

the
Bellingdon & Asheridge

Newsletter

Village fete

Our annual village fete will be on **Saturday 25th June** from 12.30pm. We hope you will come along to enjoy yourself as well as helping us to raise much-needed funds. This year's **fun dog show** will be run by Medical Detection Dogs and there will be the usual BBQ, beer tent, archery, coconut shy, kids' corner, tug-o-war, petting zoo, pony rides, bouncy castle and much more, so come along and enjoy the afternoon with your family and friends.



After a successful inaugural event last year, the **children's fancy dress** competition will return, with prizes for Best Boy and Best Girl.

More **volunteers** are urgently needed to help run stalls. If you have any spare time on the day, please consider lending a hand – even if it is only an hour. Please could you email fete@bellingdon.com if you think you may be able to help.

The “door knock” will begin on **Thursday 16th June** – you'll receive a leaflet shortly with details. We will be delivering programmes, selling raffle tickets and collecting donations of books, bric-a-brac, wine, plants and other good quality items to sell at the fete. We are always overwhelmed by villagers' generosity, so thank you in advance.

Save the date!

June
 20th Hort soc
 coach trip
 25th Village Fete

July
 22nd Pub night
 28th BAVH AGM

August
 19th Pub night
 26-29th Forró Fest

Chairman's chat

Welcome to the Summer Newsletter! Our annual village fete is just weeks away now. Money raised helps to improve the village hall facilities, as well as supporting a local charity. I hope the sun will be shining for the fete and you all have an enjoyable day. See you all on the 25th!

In other news, we have finished moving the boiler from the kitchen area to the back storage room. This will reduce noise in the hall whilst still proving the same level of warmth. Thanks must go to Don Baker for the enormous amount of work he has done to make this happen.

The next phase of work involves refurbishing the kitchen facilities (see page 2). We still have to raise some more funds and apply for various grants. This is where both the fete and your support are vital, so I would like to thank you for your continued support.

Cont'd...

A great deal has been done by the current and previous committees over the last few years to steadily improve all the facilities and this work continues. Hopefully you can see the benefits these improvements have made when you have used the hall facilities.

The committee is entirely voluntary and made up of villagers who are interested in making a difference in the community. Our AGM will be on 28th July. I encourage you to come along if you're interested in the continuing success of our village hall and recreation ground. There will be an opportunity to meet the current committee, see what they've been doing on your behalf and put forward your opinions and ideas on village matters. New committee members are always welcome!

Alf Field

Chairman, BAVH Committee

**BELLINGDON AND ASHERIDGE VILLAGE
HALL AND RECREATION GROUND
(BAVH)**

Charity No 1087494

Notice of Annual General Meeting at
The Village Hall

THURSDAY 28th JULY 2016 7.30 pm

At the meeting the committee will present their Report & Accounts for the year ended 31st March 2016.

The current committee will resign and a new committee will be voted in.

An opportunity to meet your neighbours and discuss your views on the future of the village hall and recreation grounds.

Have a look at recent improvements to the facilities.

All residents of Bellingdon and Asheridge who are 18 and over may vote at the meeting

If you would like any particular topic to be addressed at the meeting, please contact the Secretary, Jules Eyles, in advance on 01494 757150 or jules.eyles@tesco.net

Refreshments will be available.

Parish council news

Chartridge Parish council chairman Peter Brown is stepping down after 13 years at the helm. The driving force behind the building of six affordable housing units in Bellingdon, Peter has been the second longest serving Chairman in the history of the council. We thank Peter for his service to our communities and wish him well for the future.

There is a vacancy for a Bellingdon resident to join the Parish Council. This has been vacant since the elections last year, so if you are community minded and want to help improve the village why not approach the Clerk of the Council on clerk@chartridgeparishcouncil.org.uk or 01494 758800? The Parish Council is a non-political council.

Kitchen refurbishment simmering...

I never thought I would get excited by the delivery and installation of a commercial dishwasher, however four years after the Bellingdon Belles decided marigolds should be banished, that day has come!

It is only possible through the support of the Belles events which has funded this first purchase towards the long planned kitchen refurbishment.

The new machine has arrived and we are now at the nitty gritty stages of getting quotes for installation, adjustments to plumbing and drainage to ensure that it is fully operational for the village fete (only a few weeks away).

It is all part of the bigger picture – a full refurbishment of the whole kitchen with a new commercial cooker, fridge, freezer, hot cupboard along with replacement units and worktops. The aim is to upgrade the kitchen to enable food to be prepared and cooked on site, broadening the appeal of the hall for potential future hirers.

The floor in both the kitchen and bar area will also be replaced along with a renovation of the bar area to include a glass washer and new glasses which will be particularly useful at our monthly pub nights.

