



Summer 2017

Flitton 'n' MORE

The parish newsletter
for Flitton, Greenfield
and Wardhedges

The village at dawn - a lovely photo from George Coulter, who judging by his interesting Facebook posts on the Flitton and Greenfield Community page spends lots of healthy time outside!

Which brings me neatly to two features inside; more fitness tips from Nicola, this time on how to keep the family fit in the summer months, and a page about the various websites and social media pages you can use to find out everything that's going on in Flitton, Greenfield and Wardhedges.

Of course you can also do that by reading this mag... or popping into one of our three great pubs... or take a leaf out of George's book and actually get your trainers on and get out and about!

Goodbyes and Hellos

A final piece from Nick Thompson as he stands down from the Chair of the Parish Council - we wish Nick well, he has given great service to

our villages, and I don't suppose we've seen the last of him by a long way - at least I hope not. Good luck Nick!

Hello to Ian Smith, who will be joining our church community this summer as curate. Ian will work in all three benefice churches, and we look forward to seeing him a lot at Flitton. Details of his welcome service are on page 3.

And a warm hello to Jo Holt and Louise Platt, who are new co-editors of this mag. You will read a lot more by them as time goes on, and already much of this issue is provided by them one way and another. You can contact any of the three of us with stuff for future issues - contact details on the back page.



Angela Ayres, Co-Editor

From Your Parish Council ...

Keep up to date with what's going on in Flitton, Greenfield and Wardhedges

This will be my last article as chair of the Parish Council . After 20 years on the Council, of which I have been chair for 16 I have decided to step down although not disappear completely. At the Council meeting and AGM in May, Councillor Mark Gates was elected as the new chair and I have no doubt that he will do an excellent job. I have agreed to stay on as vice chair to give advice and support to him if it is required. Not only am I very pleased that Mark is taking over but it is really good that there is now a Greenfield chair – it is certainly well over 20 years since this was the case.

Recently retired from in the City, Mark has lived in Greenfield with his wife, Maureen and two cats (George and Clover) for the last four years and now wants to get more involved in village life. He enjoys travelling, watching rugby and working on his house. The next Parish update will come from Mark and I hope you will join me in warmly welcoming him to this new position.

As I leave the pages of Flit'n'More I am really pleased to see how the magazine has evolved and is continuing to develop as an important feature of village life. I am glad that the Parish Council is able to support it by paying the printing costs and now there is a small team working on its production which will assure its future. You will read elsewhere in this edition about the social media and web presence in the Parish and I want to thank all those who give their time to providing these means of communication.

Talking of communications, all the Parish Councillors have email addresses on the website at <http://flittongreenfield.bedsparishes.gov.uk/parish-council-and-email-links/> If you do access the website, don't forget to join as a member. There are now 175 members and I remember when our target was 100, so let's try to get it to 200 by the end of this year. You can receive email notifications of postings on the site so that if there is something you are interested in, you can keep in touch without needing to constantly log on.

Finally, like everyone recently I was saddened and thoroughly disgusted by the news of the break in at the Church and the damage done to the ancient door and lock as well as the theft of the safe. Thanks to all those who are rallying round to get the repair work done and good news that some of the artefacts have been found. It should just remind us all, whether we are church goers or not, that this beautiful and historic building is in our custody and we need to look after it. The Friends Group hold social events and donations are made by other village activities, so try to join in with events or activities or purchases if you can, enjoy this part of village life and help to maintain the Church building at the same time. It is also a great means of communication and meeting others who live here, getting their view and perspective and feeling involved.

In closing therefore I would just like to thank my fellow councillors and clerks (past and present) for all their help and support over the years. A great deal has been achieved during this period and long may it continue under Mark's new leadership.

Nick Thompson

Former Chairman, Flitton and Greenfield Parish Council



Services for Summer at St John the Baptist, Flitton...

