

*The independent journal for Buntingford & Villages
published by Buntingford Civic Society*

Buntingford Journal



The new town sign is in place, courtesy of the Civic Society.

Inside this month: District Councillor Jeff Jones outlines proposals to bring 20mph and a one-way High Street to Buntingford; local charity B.A.L.A. appeals for new volunteers; a former Buntingford fireman remembers the Great Flood; plus what's on in an around Buntingford.

70p

February 2019
Volume 44, No.1



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FEBRUARY 2019

MONDAYS

- 9:00am – 10:00am **Adult Ballet** at URC Hall with Buntingford Dance, £5. 01763 271010.
- 9:00am – 10:00am **Cardio & Core** at Benson Hall, £3 (subsidised). Suitable for all fitness levels. More info, call or text Irene on 07802 418755.
- 9:30am & 10:30am **U3A Exercise Class**. Contact Jacqui 07956 647806 for participation info.
- 10:00am – 10:45am **Stretch'n'Grow**, a fun exercise & activity class for children confidently walking to age 5. Term time at Seth Ward CC. £2 per family. 01763 273008.
- 10:00am – 10:45am **Mummy & Me Cardio Class** at Benson Hall, £5 (term-time only). Children 0-5 years. Bring snacks/toys. Call or text 07802 418755 for more information.
- 10:30am – 12 noon **Iyengar Yoga** at URC Hall (term time). Contact Jen Harris 01920 821288.
- 11:00am – 12noon **Stay & Play** at Jenyns School, Braughing, term time only.£1. 01763 273008
- 1:30pm – 3:00pm **Positive Movement** exercises at Seth Ward CC. £3. 01462 678804.
- 1:30pm – 3:30pm **Senior Citizens Club** at URC Hall, Baldock Road. Bingo and an afternoon of socialising. For more information contact Jeanne Clark on 01763 274631.
- 2:00pm – 2:45pm & 4:00pm – 4:45pm **Lab-Tots**, fortnightly at the Library. Pre-school session for 3-5 year olds; Afterschool session 4-8 year olds. Sophia 07720 292350 / www.labtots.com.
- 4:00pm – 6:45pm **Ballet** at URC Hall, with Buntingford School of Dance Ltd. 01763 271010
- 4:30pm – 8:30pm **Rib Valley Trampoline Club @ Freman College** (term time). Adults 7:30–8:30. Contact Andrea Allen 07989 980038 or email: ribvalleytc@live.co.uk
- 6:00pm – 7:00pm **Cougars U9s** at MUGA, Norfolk Road.
Cougars U10s 'Stripes & Royals' at Freman Sports Hall.
- 6:30pm – 7:30pm **Pilates Improvers/Intermediates** at Seth Ward CC. Louise, 07867 675389.
- 6:30pm – 8:00pm **Shotokan Karate** at Seth Ward CC. Contact Peter Deacon 01462 642922.
- 7:00pm **Bridge** for experienced players at Buntingford Bowls Club. £2.50 per session. Contact Eddie on 01763 273640 or 07976 896718.
- 7:00pm – 7:30pm **Body Blitz Class (Interval Training)** at Benson Hall, £5 (£7 with Pilates, below). See www.irenegibson.co.uk or Facebook 'Irene Gibson PT'.
- 7:00pm – 8:00pm **Cougars U10s** 'Blues & Whites' at MUGA, Norfolk Road.
- 7:00pm – 8:00pm **Pilates (Intermediate)** at Layston School. Contact Jacqui 07956 647806 / www.jacqui-smith.net
- 7:15pm – 8:15pm & 8:30pm – 9:30pm **Yoga Flow** at URC Hall, Baldock Road. Contact Annie Knapman 07500 110876, email: info@annieknapmanyoga.co.uk
- 7:30pm – 8:15pm **Abs (body toning)** at Fit Together Gym. Contact AI on 07739 131694.
- 7:30pm – 8:30pm **Pilates** at Benson Hall, £5 (£7 with Body Blitz, above). Irene 07802 418755.
- 7:30pm – 8:30pm **Pilates Improvers** at Seth Ward CC. Louise, 07867 675389.
- 7:30pm – 9:30pm **Buntingford Community Choir** at Millfield School, Monks Walk. For info see www.buntingfordchoir.co.uk or email: info@buntingfordchoir.co.uk
- 7:30pm – 9:45pm **Buntingford & District Youth Club** at the Technical Institute, Baldock Road. Call Danny on 07879 853849 or email: danny.band@herfordshire.gov.uk.
- 7:45pm – 8:45pm **Trigger Point Pilates** at Benson Hall. £10 PAYG or £8 booked in advance. Suitable for all fitness levels. More info, call or text Irene on 07802 418755.
- 8:15pm **Circuit Training** at Seth Ward Community Centre. Contact 01920 823677.

TUESDAYS

- 9:15am – 10:15am **Badminton** at Seth Ward CC, £2.50 per session. 01763 273712.
- 9:30am – 11:00am **Tuesday Toddlers** at URC Hall, Baldock Road. £2 for first child, then 50p for each additional child of same family, includes drink and snack. Term time.

WHAT'S ON

- 9:30am **Nordic Walking** at Seth Ward CC. Equipment provided. First session Free. Call 07940 080 453 to book or see info@easthertsnordicwalking.org
- 10:00am – 11:30am **Under 1s Group** at Buntingford Bowls Club. £1 per family. 01763 273008.
- 11:00am – 11:45am **Tappy Toes** at Seth Ward CC. Dance & movement for children who are confidently walking to age 5. £2 per family. Term time only. 01763 273008.
- 4:15pm – 9:00pm **Ballet, Modern & Tap Classes** at Fremen College, with Buntingford School of Dance Ltd. Contact: buntingforddance@btinternet.com / 01763 271010
- 4:30pm – 5:30pm **Cougars U8s** at MUGA, Norfolk Road.
- 5:30pm – 6:30pm **Cougars U14s** at MUGA, Norfolk Road.
- 7:30pm **Buntingford Karate Club**, Edwinstree Gym. Bill Hooper 01763 273123.
- 7:30pm – 9:00pm **'Braughing Sing' Community Choir** at Jenyns School, Braughing. Contact Elaine 07501 495940 / 01763 289738 / www.braughingsing.com.
- 7:45pm – 8:30pm **Pilates (Beginners)** at Layston School. 07956 647806 / www.jacqui-smith.net
- 8:10pm – 8:55pm **Adult Tap Dance Classes for Fun & Fitness** at Fremen College. Contact: buntingforddance@btinternet.com / 01763 271010
- ## WEDNESDAYS
- 9:15 – 10:45am **Hormead Stay & Play** at Hormead School. £1. Term time. 01763 273008.
- 9:30 – 10:30am **Intermediate Pilates** at Benson Hall, £5. See Facebook 'Irene Gibson PT' and look in 'services' to see all the classes we offer.
- 9:30 – 11:30am **Barkway Parent and Toddler Group** at Barkway Village Hall. Children 0–4 years. Contact Kim Semple on 07964 151288.
- 10:30am **BALFF 10-week course** at the Community Centre, 'The Shows of Rodgers & Hammerstein', started 23rd Jan. Coffee from 10am. Julia 01763 272584.
- 10:45 – 11:30am **Beginners Pilates** at Benson Hall, £5. Contact Irene on 07802 418755.
- 2:00pm **U3A Seated Exercise Class**. Jacqui 07956 647806 for participation info.
- 4:15pm – 6:15pm **Rib Valley Gymnastics Club @ Edwinstree School** (term time). Contact Andrea Allen 07989 980038 or email: ribvalleytc@live.co.uk
- 6:00pm – 7:00pm **Cougars U11s** at MUGA, Norfolk Road.
- 6:00pm – 7:00pm **Circuit Training for 50+** at Seth Ward CC. Contact Rita on 07957 558782.
- 6:30pm – 7:30pm **Freestyle & Shotokan Karate** at Fremen College. Contact Sensei John Srinivassan, Mushin Academy of Karate, 07722 071408.
- 6:45pm – 7:15pm **Cardio Resistance Blast** at Layston School. Contact Jacqui 07956 647806 / www.jacqui-smith.net
- 7:00pm – 8:00pm **Cougars U12s** at MUGA, Norfolk Road.
- 7:30pm – 8:15pm **Pilates (Beginners)** at Layston School. 07956 647806 / www.jacqui-smith.net
- 7:30pm – 8:15pm **Boxercise/Tae Bo** session at Fit Together Gym. Contact AI 07739 131694.
- 7:30pm **Slimming World Group** at Millfield School. Angela Anderson 07708 444991.
- 8:00pm **Horizon Divers** at Fremen Pool. Contact 01920 823955.
- 8:00pm – 9:00pm **Buntingford Meditation Group**. Contact Martin on 07771 972444 or see www.buntingfordmeditation.com for details and venue.
- 8:00pm – 10:00pm (till May) **Ware & District Photographic Society** at the Arts Centre, Kibes Lane, Ware SG12 7ED. Visitors and new members welcome. www.wareps.org.uk
- ## THURSDAYS
- 9:30am – 11:00am **Anstey Toddlers** at Old School House, Anstey. Arts & crafts, free play and singing for toddlers & babies with their carers. £1 per family. Term time only.
- 9:45am – 10:45am **Pilates Improvers** at Seth Ward CC. Louise, 07867 675389.

FEBRUARY 2019

- 10:30am – 11:30am **Mummy SOS Wellness Mornings**, group walk or social meet-up for all mums, with or without little ones. Contact Nanny Alex 07590 053512 / info@mummy-sos.com or visit www.mummy-sos.com/wellnessmornings.
- 11:00am – 12:00 **Fitness for 50+** at Seth Ward Community Centre. £4 per class. Eileen Dixon 01763 257474 / 07966 222272, email: eileensaerobics@hotmail.com
- 1:00pm – 3:00pm **Baby classes** run by **Best Start Club** at the Scout Hut, Bowling Green Lane. 1pm **Magical Musical Playdays** (1 to 3 years); 2pm **Baby Signing classes** (0 to 16 months). Laura Sheriff 07801 796334 / laura@thebeststartclub.com.
- 2:00pm – 3:00pm **Pilates** at Benson Hall. Jacqui 07956 647806 / www.jacqui-smith.net
- 2:15pm – 2:45pm **Toddlers Tales**, stories & rhymes for preschoolers, at Buntingford Library.
- 4:30pm – 6:30pm **Drama workshops** 15–18 year olds, with Stagefrights Theatre at Seth Ward Comm Centre. Dave 01438 232181; email: stagefrights2009@yahoo.co.uk
- 4:30pm – 7:45pm **Street Dance Classes** at URC Hall, with Buntingford School of Dance Ltd. Contact: buntingforddance@btinternet.com / 01763 271010.
- 5:30pm – 6:30pm **Buntingford Swimming Club** at Freman Pool. Adelaide 07710 550050.
- 5:30pm – 6:30pm **Cougars U7s** at MUGA, Norfolk Road.
- 6:30pm – 7:00pm **Cougars U13s** at MUGA, Norfolk Road.
- 6:30pm – 7:00pm **Body Conditioning** at Benson Hall, £5 (or £7 with Pilates, below).
- 7:00pm **Mustard Seed Singers**, St Peter's Church. Contact Jan 01763 272217.
- 7:00pm – 7:45pm **Intermediate Pilates** at Benson Hall, £5 (or £7 with Body Conditioning, above). Call or text Irene on 07802 418755 for more info.
- 7.30pm **Buntingford Karate Club**, Edwinstree Gym. Bill Hooper 01763 273123.
- 8:00–10:00pm **Buntingford Dramatic Society**, Benson Hall.
- FRIDAYS**
- 9:15am **WeightWatchers** at Benson Hall.
- 9:30am – 10:30am **Badminton** at Seth Ward Community Centre – term time only.
- 10:00am – 10:30am **Rhyme Time** at Seth Ward CC. £1 per child. Term time only. 01763 273008.
- 10:00am – 1:00pm **Art in Sandon** Village Hall, £10 per session. Call 07960 408635.
- 11:00am – 12:00 **Drop-in Breastfeeding Support Group** at Bramble Hill, 01763 273008.
- 11:00am – 12:00 **Full Body Workout** at Benson Hall. Jacqui 07956 647806.
- 12:15pm – 1:15pm **Dance with Dani** at Benson Hall. 07956 647806 / www.jacqui-smith.net
- 2:00pm – 3:15pm **Activity Session** with Hertswise Dementia Support at Layston Grove Care Home. £3 per person, carers free. Call HertsHelp on 0300 123 4044.
- 4:15pm – 8:15pm **Ballet & Modern Dance Classes** at Freman College, with Buntingford School of Dance Ltd. Contact: buntingforddance@btinternet.com / 01763 271010
- 5:30pm – 8:00pm **Friday Project, Buntingford & District Youth Club** at the Technical Institute, Baldock Road. Danny 07879 853849 / danny.band@herfordshire.gov.uk.
- 7:00pm – 8:00pm **Cougars U18s** at MUGA, Norfolk Road.
- SATURDAYS**
- 9:00am – 1:00pm **Ballet, Modern & Tap Dance Classes** at Freman College and at URC Hall (9am–12noon). Contact: buntingforddance@btinternet.com / 01763 271010
- 9:15am – 2:00pm **Musical Theatre School** for 4–14 year olds at Seth Ward Comm Centre. Call Anna 07545 788433 or email stage-door@brilliantmusicaltheatre.co.uk.
- 10:00am – 11:00am **Walking Football**, MUGA. £2. Jeff 01763 274800 / 07836 232963.
- 2:15pm – 4:15pm **Drama workshops** 6–15 year olds with Stagefrights Theatre at URC Hall, Baldock Road. Dave 01438 232181 or email stagefrights2009@yahoo.co.uk.
- SUNDAYS**
- 10:00am – 11:00am **Cougars Cubs** 11:00am – 12:00 **Cougars U6s** at Freman Sports Hall.

