



Autumn2017

Flit 'n' MORE

The parish newsletter
for Flitton, Greenfield
and Wardhedges

The village at sunset - another lovely photo from George Coulter, reminding us how lucky we are to live in such a peaceful and beautiful place.

The usual crop of autumn activities can be found inside - Harvest festival and the Harvest Supper, (see Page 5 for details of this, and don't delay in booking your tickets!) Also the Gala, and a whole host of autumnal outings with our local Wildlife Trust.

On a more serious note, do read the two contributions by the Parish Council - they are working especially hard on our behalf at the moment to preserve the environment of our villages, and need your voices to help make their case, so do give your support.

We also welcome Ian Smith as our new curate, you can read a message from him on Page 4. Ian will be leading some of our church services in the future, joining our Vicar Dave Bell and Lay Reader Gillian Kern in what is becoming quite a team ministry!

There's a new puzzle page inside too, just in case you are pining for quizzes... don't fret, there will be news of Simon Sadler's fiendish Christmas Quiz in the next issue!



Angela Ayres, Co-Editor

From Your Parish Council ...

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

This is my first article as Chair of the Parish Council and so far I am enjoying the role, but I wonder how many people really know what the Parish Council does or how what we do differs from what Central Beds Council does. So far, I can see that Parish Councils have a vital part in the national democratic framework representing the grass root interests of their community and helping to run local services. They are granted powers by Parliament and spend public money raised through taxation (the precept). They are elected, but sometimes Councillors are returned un-opposed or co-opted as was the case of Flitton and Greenfield at the last election, where all those prepared to stand again were un-opposed and we have co-opted a number of Members to fill casual vacancies.

Parish Councils were known as the third tier of local government, but I prefer to be thought of as a 'Local Council'. This is especially important in Bedfordshire where we only have two tiers, the principal Unitary Council (Central Bedfordshire) which has a legal duty to deliver services such as education, housing, planning, highways and social services: then local councils like ours representing community interests, improving the local environment by running services such as the playing field, MUGA, allotments, cemetery and keeping the verges neat and tidy by arranging the grass cutting and litter picking

We also have an important part to play in influencing other decision makers and ensuring that services are delivered to meet local needs. This means we work a lot with Central Beds on highways, and traffic safety, planning issues (including the important current Local Plan consultation) grant applications for improvements such as seats and benches, play equipment and other local amenities, ensuring rights of way are maintained and providing modest funding for local services. The work is often a challenge and needs commitment – but we do it because we hope it makes a difference to life in the Parish.

All Councillors are volunteers and we have just 10 in the Parish with a current vacancy. We also have a few residents co-opted onto sub committees because they have expertise in these areas. Our sub committees cover Planning (including work on the Neighbourhood Plan), the Playing Field and MUGA, Cemetery, Highways and Allotments.

The Chair and Vice Chair are elected and appointed annually. The Chair has the authority at meetings and welcomes speakers to make them 'feel at home'. I also have to keep order, make sure decisions are clear and act as the interface between public and the Council. However as the Chair alone I have no power without a decision of the Council. So I need to plan the meeting with the clerk, brief myself and read all relevant papers so that I can answer questions or deal with requests for information. I encourage participation to stimulate an exchange of ideas and so that everyone has a chance to express their views. It also helps me to understand the budgeting process as setting the precept is one of the most important decisions of the year. It is critical for us to have enough funds to be able to continue making improvements in the Parish, particularly highway schemes (with Central Beds) like Flitton Hill and Pulloxhill Road Greenfield, which can be costly but worthwhile.

We welcome residents to our Council meetings and hold an open discussion at every one where you can raise any issues. We are always looking for people to join our sub-committees or work on projects with us. Please feel free to approach me as I am a 'newbie' and learning all this as I go along too.

Mark Gates (Chairman, Flitton and Greenfield Parish Council)
41 High Street, Greenfield 01525715793



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

Our services follow a monthly pattern - except when they don't! See below...

First Sundays...

Morning Worship 11am

September 3rd

October 1st

November 5th

Third Sundays...

Cafe Church 10.30 am

September 17th Harvest Festival
11am with Food Bank Collection

Cafe Church;

October 15th 10.30 am;

November 29th; 10.30 am

Second Sundays...

Choral Communion 9.30 am

September 10th 9.30am; Choral
Communion **A special service to
remember the 5 men from our
village who were killed in 1917**

October 8th 9.30am Choral
Communion

November 12th

Remembrance Sunday;

9.45am at the War Memorial with
the British Legion followed by a
special service at 10am.

2 minute silence at 11am

Fourth Sundays...