Sunday 28th May	8.30 am.	Holy Communion - a short service without music
Sunday 4 th June	11 a.m.	Morning Worship a service with hymns for all the family, taken by Gillian Kern
Sunday 11 th June	9.30 am	Holy Communion - followed by refreshments. It's Potato Race Day and the Church will be open all day, with History Talks by Margaret Butt
Sunday 18 th June	11.00 am	Pet Service.. Bring your pets (and owners!) For a short service, a chat and refreshments. You can stay for a short while or until about 11.45. In short, it's a very relaxed, informal time for you to come to your church.
Sunday 25 th June	8.30 am	Holy Communion - a short service without music
Sunday 2 nd July	11 am	Three Churches Service at Pulloxhill taken by the Rural Dean, Lynda Klimas, when we join our friends from Silsoe and Pulloxhill. No service at Flitton this week.
Sunday 9 th July	10 am	A Special Service at Flitton to Welcome our New Curate, Ian Smith - with the choir. We are joined by Silsoe and Pulloxhill, and there will be refreshments afterwards when you can get to know Ian.
Sunday 16 th July	11 am	Greenfield School Leavers Service. Join the Class of '17 (otherwise known as Year 4!) and their families as they get ready to take another step along the world...
Sunday 23rd July	9.30 am	Morning Worship Led by our new curate, Ian Smith.
Sunday 30 th July	10 a.m.	Three Churches Service at Silsoe (no service at Flitton)
Sunday 6 th August	9.30 a.m.	Holy Communion at Silsoe, or at Pulloxhill at 11am. No service at Flitton.
Sunday 13 th August	9.30 a.m.	Holy Communion followed by refreshments
Sunday 20 th August	10.30 a.m.	Teddy Bear's Picnic! An even more fun version of our popular Cafe Church for summer
Sunday 27 th August	10 a.m.	Three Churches Service at Flitton.

'Dave's Diary'

Flitton Church News



The Benefice of Silsoe, Flitton and Pulloxhill - Growing as beacons of Christ's light in our communities.

A special message from Dave;

As many of you know, Flitton Church was burgled recently. The main doors were broken and the vestry forced open. After that the safe was removed and the vestry generally turned upside down.

This was an upsetting and distressing time for all church members but also for the Flitton community (we were among four churches burgled that week). The objects stolen were not only taken from the church but from the whole community. The church and the historic chalice and other items were part of the church's history, linked to generations of this community who have worshipped at the church and contributed to its life. Church and community always overlap.

But there is good news. The historic chalice and a cyborium (a silver cup for storing communion wafers) turned up in a park in Northampton but we believe a silver paten (used to serve the wafers) is still missing. The chalice and cyborium are now returned to this community. The other good news is that throughout all this we have prayed for those who carried out the robbery, that perhaps: in this all-time low of stealing from a church the only way for those that carried this out can be upwards; that there will be a change in their communities that will bring them to

know the love of God; and that there is always a community around them that is willing to love, support and forgive.

The Church of England website tells us that, as a national church, the Church of England maintains a presence in every community through the parish system. Our churches are communities *of* and *for* the area and the people who live there. That presence enables the church to engage with the lives of our villages, towns and cities in both rich and poor neighbourhoods, and often works alongside other partners to seek justice and wellbeing.

Fundamental to the Church's life in all communities is the commitment of the Christian faith to all that is life-giving and enhancing. At the heart of the message of Jesus is the declaration of the *reign of God* - a radical reordering of resources, values and attitudes; an active resistance of powers that would divide, distort or exclude human communities. Redemptive activities such as the offering of forgiveness and the cancellation of debt are the essential activities of this new order. There is no dilemma between love of God and love of neighbour.

I thank all the Flitton community for their support and help during this difficult time.

CHURCH CLEANING

If you have an hour or so once a month, please come along to help. The next working parties are 19th June and 12th July from 10am. We work for an hour and then have coffee and cake so it's very sociable. Weather permitting, there is always gardening to do to keep the churchyard tidy [please bring your own gardening tools]. Everyone is welcome to come along and any help is greatly appreciated.

CONFIRMATION CLASSES

There will be a course in the Autumn for anyone wanting to be confirmed. The Confirmation ceremony will be held at the end of November at Woburn. Young people need to be at least 11 years old but this is for adults too. If you are interested to find out more, please contact Rev. Dave Bell.

CHURCH INFORMATION

As well as this magazine, you can find out about services and events on our webpage www.3churches.co.uk or [Facebook@FlittonChurch](https://www.facebook.com/FlittonChurch)

A PRAYER FOR GROWTH AND TRANSFORMATION

Almighty God,
in Christ you make all things new:
transform the poverty of our nature by the riches of your grace,
and in the renewal of our lives
make known your heavenly glory;
through Jesus Christ our Lord.
Faithful and steadfast God,
nourish your people in this wicked world,
and, through prayer and the Scriptures,
give us our daily bread;
through Jesus Christ our Lord.

Dave Bell (Vicar)

Margaret Butt (Churchwarden)

DE GREY MAUSOLEUM

English Heritage open our mausoleum on the first Sunday of each month from 2nd April until 3rd September from 2-4pm, also Wed 17th May and Wed 12th July, also 2-4pm.