DATES FOR YOUR DIARY

FEB 2019

- Sat 2nd 7:30pm **Buntingford Film Club Charity Screening** at Benson Hall: Stephen Spielberg's 2018 'Ready Player One' (see page 26).
- Mon 4th 11am **Story Sacks** for the under 5s at Buntingford Library, a story followed by themed crafts, with Bramble Hill Children's Centre.
- Mon 4th 12:15pm **Home-Start Literary Lunch** in Royston (see page 41)..
- Tues 5th 8pm **Buntingford & District Cage Bird Society** at Benson Hall.
- Wed 6th
to 3rd Mar 12noon–4pm **Snowdrops at Benington Lordship Gardens**
(see page 16).
- Wed 6th 5:30–8:30pm **Travel Stop evening on Italy & Spain** (see page 29).
- Wed 6th 7:45 for 8pm **Buntingford Gardeners' Club** at URC Hall.
- Thurs 7th 9:30am–5:15pm **Virtual Dementia Tour** at Layston Grove (see page 36).
- Thurs 7th 10am–12noon **Free Advice Session** at Buntingford Library with Fosters Legal LLP. For an appointment call at the Library or ring 0300 1234049.
- Sat 9th **Buntingford Film Club** at Benson Hall: 2:30pm 'How to Train Your Dragon2'; 7:30pm 'Cabaret' (see page 26).
- Mon 11th 1:30pm **U3A Monthly Meeting** at the Community Centre (see page 39).
- Tues 12th 2–3pm **Fraud Awareness Talk** at Layston Grove (see page 36).
- Tues 12th 2:15pm **Buntingford Local History Group** at Buntingford Library.
- Wed 13th 8pm **Royal British Legion Meeting** at The Crown.
- Thurs 14th 7:15pm **Buntingford W.I.** at the UCR Hall (see page 45).
- Thurs 14th 8pm **Hare Street & Hormeads Gardening Club** in Gt Hormead Village Hall. Anne Rowe presents 'Hertfordshire Gardens in Stuart & Tudor Times'. 01763 289417.
- 15th/16th
22nd/23rd **Buntingford Dramatic Society present A Bunch of Amateurs** at Benson Hall (see page 13).
- Fri 15th 10:30am–12noon **Cookery Demonstration in a Victorian Kitchen** in Great Hormead (see page 11).
- Fri 15th 8pm **Buntingford Railway & Local History Society** at The Crown, Market Hill. 'Railway Slides' with Phil Wood. Details Stephen Ruff 289516.
- Mon 18th 12noon–2:30pm **Jazz on the Heath** at Therfield Heath Café, with Dave Rance's Rockin' Chair Band. £8 on the door.
- Mon 18th 8pm **Unplugged Acoustic Night** at The Crown, Market Hill.
- Wed 20th 12:30–1:30pm **B.A.L.A. Soup Lunch** at Benson Hall (see page 44).
- Wed 27th 7:30pm (doors open 7pm) **Buntingford & District Flower Club** at Benson Hall (parking at rear, entrance from Rib Way). With a demonstration by Fiona Harrison entitled 'Going Dutch'.

MAR 2019

- Sat 2nd 7 for 7:30pm **Home-Start 'Celebrating Voices' Concert** (see page 41).
- Sat 23rd 7:15 for 8pm **A Night at the Dogs** supporting the Royal British Legion (see page 34).

USEFUL LOCAL INFORMATION

POLICE STATION: Baldock Road, Buntingford	Non-emergency telephone: 101 In emergencies dial 999
GAS:	Emergency (gas leaks) – Freephone 0800 111 999
ELECTRICITY:	Emergency (power loss) – Freephone 0800 7838 838
WATER (Veolia):	Emergency – Freephone 0800 376 5325
SEWERAGE (Thames Water):	Emergency – Telephone 0800 316 9800
FLOODLINE:	Emergency – 0345 988 1188 or 0845 988 1188 Environment Agency Incident Line: 0800 80 70 60
DOCTORS:	The Medical Centre – White Hart Close Tel: 01763 271362 (24 hours) Orchard Surgery – Baldock Road Tel: 01763 272410 (After hours: 272411)
B A S H (Buntingford Action For Social Help):	Providing transport for hospital and doctors appointments. Tel: Colin Horgan 07733 091731
DOMESTIC VIOLENCE, RAPE, RACE or HATE CRIME:	Confidential Information Helpline: 01992 554440 (in emergency, dial 999)
LOCAL COUNCILS:	Buntingford Town Council – 01763 272222 East Herts District Council – 01279 655261 Housing – 01279 714714 Benefits – Freephone 0800 373852 For emergencies out of office hours: 01279 655261 Adult Care Services – 0300 123 4042 Children's Services – 0300 123 4043 Hertfordshire Highways – 0300 123 4047, or report faults online: www.hertsdirect.org/highwayfaults
BUNTINGFORD LIBRARY: High Street, Buntingford	Opening times: Mon, Tues, Thurs 10:00 – 17:30 Friday 14:00 – 17:30 Saturday 09:00 – 13:00 Telephone enquiries – 0300 123 4049 Option 1 – Renewals 03:00–23:45 every day Option 2 – All other enquiries Mon–Fri 08:00–20:00, Sat 09:00– 6:00
CITIZENS ADVICE BUREAU: The Manor House Market Hill, Buntingford	Opening times: Monday 10:00 – 16:00 Tues & Wed 10:00 – 13:00 Telephone advice: Mon to Fri 10:00 – 16:00 Call 03444 111 444
HOUSEHOLD WASTE & RECYCLING SITE: Watermill Industrial Estate Aspenden Road	Opening times: Mon to Fri 17:00 – 20:00 Sat & Sun 10:00 – 13:00

The views expressed in the letters, emails and articles in the Buntingford Journal are not necessarily those of the editor.

EDITOR'S LETTER

It feels a bit late to be saying this but I can't start the first Journal of 2019 without wishing you all a Happy New Year. In fact, you'll find there's still a bit of a festive flavour to much of the Journal this month, with Edwinstree School reporting on their Christmas activities, several contributors reporting on the Seniors' Christmas Lunch and others thinking about New Year resolutions.

One contributor I would like to thank very much this month is Jean Cook, who seems to have singlehandedly filled almost half the pages for me! Her series recounting memories of the 1968 Buntingford flood focuses this month on Eddie Bradford, who was serving as a Retained Fireman when the water struck. It certainly brought home to me just how dramatic that day was – and dangerous.

Of course, with climate change this sort of thing is predicted to happen more frequently in future. Madela Baddock reveals how her New Year resolution to drive more slowly will reduce the emissions from her car by improving fuel economy and thus also saving her money. If more of us did the same, the impact on air quality could be significant. She also updates us on progress towards a plastic-free Town.

In his news report this month, Jeff Jones briefly outlines the 20's Plenty campaign, which aims to make Buntingford a 20mph town, and he is keen to hear what residents think. He is also looking at the feasibility of creating a one-way system for the High Street. Again, once there is more information he will be seeking residents' views. You can read more about this on pages 21-22.

Our local charities, clubs and societies all depend on the goodwill and efforts of volunteers, and this month B.A.L.A. makes a special appeal for new volunteers to help keep their minibus services running. Many local choirs, meanwhile, are looking for new members. It is amazing how many choirs and singing groups are active locally, which is good news because singing is proven to be good for you.

Finally, I would just like to mention that Buntingford Dramatic Society are bringing a new comedy, 'A Bunch of Amateurs', to the Benson Hall stage this month. In you haven't seen one of their productions before, I can recommend that it promises to be a lot of fun.

Christine Noble

Many thanks to John Makin for proofreading

**Editorial copy deadline for the March 2019 Journal
is Saturday 9th February 2019**

Copy and diary entries: Christine Noble – 01763 273095
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email: Journal@buntingfordcivic.org.uk

Advertising enquiries: Keith Edwards – 01763 272032
email: Advertising@buntingfordcivic.org.uk

**The Buntingford Journal is published by, but is editorially
independent of, the Buntingford Civic Society.**

Letters & emails to the Editor

Dear Christine,

I just wanted to let you know that, as a result of the letter you kindly included for me in the Buntingford Journal in December, my old friend John Jacobs phoned me. It was really good to hear from him – a bit like an episode of ‘Surprise Surprise’! His mate spotted his name in the Journal, but it wasn’t until he got a copy himself that he could actually believe it. We had a good chat (and laugh) and we are going to meet up in the new year. So thanks again for your help and thanks, too, to the lady in the Library who suggested I write to you in the first place. Much appreciated.

Kind regards, **Mick Baker**

Dear Christine and Journal Readers

Re: Buntingford Scout Group

I am writing on behalf of Buntingford Scout Group to thank everyone in Buntingford and the surrounding area for all the support for our fundraising efforts in recent months. At the Late Night Shopping, supported by Travel Stop we were able to welcome Santa and his team into a place to meet local children, and while waiting offer parents a cup of mulled wine and children a krispe kreme. We raised around £800 on this evening alone. Our annual raffle raised £450 – thank you to Coop for allowing us to sell tickets the day before the draw. Congratulations to our first-prize winner who won £100 and to the second-prize winner who won an amazing hamper with donations from the local community.

This was our first year of trialling a new way to undertake the Santa Run. As I’m sure everyone is aware, we are all volunteers at the Scouts and it requires a huge amount of time to make the Santa Run happen. A three-week refurbishment project was undertaken with support from Nationwide Supplies, Oops It and many local people, who gave time to help do this for free. There were a few hiccups with Santa being delayed one evening in Lapland, so collectors started knocking on doors before he even arrived; apologies for any disappointment caused by this. Also we didn’t have capacity to visit all the new houses further out in Buntingford, but we will be reviewing our plan for next year (it involves a minibus!) and hope we can cover all areas in town so all the children get to see Santa. Thank you to everyone who supported the Group through the four Santa Run evenings, during which we collected the substantial sum of £1976.

Overall, we had an amazing few weeks collecting for our Charity. This would not be possible without the support of all our wonderful leaders, our Executive Committee, parents and, of course, the residents of Buntingford. We now look forward to carrying out all our plans for 2019 and continuing with the wonderful opportunities that Scouting provides for our young people. Thank you to everyone for making this possible.

Yours in Scouting, **Jo McNamara**, Group Scout Leader
16 Owles Lane, Buntingford SG9 9JA

Buntingford Memorial Charity holds a small amount of funds for distribution to local organisations. If you would like to apply for a grant from these funds, please send a letter of application to the address below by the end of February. The trustees will meet in March to discuss the applications received.

Val Reedman, Chairman, Buntingford Memorial Charity
16 Mill Close, Buntingford SG9 9SZ

Vacant Allotments in Westmill

The allotments in Westmill are located in the centre of the village, just a few minutes' walk from the village green. They are owned by the T & M Greg Trust, a local registered charity that owns and manages several assets in the village. The Trust have three allotment plots available. Anyone interested in taking on one of these should please contact **Michael McRae** (trustee) on **07788 721789**.



**We
Need
Your
Help
Please**

B.A.L.A.

BUNTINGFORD ACTION FOR THE LESS ABLE

**REGISTERED CHARITY
NUMBER 1094426**

B.A.L.A. IS A LOCAL CHARITY WHICH SUPPORTS PEOPLE WITH DISABILITIES AND THE ELDERLY IN OUR COMMUNITY TO ACCESS TRIPS OUTSIDE OF BUNTINGFORD TO INCLUDE SHOPPING, VISITS TO LONDON, MUSEUMS, THE THEATRE AND AFTERNOON TEA.

WE ORGANISE REGULAR FUNDRAISING EVENTS TO FINANCIALLY SUPPORT OUR MINIBUS AND WE ALSO OFFER

GRANTS TO INDIVIDUALS WHO NEED SUPPORT IN OUR LOCAL AREA. THESE FUNDRAISERS INCLUDE A MONTHLY COFFEE MORNING, CREAM TEAS AND SOUP LUNCHESES.

WE NEED MORE VOLUNTEERS TO HELP RUN THE CHARITY AND ARE ASKING FOR PEOPLE TO COME FORWARD TO HELP US KEEP THIS CHARITY GOING.