Holy Communion 8.30 am

September 24th 8.30 am HC

*Followed by Parish Breakfast -
see page 7 for details!*

October 22nd 10am; United
Benefice service at Pulloxhill

November 26th 8.30 am HC

Fifth Sundays...

October 29th 11am;

Remembered with Love

A special service to remember all
those no longer with us. Come
and light a candle for them.

Services in December...

Sunday December 3rd

Sunday December 10th

Sunday December 17th

Sunday December 24th

Christingle 4pm

Holy Communion 9.30am

Carol service 6.30pm.

Mince pies in the church hall from 6pm

Christmas Eve: Crib Service 10am

Choral Communion for Christmas 9.30pm



'Dave's Diary'

Flitton Church News



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

WELCOME IAN SMITH



We are delighted to welcome the Rev Ian Smith, our new curate. *A few words from Ian...*

I was born and bred in Toddington, and I attended local schools, church and village organisations which has given me a great love of community which I bring with me in my ministry. My title post is a Self-Supporting Assistant Curate, so I will continue to work at Vauxhall Motors where I have been for the last 41 years. Church has been important to me from an early age, being a chorister, bell ringer and junior PCC member at Toddington until the early 1980's then active as server and Church warden at Chalgrave from 1990, but I am the first to admit that my call to ministry some 6 years ago was an enormous surprise. My 3 years ministerial training has been on a part time basis, with weekly study sessions in St Albans, 6 study weekends and a Summer School in Norfolk each year. This has been really enjoyable and has allowed me to experience a wide range of worshipping styles which I can draw on moving forward.

I am really looking forward to spending the next 3 years working with Dave, Gillian and the team, but as I will continue to work full-time, my ministry will be limited to evenings where possible, and Sundays.

I am married to Christine, and we have two children still living at home, Rebecca who is 19 and at university and Sam who is 14 and studies at Harlington Upper School. As a family, we would like to thank you for making us feel so welcome and we look forward to the next 3 years together.

Rev Ian Smith

SOME THOUGHTS FROM DAVE...

I would like to start with a big thank you to Glynis Carr who organised the Tamla Disco evening at the end of June. The amazing £3,000 will help us to restore the damage to church after the recent burglary. Thank you Glynis, and all who helped towards the raising of those funds.

On a different note, the term 'Foodbank' is a familiar these days. Many Foodbanks are organised by the Trussel Trust, with a network of over 400 across the UK, giving help to the thirteen million people who live below the poverty line. Last year they gave 1,182,954 three day emergency food parcels to people in crisis. The people who attend a foodbank do so for a variety of reasons, redundancy, receiving an unexpected bill and many more.

A survey by the Trussel Trust (<https://www.trusselltrust.org>) found that an important part of the profile of food bank users is how many are living with health conditions and disability, either themselves or through a household member. Mental health conditions were most common, affecting about 1/3 of

households in the sample, and also respiratory problems, back and neck problems, heart and circulation problems.

Foodbanks are an oasis of generosity and working together, meeting the needs of those in distress. But also as Christians (and as a society in general) we long for a world where foodbanks are not needed.

All the larger items donated to our Harvest Festival will go to Foodbank, But you can also bring items to the any of our churches on a Sunday or to Silsoe Church any day.

*Heavenly Father,
Open my eyes to see as you see
and weep as you weep
Open my heart to love the broken
and care for those without hope
Open my hands to hold what I have
lightly and to share cheerfully
Open my mouth to speak for the voiceless
and to shout for mercy
Open my ears to the gentle whispers of
your Spirit and to obey what you say
Open up my life to the call of your voice
and the needy cries of the dying
Amen*

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

HARVEST SUPPER

.Harvest Supper is not so far away, so order your tickets now -- details below. The ticket price of £10 remains unchanged but be warned, there may be an increase next year! Our thanks go to Phil and Clare at the White Hart for hosting the event again - you can thank them by buying drinks at the bar, though you can also BYO and there will be a cask of beer (for donations) provided by B&T Brewery. The proceeds will be split between the Church, the Church Hall and Kidney Research UK.

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)

HARVEST SUPPER and AUCTION of PRODUCE MONDAY 18th SEPTEMBER – 7.30pm The White Hart Marquee, Flitton

Tickets £10 from Sarah Burrows on 717124 or sarah_b_flitton@hotmail.co.uk



All proceeds split between the Church, the Church Hall and Kidney Research UK

The White Hart at Flitton

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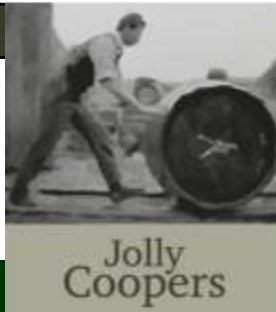
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The Friends of Flitton and Greenfield Church

The Friends are a non-religious group keen to support the upkeep of our fabulous, historic church. We have a packed programme of Autumn/Winter fundraising events, all held in the Church Hall:

*Sunday 3rd September: **Cream Teas / Prosecco** from 2-4 pm.*

Why not join us for tea, coffee, prosecco, cake and delicious jam & cream scones before the FREE concert by the Chiltern West Gallery Quire in the church at 4.30.