For more information;

www.english-heritage.org.uk/visit/places/de-grey-mausoleum/
On 11th June which is Potato Race Day, there will be special talks in the church and mausoleum, if you want to find out about our local history in more detail.



The Friends of Flitton and Greenfield Church

What can you do with twenty quid?

Get a takeaway?

Buy a round of drinks?

Go to the cinema?

Get a taxi home?



WHY NOT JOIN THE FRIENDS?

As well as taking part in our events and so helping us to raise much needed funds to support Flitton Church, did you know that we also encourage you to join the Friends as a member?

Membership costs £20 per year

and as our 'year' started recently, it's perfect time to join.

You don't have to help organise anything, you can just subscribe!

IF JUST 50 PEOPLE JOIN UP, THAT'S £1000

towards vital restoration work in our historic church.

We are not a religious organisation, and every penny of your money goes to support the church building,
not the diocese or any other church organisation.

If you wish to join the Friends, please contact the Treasurer, Angela Ayres who will be delighted to offer a range of easy payment options!

martandang@btinternet.com 01525 860723

St John the Baptist Church, Flitton
presents a Free Concert!*



Chiltern West Gallery Quire

Sunday 3rd September - Flitton Church
Mausoleum Open & Cream Teas 2-4 pm
Concert at 4.30 pm

(*Retiring collection in aid of church funds)

The Chiltern West Gallery Quire performs the music from country churches in the 18th and early 19th centuries, known as "West Gallery". They research and perform tunes written by local musicians who often had no training but wanted to sing and play "to the Glory of God" even though they were not always welcomed by the clergy and Gentry! They like to collect writing from the same period to give their concerts a flavour of how the quires lived in West Gallery times. Since the music came from country-folk, the story they tell is about a typical village and the characters and events which would have been of importance to everyone in church on Sundays. They include music which the players would have been well used to - the dance tunes heard at local "hops" and celebrations around harvest, and like to dance whenever possible.

The White Hart at Flitton

☎ 01525 862022 🌐 www.whitehartflitton.co.uk



It's not summer already, is it?

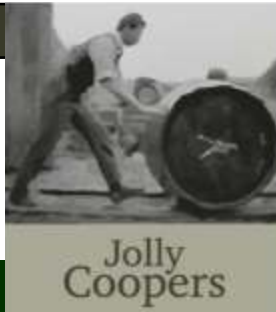
Hmm, that went quickly - not long until the Great Flittish Weight-Off weigh in on Potato Race Day. Who will be the biggest winner by guessing the biggest losers? (See what I did there?)

Still cooking...

You'll be heartened to know that in between the Flits, the Potato Race, weddings, christenings, birthday parties etc, Phil and Clare are still managing to rustle up a spot of lunch or dinner if you fancy it?

And of course you will fancy it, 'cos it's brilliant. It really is.

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SUPPORT YOUR VILLAGE HALL

*Have you been in the village hall recently?
Are you aware of what facilities are available?*

If either answer is no, you won't know what you are missing on your doorstep; fully equipped kitchen, seating for 150 people, special crockery for important occasions, facilities for the less mobile and hard of hearing and recently refurbished licensed bar. We have recently installed a large projection screen, baby changing table and replaced the boiler - no worries about the cold now! We have all that you need for that meeting, party, or activity session. We currently have vacancies in the regular weekday calendar and there is flexibility for weekend hires - just contact Pauline Downing on 860595

We are not stopping there as forthcoming developments include a dedicated website which will make it easier to find out what is available and how to book, extending to a 7 day bar licence and, **hot off the press**, a defibrillator. As you will have read in the gala advert, funds raised at this year's gala will pay for installing a defibrillator outside the front door, so available to all the community should the need arise.

It doesn't end there, though, as once in place, it will need monitoring and maintaining. **We are looking for one or more volunteers to be defibrillator CHAMPIONS** who will carry out a very straightforward weekly check and recording online, with minor maintenance tasks eg changing the pads. The ongoing commitment is a few minutes a week after a day's initial training. If you are able to spare the time, please contact Simon (see below).

If you wish to be more involved in running the village hall, there are vacancies on the management committee - again all volunteers - no qualifications are required, only a willingness to spend some of your time looking after one of the village's prime community facilities

**Please contact Simon Sadler on
flittonsadler1@btinternet.com or 861727.**



Bus Service Changes From Tuesday 2nd May 2017



From the above date Services 20, 44 & 77 will cease to operate and will be replaced by Grant Palmer's Service 200 operating to a revised timetable bringing a regular two hourly service back to the villages of Wardhedges, Flitton, Pulloxhill and Greenfield.