IN MAY OUR CURRENT CHAIR WILL STAND DOWN AND WE ALSO REQUIRE A SECRETARY. WE MEET ONCE A MONTH FOR APPROXIMATELY ONE HOUR TO COVER THE MATTERS FOR THE MONTH.

ANY SUPPORT YOU ARE ABLE TO OFFER WOULD BE APPRECIATED. YOU DO NOT NEED TO MAKE A COMMITMENT TO JOINING THE COMMITTEE IF THIS IS TOO MUCH AT THIS TIME.

WE ALSO NEED HELP TO RUN THE COFFEE MORNINGS AND MAKE CAKES AND WE NEED MORE DRIVERS FOR OUR MINIBUS TRIPS.

IF YOU THINK YOU CAN OFFER ANY HELP PLEASE CONTACT VERONICA EASLEY ON veronica@easley.mail1.co.uk OR **01763 271708**. THANK YOU.



Buntingford Civic Society

(Reg. Charity No. 1014873)

www.buntingfordcivic.org.uk

Member of



First of all a very happy and healthy New Year to all and I trust that most of you enjoyed your Christmas and celebrated the New Year in style. I am sure that you have all made your New Year's resolutions which you have every intention of keeping!

The seniors' Christmas dinner was held at the community centre in December and was, once again, a great success. More than 100 people attended (top right) and were wined and dined by a band of happy helpers (below right). The Buntingford Community Choir once again provided the musical interlude and our thanks go to them. The Town Mayor and his wife were in attendance – suitably dressed to merit the festive occasion (left).



The Town sign is now back in its rightful place. This new sign was donated by the Civic Society and is made from a durable material that should last for many years. Our thanks go to Tim Cave of JKM scaffolding and Richard Hall for their time and effort in installing the new sign. You will see from the photo (top, opposite) that it was not an easy task. Our Town Mayor Graham Waite was also one of the 'team'.



Buntingford Civic Society was established in 1972 with the aim of improving the fabric of the Town. It has led or been involved in many restoration and enhancement projects, including planning, communication and financial support to improve aspects of life in Buntingford. **Annual household membership of the BCS is just £10**, which includes delivery of the Buntingford Journal (10 issues a year) to your door. If you would like to join us, please email the Membership Secretary, Peter Hay, at:

membership@buntingfordcivic.org.uk

As you may have noticed the Town Pump has once again been hit and suffered yet more damage. We await a report and estimate from Between Time to see how much the repair will cost. I am speaking to Jill Jones, the Town Clerk, to see if we cannot install some sort of protection to avoid further instances of damage.

As many of you will be aware, the proposed development of 56 dwellings at Aspenden Bridge is back on the agenda. Planning permission for this was granted by the Inspector at appeal in May 2016 but the original developer pulled out and a new developer – Dandara – have taken over. They have submitted a request to increase the build to 65 dwellings. Over 70 local residents have already registered objections and the Civic Society, Buntingford Town Council and Aspenden Parish Council have also objected. It is interesting to note that The Environment Agency, Thames Water and Highways have all recommended refusal of this application. Watch this space!



Graham Bonner, Chairman, Buntingford Civic Society
graham_bonner123@yahoo.co.uk

Advance Notice is hereby given that the
Buntingford Civic Society

ANNUAL GENERAL MEETING

will be held on **Tuesday 23rd April 2019.**

Further details (of guest speaker etc.) will be announced shortly.



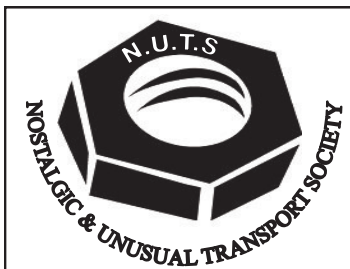
*Cookery Demonstration
In a Victorian Kitchen*

3 courses with refreshments in Great Hornead

Friday 15th February, 10.30am–12.00noon

For more details please contact:

Elaine on 01763 289738 or 07501495940



Two Ladies (BOLTS), Doreen Scandrett and Gloria Coxshall (bottom photo), were also recipients of specially made trophies by Iain, for their help at the Buntingford Classic Car Show in September.

This year Iain introduced a Charity Raffle into the lunch. Having researched a suitable Christmas charity he chose the Salvation Army and their 2018 Christmas Appeal to help homeless people. For just £5.60 the Salvation Army can provide food and shelter for one homeless person over Christmas. It was a Secret Raffle – donated prizes were wrapped so the winners did not know what they had won until the wrapping paper was removed – and it was a huge success, with the money raised being enough to cover the Salvation Army's costs for 28 people.

Jean Cook

Sixty-eight NUTS members and wives enjoyed another excellent Christmas meal at Whitehill Golf Club in December. Between courses Chief Nut Iain Thomas gave his report of the year and made presentations to people who had helped him during the year. The main presentation went to Bob Johnson (below) – a much sought-after Spanner made by Iain!



Braughing Sing Community Choir

Come and sing with us – we're a friendly bunch and welcome people of all ages and abilities. We sing a variety of songs and styles.

Tuesday evenings (during term time) at:
Jenyns School, Braughing SG11 2QJ

7.30-9.00 pm

Tel: 01763 289738 for more details

Buntingford Dramatic Society Presents

A Bunch of AMATEURS

by Ian Hislop &
Nick Newman



Friday 15th & Saturday 16th February
Friday 22nd & Saturday 23rd February



Fridays:-

Doors open 7.30pm/Curtain up 8.00pm

Saturdays:-

Doors open 7.00pm/Curtain up 7.30pm

At Benson Hall, Buntingford
(opposite the Co-Op)

Tickets £15 adults (including supper)

Licensed bar

Audience over 16+

Tickets available online at www.buntingforddrama.org
or from Bonney's Boutique, High Street, Buntingford.
Any questions leave a message on 07526 748838

Designed by Marketing Zone



The
United
Reformed
Church

Christ Church

Baldock Road, Buntingford SG9 9AA

Minister: Vacant

Secretary: Peter Godbert / Tel: 01763 281359
buntingford.urc@talktalk.net

Services and Junior Church at 11.00am every Sunday

Tea and coffee is served in the hall following the morning service.

February	3	Morning Worship	Maureen Kendall
	10	Holy Communion	Rev Dr Janet Tollington
	17	Morning Worship	Rev Allen Morton
	24	Morning Worship	Richard Lewney
March	3	Morning Worship	Rev David Tatem

REGULAR EVENTS

Bible Study Meeting – 2nd Wednesday of the month in the Hall. The format is lunch at 12 noon (bring your own food, tea & coffee is provided), then Bible Study from 12:30pm, finishing prompt at 1:30pm. We each bring along a newspaper and relate news items to the Bible. *All are welcome.*

Junior Church – Every Sunday at 11am, for all young people and children.

Bright Hour – A time for fellowship with prayers, hymns and activities. The next meetings are on Tuesdays 5th and 19th February at 2:30pm in the Church Hall.

Coffee & Company – Every Thursday morning from 10:30am for anyone wanting fellowship and time for a chat.

Lunches organised by Christian Aid – First Friday of the month, 12:30 to 2pm.

www.buntingfordurc.org.uk

ST RICHARD OF CHICHESTER Catholic Church

3 Station Road, Buntingford. Telephone 01763 271471

Parish Priest: Reverend Father Cyril Chiaha

Sunday Mass: 9:15am (with term-time Children's Liturgy on 2nd & 4th Sun only); **Holy Day Mass:** 7pm;

Weekday Mass: Tues & Thurs 9:30am, Fri 10:30am (with Exposition and Benediction 11-11:30am), Sat 9:30am;

Confessions: Sat 10:30-11am

ST EDMUND OF CANTERBURY & ENGLISH MARTYRS

Sunday Mass: Saturday 6pm (Puckeridge), 11:15am (Old Hall Green); **Holy Day Mass:** 10:30am (Puckeridge);

Weekday Mass: Wed 10:30am (Puckeridge);

Confessions: Sat 5.15-5.45pm (Puckeridge)





United Benefice of

St. Mary's – Aspenden
St. Peter's – Buntingford
St. Mary the Virgin – Westmill
Church of England



Reverend Ian Hill – Telephone 01763 274072

There is a full and varied pattern of worship across the churches:

St. Peter's has a more contemporary style, **St. Mary's** more traditional and **St. Mary the Virgin** more liturgical.

Everyone is welcome at any of our churches.

Services for February 2018

Sunday 3rd	9:30am	St Mary the Virgin, Westmill	Morning Worship
Presentation of Christ	10:00am	St Mary's, Aspenden	Family Service
	11:00am	St Peter's, Buntingford	Holy Communion
Sunday 10th	9:30am	St Mary the Virgin, Westmill	Sung Eucharist
	9:30am	St Mary's, Aspenden	Morning Worship
	11:00am	St Peter's, Buntingford	Family Worship
Sunday 17th	9:30am	St Mary's, Aspenden	Holy Communion
	11:00am	St Peter's, Buntingford	Holy Communion
Sunday 24th	9:30am	St Mary the Virgin, Westmill	Sung Eucharist
	11:00am	St Peter's, Buntingford	Family Worship

Reed Choir – New Year, New Challenge?

If you enjoy singing and would like to sing with others on a regular basis, Reed Choir would love to hear from you.

We rehearse on the first Sunday of each month from 4.00–5.30pm at St Mary's Church, Church Lane, Reed SG8 8AP. Although we have our roots in St Mary's, we also support services in Barley, Barkway and Buckland and on occasion we join in with other choirs in Royston and Cambridgeshire too.

All are welcome in our choir, we have members who range in age from 8 to 80+ years and no auditions are required to join us. We sing mainly Church of England choral music, but we also enjoy learning and performing a range of secular music.

We sing in four parts – soprano, alto, tenor and bass – and are looking for new members for all voice parts.

2019 is set to be another busy year for us as we prepare to join in a fundraising evening of music for Home-Start in Royston and are also making plans for our own summer concert.

If you are interested in finding out more, or would like to come along to one of our rehearsals to check us out, please contact Liz Kershaw on:

lizkershaw@hotmail.co.uk or 07702 838006

SNOWDROPS

AT BENINGTON LORDSHIP GARDENS



Historic ruins serve as a spectacular backdrop to the stunning display of naturalised snowdrops at Benington Lordship. The walled garden will showcase the impressive collection of two hundred snowdrop varieties. Beautiful views over surrounding parkland and a lakeside stroll complete a memorable visit.

Open daily 6th February to 3rd March 2019, 12–4pm

Admission £5 (Sundays £6), children free

- Homemade soup, tea & cakes
- Free parking

For more information ring **01438 869668**
or visit www.beningtonlordship.co.uk

BENINGTON LORDSHIP
Benington, Stevenage, Herts SG2 7BS



Tea Time Talks



in Standon Village Hall

Saturday 23rd February
'An Exploration of Standon Parish: Past and present in Standon, Puckeridge and surrounding villages', with Rob Street

Saturday 23rd March
'The Malthouses of Ware: A look at the history of a major malting town', with David Perman

Talks start at 3pm, and are followed by tea and home-made cakes.
Entrance £5 payable at the door. We look forward very much to seeing you.
For more information contact Trish 01920 821069 or Helena 01920 822177

Squirrels

Hello everyone and a Happy New Year. I have just been watching the activity on my bird feeding station. I see on the feeders the usual winter-time birds but some species seem to be missing this year. Squabbling chaffinches and greenfinches abound plus some blue tits, great tits, sparrows and my garden robin. But there is no sign of the goldfinches, Niger seeds are left untouched, and the coal tits, long tail tits, starlings etc. seem to be missing. Perhaps the warmish start to the winter has left plenty of food in the fields.

The acrobatic raiders of bird feeders are here too. The ubiquitous grey squirrels – or ‘tree rats’ as my father-in-law rather unkindly called them – are raiding on a regular basis (right), which gives Katie some exercise chasing but never catching them. When we moved here from Hoddesdon, where squirrels were prolific, we were surprised to see virtually none in Buntingford. Now we are inundated by them.



I was extremely fortunate to be born and raised on the edge of Epping Forest in Essex. In the mid-1950s the forest was my playground and at the time I did not realise how lucky I was.

Our native red squirrel was still seen back then, albeit in decreasing numbers in the forest. As a child I also saw grey squirrels, fallow deer, bats, slow-worms, adders and grass snakes. All these creatures were plentiful if you knew where to look. The forest ponds were full of newts, including great crested newts in their hundreds. I fear my grandchildren will be very lucky to see such creatures in the wild in future years.

The grey squirrel was introduced in the late 19th and early 20th century; it mainly spread from Woburn Park in Bedfordshire. The grey is larger than the red and breeds more profusely and they have now reached an estimated population in excess of 2.5 million. Grey squirrels also carry squirrelpox, to which they are immune, but it is fatal to the reds and possibly this has been the main cause of our native reds’ decline. The red squirrel can still be seen in the far north of England, in Scotland and Northern Ireland, as well as on the Isle of Wight and other islands around our coasts where greys have not penetrated, but only about 160,000 of them remain. There are also some isolated colonies in East Anglia; I saw them myself in a forest near Thetford last year.