*Sunday 24th September: **Parish Breakfast.** from 9-11 am.*

The return of the famous Full English, cereal, fruit and fresh bread, tea or cafetiere coffee. Booking is essential for this popular event. Contact Heather on 715439.

*Friday 6th October: **Flower Arranging Evening** with Sam Connolly at 7.30 pm.*

Tickets £10. Sam will be taking us through the creation of a floral arrangement, which is yours to take home. For your enjoyment, there will also be a bar on the evening. Contact Caroline carolinejaneoneill@hotmail.co.uk to book your place.

*Saturday 25th November: **Coffee Morning.** 10 am. - 12 noon*

Come along for a cuppa, a piece of cake and a natter. All the usual things, including a tombola, DVDs, jewellery and local jams and pickles. Great to stock up for Christmas. Contact Jo on 792777 for further information.

*Sunday 10th December: **Children's Christmas Party** 3-5 pm.*

A traditional Christmas party, with a party tea, games, and a visit from Santa with a gift for every child. Pay bar with mulled wine and mince pies for adults. Tickets £10 per child. Contact Jo jo_holt@sky.com or Caroline carolinejaneoneill@hotmail.co.uk

A BIG THANK YOU FROM GLYNIS CARR...

Back in March, St John the Baptist Church, Flitton was burgled. The safe was stolen and the medieval doors were damaged. I was devastated when I heard this news and wanted to do something to help. I have done charity functions in the past and felt this would not only help financially but would also help bring the local community together.

It was decided a Tamla Motown Disco with hog roast, raffle and small auction would prove to be quite popular, so the date of the event was set for 24th June, this date holding great significance as it was St John the Baptist day.

Ticket sales were slow to start so I decided to take a walk round the villages to sell raffle tickets, obtain raffle prizes or indeed sell tickets for the function itself. I thoroughly enjoyed the whole experience of chatting and meeting people.

I would like to say a huge thank you to all residents who helped support this event. We had a fantastic raffle with many local people and businesses donating raffle and auction prizes. The evening was a huge success with a massive £3,000 being raised. All proceeds have gone to the church. Well done everyone and thank you again for your amazing support with this event.

Kind regards,
Glynis

AND A BIG THANK YOU TO GLYNIS FROM ALL OF US! SEE ALSO PAGE 4!

THE FAMOUS FLITTON POTATO RACE - SUNDAY 11TH JUNE

Now in its 8th year, we welcomed over 300 people of all ages and levels of fitness who crossed a start line and ran for fun, pain, charity or just to say that they had done it. There were even two men who returned to yet again carry traditional hundredweight (51 kgs in metric terms) voluntarily and finished!

We were delighted to also welcome the High Sheriff of Bedfordshire, Mr Vinod Tailor, who started off the races and presented the prizes. The number of adults running was slightly down on last year owing to other running opportunities in the area but nevertheless 60 adults keenly contested the £500 prize for the first under 5 minutes; however, this prize still remains elusive, as the 1st man home, Charlie Palmer, a previous winner, came in at 5:53. Deborah Beare retained her title for a third successive year as 1st lady home. It was all change in the relays as last year's winners were not around to defend their shields, so we had new winners in the CS Roasters and the Isle of Ely Ladies

The children's races were again staggered to accommodate the 157 entrants depending on age; those aged between 6 and 9 ran from the village hall and the younger entrants started from the cemetery. All who finished collected a goodie bag from the church hall. Greenfield & Pulloxhill schools organised a design-a -potato-head competition judged the High Sheriff and the standard was particularly high this year; the usual Tatties in a Bucket competition had entries from 7 schools in the area for the 1st time as the project appears to be particularly attractive to the schools' gardening clubs. The winning weight from 3 seed potatoes was an impressive 1.49 kg – can you do better?

Even if there were less individual adults running, there were many more spectators and especially along the whole route – the runners commented on how much they appreciated the encouragement from start to finish even though they might have had their heads down concentrating on running. Judging by the numbers who turned up on the day and the estimated £4,000+ raised, the day was a great success from both the enjoyment and fund-raising points of view. As usual, we raise money for local charities which this year, were St John's Hospice Moggerhanger, the Army Benevolent Fund and Flitwick & Ampthill Sea Cadets. To cap it all, Barclays have matched the £1,000 donation to St John's Hospice which is fantastic news.



