them for an afternoon - Saturday May 16. As before the College will give us a conducted tour of the college, provide us with afternoon tea, and there will be opportunity to attend Choral Evensong in the Chapel, led by their renowned choir. We hope to be able to arrange transport by shared cars, to keep the cost to a minimum. All are welcome . Please contact Pam Halliwell if you would like to join us or wish to know more. 817069

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

**Sunday Masses**

**First Mass of Sunday**

|                                 |                                   |                   |
|---------------------------------|-----------------------------------|-------------------|
| <b>Saturday Evening</b>         | <b>6pm</b>                        | <b>RAF Henlow</b> |
|                                 | <b>9am</b>                        | <b>Shefford</b>   |
|                                 | <b>5.15pm</b>                     | <b>Shefford</b>   |
| <b>Weekday Services</b>         | See notice at Church or telephone |                   |
| <b>Parish Priest:</b>           | <b>Parish Secretary:</b>          |                   |
| <b>Fr. Bennie Noonan 813436</b> | <b>Rose Boulton 811547</b>        |                   |

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**SPORTS AND REMEDIAL  
MASSAGE THERAPY**  
*Jon Aikman CertSMT MHFST*

**Treatment in the comfort  
of your own home including:**



**Running Related Injuries  
General Sports Injuries  
Runners' Biomechanics  
Muscle Conditioning  
Deep Tissue Massage  
Injury Rehabilitation  
Postural Correction  
Neck and Back Pain  
Everyday Aches and Pains**



**Please phone (01462) 812572 or 07900 224418  
to arrange an appointment**

**Fully Insured**

**LEMON AND GINGER MARMALADE**

1½ lb lemons  
3 pt water  
2 oz root ginger  
3 lb sugar  
8 oz crystallized ginger

**METHOD**

- 1) Wash and peel the lemons in quarters, cut the peel in fine shreds and place in a large bowl.
- 2) Cut the fruit finely, putting aside the pips and coarse tissue.
- 3) Put the fruit with the cut peel and cover with 2 ½ pints of water.
- 4) Put the pips and coarse tissue into a basin with ½ pint of water. Soak for 24 hours.
- 5) Drain the liquid from the pips and tissue and place in a preserving-pan with the rest of the fruit and liquid.
- 6) Tie the tissue, pips and root ginger in a muslin bag and add to the pan.
- 7) Bring to the boil, reduce the heat and simmer gently for ¼ -1 ½ hours and until reduced by 1/3 .
- 8) Remove muslin bag. Add the sugar and finely – chopped crystallized ginger and place over low heat, stirring until sugar has dissolved.
- 9) Bring to the boil and boil rapidly until setting point is reached, approx 20 min.
- 10) Cool 5-10 min. Pot into clean hot jars. Cover and label.

**Yield - approx -5lb**

Recipes are kindly supplied each month by Brenda Putwain

**GARDEN TIPS FOR MARCH**

With acknowledgements to the RHS

- Mulch bare soil in beds and borders.
- Move evergreen shrubs.
- Prune bush and shrub roses.
- Prune shrubs with colourful winter stems.
- Propagate shrubs by layering.
- Increase stocks of perennials by taking basal stem cuttings from the new shoots.
- Lift and divide overgrown clumps of perennials.
- Split polyanthus after flowering.
- Take cuttings from dahlia tubers.
- Plant summer-flowering bulbs.
- Sow sweet peas outdoors or plant out young plants raised under cover. Pinch out growing tips to encourage side shoots.
- Sow hardy annuals where they are to flower.
- Reseed bare patches in the lawn.
- Start mowing lawns regularly.
- Take pumps out of store and put them back in the pond; begin feeding fish.
- Sow vegetables out side and harden off young plants to put outside.
- Plant early potatoes and asparagus.
- Protect fruit blossom against late frost.
- Sow half-hardy annuals and other frost-tender plants under cover.
- Water indoor plants regularly, now that the weather is warming up.

### **LAST CHANCE**

- Finish planting bare-root trees & shrubs and new fruit trees & bushes.
- This is the last time to plant snowdrops and winter aconites.

### **GET AHEAD**

- Put grow bags into the greenhouse to warm up before planting.
- Put stakes and other plant supports in, to support new growth before it really needs it.

**Bus Timetables – (Weekdays only given here)**

In developing the Meppershall Village Plan it was clear that there was a lack of knowledge about the buses serving Meppershall.

The following information has been taken from the web and has been abbreviated to show the main stops, including Meppershall.

Full information can be obtained from the bus companies or their websites.