I could go on, but in closing I do recommend a visit to Epping Forest. In the denser parts of the forest some of the ancient gnarled beech groves are still there, as well as oak, alder, silver birch and hornbeam on the forest fringes. On a fine day it can still be a magical place to ramble in and it is our nearest major forest I think.

Brian Lemay

PS: Did you know that a group of owls is called a ‘parliament’? Perhaps because owls are supposed to be wise, and so presumably are Parliaments, but ... ummm ... well ...!

The Buntingford Journal is delivered FREE to members of the
Civic Society or it can be purchased from:
THE CO-OP • DELISSIMO • McCOLL’S (The Post Office)
MARK DOEL • PIGGOTTS • THE FOX AT ASPENDEN

BUNTINGFORD LOCAL HISTORY GROUP

Buntingford's War Memorials

Last autumn the Local History Group chose to research the various war memorials in the Town. We are all aware of the memorial cross that stands on Market Hill outside St Peter's Church. Have you ever wondered who decided to put it there and who paid for it? Well, after days of research at Hertfordshire archives the mystery was unravelled.

Following the end of the Great War the townsfolk decided at a public meeting, held on 17th May 1919, that some sort of suitable memorial should be built in memory of the local men who had given their lives for their country. A meeting chaired by Mr H Marshall (chairman of the Rural District Council) and Dr Dixon (chairman of the Layston Parish Council) asked for suggestions. A memorial cross, a memorial hall for use as a boys' club, and a recreational ground with a public bath were some of the suggestions received. A committee was formed – consisting of Dr Dixon, Mrs Dixon, Mr Fry, Mr Day, Mrs Ashford and the Reverends Owen and Jones – and tasked with finding out what people would like to see.

It was decided to erect a memorial cross which was designed by Claud Lovat Fraser, the renowned Buntingford artist and designer whose parents still lived at the Red House in the High Street. The land was donated by Mr W J Wedd, the Lord of the Manor, and the money was raised by public subscription. The £170 needed was raised very quickly and collected by Mr Game, who had lost three sons in the war, and Mr Howard who had lost one son. The commission to build the memorial went to Messrs Day the stonemasons of Bishop's Stortford.

The cross is made out of Portland stone. It has a Latin cross at the top surrounded by oak leaves and three steps at the bottom representing Faith, Hope and Charity. Today there appears to be only two steps at the bottom, so presumably the last step was buried when the retaining wall and flower bed were built around the memorial. The names of those who died in the First World War are engraved on three of the faces, with the fourth face commemorating men who died in the Second World War and also one man who was killed in the Northern Ireland conflict. A small plaque was added at a later date to commemorate Claud Lovat Fraser who died in 1921, in part due to the lung damage he suffered in a gas attack while serving in the First World War. He is buried in Layston Cemetery alongside his parents.

The memorial was unveiled at a ceremony on the 12th September 1920 which was attended by over 400 people. There were ex-service men, relatives of the dead, local scouts and local dignitaries. Mr Marshall unveiled the memorial and the Salvation Army Band provided music for the hymns which included 'Abide with Me', 'Onward Christian Soldiers' and 'Our God Our Help in Ages Past'. The last post was sounded and flowers were laid by relatives.

There are several other, less well-known memorials in Buntingford. In St Peter's Church there is a large plaque on the wall commemorating all those who died during the War. In St Richard's Church there is a stained glass window dedicated to Edward, Herbert and Norbert Game, three brothers who lost their lives. In Christ Church there is a brass tablet that commemorates the eight members of their congregation who lost their lives. Their records also list all those connected with the church, Sunday school and brotherhood who served in the war. Two of these names are Mary and Norah Ashford who were daughters of the master tanner, Henry Ashford, and lived in the High Street. In 1914, at the age of 25, Mary went out to Boulogne to work as a nurse in General Hospital 14. Her sister Norah went to Etaples, near Boulogne, aged 22 to become a nurse in Queen Alexandra's Imperial Nursing Service.

Some residents may remember the wooden memorial that once hung on the wall of what is now Hemmingway's Barbers, commemorating former scouts who gave their lives in the war. The original fell into disrepair and in 2000 local resident David Mayes along with a local carpenter made a replica that now hangs in the Scout Hut in Bowling Green Lane.

In Layston Cemetery there are three Commonwealth War Graves. The first is of Henry Richard Norris who is listed in the 1911 census as serving in the Royal Navy. He was discharged about a year later due to a heart condition that made him unfit for duty. Nonetheless he served in the Yorkshire Regiment during the War. He was wounded and sent back to the UK where he died in hospital on 3rd February 1918. The second grave commemorates Charles Edward Edwards who lived in Meeting Alley with his parents before the war. He served in the Royal Field Artillery, was also wounded and died in the UK on 10th March 1919. The last grave commemorates Walter Winters, son of Henry and Mary Winters of Newtown, Buntingford. Walter married Eliza in 1911 and they lived in Thrift Cottage, Westmill. He served in the 18th Battalion Essex Regiment but contracted TB and was sent back to the UK to a hospital in Norfolk. He was discharged from the army on 19th March 1919 and sent home where he died on 2nd August that same year. His name is not on the war memorial in Buntingford or Westmill.

Every local village and town has its own memorial – some are crosses, some are scrolls or plaques within churches. Some people are remembered on several different memorials because they may have been born in one parish and lived in another, or their next of kin lived elsewhere.

The Town Council have now laid a commemorative stone in front of the war memorial to commemorate the centenary of the Armistice. The stone was made by Days who made the original cross. I'm sure it would have cost far more than £170 paid for the memorial cross back in 1919.

Carol Emery

The next meeting of the Local History Group is on Tuesday 12th February at 2.15pm in the Magnolia Suite in Buntingford Library.

Ware & District Photographic Society and Standon Hand Embroidery Group

The Standon Hand Embroidery Group meets on the second Tuesday of the month from January to November, 7.30pm to 9.30pm, in the Sargents Room at Standon Village Hall.

Our tutor is the well-known **Julie Walsby**, who teaches at the WI College at Denman and is a member of the Hertfordshire Embroidery Guild. She teaches long and short (shaded work), crewelwork, goldwork, crazy patchwork cushions, etc. The Group's work is show-cased each November as part of the **Ware & District Photographic Society's Annual Exhibition** at Thundridge.

There are now 2 or 3 places available in the group and beginners are most welcome to come along. The first session is free! For further information please telephone **Barbara Norris on 01920 822104.**

Ware & District Photographic Society meets on Wednesday evenings, 8–10pm, at the Arts Centre, Kibes Lane, Ware SG12 7ED. Visitors and prospective new Members are always welcome. For further information visit **www.wareps.org.uk**



BUNTINGFORD TOWN COUNCIL

A QUALITY TOWN COUNCIL

This year's Seniors' Christmas Lunch was a great success with around 100 of the senior members of the community enjoying a meal cooked by Herts Independent Living and entertained by the Buntingford Choir. HIL very kindly also donated a take-home bag for every diner which included thermal socks, hat and blanket, and a mug with sachets of tea, coffee and hot chocolate. More than 30 volunteers worked tirelessly to ensure that everyone was well looked after – without them this Christmas event simply could not go ahead. Grateful thanks to Buntingford Community Choir, Herts Independent Living, the many volunteers and, of course, Jeff Jones for leading. Many people were disappointed not to get a place this year; to avoid missing out in future, make sure your name is on the guest list any time after September.

Once again the Christmas Lights were stunning and we received many compliments from visitors to the town. The lights would not happen if it wasn't for Graham Bonner, who tears his hair out every year over Health and Safety Regulations but always manages to overcome things. Many thanks to you Graham.

The Town Council has set its budget for 2019/2020 and we are pleased to confirm that there will be a slight decrease on the Band D charge. This has been achieved without cutting any services while also making provision for the first phase of the playground refurbishment programme. We have a working party looking at how we should lay the playgrounds out and they would welcome your views and opinions.

In line with GDPR Regulations, the Town Council has published a number of Privacy Notices; these can be viewed on the Town Council web site.

Jill Jones MILCM Cert HE, Town Clerk

Office hours: Monday–Thursday 9:00am–5:00pm; closed Fridays

The Manor House, High Street, Buntingford SG9 9AB

Tel: **01763 272222** email: **clerk@buntingford-tc.gov.uk**

Twitter: **@buntingfordtc** Facebook.com/**BuntingfordTC**

Website: **www.buntingford-tc.gov.uk**

Town Council meetings for February

Thurs 7 th Feb	7:30pm – Amenities Committee
Thurs 14 th Feb	7:30pm – Planning Committee 8:00pm – Resources Committee
Thurs 28 th Feb	7:30pm – Planning Committee 8:00pm – Full Council

All meetings will be held at The Manor House unless indicated otherwise.
Members of the public are welcome to attend.
Please check the BTC website for details.

News from Your District & County Councillor

Seniors' Christmas Lunch



It was a pleasure, for the fourth time, to have arranged a Christmas Party for the senior citizens in my ward. The event was held at the Buntingford Community Centre and was attended by over 100 guests. The guests were treated to a traditional Xmas lunch and entertained with carols from the Buntingford Community Choir.

This year the lunch was provided by Herts Independent Living (HILS), also known as 'Meals on Wheels'. The guests were served by volunteers from our community and I am very grateful for their help. Funding for the event was provided by grants from Buntingford Memorial Charity and from my Locality Budget. It was a pleasure to arrange this lunch and I am sure our seniors all enjoyed their day. A goody bag was provided for each guest, compliments of HILS, which included some lovely warm goodies including a thermal blanket, gloves, socks and a mug of hot chocolate. Many thanks to HILS for providing these and to the many volunteers who gave their time to ensure our senior guests had a great day. Many thanks also for the help and support of Buntingford Town Council. I am looking forward to arranging the same event again next year, if elected!

20's Plenty

I hope you will have read the newsletter from myself and Stan Bull that was delivered to every house in the Buntingford ward in December. I have received a great response and support for the 20's Plenty campaign that aims to make the whole of Buntingford a 20mph zone town. I am currently in discussion with Herts Highways to look at ways to bring this project forward. Enforcement of a 20mph limit is one of the key issues, but I believe that with creative street design and physical speed reducing measures the limit would be self-enforcing.

(Continued on page 22)



Join our "20's Plenty" campaign to make Buntingford a 20mph Town

We are campaigning to make the whole of Buntingford a "20mph Town".

Tell us what you think.

- I support the 20's Plenty campaign
- I do not support the 20's Plenty campaign
- Email me your comment: jones4eastherts@gmail.com

CAN YOU HELP US?

- Display a poster
- Deliver leaflets
- Attend social events
- Join the local Party
- Vote by post
- Stand for Council

PLEASE RETURN TO:

Email me your comments to: jones4eastherts@gmail.com or post to: Brook Cottage, Chipping, Herts, SG9 0PG

Please only complete the Email and Phone boxes if you consent to being contacted by us this way.

Your data will be used by Buntingford Conservatives as part of our democratic engagement with electors. Where necessary, your data will be shared with Conservative Party Headquarters, our candidates and elected representatives. It will not be given or sold to anyone else. For more information please see our privacy notice available at www.nehertsconservatives.org.uk.

Another project I am working on is looking into the feasibility of a one-way system for the High Street, together with a High Street redesign that complements the Phoenix Project shared space scheme. This will greatly improve footfall for retailers and provide a safer and better environment for residents and visitors to Buntingford. Once a full design is prepared I will be sharing this with residents and businesses for their comments. Funding for this ambitious project is obviously an issue. One source I am hoping the project will qualify for is the Government's recently announced £675 million Future High Streets Fund to help towns make their high streets and town centres fit for the future.

Welcome to The Falcon

It is great to see a new restaurant open in the High Street. Welcome to owners Natasha and Kieren Steinborn-Busse who offer classic British food sourced from local producers. It was a pleasure to 'cut the tape' together with the Mayor of Buntingford Cllr Graham Waite and Sir Oliver Heald MP. I wish Natasha and Kieren every success in this welcome addition to the High Street.



Councillor Advice

I receive many requests for advice and help on District or County Council matters. If you have any concerns that you need help with I am always available on the contact details below.

Cllr Jeff Jones
District and County Councillor, Buntingford Ward
07836 232 963 / Jeff.jones@hertfordshire.gov.uk



WHAT DO YOU WANT BUNTINGFORD TO LOOK LIKE IN 2050?

BUNTINGFORD IN TRANSITION

New Year Solutions

Happy New Year everyone and welcome to 2019! One way or another, now is the time to make some positive changes in our lives.

Recently there was a wonderful set of short programmes on Radio 4, broadcast at 1.45pm each day from December 31st to 4th January, called 'New Year Solutions'. Each focused on an area – the topics were meat, cars, clothes, water and space – where we could all make positive changes to our lifestyles which would not only save us money but also be good for the planet.

Travel is an area where I have found it particularly hard to make any improvement since I need to drive to work. I have given the bus a try but it is not a direct route and the travelling time it adds to my day means I am worn out by the time I get home and fit for nothing other than slumping into a chair – not a productive use of my time. But, even here, I *can* make a difference.