(Famous Flitton Potato Race continued...)

This year, though, we are also donating 2 picnic tables for the Recreation ground as clearly the current one is not enough. Hopefully you will see and use them at the gala. Particular thanks go to John Boutwood of Isle of Ely Produce for providing the core ingredient and it is particularly appropriate that that his Ladies team won the relay. Since the prizes are traditionally cash, we are extremely appreciative of those who covered the prize money and other costs; the principal benefactors can be seen on the website. However, there were, as usual, many unsung heroes who helped on and before race day; finally, thanks to everyone who put up with the road closures which were inevitable in these health and safety conscious times.

Increased numbers bring fresh logistical challenges which we try to anticipate; I am sure that there are improvements so the committee would welcome any suggestions for the future, volunteers to help both on the day and on the race committee and financial backers, so contact Simon Sadler on flittonsadler1@btinternet.com, or flittonpotatorace@hotmail.co.uk

Full results can be seen on www.flittonpotatorace.co.uk and we are still collecting photos – any happy snaps would be most welcome.

Finally – make a note in your diary for **Sunday 17th June 2018** which is back to Father's Day. See you there and thank you for your support.

Simon



Masquerade Theatre Group presents an Amateur Performance of
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'Engagement'

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7:45 pm Saturday 30th September
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From 07817 528077 or
masqueradetheatregroup@gmail.com

FROM THE PARISH COUNCIL - THE LOCAL PLAN

Most of you will already be aware that Central Bedfordshire has just consulted on its draft Local Plan which sets out how Central Bedfordshire will develop over the next 20 years. It outlines the strategy for ensuring that any housing and employment growth is delivered in the right place, and is of the right character and quality. It also tries to ensure that development is delivered with supporting roads, schools and services such as health, as well as retail, leisure and community facilities.

By the time this article is being read the Parish Council will have submitted its views and responses to the Plan and we hope that many of you have done the same. The two main areas which we have commented on are the details within the Plan itself and how this may impact on Flitton and Greenfield and the site assessments.

In summary we have challenged the fact that Flitton and Greenfield and Wardhedges are classed as a 'Large' village in the Plan and the consequences of this. We have also expressed a view on the six sites in the Site Assessment document which may be taken forward to the next stage of the process. Much of this response work was done in conjunction with residents and we thank you for your help, which we hope you have also been able to submit in your own right.

The next draft of the Plan will be published in spring 2018 with another round of public consultation. We hope that it will have taken on a different shape as far as we are concerned, but please maintain your interest in this process as we will all have to do the same again next year. There will also be more consultation on the Site assessments for Gypsy and Traveller pitches throughout Central Bedfordshire and we will want to respond to that too.

In the meantime the Neighbourhood Plan process is still running in parallel and should help to inform the Local Plan at our detailed level. A first draft of the Plan should be available soon for comment and when it is finalised; we have to hold a referendum to have it approved. It is important for us to have this in place as Central Beds Council then have to take our (and your) views on any future planning issues or developments in this Parish and Pulloxhill and it will dove-tail in as our detailed 'chapter' of their Local Plan

We will keep the web site <http://flittongreenfield.bedsparishes.gov.uk/> updated with details to keep you informed about what is happening so please register as a member to receive automatic updates.

FLITTON & GREENFIELD GALA

Fund raising for a defibrillator outside the village hall
on National Teddy bear day!

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.

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, Ampthill Town Band and Ampthill Singers. New events for 2017 we will be welcoming a Cadet Corps of Drums and Stotfold Twirlers!

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

Lastly, don't forget your Grand Raffle tickets!

Bring your teddy
along for National
Teddy Bear Day!



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

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Puzzle Page

Something new to entertain you
as the nights draw in!

AUTUMN WORDSEARCH

Acorn
Autumn
Berries
Bonfire
Brown
Conker
Fall
Firework
Fruit
Harvest
Hay
Hedgehog
Hibernate
Leaf
Nuts
Orange
Red
Yellow

O	U	P	K	B	F	W	V	T	U	I	G	P	E	M
A	Y	X	Q	N	A	S	E	I	R	R	E	B	D	S
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C	H	F	A	L	L	C	E	Q	A	N	G	S	X	E
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F	D	R	S	D	G	U	L	I	C	D	P	M	O	Z
V	I	U	Q	E	D	B	R	V	M	I	S	S	C	W
K	Z	X	B	R	O	W	N	F	T	E	A	P	H	L