Service FL10 operated by Flittabus will also provide a replacement service for Service 77 on Tuesdays only. The new timetables are shown at the bus stops.

Copies of this timetable are in production and should be available on the buses in due course as well as at Flitwick Library.

We would like to encourage all passengers to take advantage of these new facilities

Flittabus Needs You!



We're taking on a NEW ROUTE so more Volunteer drivers are wanted!

Driving a Flittabus can be fun; it's also very worthwhile. We have 3 buses and 11 routes, driven (and managed) by over 30 volunteers, providing scheduled services around Central Bedfordshire.

ANYONE can use Flittabus but most of all we help many elderly people to remain independent.

If you can spare just one or two half days a month we would like to hear from you.

Why not come for a trial drive & see if you like it?

Lady drivers very welcome. Full support & training will be provided.

To learn more please contact Chris Tarmu on 01525 861940

Note: New drivers do need to be under the age of 67

Help line for bus information 07960 388 111 or see www.flittabus.co.uk

Your villages online:

We have a number of websites and Facebook pages and groups dedicated to our villages. Here's a list of what's available and how to use them to find out more about your local community...



www.flittongreenfield.bedsparishes.gov.uk

Run by the Parish Council with lots of information about the village amenities, news, key dates and much more.

www.flittonpotatorace.co.uk

All the details you need about this annual event.

www.3churches.co.uk

The website dedicated to our church.

www.greenfieldpulloxhillschools.org.uk

The website for our local lower schools.

www.fmuga.com

Did you know that you can become a member of the MUGA (multi use games area) in our village? This website is the place to find out more.

www.flittongreenfieldvillagehall.co.uk

New website with info about facilities, booking, availability



Flitton & Greenfield Community (Group)

This is a group for all residents and anyone with an interest in our villages. It's for sharing information, recommendations and more. Anyone can join. (Rules in the group description section.)

Flitton and Greenfield Village Events (Page)

This is a page dedicated to sharing information about all the events that are taking place in and around our villages.

Flitton Church (Page)

This page is run by our parochial church council and has information about what's happening in church.

Flitton and Greenfield WI (Page)

Find out about our lively Women's Institute Branch!

If we have missed any please let us know! And if you are interested in getting involved in our village communications please contact the editors of this mag to find out how you can help : Jo: jo_holt@sky.com
Angela: martandang@btinternet.com Louise: lou.platt1@btinternet.com



Number 13 - Lucky for Sun!

The moment David Sedgley (Race Director) led runners to the start of the 13th annual Flits 5k, the sun began to shine! The forecast had been rather dubious so we felt very lucky and the fine weather showed Flitton and Flitwick Moors in all their springtime glory.

We had a super turn out for all 3 races and were particularly pleased to see more children than ever joining in the races.

For the second year, we all gathered at the Jack Crawley barn on Flitton Moor where there was a lovely atmosphere and it showed what a great resource the Barn is for the local community. Talking of which, there is a 'Barnstorm' on Saturday July 8th, which includes a BBQ, duck race, art exhibition and other family fun, all welcome!

On to the results: after the toddler dash, a total of 42 runners took part in the 1 mile run with the winners being Nic Hammett (06:08) and Lilly Farr (07:04). Nic beat his own winning time from last year by 14 seconds and Lilly took 28 seconds off last year's winning time for the girls. The first 3 girls came in within 7 seconds of each other!

The main 5K run saw over 100 runners taking part with Jonathan Janes coming home in just 16:36. The female winner was Nicola Bowerman in 20:28. Again, both of these were improvements on last year's winning times so we're certainly





upping the pace (although it's the taking part that counts!) Jonathan was also a member of our winning challenge team – White Hart 'A'. It was an extremely close run race for the challenge team award this year so congratulations to Jonathan, Zena, Chris and Peter.

The rest of the results can be found on the Flitton and Greenfield Parish website and via our Facebook page (search 'Flitton Flits Fun Runs'). Using our Flits email address you can also request photos, which were taken along the course flittonflit@gmail.com Please provide your name and if you know it, your race number.

The Flit fun runs aren't all about the runners. We had a big turnout of wonderful spectators and this gave the runners a great boost. If you were cheering people on, thank you!

Finally and most important of all, a grand total of over £800 profit was raised, all of which is going to the church hall fund and conservation work on Flitton Moor.