My New Year resolution is to leave a few minutes earlier and keep to 50mph down the A10. I thought I would be the only one doing this but I find that there are quite a few of us and with each of us reducing our carbon emissions by about 30% from the amount we would emit driving at 70mph this simple change will improve general air quality, help meet our emission targets, and also save us money – according to the AA, driving at 70mph uses up to 9% more fuel than driving at 60mph, and up to 15% more than at 50mph. Imagine how much difference we could make if we all allowed ourselves a little more time to reach our destination.

A real positive for Buntingford, and with huge thanks to Buntingford Town Council who are collaborating with us on this initiative, is to work towards Plastic Free Community status by reducing the amount of single use plastic in and around Buntingford. If you are part of a business, community group or faith group in Buntingford and you think you could replace or remove three plastic items that you currently use, please contact us and you could receive a certificate in recognition of your efforts and a place in a forthcoming *Plastic Free Directory* for Buntingford.

If you feel you need inspiration for ideas on reducing plastic then why not pay a visit to The Coffee Shop in the High Street where they have already replaced many items and offer *Keep Cups* so you can bring your own cup for takeaway coffees, receiving a free cuppa after every 10 visits. Or we can work together to find alternatives to the plastics you currently use.

Did you know that the vast majority of every bit of plastic that you have ever used is still around somewhere? Only about 15% of plastic is recycled in the UK and globally the figure is even lower – less than 10%. Some of it will have been incinerated but most is buried or, sadly, now out at sea. So let's all do what we can to reduce the amount we use in the first place.

Madela Baddock and the Team

07778 298605 or buntingfordintransition@gmail.com

Memories of the Great Flood of Buntingford – Part 4

Eddie Bradford, here with his wife Janet, was born in Buntingford in January 1941. He was a member of Buntingford Fire Brigade as a Retained Fireman from 1st April 1959 until the end of October 1983 when he had to retire due to knee problems, so he was on call that fateful day of Monday 16th September 1968.

Buntingford Fire Brigade was first called out at around 1.00am to assist Essex Fire Brigade with flooded property in Arkesden. They tried all ways to get there but whichever route they took they couldn't get through because of flooded roads. They got back to the fire station around 2.30am and back to bed by 3am.

Eddie was working in Letchworth at the time and left to go to work as usual that Monday at 7am, but again found it impossible to reach his destination. He arrived back in Buntingford at 7.45. He lived in Norfolk Road with Janet and young son Kevin. They went down to Market Hill to see the water rising and were taken into the house next door to the Crown. This was the old telephone exchange and was owned by John Edwards who was Sub-Officer in charge of the Fire Station.



Whilst they were there, the siren sounded to call them out. They waded to the Fire Station where they called control and were informed that a family were trapped in their thatched cottage at the Watermill, shown here (left) as it looks today. The lath-and-plaster walls in some parts of the house were being washed away by the force of the water.

One of the crew, Jack Crouch, was a coal man and was at the coal depot at Station Yard. He got one of his men to drive him to the Fire Station in the mechanical shovel they used for loading coal. They couldn't use the fire engine as it would not go over the bridge to the cottage (today's bridge for Luynes Rise did not exist back then) and in any case would have got bogged down in the fields, so they climbed into the bucket of the mechanical shovel and off they went up the High Street, into Baldock Road, then onto the building site that later became Monks Walk. Fortunately, someone in the watching crowd thought to take a photo (top right, opposite). Their transport got bogged down half-way over a field, so they walked and waded the rest of the way.

When they reached Watermill Cottage the water was swirling all around it. Being the tallest of the two younger members of the crew, Eddie had a rope tied around him and went down the side of the building to an open window; the rest of the crew were slowly

paying out the rope, keeping it taut. He took the two children from Mr Knight first, carrying them one at a time to the higher ground where the rest of the crew were standing, then he went back to guide Mr and Mrs Knight to safety. Whilst he was helping Mr Knight, Eddie's feet were whisked from under him by the force of the water; he went under but Mr Knight managed to grab him and got him upright.



They spent the rest of the morning helping people as best they could, but they could not pump out any water from the houses and shops as there was nowhere to pump it to. They had to wait till late morning when the water started to go down. In the afternoon the Royston Fire Brigade, who were full-time firemen, arrived to help, as did soldiers from the Army camp in Bassingbourn with their Green Goddess fire engine. They stayed for the rest of the day, as all hands spent the afternoon and evening pumping out the ground floors and cellars of houses, shops and pubs.

The last call was to pump out the cellar in a large house in Westmill where the McMullen family lived. As they went down the steps in the cellar one of the crew, Reg Bye, jumped onto some coke. Unfortunately for him, coke floats and he went down into six feet of water! When they had all stopped laughing, they pulled him out and got on with the job of pumping out the cellar.

The crew, as Eddie remembers, was made up of Sub-Officer Edwards, Leading firemen Crouch and Bye, and firemen Frank Bardwell, David Stephens and Eddie. He thinks they were joined by other members of Buntingford Fire Brigade in the afternoon, but he is not sure of their names.

When they finally returned to the fire station they cleaned the wagon and equipment, which took them till well after midnight and into Tuesday 17th. By the time Eddie got home, had a bath and got to bed it was 2am. The next morning he was up at 6.30 and off to work in Letchworth.

Jean Cook

If you have any memories of that day that you would like recorded please email me at Jean.M.Cook@btinternet.com



In a Carnival photo from the 1960s, a team from Buntingford Fire Brigade ride an 1860 First Aid Hose Carrier. In fireman's uniform, left to right: Tom Hills, Reg Bye, John Edwards and Eddie Bradford. Stan Webb of Smith's Garage is on the left.

BUNTINGFORD FILM CLUB

Bringing Cinema back to Buntingford

It's great to report that our recent screenings were very well received. We had full houses for both the January matinee 'Lego Batman Movie' and the evening screening of the Oscar-winning 'Darkest Hour'. So we've made an excellent start to 2019.

Films for February at Benson Hall

Our films this month begin with a **Charity Event** to help local schoolgirl Ellie Crick raise the funds she needs to travel to Peru to work on the Azul Wasi Project, which supports homeless children in that country. Tickets are £7.50 and a pay bar will be operating. In addition to our usual box office and online booking with Billetto, you can call Ellie on 07837 923590 or Vicky Burt on 07967 011115 to secure your seat.

Saturday 2nd February at 7.30pm **Charity event: 'Ready Player One'**

From Steven Spielberg, this 2018 science fiction action adventure is based on Ernest Cline's bestseller of the same name, now a worldwide phenomenon. It's for a very good cause, so please come along and give Ellie your support.



Saturday 9th February at 2.30pm **Matinee: 'How to Train Your Dragon 2'**

In this second movie in the series, Hiccup is 5 years older and dragons are part of everyday life on Berk. Hiccup and Toothless the Dragon discover a mysterious dragon rider and find themselves at the centre of a battle to protect their way of life from Drago, a power-hungry warrior who seems to hate dragons. Not one to miss, especially if you plan to see the last film in the series which promises to be amazing! Book early to join the Children's Film Club team and don't forget to use our Loyalty Scheme!



Saturday 9th February at 7.30pm **Evening screening: 'Cabaret'**

Another film that benefits greatly from being seen on our big screen and with our excellent sound system. Set in Berlin in 1931, as the menacing power of the Nazi Party is growing, the film is loosely based on the classic memoir 'Goodbye to Berlin' by Christopher Isherwood. It features an Oscar-winning performance from Liza Minnelli as American Cabaret singer Sally Bowles (left), Michael York as Isherwood, and Joel Grey as the Cabaret MC. Bob Fosse, the film's director/choreographer, creates a "divinely decadent" evocation of Berlin and a haunting, horrifying story of a country becoming gripped by fascism.

News Update

Short Film Competition

In September we launched our second short film competition on the back of last year's showcase success. We sent posters, entry forms and information to around 30 schools in the county, all of which have media and art departments which, amongst other activities, encourage young filmmakers to develop their creativity and learn the skills required to be a successful filmmaker. At the time of writing this article we have received only two entries, which is disappointing, but we hope that by the time you are reading this there will have been a last-minute flurry of interest before the competition closing date on 25th January.

The judges will choose a shortlist to be shown at The Manor House on **Thursday 21st February**, from 7.30pm, when they will also announce the winner. We had a capacity audience last year for this exciting FREE event and hope that this will be repeated this year. Everyone is welcome, so please come along to give your encouragement to the Spielbergs of the future!

Programme change on Saturday 9th March

Ellie originally selected '**Bohemian Rhapsody**' for her charity screening in February, but unfortunately the film is not available in time as the DVD release is not until 4th March. However, due to the high level of interest expressed in seeing the film, we will be showing '**Bohemian Rhapsody**' at our evening screening in March instead of our original selection, 'Jurassic World 2'.



Free Film Reminder

Don't forget to secure your FREE ticket for '**The Good, The Bad and The Ugly**', being shown on **Saturday 13th April**. These are only available from our High Street Box Office, NOT from Billetto, and will be given out on a first-come first-served basis. So please ensure you get your tickets ASAP to avoid disappointment.

Looking ahead

We will be showing another film for Edwinstree School's winning House in March. Plans are also afoot to engage in further 'outreach' screenings in Braughing and Stapleford.

Finally, following last year's successful outdoor screening of 'Romeo & Juliet', Jeremy Lee is very keen to organise another outdoor film in The Sword Inn Hand pub garden in Westmill. So watch this space for details.

We look forward to welcoming you to all our events.

Christine Stuart-Taylor, Event Co-ordinator Tel: 01763 272990

Box Office: Chris Dellar Properties, 58 High Street Tel: 01763 272605

Online Booking via Billetto www.buntingfordfilmclub.org



The Hundred Parishes Society

www.hundredparishes.org.uk

We have been sending monthly articles to magazine editors for more than four years now and thought it might be a good idea to provide a reminder of the Society's aims and activities. The Hundred Parishes Society is a registered charity, run entirely by volunteers. It was launched in 2014 and so is still relatively new.

A full explanation of the organisation's objectives is given on its website. Put briefly, it exists to increase awareness, enjoyment and care of the Hundred Parishes, an area that is characterised by its rich and diverse heritage.

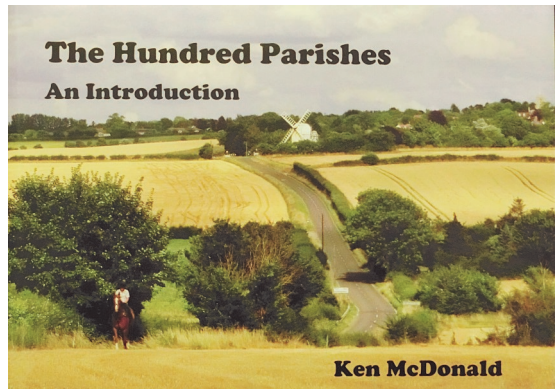
The area covered is approximately 450 square miles and incorporates 104 parishes in northeast Hertfordshire, northwest Essex and southern Cambridgeshire. It includes 6,700 listed buildings, which is more than any of the country's National Parks, and this despite being smaller than most of them. It is also worth pointing out that the three districts in the UK with the greatest concentration of pre-1700 listed buildings are Uttlesford, Braintree and East Hertfordshire.

Running the Society is the responsibility of a small group of trustees who meet about every two months. At the present time we would welcome an extra trustee, particularly one from Hertfordshire. We now have 120 members paying a minimum annual subscription of £10: they are a mixture of individuals and households, parish councils and other local organisations.

Our main activities revolve around the spreading of information through leaflets, the website, regular magazine articles, member emails and occasional talks. The website has details of 20 interesting walks, each starting and ending at a railway station.

In 2018 the Society published a book, 'The Hundred Parishes: An Introduction'. This 400-page quality hardback contains a brief history of each of the 100 parishes and is lavishly illustrated with almost 1,000 photographs. It can be bought at local Tourist Information Centres.

Mike Young, Trustee



A date for your diary:

The Hormead Rogation Walk 2019 will be on

Saturday 25th May

More details in next issue

BUNTINGFORD GARDENERS' CLUB

The first club meeting of 2019 will be held on Wednesday 6th February and our speaker will be Andrew Sankey talking about 'Funny Garden Features'. Illustrated with cartoons, this talk gives a history of the more unusual and weird features used in gardens from the Romans to the Victorians. Andrew is a well-known speaker locally and this will be his second visit to the club.

Why not come along and see what goes on at our meetings – held on the first Wednesday of the month at the United Reformed Church Hall (opposite the Post Office) at 7.45pm for 8pm start – and discover the joys of sharing the wonderful world of gardening. We are a group of like-minded people, some more expert than others, but we all enjoy the pleasures and pitfalls of the plant world. We have a varied programme of speakers who will expand your horticultural knowledge and we visit inspirational gardens. You can make new friends while you get gardening tips – just some of the benefits of joining your local horticultural club.

New members and visitors are always welcome. Membership costs £15 per annum, visitors £3 per meeting. For more information call Janet Murrells, Club Chair, on 01763 274341 or me, Lesley Lowers, Secretary, on 01763 271885.