AUTUMN CROSSWORD

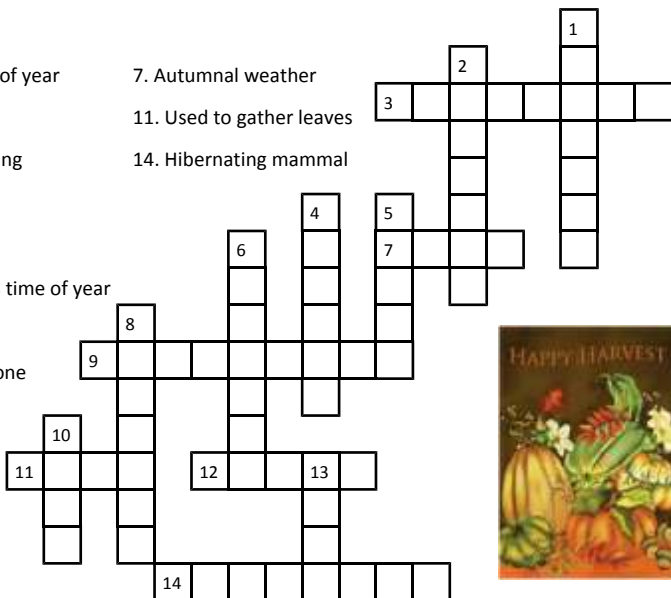
(Answers on next page)

Across

3. Rodent who is busy at this time of year
7. Autumnal weather
9. October 31st
11. Used to gather leaves
12. Appears on plants in the morning
14. Hibernating mammal

Down

1. Hard-working occupation at this time of year
2. Autumn fruit, Cucurbita pepo
4. You may need to start wearing one
5. Seasonal leaf colour
6. Middle month of Autumn
8. Gathered crop
10. Another name for the season
13. Berry of the blackthorn





WANT TO KNOW A BIT MORE ABOUT BELLRINGING? VERNON GREEN EXPLAINS A MATHEMATICAL MYSTERY!

PEAL ATTEMPT 18 JULY 2017

A number of people have asked me why the Flitton bells stopped early in the Peal attempt on Tuesday 18th July. The ringers had gone into changes at the start of the peal at 9.25am with the intention to ring 7,200 changes finishing about 3 hours 45 minutes later.

The simple answer is that one of the ringers was having difficulty in retaining the bell rope in his hands and he was uncertain how much longer he could continue but knew he could not complete the peal and decided to stop.

It may help to explain that a 'peal' comprises a minimum of 5040 changes on six bells. i.e. each ringer rings their bell a minimum of 5040 times to complete a 'peal'

For a 'peal' to be successful the ringing has to be continuous from the beginning of the peal; by the same band of ringers, no swapping ringers, no substitutions nor reserves, no external help.

With six bell ringing the maximum number of different changes is 720, the factorial of six. Therefore to ring 5040 changes a 720 has to be rung seven times ($720 \times 7 = 5040$).

Three of the gentlemen in the attempt had celebrated their 72nd birthdays in the previous 12 month, one August 2016 and two April 2017. They thought it would be a good idea to continue the '72' theme and ring ten 720's to give a peal of 7,200 changes in total.

Each 720 would be rung to a different method, the bell ringers music, this helps to keep the mind alert and maintain the quality of the striking.

When a peal is attempted the ringers are on their own. They ring continuously the same bell; no substitutes; no aides to remember the methods; keep mistakes to an absolute minimum and ring rhythmically so that the sound of the bells is pleasing to the listeners.

On Tuesday the ringing stopped after six 720's therefore it did not count as a peal, just another that 'got away', but one hopes the experience was still enjoyable enough to have made it worthwhile.

Thank you for your interest. Anyone is welcome to visit the tower on a Wednesday practise and to see and hear bell ringing in action.

CROSSWORD ANSWERS: ACROSS - 3 squirrel, 7 rain, 9 Halloween, 11 rake, 12 frost, 14 hedgehog DOWN: 1 farming, 2 pumpkin, 4 jumper, 5 brown, 6 October, 8 harvest, 10 fall, 13 sloe

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

Central Bedfordshire Students Shine*

The waiting was finally over on Thursday 17 August as students across Central Bedfordshire received their A-level results.

Early indications for provisional results for state-funded schools across the whole of Central Bedfordshire show that the average points score per pupil for both A-level and technical/vocational students has again risen.

Councillor Steven Dixon, Executive Member for Education and Skills, said: "I wish to offer my congratulations to everyone. Overall marks in Central Bedfordshire have risen from last year, maintaining the upwards trajectory we continue to see here.