We couldn't raise this money without our sponsors and the organising committee would like to thank our main sponsors, Colpac Packaging and Oakley Brothers. We would also like to thank all the people who generously donated the fantastic prizes: Andy and Tracy of the Jolly Coopers, Phil at the White Hart, Philip at the Chequers in Westoning, Roland at Greenfield farm shop, Tom at Cycleworx, Bruce at Newbury Farm Plants, Ampthill Brewery, and Cambridge Wine Merchants. Also, Oakleys for bacon, Rickatsons for egg vouchers, Stuart Brown of Maulden and Flitwick Leisure Centre for activity vouchers. Also, a massive THANK YOU to our marshals and everyone who helped before and on the day.

So the 13th annual Flits fun run was indeed lucky for sun – although it was unlucky for others. Two of our regular runners sustained injuries on Monday and we want to wish them all the very best for a speedy recovery. Hattie and Julia, we hope you'll be up and running again soon. We look forward to seeing you along with all other runners on May 7th 2018!

THE FAMOUS FLITTON POTATO RACE!

SUNDAY 11th JUNE 2017

Raising money for **national and local charities** & **local good causes**
(full list on website).

Races start at midday.

Run one mile carrying
20/10/5/2 kg.

Spud and Spoon races
for kids!

Team Relay:
Beer/Wine and cash prizes!

WIN £500:

Be the first person to
run under 5 minutes!

£200 prize + £300 bonus
Ts & Cs apply, see website



Enter now at www.flittonpotatorace.co.uk



KEY TIMES

10:00 - 11:30	Registration for all races at the Village Hall, with free shuttle to start
11:40	Safety briefing for all runners other than children at the Village Hall
12:00 - 12:30	Races start at Moat Farm
12:40	Spud & spoon races start from the Village Hall and Sand Road
13:30 approx	Prize-giving at The White Hart of prizes & trophies

THE RACES

Adult Individual Mile for over 16s @ midday

- Open to anyone over 16
- 20 kgs for men, 10 kgs for ladies
- Entry fee £15 per person (£20 after deadline)

Youth Individual Mile for 10-16 year olds @12.10

- 5 kgs for 14-16 year olds, 2 kgs for 10-13 year olds
- Entry fee £6 (£12 after deadline)

Cadet Team relay for 16-17 year olds @ 12.10

- Relay team of 4, each runner carrying 10kg for 0.25 mile
- Sack of potatoes to be carried in single rucksack
- Open to any organisation
- Team can be mixed
- Entry fee £24 per team (£36 after deadline)

Youth Team relay for 10-16 year olds @12.20

- Relay team of 4, each runner carrying 2kg or 5kg for 0.25 mile
- 5 kgs for 14-16 year olds, 2 kgs for 10-13 year olds
- Teams can be mixed (but no rucksacks)
- Entry fee £24 per team (£36 after deadline)

Adult Team challenge for over 16s @ 12.30

- Relay team of 4, each runner carrying 20kg or 10kg potatoes for 0.25 mile
- Teams can be mixed but only a full ladies team will qualify for the 10kg weight
- Entry fee £50 per team (£70 after deadline)

Spud & spoon races for children aged 9 & under @ approx 12.40

- Course for 6-9 year olds starts at the village hall
- Course for under 6's starts at the bottom of Sand Road
- Entry fee £3 (£5 after deadline)
- Goodie bag for all who finish!

SCAN TO ENTER



The deadline for entries is 6pm on 31st May 2017. Entries submitted after this deadline are subject to availability of potatoes and higher entry fees.

ENTER NOW AT www.flittonpotatorace.co.uk

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evenings from
7:30 pm to 9:00 pm
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2:00 pm to 4:00 pm



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Saturdays 10:00 am to 12:00 noon

01525 863906

Gentle Touch Healing Centre
Wrest Park Enterprise Centre

Wide range of Holistic Therapies
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website for details & directions.

www.gentletouchhealing.org.uk
Charity number 1105985

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Small is beautiful which is why I keep my
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Campton and Barton
Please call Charlotte 07801 367967
to register as spaces are limited.

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- Reduces stress
- Injury rehabilitation



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FLITTON & GREENFIELD GALA

RAISING MONEY FOR A DEFIBRILLATOR
OUTSIDE THE VILLAGE HALL

The Gala starts with a **float procession** through the villages from The Compasses at 12:15. Join on foot with your favourite teddy from The White Hart at 12:45.

The crowning of the **Gala Queen** in the village hall at 13:00 opens the Gala with lots of activities and stalls in the hall and on the recreation ground until 17:00.

Any girl or boy aged 8 or 9 who is interested in being Gala Queen or an attendant should contact Margaret Lowe on 861111 before 30th June.

This year we are having a home-made **marmalade cake competition**. Bring your entry along for judging by 14.00.