Lesley Lowers

Typically Holidays
Italy & Spain

6th
February
2019

TRAVEL
STOP
BIG ENOUGH TO OFFER THE WORLD, SMALL ENOUGH TO CARE

*Join Travel Stop
and Typically Holidays for an
informal evening about Italy and Spain.*

Free refreshments.

To reserve your free place call 01763 788222
or email hayley@travel-stop.co.uk

RSVP 1st Feb - numbers limited

6th February 5:30 - 8:30pm at 43 High Street, Buntingford, SG9 9AD

Arrival time flexible, main presentation to start at 6:30pm

If you would like to advertise your event in the *Buntingford Journal*, please contact **Christine Noble** on **01763 273095** or email: Journal@buntingfordcivic.org.uk



Here at Attend2Health we now have osteopaths, chiropractors, physiotherapy, sports massage, acupuncture, podiatry, reflexology and one-to-one rehabilitation.

I would like to introduce our practitioners individually to Journal readers, highlighting some of the many things they can help with.

This month the spotlight is on Joanne Willett (right), our physiotherapist, who can help with a variety of problems, from recovering from surgery (e.g. a hip operation), to musculoskeletal problems in the shoulder or knee, to back pain. She is also trained in wheelchair services. Physiotherapy treatment aims to:

- Enhance physical independence
- Minimise the development of deformities
- Address issues with spasticity and muscle tone
- Reduce and help manage pain
- Reduce fatigue and conserve energy
- Improve balance, fitness, flexibility and strength



Joanne has also trained in neurological physiotherapy which aims to help people who are living with a neurological condition. This could include Multiple Sclerosis, Cerebral palsy, Muscular Dystrophy, Parkinson's, Stroke and Motor Neurone Disease. Joanne is able to offer home visits, as well as treatment sessions at our High Street clinic. For more information please call us on **01763 87 80 87**.

Louise Hampton



Health and Fitness expert Laura Wood is a qualified personal trainer and BarreConcept instructor. She runs regular classes in Standon, Puckeridge and Barkway – in BarreConcept and also Cardio Core & Resistance Training – and is hoping to start classes in Buntingford once suitable premises are found. She currently offers one-to-one fitness sessions.

Laura, who lives in Buntingford, spent 13 years working in an office role before deciding to follow her dream and pursue her passion in the world of health and fitness. After qualifying she started her own business – 'Fit Body Fresh Mind' – and says her aim is to inspire and motivate her clients to lead a healthy lifestyle and be the best version of themselves they can be. Here she

reveals some pitfalls that can sabotage our health and wellbeing and how to start putting things now the indulgent festive season is behind us.

Tempted by 'Low Fat' substitutes?

You're doing your weekly shop and are determined to keep to your diet plan, so you reach for the 'low fat' option – STOP! These products are usually low in the fibre and protein departments, so you will start to get the munchies again pretty soon after eating them. Plus, in order to get a 100-calorie pack of crisps or chocolate mousse to taste as it should, it will be filled with unrecognisable ingredients that are no good for your body and

give no nutritional benefit. Don't be conned by the marketing: if it sounds too good to be true, it invariably is. Stick to a well-balanced diet filled with fresh fruit and veggies and lean protein, drink plenty of water and get your body moving.

Cutting calories too low?

The most effective way to lose weight is to create a calorie deficit – less calories in, more calories out, or in other words use up more calories than you consume. But most people take this to an extreme when they start a diet and end up starving their body of the nutrients it needs. If you reduce calorie intake too low your body starts to panic, not knowing when it will be fed again, and goes into 'starvation mode', which means it actually begins to store fat rather than lose it. Your brain does not care about the pounds you want to lose, it's too worried about surviving and getting the fuel it needs to function. So what is the answer? Eat regularly throughout the day, ideally every 2-3 hours, to keep your metabolism ticking over and your sugar levels stable. Aim for 5 small meals, or 3 meals and 2 snacks. Keep portion sizes under control and try to have a small amount of some form of protein at each meal as this helps keep you feeling full.

Too much cardio exercise?

Are you stuck in the mind-set that the only way to produce positive changes to your body and fitness is through cardio? Us girls are often put off resistance training (aka strength or weight training) as we don't want to become the new Arnie! In fact, resistance training is the best way to tone your body; because women don't have the testosterone to build muscle like men, we gain muscle strength and definition without size. Resistance training builds muscle and increases your rate of metabolism, which means you'll burn more calories throughout the day and shed body fat. Improving muscle strength is also one of the best things we can do to maintain our physical abilities as we get older. Perhaps best of all it releases endorphins that improve your mood and help to fight stress, anxiety and depression. So try swapping a cardio session this week for some resistance training.

Try something new ...

Regular exercise offers countless health benefits for body and mind, but many people get stuck in a rut doing the same exercise, which not only gets boring but can stop the body progressing. Yet there are so many fun ways to keep the body active. Often it's the fear of trying something new that allows self-doubt to creep in – thoughts such as 'what if I can't do it?' or 'what will everyone think of me?' Just remember, everyone was a beginner once and I can guarantee that no one is laughing or judging you – we're all too busy focusing on the challenge ourselves. If you don't try you'll never know, so give it a go!

Laura Wood, Fit Body Fresh Mind

If you're interested in attending one of Laura's classes, contact her at:

Email – lauramaywood82@gmail.com Instagram – [@fitbodyfreshmind_lw](https://www.instagram.com/fitbodyfreshmind_lw)

Facebook – [fitbodyfreshmindlw](https://www.facebook.com/fitbodyfreshmindlw)

BE THE BEST YOU!
FIT BODY FRESH MIND



BARRECONCEPT

Monday's 9.30am to 10.30am
Standon Village Hall - SG11 1LE

Wednesday's 7.00pm to 8.00pm
Standon & Puckeridge Community Centre - SG11 1TF

Thursday's 9.30am to 10.30am
Standon & Puckeridge Community Centre - SG11 1TF

1st Taster Class £5, Classes thereafter £10

BOOKING ESSENTIAL DUE TO POPULAR DEMAND

1:2:1 CLASSES ALSO AVAILABLE

NEW

BE THE BEST YOU!
FIT BODY FRESH MIND

CARDIO CORE & RESISTANCE TRAINING

STARTING 12TH NOVEMBER

Low and high intensity cardio exercises with challenging core moves, finished with resistance training to enhance endurance, incinerate fat and sculpt your abs

Wednesday's 9.30am to 10.30am
Standon Village Hall - SG11 1LE

£7 Per Class

Bonfitness Pilates



My name is Louise Trenwith and I am a qualified Pilates teacher offering weekly classes in Buntingford (see below). I took up Pilates initially as a hobby and to keep fit. My background had been in dance which I started at an early age, receiving a scholarship with the Royal Academy of Dancing in London. I also attended the Arts Educational School in Tring, which led to a three-year graduate course at the Central School of Ballet. The graduate year included a four-month tour of the country, culminating at the Lilian Baylis Theatre in London.

For me, Pilates was a revelation – I soon noticed a real difference in how it made me look and feel. After my dancing days finished I worked in an office so I know the physical effects that sitting at a desk all day can have on the body. Pilates showed me the way forward, keeping body, mind and spirit energised for the long term, so I decided to train to be a Pilates teacher, signing up with the Pilates Foundation for their year-long intensive course. I graduated in 2010 and have been a certified Pilates mat work teacher for eight years – how time has flown! I am a member of the Pilates Foundation, which includes continual learning during my Pilates teaching career.

My classes in Buntingford are at the Seth Ward Community Centre, Luynes Rise, on: **Monday 6.30-7.30pm** – Improvers/Intermediates; **Monday 7.30-8.30pm** – Improvers; **Thursday 9.45-10.45am** – Improvers. I also run classes in other nearby venues – full details of my classes/timetable/fees, together with more information on the benefits of Pilates, are on my website at www.bonfitnesspilates.co.uk. Pippa Middleton got her pert derrière via a Pilates Foundation Teacher! Why not come along and discover what Pilates can do for you?

Louise Trenwith, Bonfitness Pilates

A teacher & member of the Pilates Foundation – The Highest Standard

E: bonfitnesspilates@gmail.com **T:** 07867 675 389 **W:** www.bonfitnesspilates.co.uk

Essex & Herts Air Ambulance

For 2019, the fundraisers of our local Air Ambulance are organising a very special trek on the Great Wall of China. It takes place from the 12th to 20th October. If you would like be part of this adventure of a lifetime, while helping to keep the air ambulance flying and saving lives, visit the EHAAT website ehaat.org/walk-the-great-wall for more details and to register for a free information pack. Or you can call **0345 2417 690** or email trek@ehaat.org.



A Message in a Bottle...

A Short Story

I am not particularly fond of the sea, even though I grew up next to it. As a teenager I spent much of my days tramping the dull and endless pebble beaches of the south coast, trying not to look at older people huddled against the wind in their heavy coats. All of them it seemed, including my young-old parents, thought that the cold sea air had health-giving properties. For them maybe, but not for me. I could not have been more gloomy, introspective and fed up with the grey English Channel.

That day, the sea had been on the turn as I paced the glistening pebbles, head down against the wind. Gulls, as desperate as me, screeched and wheeled up into the grey sky looking for something. I could barely hear the crunch of stones under my wellington boots as I tramped along the beach, such was the din of the waves and the birds.

The bottle, when I saw it, looked at first a tawdry piece of amber debris against the black and white pebbles. Only someone as bored as me would have stooped to look more closely at it, let alone picked it up. It was one of those whisky bottles with a screw top – the kind my father drank – and for a moment I had the absurd thought that it was one of his. I thought there'd be sea water inside as I removed the lid, and so I shook it upside down. But something was stuck below the neck of the bottle: a letter, a note or something, apparently dry. Should I reach in? Suppose there was a fish or a crab inside – such was my teenage imagination. But a surge of adrenalin made me put a finger gingerly into the neck and scoop out the paper.

Folded, crisp and dry, the paper had been written on. Not for one second did I think “Oh, a message in a bottle”. Instead I thought, “I wonder why it's not wet” and “this will be boring I expect”. I unfolded the paper and read HELP in enormous letters. I grabbed the bottle and ran up the beach, heart pounding. At last, something had happened, and I was at the centre of it. Should I go to the police, or just race home? How exciting!

It didn't take me long to come to my senses. Who would write HELP but not say where they were? Someone on a boat? ...a cliff edge? ... or kidnapped by pirates? It can't have been a serious cry for help. Kids probably, or a teenager like myself, having a laugh. I stopped halfway home, aware my adventure had fallen off a cliff. The small coastal town looked and felt as dull as ever with its white plaster hotels, its unlovely young people feeding coins into gambling machines, its middle-aged men drinking behind the white edifice of the sailing club. I stood in the wind, staring down at the bottle and the note. I could not have felt more dejected, alienated and foolish. And in a moment of absolute clarity, I knew I needed to get away.

It took me a while. Not an immediate transformation by any means. But that bottle did have a message in it, a message to my teenage self. I was the one who needed help. I didn't talk much about it, but the alienated teenager suddenly had a purpose. I went to the library and looked up courses; I wondered about voluntary work overseas: anything that would take me away from my stifling life on the English coast.

That's all it took – to reach out to a longed-for future. The sea, that grey slopping ocean of dullness, loosened its hold. A talk with the family, an application to a college, a reply to a flat-sharing ad, and I was launched.

Saved by a message in a bottle.

Chris Kell, Buntingford Writers' Group



BUNTINGFORD BRANCH

JOIN US FOR

A NIGHT AT THE DOGS

SUPPORTING THE ROYAL BRITISH LEGION

LICENSED
BAR



RAFFLE

A NOTE FOR YOUR DIARIES

SATURDAY 23rd MARCH

AT

THE SETH WARD COMMUNITY CENTRE SG9 9SG

DOORS OPEN 7.15pm

FIRST RACE 8.00pm

INCLUDES PLOUGHMANS SUPPER

TICKETS £8.00 per person

Buntingford Community Choir

Millfield School
Monday nights
7:30–9:30pm

How many of us made one ore more of the following New Year's resolutions?

1. Lose a bit of weight
2. Be more active
3. Take up a new hobby, one which is proven to be good for you.

I can't help with the first two, but for number three now is a great time to come and join us in Buntingford Community Choir. As we are a Community Choir it means that anyone with any singing ability is more than welcome. The community is also reflected in our concerts. We have recently sung for the residents of three local Care Homes and the photo shows us singing at the Seniors' Christmas Party in December.



So do come along on a Monday evening to Millfield School, and sing along with your Community Choir. We don't charge for your first visit and then it's only £4 a week (which includes a cup of tea and a biscuit). So what's stopping you?

All enquiries email:
info@buntingfordchoir.co.uk
www.buntingfordchoir.co.uk

Virtual Dementia Tour Bus

Thursday 7th February, 9.30am–5.15pm

Layston Grove Care Home in Keen Avenue is hosting a visit of the Virtual Dementia Tour Bus. The virtual dementia tour gives visitors the opportunity to experience for themselves what living with the disease may be like. The tour was invented 20 years ago in America by world-renowned geriatric specialist and author PK Beville. The tour is medically and scientifically acknowledged to be the closest a person with a healthy brain can get to experiencing what it is like to suffer with dementia.