"These results are down to the hard work of the students, teachers and other staff at our schools and the pupils' families. After all of the waiting, I hope everyone enjoys the rest of the summer and I wish them the very best of luck whatever option they choose next."

Central Bedfordshire children urged to make their mark

Young people across Central Bedfordshire are being asked what issues matter most to them. It is part of the annual Make Your Mark ballot, the largest consultation of young people in the country – and Central Bedfordshire Youth Parliament is taking part.

The national ballot runs from 22 August until 6 October, and young people across the country will be asked what issues matter most to them, in order to determine what is debated by the UK Youth Parliament (UKYP) in the House of Commons on 10 November. Voting takes places both online and through ballot papers issued in schools and youth centres.

Ten topics will be available, with the five most popular going on to be discussed by MYPs, chaired by the Speaker of the House of Commons Rt. Hon. John Bercow MP and broadcast live on BBC Parliament. Two Bedfordshire students will play a prominent role in this year's Make Your Mark ballot.

Every year there is a British Sign Language video for deaf young people and this year's was put together by charity Access Bedford and stars Josh Page and Amy Gair.



***EDITOR'S NOTE;** This press release from CBC came out before the GCSE results, which I'm sure were just as important to our local students!!

Life just won't be the same - the Bake-off has moved to Channel 4 and the Weight-Off has formally ended.

After a regime of alcohol-free, sugar-free (and taste-free) beer, less snacking and take-aways, the formal weigh-in (or should that be weigh-out) took place just after the potato race under careful adjudication. The team lost 70 lbs (that's 32kg) although we don't know where it has gone or should we say where it came from. Anyway, the good news is that there is less of us, so much so that we only have a picture of before and not after! What is more surprising that some of us want to keep the weight off and even lose more.

Now the plug - as you may recall, we were inspired to suffer in order to raise money for **Alzheimers Society**, which probably touches more people than we care to think about. Since we have shed a few lbs, we invite you to shed a few £'s. No-one was anywhere near guesssing the overall weight loss (thank you to those who bet on an overall gain !), but it is not too late to support us via our Justgiving page for which the link is <http://www.justgiving.com/fundraising/thegreatflittishweightoff>.

Thank you for your support.

Two Moors Walk–Saturday 21st October

Join members of the Heritage Group for a walk along the whole 5 miles of the Two Moors Heritage Trail.



Discover some of the amazing heritage features of your parish. Meet at the Jack Crawley Barn, Brook Lane, Flitton at 9.30am.

A visit to the De Grey Mausoleum after lunch may be possible, at about 2.00pm

Phone David for more info on: 01525 714961

Village Hall

The AGM of the Village Hall will be held at 8.30 pm on Tuesday 28th November during which a new management committee for the forthcoming year will be appointed. Anyone living in Flitton, Greenfield & Wardhedges and over 18 is very welcome to attend and vote.

The Management Committee comprises 11 volunteers willing to look after one of the village's prime community facilities - no qualifications are required, only a willingness

to spend some of your time using your expertise, whether that be paperwork or more manual. Apart from the formal roles of chairman, treasurer and secretary, all of which are annual appointments, volunteers are needed for specific responsibilities such as handling bookings, minor property maintenance, the new website, the new bar arrangements, health and safety and the defibrillator project.

Anyone interested in joining the new committee in November or just learning more is welcome to come along to the committee meeting on Tuesday 10th October. For further details about this meeting or the AGM or joining the committee, please contact

Simon Sadler
on 861727 or

flittonsadler1@btinternet.com.



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Thursday 6-7om (advance booking)

Legs, Bums and Tums

Tuesday 9.45- 0.30am (advance booking)

HIT Circuits

Thursday 7.15-8.15pm (advance booking)

Men's Core Strength

Thursday 8.30-9.30pm (£7 pay as you go)

Flitton & Greenfield Village Hall
Ladies' Boot Camp
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Please contact Nicola for fitness schedule
or to book

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A Fresh Approach to Fitness...



With Autumn fast approaching we turn our attention to getting back on track or starting a new routine; healthier eating, rebooting our fitness routine, a new challenge at work or a new hobby.

Summer holidays are all about a break from routine, an indulgence in family time, eating out, picnics, relaxing on the beach! All of a sudden we bump back down to earth and have to break our vacation habits. This usually results in short lived commitment and sets us up for failure.

It doesn't need to be an 'all or nothing' approach. Why not continue reading a book like you did on holiday to stay mentally active, much better than sitting in front of the TV.

Do some Spring Cleaning. You've already had to tackle a pile of washing and ironing from your holiday, so why not continue and give your home a spruce up. De-cluttering makes us feel calmer and more organized.