Back by popular demand: **Classic cars**, football tournament, **Amphill Town Band** and **Amphill Singers**. New events for 2017 we will be welcoming a **Cadet Corps of Drums** and **Stotfold Twirlers!**

Refreshments include BBQ, cakes, ice creams and licensed bar.

Lastly, don't forget your **Grand Raffle** tickets!

The Gala committee meet once a month from
January to September.

We are looking for new committee members and in particular somebody to fulfil the role of Treasurer.

If you are interested in contributing to this annual event (which is quickly approaching its 50th year!) please contact Margaret Lowe on 01525 861111 or Simon Sadler on 01525 861727.



**START TIME: 1pm
SATURDAY 9th SEPT**

For more information please call Simon on 01525 861727 or Margaret on 01525 861111.
Facebook: Flitton & Greenfield Village Events

FLITTON & GREENFIELD GALA

ON NATIONAL TEDDY BEAR DAY!

To celebrate National Teddy Bear Day, there will be activities of a bear-like theme. Apart from baking a marmalade cake, everyone is encouraged to **dress up as their favourite bear character** - there are prizes for the best costumes - even for adults!

Children and bears will be particularly interested in:

- finding a friend at the **teddy tombola**
- decorating a **teddy bear biscuit**

- going on a **bear treasure hunt**
- all teddies receive a snack on the day

Parents are very welcome to join in, as just like all picnics, the more the merrier. We have invited some special bears to join us on the day.

Continuing our theme of a day out for teddy bears and children, our 1st prize in the raffle is specifically for kids - a **Zinc Zhyco Team Series Stunt Scooter!**



START TIME: 1pm
SATURDAY 9th SEPT

For more information please call Simon on 01525 861727 or Margaret on 01525 861111.
Facebook: Flitton & Greenfield Village Events



Fundraising Disco

All proceeds to the repair and restoration of St John the Baptist Church, Flitton following the recent break-in and theft

Auction Raffle



Saturday 24th June 2017
7pm - Late!
Flitton & Greenfield Village Hall
Tickets £15
and include a Hog Roast

For information and tickets, contact Glynis Carr
01525 716451
glynis_carr@hotmail.com

KEEP CALM AND GO SHOPPING!

Advertise the village with something really useful – specially made to order bags just for us at **£7** each; all profits will go to the church.

Sized 31 x 23 x 31 cm,
the bags are available now from
Simon Sadler Orchard House,
High Street,
Flitton MK45 5DU

flittonsadler1@btinternet.com

or on 861727
or 07341 550990





Harlington Upper School News Spring Term 2016

Great excitement was generated by Sir Ian McKellen's visit on behalf of Stonewall. Sir Ian began with a discussion about LGBT issues and the positive way that Harlington deals with them. He then addressed Years 9 to 11, speaking about his life as a gay man, how he became involved with Stonewall, the ways in which the lives of gay people in the UK have changed during his lifetime and how they have not changed in other parts of the world.

He finished by performing a short excerpt from the play 'Sir Thomas More', then moved on to a Q&A session with sixth formers, with more of an emphasis on acting as many of the questions had come from Drama students, again finished off with a short performance from Shakespeare. Sir Ian also very kindly autographed a copy of 'The Lord Of The Rings', to be raffled for charity. Everyone thoroughly enjoyed the visit - a day that will remain long in our memories.

Harlington Upper School wins Battle of the Bands We reclaimed our title in the Bedfordshire Schools Battle of the Bands when *Genie and the Lamps* seized a second win in a row. Two of the school's bands had got through to the finals in this hard fought competition across Bedfordshire, *Genie and the Lamps* and *Quadaria*. Both groups enjoyed the amazing experience of being able to perform on the world famous stage at The Stables in Wavendon, which alone was a prize in itself. The atmosphere was electric and the musical standard of each band was extremely high. Students from 10 schools participated in the Battle and although it's a competition, all of the competing bands were supportive of each other. As if singing at this venue wasn't enough, the band won a piano for the school and a day's recording at the Sound Garage, a professional studio.

Headteacher Shawn Fell says "We are so proud that one of our top two bands won the prestigious Battle of the Bands competition at The Stables, which represents the second year for Harlington Upper School. Music and the Arts are extremely important and successful subjects at the school and we encourage our students to be creative and expressive. Both the winners, *Genie and the Lamps*, and *Quadaria* are groups of incredibly talented young people and we are just delighted that they have achieved public recognition".