By enabling people to understand dementia from the point of view of a person who has the disease, the tour can help to educate people on how to provide care, how to talk to dementia sufferers, how to de-escalate issues and generally improve their lives. Dementia can leave a person feeling vulnerable, scared, intimidated and confused. The virtual tour, conducted under supervision inside a specially designed bus, aims to deliver that experience for staff, relatives and visitors. All are welcome to come along and take the tour experience. Please contact Allison Purkiss at Layston Grove on **07835 772046** to book a time slot.

Fraud Awareness Talk

Tuesday 12th February, 2pm–3pm

Layston Grove is also hosting a Fraud Awareness Talk by Terry Morris, the Neighbourhood Watch Liaison Officer at Hertfordshire Constabulary. Some frauds or scams are particularly targeted at older people. Terry will be giving some simple tips to help us all stay safe by securing our homes and vehicles; how to deal with unexpected callers; and how to protect ourselves online and over the telephone.



Everyone is welcome to come along to hear Terry's advice. For more information contact Allison Purkiss on **07835 772046** or email Allison.purkiss@oakdalecaregroup.com



Dementia Friendly Film Screenings

Hertford Theatre have introduced Dementia Friendly Film Screenings once a month. At Dementia Friendly Screenings there are no distracting adverts or trailers, and the background lighting is slightly raised throughout the film. Theatre Director Rhys Thomas said: "We are delighted to be able to offer this facility ... These screenings are specifically designed for those living with dementia and memory loss, and their friends, families and careers. However, we welcome everyone."

The films start at 1.30pm but everyone is welcome to come early for a complimentary tea or coffee & biscuit before the film. Tickets cost £5, with free entry for one carer.

The next screening is 'Oliver Twist' on 20th February. Tickets are available from the box office on 01992 531500 or in person.

EAST HERTS CITIZENS ADVICE BUREAU

The Manor House, Buntingford

Drop-in:

Monday 10:00am – 4:00pm

Tuesday 10:00am – 1:00pm

Wednesday 10:00am – 1:00pm

Telephone:

03444 111 444

Monday – Friday

10:00am – 4:00pm



Dealing with Debt

QUESTION: I've got three kids, and as usual my finances are not in good shape after Christmas. I'm on a low income so had to put some purchases on a credit card. I have been trying to pay it off but I'm already behind on other bills. I haven't been able to pay my council tax for three months and received payment reminders from my energy provider. What should I do?

ANSWER: It's important to remember that there's no debt problem that can't be solved, if you make a plan and stick to it.

First things first, work out how much you owe – make a list of who you need to pay each month and how much. If you don't have your most recent statements, you can contact your creditors to find out. Try not to get disheartened at this stage. This is the first step on making the plan that will help you get out of debt.

Next make sure you are getting all the income that you are entitled to. For example, you may be entitled to tax credits to top up your income or help with childcare, housing costs or school meals.

Create a budget by adding up your essential living costs, such as food and housing, and take these away from your income. Any money you have spare can be put towards your debts. Citizens Advice have produced a budgeting tool, available free on its website, which can help with this.

Your council tax, rent or mortgage, and energy bills are priority debts as there can be serious consequences if you don't pay them. These must be paid first. Separate these out and work out how much you owe.

Some debts are important to deal with before others – even if you're getting letters and calls from lots of other companies you owe money to.

As you're already in arrears with your council tax, you must act quickly and contact your council to arrange an affordable payment plan. You can also contact your energy supplier to help you sort out a payment plan that works for you. They must help you do this and you can get help from your local Citizens Advice if they don't. To cut your future bills you should make sure you're on the best deal you can get. Use a price comparison tool to check.

For further help working out your budget, negotiating with creditors or checking which benefits you're entitled to, contact your nearest Citizens Advice by telephone, online or call in for a face-to-face discussion.

© Copyright Citizens Advice. For the most up-to-date information, visit their website:

www.citizensadvice.org.uk

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

To all the people who have recently moved into Buntingford may we extend a very warm welcome. It is still surprising that a lot of people have not heard of the U3A. The University of the Third Age (U3A) is a self-help learning organisation for people who are no longer in full employment. There is no lower age.

The U3A is different from most other adult learning organisations in that rather than paying people to teach, wherever possible it encourages members to share their knowledge and talents with other members and to this end all U3As are different. U3As started in France in 1973 where they are still connected to their universities. The U3A movement in the UK (based loosely on the French model but not attached to universities) began in 1981 and aims to encourage groups of people in their third age to come together and continue their enjoyment of learning in subjects of interest to them.

The ethos of the U3A is to help the older person to keep body and mind active and alert; to help them meet other people; to fight loneliness and to enjoy their non-working years. There are currently over 1,000 U3As in the UK with a national membership of 400,000 and rising.

Buntingford U3A was formed in 2009 and now has over 500 members and more than 30 Interest Groups. There is a monthly meeting for the whole U3A, with a speaker, held at the Seth Ward Community Centre from 1.30pm on the second Monday of the month (there is no meeting in August). Our subs are currently £11 a year which includes the monthly meeting with a speaker. There is an extra charge for any group you may join, to cover expenses such as venue hire. Interest Groups may meet weekly, monthly or as arranged to suit the group.



The Buntingford U3A Committee for 2019.

Left to right, standing: Kate Farquhar (Secretary); Ron Brighten; Paul Brunt (Treasurer); Bryan Thomsett (Group Leaders' Co-ordinator); Mary Godfrey (Speakers).

Sitting: Lyn Kendal Archer (Vice-Chair); Jim Farquar (Chair); Val Reedman (Membership Secretary).

Our speaker for January was Andrew Waite with an 'Introduction to Gemstones'. He chose just four gemstones to talk about: Diamonds, Amethysts, Opals and, perhaps most interesting of them all, Amber. He also brought with him a little gadget that indicates if your diamonds are real or not – happily for all the ladies who had their diamond rings examined in front of the packed hall, their diamonds were all confirmed as real!

Our monthly speakers and their topics for 2019 are:

February 11th – Sheila Edgar: ‘Buckingham Palace’

March 11th – Mike Beech: ‘Occupations of Victorian Britain’

April 8th – Una Cleminson: ‘The British Legion’

May 13th – Bernard Lockett: ‘Musical Theatre of Gilbert and Sullivan’

June 10th – Vic Bottera: ‘Pub Crawl’

July 8th – Andy Gibbs: ‘Bringing Dead Street to Life (British Schools Museum)’

September 9th – Captain William Wells: ‘The Liquid History of London’

October 14th – AGM (no speaker)

November 11th – Kate Armstrong: ‘An Unexpected Journey (Self-published Author)’

December 9th – Christmas Meeting with Damien O'Dell: ‘Adventures of a Ghost Hunter’

Please visit our website for information on our groups.

Jean Cook

www.u3asites.org.uk/buntingford

While serving as one of the many volunteers at the Seniors' Christmas Lunch I took some photos which I thought Journal readers might like to share. A good time was had by guests and helpers alike – and everyone is looking forward to doing it all again! Top left: the Town Mayor fixing the lights. Top right: thumbs up from Jeff Jones. Centre: listening to the Buntingford Choir. Bottom: all smiles from the washers-up!

Jean Cook





MILLFIELD FIRST & NURSERY SCHOOL

www.millfield.herts.sch.uk



Spring Term Topics

Our pupils are enjoying learning their new topics this term. The topic for Key Stage 1 is based around 'Into the Night' and in science they are learning about plants. Key Stage 2 is studying 'The Romans'. The children in Nursery and Reception are looking at stories and fairy tales.

'Alice in Wonderland' Production

All full-time pupils enjoyed a visit from The Flying Pizza Company who performed 'Alice in Wonderland' in the School Hall on Thursday 10th January. We thank our PTA for funding this exciting event which the children thoroughly enjoyed.

Prize Winners

We were delighted to learn that Millfield was announced as the winning school in a free draw held by Interm IT to receive a Chromebook. Interm IT is a local company, based in Buntingford, who provide our IT service and support. The Chromebook is a very welcome addition to our computing facilities.

Building Expansion Update

The children are now using their new classrooms, while work continues with developing the outside areas.

Nursery Admissions

We are currently accepting applications for Nursery places for children born between 1st September 2015 and 31st August 2016 to start in September this year. Applications must

MILLFIELD FIRST & NURSERY SCHOOL

Co-opted Governor Vacancies

We are looking for new co-opted governors to join our friendly Governing Body. Our governors come from a range of different backgrounds, skills and experience, but all share a common interest of wanting the best possible education for the children in our school. We would be delighted to hear from anyone who:

- Has knowledge and experience in legal matters, PR/marketing, or premises & facilities management, all not necessarily related to schools.
- Is interested in children's education and the performance of the school.
- Is willing to commit the time and energy required for the role.

These volunteer positions are open to any person from our community. Co-opted governors are not elected through an election, but instead are appointed directly by the governing body. For more information about school governance, please see <https://www.nga.org.uk/Be-a-Governor/Be-a-Governor.aspx>

If you feel this may be of interest to you, or you have further questions, please contact me directly in the first instance by email at governors@millfield.herts.sch.uk

On behalf of the Millfield Governing Body
Alex Tomkins, Chair of Governors

be made direct to the School. To see further admission details and to download an application form please visit the school's website. Alternatively, you can contact the School Office.

Co-opted Governors

We are looking to appoint new co-opted governors to the Governing Body of Millfield School. Please see the box (below left) for more information and get in touch with Alex Tomkins, our Chair of Governors, if you feel this might be something you can help with.

50th Anniversary Year

Millfield School will be celebrating its 50th Anniversary in September this year and we will be looking to mark this milestone with some celebrations. If you have any photos or memories of the school that you would like to share with us that we could include in our anniversary celebrations we would love to hear from you. You can contact the School Office on **01763 271717** or email us at **admin@millfield.herts.sch.uk**.

Laura Kennedy-Weeks, Headteacher

If you would like to know more about our School (or Little Stars Nursery) please visit our website www.millfield.herts.sch.uk or contact the school on **01763 271717**.

HOME-START ROYSTON & SOUTH CAMBRIDGESHIRE

Unit 6, Valley Farm, Station Road, Meldreth, Nr Royston Herts
SG8 6JP. Tel: **01763 262 262** www.hspsc.org.uk



Charity No:
1105385



Literary Lunch

Our next literary lunch at the Old Bull Inn in Royston is on **Monday 4th February**, from 12.15pm. Our poet-in-residence Jude Simpson will be hosting a chat with local author Sarah Harrison (left). **Tickets cost £15**, which includes the buffet lunch and tea/coffee.

‘Celebrating Voices’ Concert

We are very excited to be bringing together several of our local choirs for our second Home-Start Concert, ‘Celebrating Voices’, with Linda Bance. This will be at Meridian School, Garden Walk, Royston SG8 7JH, on **Saturday 2nd March**. Doors open at 7pm, with the concert starting at 7.30pm. The evening will be compered by our poet Jude Simpson and local author Sarah Harrison will be reading a poem. There will also be a raffle and licensed bar. So please come and join us in celebrating beautiful voices and the talent of your local choirs – Ad Hoc, Foxton Singers, Reed Church Choir, pop-up choir WomenSing and more. **Tickets £10; under 13 £5**.

To book for either of these events please call the Home-Start office on **01763 262262**, email admin@hspsc.org.uk or book online through www.ticketsource.co.uk/hspsc

We are also hosting a **Black Tie Ball** in Fowlmere Village Hall on **Saturday 29th March**, with a champagne reception, three-course meal and live entertainment. Please see our website for more information about this and all our fundraising events, as well about Home-Start and the valuable work that we do through our volunteers.



Edwinstree Middle School



A Voluntary Controlled Church of England School

*As a Christian school, we recognise the unique and wonderful in everyone.
As a community, we support one another to flourish and live life in all its fullness.*

During Advent, school Collective Worship focused on the four themes of 'Joy, Love, Peace and Hope' which the Christian calendar celebrates during the season of goodwill. We launched Advent with the theme of 'Joy' and each tutor group was asked to provide an item of food or drink that brings them joy at Christmas. These 'Gifts of Joy' were



labelled with a message explaining why this was chosen as their gift of joy, and then wrapped to create Christmas hampers. The hampers were delivered by our students to our senior citizens in the local community. We thank Dixon Place for hosting this event and allowing us to meet their lovely residents (photo, left).

In a further expression of our community spirit, Edwinstree Choir (below) were delighted to be invited to sing carols at the Lister Hospital in Stevenage, and bring some Christmas



joy to the patients and staff. The choir's beautiful singing at this special time of year certainly helped boost donations to the hospital charity. Some students found it quite emotional and the experience made them realise how lucky they are.