Create a healthy menu for your first week back and go shopping straight away; post holiday your fridge looks sad and empty, making the take out temptation greater!

Make a plan of when in your week you can commit to exercising. It is important to start gradually especially if you've had time off as you don't want to be so sore that you can't exercise again for a week. Make small goals each week and revisit these to stay motivated. Find what works for you, maybe a buddy so that you can encourage each other not to quit. Invest in a class that requires you to commit to several weeks up front (such as my Pilates or HIIT Circuits) that way you have a regular workout pre planned. Being organized with time helps balance your work and social life. Stick to it as best as possible. There will always be days that don't go to plan, but that's ok.

For those of you that know me I have been on a long and bumpy journey since I broke my foot quite dramatically last September. I have had many tears, feelings of frustration and knock backs where I felt like my days of jumping around had terminated too soon. I'm still dancing and jumping around in my head but my body can't follow – yet! I'm still not there, not by a long way, but each time I feel defeated I give myself a nudge and refocus upon how far I have come and what I can do. We are all individuals and it's hard not to compare ourselves to others who are fitter, have more free time, find it easier to lose weight.... I always say to the lovely people that come to my classes, - it's your workout, look at what you have achieved and let that be your motivation to continue.

So as we head towards the darker evenings, instead of feeling sad and reminiscent of the warm, leisurely days of summer, set your goals as achievable targets, not an overwhelming mountain where the peak is out of view. Pause from time to time to revisit your objectives and adjust them accordingly, have the odd day when you let things slip a bit and don't feel bad about it, just get back on track the next day. Life constantly challenges us and messes up our plans. We just need to reorganize and carry on.

So embrace the start of a new job, children going back to school, a healthy eating plan, a new fitness regime, one small step at a time with hiccups along the way! Believe me I know all about one small step at a time! Stay focused, positive, reaffirm what you want and you will succeed!

Nicola

**Contact Nicola for more information
& how to book - see ad on opposite page -
fitone@live.co.uk/ 07801 510988**



Bedfordshire
Cambridgeshire
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Flit Vale Wildlife Trust Autumn 2017 Programme

Saturday 16th September - 8.30 am to 12 pm, Flitwick Moor

Small mammal trapping and identification with Richard Lawrence and Colin Carpenter. Richard and Colin will be setting out the traps on Flitwick Moor late Friday, ready for Saturday morning's exciting discoveries. Yellow necked mouse, bank vole, common shrew - discover who is hidden inside the traps. Places are limited. If you want to attend you must reserve your place.

Saturday 28th October - 10.00 am to 12.30 pm, Flitwick Moor

Fungal foray with Alan Outen. A walk through the moor with Alan, knowledgeable on mushrooms and toadstools and so much more. A damp and warm early autumn would help ensure a fine show, keep fingers crossed that the weather cooperates. Places are limited, booking is essential.

Friday 24th November - 7.15 for 7.30pm start - Maulden Village Hall

Quiz Night Join the Wildlife Trust & Greensand Trust for a fun evening and maybe a bit of a challenge. Pit your wits and see who will emerge victorious.

Teams of four to six - we can match people to teams if needed. £10 per person includes fish supper and glass of wine or beer. open to all - but please reserve as space limited. Book early as it always fills.

Monday 11th December - 7.15pm AGM - 7.45pm for talk - Maulden Church Hall

Bats in the Belfry - a talk on current information on bats in Bedfordshire - by Bob Corms, Chairman of Beds Bat Group.

Protecting wildlife close to home

£2 per adult requested for walks & talks.

Contact Ann on 07890 347327 or flitvale.info@gmail.com

Silsoe Drama Club presents a 'Whodunnit' by the Queen of Crime, Agatha Christie, the play which became the famous film 'Death on the Nile'.

'Murder on the Nile'

A 'Theatre and Supper' evening at Silsoe Village Hall

Thurs 16, Fri 17, Sat 18 November at 7.30

Tickets £18 (includes your 3 course supper)

Pay Bar

Raffle

Please contact Angela on 01525 860723 for tickets



News from Greenfield Lower School

Celebration for our leavers

Last year was rounded off for our leavers with a delightful service held at St John the Baptist. This has become a new tradition where our Year 4's join together with their parents and staff to celebrate their time in school. Each child was given a bible which the church kindly paid for. Rev Dave and Alan Euntion, our Chair of Governors, were pleased to make the presentations and everyone was very proud of the way our children have grown up into wonderful young people ready to take their next steps in their education.