Bedfordshire
Cambridgeshire
Northamptonshire

Flit Vale Wildlife Trust Summer 2017 Programme

Wednesday 7th June - 7 pm at Pegsdon Hills Nature Reserve

Flowers and Wildlife of Chalk Grassland

A guided walk round Pegsdon Hills reserve with Dr Graham Bellamy

Saturday 24th June - 10 am to 12.30 pm and 1.30 to 4 pm

Flitwick Moor, Invertebrate day. Join Colin Carpenter, the moor's warden, and experts from the Bed's Natural History Society investigating the small creatures on this magical wetland. Families welcome.

Wednesday 28th June - 7 pm at Sandy Smith Nature Reserve

A walk around the Greensand Trust's Sandy Smith Reserve with Sue Raven.

A look at the many habitat types found on this fascinating reserve.

Saturday 22nd July – 10.30 am at Flitton Moor

Join John Curd for a Walk around our local reserve looking particularly for Dragonflies.

Saturday 9th August – 10 am to 3 pm at Cooper's Hill, Ampthill

Family Bug Hunt - investigate the small creatures on this magical heathland.

Three time slots at 10 am, 11.30 am and 1.30 pm – please phone to book a time.

£1 per adult requested for for walks.

Contact Ann on 07890 347327

or flitvale.info@gmail.com

Protecting wildlife close to home

'Murder on the Nile' - Auditions

Silsoe Drama Club's next production will be a 'Whodunnit' by the Queen of Crime, Agatha Christie, a three act play which became the famous film 'Death on the Nile'.

It will be performed on 16/17/18 November as a Theatre and Supper Evening.

There are 12 parts for men and women of all ages - we especially need younger men (in general and also to audition...) but all are welcome!

A good gentle introduction to am-dram; go on, you know you want to!

AFTERNOON SOCIAL ON SUNDAY 16TH JULY

Silsoe Village Hall from 2-5 pm Come along to find out more and meet club members - no commitment, refreshments provided!

AUDITIONS ON THURS 20TH JULY

Silsoe Village Hall at 7.30 pm, For more info, call Angela on 01525 860723



The Parish Council is continuing the popular tennis coaching sessions in June-July this year based at the MUGA with an early evening session for children and a later adult coaching hour. We may do three sessions and split the younger children into two groups (as last year) if there is sufficient demand.

Places are limited so you need to book early. This year there will be a small charge of £20 for the whole 6 week course (per person) and cheques should be made payable to Flitton and Greenfield Parish Council. The coaching will start on Monday 5th June through to Monday 10th July (inclusive) and it is helpful if participants can attend all 6 sessions. Our coaches again this year will all be professionally trained and vetted.

If you are interested in taking part please email your name, address and contact details plus ages of children/teenagers to: muga@flittongreenfield.org.uk or contact the MUGA Manager on 07860 632427

Please note that the one off £20 payment will be due before the course starts.

FAMILY BARN STORM

Saturday 8th July – 1-6 pm

Art exhibition

focusing on work by local artists
and including some of Jack Crawley's work

Calling all local artists: If you would like to show
your work at this event please get in touch

BBQ from 1.30 pm

DUCK RACE about 4.30 pm

Themed guided walks and Nature Trail -

Children's activities including pond dipping, willow creations, etc.
Displays by local wildlife groups etc. and much more on the Moor
Look out for more info nearer the time.



New to Flit'n'More Fitness Tips from Nicola...



Fitness is crucial for everyone and none more so than children.

Educating our children in a fun way to look after themselves through being active, eating well, protecting their bodies in the sunshine and reinforcing this good attitude by following it ourselves, ensures that our entire family is as healthy as possible.

- It can be as simple as using stairs instead of escalators, getting them to help make a picnic with foods such as carrot sticks, fruit and water (this doesn't mean that they can't enjoy crisps and sausage rolls too – life is all about healthy balance, not deprivation). It is also a perfect way to spend quality time together!

- Encourage other families to meet up for a game of rounders, play Frisbee, go for a long walk, put some music on and dance around the garden. Instil in children that exercise not only keeps you healthy, but also helps protect from illnesses, gives confidence and enhances social skills. As a mother of two and a Pilates instructor, my awareness of people's posture extends to children who are increasingly becoming round shouldered, slouched and lacking in flexibility, strength and endurance. This is happening at a much younger age as children spend more time on computers and social media, losing their natural ability to move with ease.

- Encourage our friends and families to realise we are better at some things and we are all unique. You don't need to be great at sport. Something as simple as swinging on monkey bars gives strength, helping in the garden gives flexibility, playing tag gives endurance. A healthy active lifestyle should be fun, not a chore! So often we work at our strengths, because that is what we are better at and so enjoy more.