**Route 79 to Shefford – Meppershall – Barton – Luton**

|                                    |      |      |      |      |      |
|------------------------------------|------|------|------|------|------|
| <b>Shefford, High Street,</b>      | 0928 | 1118 | 1328 | 1533 | 1740 |
| <b>Meppershall, Sugar Loaf</b>     | 0930 | 1120 | 1330 | 1538 | 1745 |
| <b>Meppershall, Rectory Road</b>   | 0935 | 1125 | 1335 |      | 1845 |
| <b>Meppershall, opp Sugar Loaf</b> | 1003 | 1153 | 1403 | 1554 | 1747 |
| <b>Shefford, High Street,</b>      |      |      |      |      | 1847 |
| <b>Barton, Windsor Parade</b>      |      |      |      |      |      |
| <b>Luton, Silver St</b>            | 0838 | 1031 | 1221 | 1431 | 1622 |

**Route 79 to Luton – Barton – Meppershall – Shefford**

|                                    |      |      |      |      |      |
|------------------------------------|------|------|------|------|------|
| <b>Luton, Galaxy Centre,</b>       | 0850 | 1040 | 1230 | 1440 | 1630 |
| <b>Barton, Windsor Parade</b>      | 0912 | 1102 | 1252 | 1502 | 1656 |
| <b>Shefford, High Street,</b>      |      |      | 1320 | 1530 | 1740 |
| <b>Meppershall Loaf, Sugar</b>     |      |      |      | 1538 | 1745 |
| <b>Meppershall, Rectory Road</b>   | 0728 | 0928 | 1118 | 1328 | 1745 |
| <b>Meppershall opp, Sugar Loaf</b> | 0730 | 0930 | 1120 | 1340 | 1747 |
| <b>Shefford, High Street,</b>      | 0735 | 0935 | 1125 | 1335 | 1747 |

| Route 89 to Henlow Camp – Meppershall - Hitchin |  | N      | Sch    | N      | Sch   |
|-------------------------------------------------|--|--------|--------|--------|-------|
| <b>Shefford, High Street</b>                    |  | 07.45  | 07.45  | 10.15  | 13.31 |
| <b>Meppershall, Sugar Loaf</b>                  |  |        |        |        |       |
| <b>Henlow Camp</b>                              |  | 08:20  | 08:25  |        |       |
| <b>Hitchin, Bancroft</b>                        |  | 08.23  | 08.35  |        |       |
| <b>Hitchin Station</b>                          |  |        |        |        |       |
| <b>Hitchin, Bancroft</b>                        |  |        |        |        |       |
| <b>Hitchin, Grove Road Rd</b>                   |  |        |        |        |       |
| <b>Hitchin, Wilbury Way</b>                     |  | 08:30  | 08:42  |        |       |
| Train departs to London                         |  | 08.42  |        |        |       |
| Sch = School Days. NSch = non-school days.      |  |        |        |        |       |
|                                                 |  | B =via | Girls  | School |       |
| Route 89 to Hitchin – Meppershall - Henlow Camp |  |        |        |        |       |
| Train arrives from London                       |  |        |        |        |       |
| <b>Hitchin, Wilbury Way</b>                     |  |        |        |        |       |
| <b>Hitchin Station</b>                          |  | 12:35  | 15.54B | 15:57  | 17:05 |
| <b>Hitchin, Bancroft,</b>                       |  |        | 16:00  | 16:00  | 17:12 |
| <b>Henlow Camp,</b>                             |  |        | 16:41  | 16:41  | 17:15 |
| <b>Meppershall Sugar Loaf,</b>                  |  |        |        |        | 17:56 |
| <b>Shefford, High Street</b>                    |  | 13.12  |        |        |       |
|                                                 |  | 13.17  |        |        |       |

## **A very Happy Birthday to those of you celebrating birthdays in March**

Archie Underwood who will be 5 on the 6<sup>th</sup>  
Tyler Ball who will be 11 on the 7<sup>th</sup>  
Alexandra Cocks who will be 7 on the 7<sup>th</sup>  
Genevieve Cocks who will be 6 on the 7<sup>th</sup>  
Marcus Hart who will be 6 on the 12<sup>th</sup>  
Ella Bryant who will be 4 on the 12<sup>th</sup>  
Emma Burr who will be 12 on the 14<sup>th</sup>  
Katherine Gower who will be 11 on the 14<sup>th</sup>  
Emma Horsford who will be 7 on the 14<sup>th</sup>  
Aaron Vernon who will be 5 on the 16<sup>th</sup>  
Brigid Holmes who will be 13 on the 18<sup>th</sup>  
William Roberts who will be 12 on the 19<sup>th</sup>  
Daisy Lucas who will be 7 on the 27<sup>th</sup>  
Kate Aberdein who will be 14 on the 28<sup>th</sup>  
Chloe Scott who will be 12 on 30<sup>th</sup>

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