Year 5 Christingle

Year 5 explored what peace can feel like as they took part in a Christingle Service to celebrate the 50th anniversary (top right). Buntingford Co-op very kindly donated some of the oranges and Year 5 students spent time decorating each one, placing candles in the centre. Reverend Hill joined in the preparations and led the extended Collective Worship where each student lit their candle to celebrate the birth of Jesus. In the dark with our candles lit, we all felt a sense of peace and calm.

Now into the New Year, we are intrigued by our new value of 'Humility' which we are beginning to explore. We are also very excited to be working with an engineering firm to design and build our new Millennium Garden statue. More about this next time!



Christmas Church Service at St Mary's, Aspenden

We truly felt the power of love and community on the last day of term when Reverend Hill led our Christmas service at St Mary's Church in Aspenden with our school choirs supporting him. Each year group, with their teachers and support staff, took a winter walk over the fields to Aspenden, where the beautifully decorated church and service really got us into the Christmas spirit. Our School Association and kind parents provided all the students with cookies, cakes and hot chocolate at St Peter's Church on the long walk back. This was followed by a traditional Christmas lunch back at school.



The 'Big Knit'

Our challenge in the last week of term was to bring hope to a community, and this year we chose the Homeless. We decided to take on the challenge of turning unused plastic bags into waterproof homeless mats, which involved learning the skill of crochet! In the weeks prior to Christmas, our parents sent in all their unused plastic bags, then on the Thursday before Christmas we set about transforming these into Plarn (plastic yarn) and then crocheting the Plarn into adult-size waterproof bed mats. This was surprisingly tough, but with student advisors in each tutor group (who were trained in advance) the school turned into a mini factory and the students showed commitment and dedication. The project has spawned a 'Big Knit' crochet group this term, who will finish the task and send the four adult mats off to the Charity!

Jo Gant, Headteacher

B A L A

Buntingford Action for the Less Able

Registered Charity No. 1094426

Minibus trips for February 2019

FEBRUARY			
Tues 5 th	10:30–2pm	Scotsdales, Shelford – Café, gifts, clothes etc.	£6.50
Mon 11 th	10am–3pm	Bury St Edmunds	£12.50
Wed 13 th	11:30am	Pub Lunch	£5
Thurs 14 th	9:15–12ish	Tesco at Bishop's Stortford	£5
Thurs 21 st	9:15–12noon	Bishop's Stortford Town Centre – Market Day	£5
Tues 26 th	10am–12:30pm	Biggleswade	£6.50
Thurs 27 th	9:15–12ish	Tesco at Bishop's Stortford	£5
MARCH			
Wed 6 th	10am–2:30pm	St Albans – Market Day, Abbey	£8

All trips start from Benson Hall car park unless otherwise agreed.

**To book a seat or for more information call:
01763 271708, 01763 271909 or 07870 638480**

B A L A SOUP LUNCH

12.30–1.30pm at Benson Hall

Wednesday 20th February 2019

Soup and a Roll – £5

Tea, Coffee, Cakes etc. Raffle.

BALA is in need of new volunteers to keep this vital charity operating. If you have a small amount of time to spare for a worthy cause, please get in touch with Veronica Easley. You can email her at veronica@easley.mail1.co.uk or call 01763 271708.

You will find more details about BALA and their appeal for volunteers on page 9 of this Journal.

BUNTINGFORD W.I.

Still going strong after 100 years!

In December we held a Carol Party for our own members and also visitors from neighbouring Institutes. It was a good evening and got us in the mood for the Christmas festivities.

In January we held our New Year Party, with a Bring and Share Supper. Nobody knows in advance what members will bring but we always end up with a varied selection of sweet and savoury dishes to enjoy. This year we were joined by Enid Gratton-Guinness and had a good old fashioned sing-song. Enid was the former leader of the Hertfordshire Federation W.I. Choir.

Our next meeting is on Thursday 14th February and our guest speaker is Amanda Sutherland, whose talk is entitled 'My Creative Journey'. All our meetings are held at the United Reformed Church Hall on the second Thursday of the month at 7.15pm for 7.30 start. Visitors are always welcome.

Val Hume

For more information about Buntingford W.I. call **Jen Cresswell** on **01763 273221**



#TEAMHERTS
Flexible VOLUNTEERING

For those who want to
volunteer without the
regular commitment

www.flexiblevolunteeringherts.org

@teamherts | /teamhertsvolunteering

#TeamHerts Volunteering have set up a 'flexible volunteering' website at:
www.flexiblevolunteeringherts.org

The aim is to enable individuals to search for one-off volunteering roles across the whole of Hertfordshire. Many people don't have much time for volunteering due to other life commitments, such as work and parenting, but they would still like to support local charities when they can. The website enables people to find one-off or ad hoc volunteering roles that can fit into almost any busy lifestyle. You can search the database by job type, organisation type and start date. There is also a 'calendar view' option which allows you to organise volunteering events months in advance, so you can schedule volunteering when it suits you. Flexible volunteering roles on the website range from

supporting Essex and Herts Air Ambulance as an Ambassador for their Summer of Open Gardens project, to marshalling at Cancer Research UK's Race for Life.

Flexible volunteering is ideal for professionals. An estimated 11 million people in the UK are allowed paid time off to volunteer, but only 17% of professionals actually take up this opportunity. The website aims to fill this gap, providing an easily accessible place for individuals and companies to find one-off volunteering roles.

If you would like to get involved with flexible volunteering, or you represent a charity and would like to promote your volunteering roles on the website, visit www.flexiblevolunteeringherts.org or email communications@teamherts.org



BUNTINGFORD TOWN FC

www.buntingfordtownfc.com

Happy New Year, and I trust everyone had a good Christmas!

Unlike in the Premier League, Christmas is often a difficult period for clubs at our level as a combination of players being unavailable and the varying quality of pitches can lead to a disjointed fixture schedule. This year, however, was better than most with the First Team only missing out on two games in a seven week period.

Going into the Festive Season, the First Team saw mixed fortunes, losing away from home to Bush Hill Rangers at the end of November (5-0) and to Aldenham FC (3-1), but then bouncing back immediately after Christmas with a 5-0 victory, at home, against Old Parmiterians to finish the year on a high note. A close game at home against Bovingdon Reserves on 5th January saw us put in a fantastic performance but, whilst encouraging, it was ultimately fruitless as Bovingdon edged the game by a single goal. The squad then travelled to Welham Albion on the 12th January and, despite starting slowly, came from behind to draw 1-1.

Having played half our league games this season we currently sit 13th in Division 1 of the County League, but we have games in hand over most of the teams above us. If we continue to improve and perform as we have been we should rise up the table and there is no doubt that, when we have a full squad, we can challenge any team in this league.

The Reserves went into December on the back of a 2-1 home loss to Stevenage Borough Community, another close game that, on another day, could easily have seen us take the points instead of our opponents. Travelling to Letchworth City Eagles Reserves the week after was never going to be easy and so it transpired – we lost 4-0 against a far superior side. The team then produced some lovely football in their final game before Christmas against Baldock Town Reserves only to see three points snatched away in the dying seconds of the game by a scrappy equaliser.

The New Year has not started well for the Reserves with losses away to Stevenage Borough Community (5-1) and at home to Hatfield Town U25s (4-1), but both games were closer than the scorelines suggest! Our Reserves this year are a very young side compared to many of the teams they face and, as with any young side, they are taking some time to find consistency. There is no doubt that the team have massive potential and some players with great individual skill; the challenge is for them to produce a team performance over a full 90-minute game.

Our Ladies team also saw plenty of action with games against AFC Kempston Town & Bedford College Ladies (a), Bedwell Rangers Ladies (h), Biggleswade United Ladies (a) and AFC Dunstable Ladies Reserves (h). We were unable to record any victories, but looking back over the fixtures to date it is clear that there has been impressive development within a squad which includes both experienced players and those who, before this season, had never kicked a ball! When we played Kempston earlier in the season they beat us 12-1, but in November that scoreline was reduced to 4-0. Biggleswade United sit well above us in the table but a close game saw them run out winners by only two goals (5-3).

The Ladies still have half their season to go and, if the team's development continues in the same vein, there is no doubt that the teams we face towards the end of the season should not take us for granted.

The Vets continue to go from strength to strength despite many of them 'enjoying' their Christmas break. They racked up a 5-1 victory away to local rivals Barkway and a 4-3 win away at Therfield before defeating Ware Strollers 4-2 at The Bury to finish 2018 in serious form. The New Year saw the team come flying out of the blocks with a 10-2 thrashing of Athletic Old Boys.

Having a break over Christmas and coming into a New Year gives everyone time to reflect and assess the past year as well as setting goals for the coming twelve months and we, as a club, are no different.

Looking back, 2018 had its challenges and whilst the back end of last season was generally pretty bleak for our teams, there was still a sense of optimism around the Club which has continued into this season. As a club we refocussed on our key objectives: providing a route to adult football for anyone within Buntingford; developing young players; and attracting new support from within Buntingford and becoming financially sustainable without placing an undue burden on our players. We have made good progress on all fronts.

Looking forward there is no doubt that 2019 will have its challenges which will need to be faced and overcome, but we are in a good position as a club and I hope that, this time next year, we will be reporting good news both on and off the pitch.

Finally, may I wish you all good fortune for 2019 and invite you all to join us, at The Bury, to support your town's football club – it's free!!!

Mark Cotton, Chairman, Buntingford Town FC

HOT TUB HIRE 2u

A new business venture in Buntingford

Who is Hot Tub Hire 2u?

If you are familiar with the Liberro Vape Shop in Buntingford then you probably know the owners of this new enterprise! Emma and Simon launched **Hot Tub Hire 2u**, their latest new business, at the Late Night Shopping event before Christmas. They are now taking bookings for both weekend and midweek hires and would be delighted to answer any questions you may have. Here are a few to get started.

What do I get when I hire the tub?

A qualified team will install the hot tub of your choice at your location. It requires a flat area, access to water and an outside power supply. Once the set-up is complete, a set of instructions will be left with you and a time arranged for collection of the hot tub at the end of your hire period.

Do you provide any extras like a gazebo?

We offer a variety of different packages, from 'party' to 'romantic', and extras such as a gazebo and fairy lights can be added on to your personal package. The details are all on our website.

How far outside Buntingford do you deliver and collect?

We will be serving villages and towns within a 15-mile radius of Buntingford. Delivery and collection are included in the hire price.

For further information please contact relax@hottubhire2u.uk
or visit our website hottubhire2u.uk

Mustard Seed Singers



The Mustard Seed Singers are soon to be two years old! We're a small group – only 15 strong – who enjoy singing together and have put on concerts raising money for the local benefice churches and for a couple of charities. This spring we will be performing a concert at St Mary the Virgin church in Westmill in memory of our friend and singing colleague Jenny Soar, and later in the year we are delighted to have been asked to put

on a concert as part of Christ Church URC's 200-year celebrations. Some of our members sing with other choirs as well – Royston Choral Society, Buntingford Community Choir and Braughing Sing – and at Christmas many of us form part of the choir for the Candlelit Carol Service St Mary's Church in Aspenden.

Much of what we sing as TMSS is a cappella, but other than that we don't fall into any specific or main musical genre. We'll happily tackle pretty much anything – modern, traditional, pop, rock, folk, choral, sacred and secular. Having said that, it's quite hard to encourage others to join us when we haven't got a definite image to promote. We're very open and welcoming to anyone who wants to come and find out first-hand what we're about. If you enjoy singing, can hold a tune and would like to be part of a small singing group, we meet at 7pm in St Peter's Church in Buntingford on Thursday evenings. If you'd rather find out a bit more and ask a few questions first, then please email brinkman07@hotmail.co.uk or call Jan on 01763 272217.

Royston and District Ramblers Group Walks for February 2019

- Sun 3rd** Pirton to Lilley, 10½ miles, led by Christine 01462 734298 / 07986 597271
- Tues 5th** Weston, 6 miles, led by David 01763 247572
- Thurs 7th** Orwell, 6½ miles, led by Nick 01223 208172 / 07909 977994
- Sun 10th** Littlebury Green to Arkesden, 11 miles, led by Paul 01763 244038 / 07544 232330
- Tues 12th** Shepreth, 6 miles, led by Rama 01763 260565 / 07392 526869
- Thurs 14th** Walkern, 6 miles, led by Rita & Salli 01763 208755 / 07977 573003
- Sun 17th** Potton, 10 miles, led by Margaret 01763 256788 / 07939 233697
- Tues 19th** Brent Pelham, 5½ miles, led by Margaret 01763 848576
- Thurs 21st** Wadesmill, 5 miles, led by Roger & Mary 01763 281368 / 07840 832648
- Sun 24th** Langford, Broom, Stanford, 11 miles, led by Roy 01462 812591 / 07713 464510
- Tues 26th** Linton, 5½ miles, led by Peter 07951 362501
- Thurs 28th** Walkern, 6 miles, led by Viv & Jackie 07912 567378 / 07502 121852

**Tuesday & Thursday are morning walks,
Sunday walks are all day.**

www.ramblers-herts-northmiddlesex.org.uk

Click on 'Groups' and then on 'Royston' for details, or ring the walk leader.