

the
Bellingdon & Asheridge

Newsletter



What a fine Summer we have had...

After last year's wash out, us villagers were not looking forward to more of the same, but the Gods shone down on us and we have had a glorious Summer of fetes, barbeques, perfect dog walking, horse riding and general Summer merriment.

The gardens that didn't grow particularly well last year certainly made up for it this year and I for one am looking forward to picking our apples and making our very own apple juice at Chiltern Ridge. Sometimes it occurs to me that we could start our very own farm stall with all the produce that grows in the wonderful gardens in our villages.

The First Friday Club has grown from strength to strength and any new villagers are welcome to come along – we meet the First Friday of most months and someone local usually hosts.

And of course our village hall and grounds offer all sorts of opportunities to do something creative or active or fun.. have a look at www.bellingdon.com to see what groups and activities you would like to be part of.

Yes, it's been a wonderful few months to live in the Chilterns and enjoy all it has to offer... Hope you have had a wonderful Summer too.

Save the Date! All at the Village Hall

**Hort Soc
 Flower
 Show**

**Sat 14 Sept,
 2.30pm**

**Bellingdon
 Belles Social
 & Dinner**

**Fri 4 Oct,
 7.30pm**

**Hort Soc
 Social Eve**

**Fri 25 Oct
 7.00pm**

**Reindeer
 Racing**

**Sat 7 Dec,
 7.30pm**





Chairman's Chat

The fete this year was once again a fantastic success. The sun shone down on us and helped create a wonderful day. None of this would have been possible without you. Therefore can I thank all the helpers, families and friends who contributed to make this fete so successful. We have raised just over £5,000 again this year. The money will be put towards the planned improvements. I would also like to thank RDA for running the dog show so well. I hope you all had a good time and I thank you for your support.

Next year we will be looking for a Chairman to oversee the running of the fete. A planning meeting will be held in Jan/Feb for the 2014 fete. We have a great team so can you help and is this person you? If so, please email fete@bellingdon.com

The AGM was a low key affair with cheese and wine afterwards. The hall management committee is as follows for the coming year:-

- Chairman - Alf Field
- Treasurer - Don Baker
- Bookings Secretary - Chris Hood
- Secretary - Jules Eyes
- Committee members - Liz Warren, Nick Ellender and Andrew Barratt

If you have any suggestions for managing the hall and grounds, or would like to get involved, do get in touch with anyone on the committee or email friends@bellingdon.com.

Proposed plans for the new changing rooms were presented at the AGM. Planning permission will be sought from Chiltern District Council once the plans have been finalised and comparative costs for this construction and renovation project obtained.

I hope you enjoy the rest of the summer and get to use the great facilities at our hall and grounds.



Tap into your creativity

The Bellingdon Art Group re-starts on the 17th September and continues to meet on Thursday mornings 10:00 - 12:00 during school term times in the Village Hall. Hopefully many of you will have had the opportunity to see some of the wonderful results produced by the group at the exhibition of their artwork in the village hall during the fete this Summer.

With a fully qualified art teacher, the group has painted and drawn from various still life subjects, landscape pictures and photographs and when the weather has permitted has been outdoors to work on interesting views. Early this year we focused on the snow laden trees in our local Widmore Wood, which was developed from photographic references. Demonstrations of suggested techniques and step by step procedures are followed by individual tuition, or members can bring in their own subjects to work from and get guidance on techniques and approaches.

Most of the group are local and enjoy having this opportunity to improve on their various skill levels in a relaxed and friendly atmosphere. New members are always welcome, so pop in to see us at work or phone Berry for further details: 01494 758532



Pictures by Berry Gidman



Curvaceous Cook

TROUT WITH VEGETABLE TOPPING

I am writing this in Italy where we eat a lot of trota con verdura. We are far from the sea but have plenty of fish farms in the vicinity, and this is a favourite and very quick way of serving it.

For 4 medium sized trout fillets, we use salmon trout. Salmon would also be lovely, it would just need to be cooked for slightly longer as it is thicker.

INGREDIENTS

- 1 grated courgette
- 2 smallish grated carrots
- 1 potato, boiled for 10 mins, so still firm, but a bit cooked
- 1 shallot/small onion/chives/spring onion
- A little grated garlic
- Salt and pepper
- Good grating of parmesan

Grate all the vegetables. If you have time, leave to drip through a sieve for a while... Mix them well and season. Heat a grill and at the same time heat a pan, (ideally a ridged one that can go under the grill), to very hot. Slap the fillets on, skin side down. You don't need oil as there is enough in the skin

Leave for a few moments to crisp the skin, and then divide your vegetables between the fillets, pressing down slightly, and sprinkle with the cheese. You can miss out the cheese, but it does give a lovely crunch and you don't need much. Pop under the grill for 5-10 minutes until the tops are golden and serve. I add a garden salad and minted new potatoes, but mash would also be lovely.

These can also be served cold (eg: as part of a buffet), and are just a bit different. I also think that salmon and trout has more flavour not served piping hot, but I prefer not to put them in the fridge once cooked as it seems to reduce the flavour and you lose the texture.

Horticultural Society

Collect Your Own Seeds

Autumn is the ideal time to collect seeds from your own garden, both from bedding and perennial plants. Foxgloves are quite easy. Also tagetes, aquilegia, field poppy, feverfew and Eryngium. Here are a few hints & tips to ensure success:-

- 1) Collect seeds on a dry, still day.
- 2) You will need paper bags (or large envelopes) into which you can insert your chosen stems upside down for drying. Write the name/colour of the plant on the bag before you insert the stems.
- 3) Wait until at least some of the seed pods on a stem are brown and/or the seeds can be heard rattling in the pods before collecting.
- 4) Tie the top of the bag / envelope and place, or if at all possible hang, the bags in a cool, dry place until the bag rattles with seed when shaken.
- 5) Place the seeds, minus any pods/stems, in a marked envelope with the date collected in a cool, dry place until ready to sow OR take to the **Hort Soc Seed Swap at the Annual Show on 14th Sept!**
- 6) Sow within one year from collection

Garden Project

Hort Soc are hosting the following **special events** and everyone is welcome to attend:-

Annual Show	Sat 14th Sept - Open to public 2.30pm, Staging for Exhibitors 9am to 11.30am
Social Evening	Fri 25th Oct 7.00pm
Christmas Coffee morning	Sat 7th December 10am-noon

For more information please contact Rachel Watts on 01494 785322.

Are you Connected?

There are many ways to connect to your community. This newsletter is one of them, but there are other ways to connect with people, join in with activities, get involved, volunteer and find out what is going on locally.

Here are some key contact points that you may like to sign up to if you have not already:-

- Twitter feed @BellandAsh
- www.bellingdon.com
- Chiltern Freegle
- email feeds at news@newgrapevine.co.uk via www.cholesbury.com
- Hilltop Hub for commercial postings

If you struggle to find any of these, do contact me and I will help you find them.

Details of clubs, events and village news, including hall bookings: www.bellingdon.com

Please send your comments, submissions and ideas for future articles to the Editor at newsletter@bellingdon.com.

All Fete photographs credited to Jenny Goodall and Steve Templeman