Our new spiritual garden

Our garden was designed by the children around the theme of the St Albans cross. This will provide a quiet place where we can appreciate the beauty of natural world. The hard landscaping took place in June and ever since we have been busy planting and watering. Most plants were provided by parents and friends of the school. The strawberries are particular favourites. There is a solar powered water feature which last year's leavers bought for the school as their leaving gift.

Children spent lunch time with watering cans gathering water from our rain butts and keeping the plants going on those few hot days we enjoyed in July. We are looking forward to holding an opening ceremony in September.



Our new school year

During the summer holidays school is busy preparing for next year. From small maintenance tasks to a complete update of our fire alarm system the school is a hive of activity! This will be all completed ready for the autumn term and our children returning from their holidays. Greenfield has six classes and it educates children from three to nine. Our nursery class has availability and we would love to show you around.

There is some availability in other year groups as well and visits are easily arranged just phone the school office on 01525 712426

Annette McCullion (Headteacher)



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Wed	8.30-4pm	
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Fri	8.30-6pm	
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'Villagers fear developers as old barn demolished'

I recently came across an old newspaper article dated Monday June 14th 1971. It isn't often that we make the national newspapers but this appeared in the Daily Telegraph, by Michael Morden.

An historic 100 year old barn at Flitton, Beds, which was earmarked for possible preservation, has been demolished by a Luton builder to make way for a complex of four modern houses. The barn was roofed with rare hand-made tiles which were smashed during the demolition work last week.



In a report last month recommending that Bedfordshire County Council incorporates much of Flitton into a conservation area, county planning experts stressed that the Barn, in Church Lane, contributed significantly to 'the creation of an intimate village scene.'

The report is shortly to be discussed by Bedfordshire planning authorities, and it is to be expected that the conservation area will be established later this year.

Mr Michael Fiske, a factory manager who lives opposite the demolished barn and opposes the building plan, said that the tiles at least should have been saved.

Mr Peter Hetherington, chairman of the Flitton Protection Society, said he feared that other buildings in the village were threatened, including a row of thatched cottages.

He asserted: 'Developers seem anxious to tear down these old buildings and put up modern

houses before the conservation plan is a reality, thus facing the village and the planning authority with a fait accompli'.

At his Luton home last night the builder, Mr J. Gordon, said 'I do not discuss business on a Sunday. I have demolished the barn and I have planning permission to build four houses there.'

Mr Hetherington was a teacher at Bedford Modern School and lived at 14, Brook Lane 1958-1974. I have made contact with him and he remembers this incident very well and many of the people who lived nearby, including Catlins, Clarks, Spicers, Northwoods, Berries and McKeggies. He still has some furniture made by Fred Northwood.

He was rather embarrassed by the article which was instigated by someone who lived opposite him in Brook Lane who worked for the Daily Telegraph. Peter does not remember their name. Does anyone know who that might be?



ORGANISATION	CONTACT NAME	PHONE
Vicar	The Rev David Bell	861163
Churchwarden	Margaret Butt	862170
Flit'n'More	Editorial: Angela Ayres, Joanna Holt, Louise Platt Advertising: Simon Sadler Distribution: Pat Woodland	860723 792777 / 720623 861727 860189
Church Choir	Flitton Contact: Clare Butler Ellis	861496
Bellringers	Maureen Morey	860422
Church Flowers	Lesley Arthur/Julie Abrahams	713325 841888
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
Scouts and Cubs	Badger Hill Scout Group;	www.badgerhillscouts.org.uk
Brownies	Jane Staff	717294
Multi Use Games Area bookings	Dawn Leaning	07860 632427
Allotments	Gareth Ellis	861496
Village Gala	Margaret Lowe	861111
Friends of Flitton Moor	Dave Sedgley	714961
Jazzercise	Clare Godleman	404858
Fit to the Core UK Fitness Classes	Nicola Rayner	fitone@live.co.uk/07801 510988
Women's Institute	Meriel Davies	633421
The Greensand Trust	Maulden Office	01234 743666
Potato Race	Simon Sadler	861727
Visit the Mausoleum (English Heritage)	Wrest Park: 01525 860000	www.english-heritage.org.uk
Amphill & Flitwick Flyers (Running Club)	Dave Sedgley	714961
Amphill and District Lions	Bob Pledger	860962

**IF YOU WOULD LIKE YOUR DETAILS ADDED TO OR DELETED
FROM THIS LIST, CONTACT THE EDITORS**

'Flit 'n' More' is published and distributed by the Parish Council and Parochial Church Council of St John the Baptist, Flitton. The Editors are Angela Ayres, Joanna Holt and Louise Platt, martandang@btinternet.com
Please note that views expressed in this publication are not necessarily those of the Editors, PCC, or Parish Council.
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