- Acknowledging our weaknesses and improving those areas is crucial too. For example someone with a bad back will avoid exercise in fear of further injuring themselves. By avoiding the issue it is never going to improve. Focus instead on what you can do to improve your general wellbeing. It's the same with children, encourage them to try everything - it is ok to be not good at something but practice can make them better, as well as feeling successful about what they are good at.

- With exam time fast approaching being active is even more crucial. A good workout gets your blood flowing so more oxygen gets to your brain. It also helps you sleep better. It affects chemicals in your brain improving your mental alertness helping to prevent zoning out during class as well as coping better with stress. This is relevant to adults too, with our ever busy lives. Exercise is often seen as something that we don't have time for. But in fact taking that 30 minutes a day to be active will make you more productive.

So structure exercise into your family's lives and lead the way to a healthier future! See you over the park!

Contact Nicola for more information & how to book
fitone@live.co.uk / 07801 510988



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News from Greenfield Lower School

Ten year anniversary!

Greenfield School has had a link with a school in Hennef, Germany for ten years. Our annual visit took place in March when we took 19 year 4 children, for a three day visit.

We left from school very early and arrived at Stansted Airport ready for our eight o'clock flight. This photo was taken by a member of Stansted staff just after we had completed check in. We had an excellent journey and were thrilled to see our German friends.

The children were very excited and interested to see the similarities and differences between our schools. We stayed at the school and slept in a classroom, which was very cosy! Our visit to Cologne and its chocolate museum was the highlight of the visit. We have already started planning their return visit which takes place in September.

On our visit we received many compliments about our children's behaviour on the flights, check in and when we were out and about. Well done Eagles!

Greenfield School has 160 children spread across six year groups. Our youngest children join us when they are two years and nine months old. We have one class per year group all the way up to Year Four after which the children transfer to a range of other schools. We do have vacancies and if you are thinking about choosing a school for your children then we would love to show you around our school, please call the school office on 01525 712426 to arrange a visit.

Annette McCullion (Headteacher)



Jackie Laden (FHP chp)

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Bedfordshire Lace

Bedfordshire lace is a distinctive style of lacemaking which was once made locally on a large scale. Tradition has it that it was introduced into this area by Katherine of Aragon, the first wife of Henry VIII who was imprisoned for a time in Ampthill Castle. Many of you will be familiar with the Katherine Cross in Ampthill Park which marks the site of the castle.

Lace was taught in schools and although in some places there were lace 'factories', in the villages near here it was a cottage industry where lace was made to make a little money to help each family. There was also a sideline in making lace bobbins out of bone or wood which could be sold.



Bobbins were made to commemorate special events and also, more gruesomely, for people sentenced to be hung or transported. One of my forebears was sentenced to be hung in Bedford Prison for burglary and he had a bobbin with his name on it. This bobbin for Richard Dillingham is in the Bedford Museum. His sentence was changed to transportation to Australia in 1832. He was quite a ladies man and left behind him several girlfriends. One, Anne Whittington, had an illegitimate child with him and she was a lace maker so possibly the bobbin was hers originally.

I expect most of you were brought up with the nursery rhyme 'One, two, buckle my shoe' and certainly I was taught to count by this rhyme. I had no idea until recently that it was all to do with lace making.

One, two, buckle my shoe	<i>[getting ready to go to work]</i>
Three, four, knock at the door	<i>[arriving at the place of work]</i>
Five, six, pick up sticks	<i>[the sticks are the lace bobbins]</i>
Seven, eight, lay them straight	<i>[setting out the bobbins ready to start]</i>
Nine, ten, a big fat hen	<i>[the lace pillow was called a hen]</i>
Eleven, twelve, dive and delve	<i>[the action of the lace bobbins while making the lace]</i>

In the version I learnt, it was dig and delve but dive and delve makes more sense with the lace making connection. It's always interesting to find out where old rhymes and sayings come from especially if there is a local connection.



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Bellringers	Maureen Morey	860422
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Friends of Flitton and Greenfield Church	Caroline O'Neill	07749 836245
Parish Council	Debbie Lawson (Clerk);	clerk@pc.flittongreenfield.org.uk
Village Hall Hire	Pauline Downing	860595
Church Hall Hire	Jill Chandler	860715
Bedfordshire Police	Amphill Team	01234 841212
Greenfield Lower School And Ducklings Pre-School	Headteacher: Mrs Annette McCullion	712426
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Brownies	Jane Staff	717294
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**IF YOU WOULD LIKE YOUR DETAILS ADDED TO OR DELETED
FROM THIS LIST, CONTACT THE EDITORS**

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