So how is this all being funded? We are busy applying for government grants, to private organisations and allocating part of our own funds to make this dream a reality.

Please send any suggestions, comments or queries to Helen Harding at h.harding@onebillinternet.co.uk We would really like to hear from you – the hall and its facilities are for the community.

Curvaceous Cook

Chicken Tikka with Carrot & Cumin Salad

Serves 4 as main course or probably 6 as starter

This is a really quick and fresh tasting starter or main course, which I put together to disguise the chicken for non-chicken-eating husband, and to get some extra vegetables into him!

Ideally start the day before and put together in a large dish or plastic bag:

- 8 skinless, boneless chicken thighs. You can use breast but it has far less flavour and tends to dry out a bit. Chop into big bite sizes.
- 4 heaped tbsp plain yoghurt (I used 0% fat, but up to you)
- 2 tbsp tikka spice
- 2 tbsp lemon juice

Ensure all chicken is covered with sauce, then put in the fridge till you need them. They will wait 2 days, but ideally no more than 1.

At least half an hour before you are ready to cook, take them out of the fridge and put on skewers. I put mine on the BBQ, but if you are going to grill or bake, you could just lay them on a baking tray.

Cook on a medium to low heat for about 15 minutes, but check to ensure you don't overcook. They should be really juicy, but a bit of singeing is lovely.

Meanwhile, make the salad. In a bowl, combine:

- 2 tsp roasted cumin seeds
- zest and juice of 1 lemon
- thumb sized piece of ginger, grated (I use a small microplane so you get a mush)
- 3 finely chopped shallots
- 5 finely grated carrots
- handful chopped coriander and bit less chopped mint

You can add up to 5 tbsp of good olive oil, but as ever I am trying to reduce the calories, so used less than 1.

Season well with salt and pepper and serve.

It will sit around for an hour or so, but went a bit watery the next day! I served it as a starter to a curry meal with home made naan bread.



Spring into action

The latest fitness sensation is coming to Bellingdon. Boogie Bounce is a fun, funky and fat burning way to keep healthy. It is a complete exercise programme on a mini trampoline, with a safety bar, choreographed to chart topping inspiring music which includes an extremely effective cardio section and a really powerful bums, tums and thighs section too. Every muscle in the body is worked, EVEN THE FACIAL MUSCLES.

It is suitable for women and men. The trampolines are capable of supporting 31 stone (196kg). It is low impact on joints and ligaments as the elastic element of the mat absorbs much of the impact on each bounce.

Classes are on Tuesday at 7.45pm at Bellingdon & Asheridge Village Hall. They are also at Chesham Town Hall on Friday at 6.30pm and 7.30pm and 9.30am on Saturday.

For more details or to book your class, phone Louise 07910 963530 or www.boogiebouncechesham.co.uk



Hort Soc News

Our AGM and Spring Flower Show were held at the Village Hall at 7.30pm on 31st March. Linda Williamson won "Best Arrangement of Seasonal Flowers & Shrubs" and Adrian Norris won "Best Vase of Daffodils".

Keen gardeners and aspiring beginners are all welcome at our events (see diary dates for details). Do come and see what we are all about, with no obligation.

If you do decide to join us the membership fee is £2 per annum (£1 pa for over 70s) and we have a full itinerary of events throughout the year.

Dates for your diary

Mon 20 th June	Coach trip to Capel Manor (9:30 am pickup at village hall, £24 per person)
Sat 10 th Sept	Annual Show (2:30 pm)
Fri 14 th Oct	Roaring 20s social & quiz night (7:00 pm)

New Members Welcome

For more information contact Rachel Watts on 01494 785322.



Forró Fest

Brazilian Dance comes to Bellingdon

This August Bank Holiday weekend (26th to 29th August 2016) we welcome 'Forró Fest' to Bellingdon. Forró Fest is a Brazilian dance festival involving music, dance workshops, food stalls and traditional Brazilian drinks. The attendees are fans of this particular dance genre and they will be hiring the village hall and the field (for camping) over the weekend.

We are very pleased to host the festival in Bellingdon for the first time, as we believe it will bring a new event to the village with lots of interesting activities and hopefully community involvement.

The festival organisers are offering a FREE welcome workshop and session on Saturday morning (27th August) for villagers to learn the basics of Brazilian Forró dancing.

Discounted tickets will also be available for local residents, should they wish to join in the evening,



or indeed for the full weekend.

Details are available on: www.forrofest.co.uk or www.facebook.com/ForroFestUk

We look forward to bringing a new, unusual and exciting event to Bellingdon, and hopefully seeing local residents getting involved.

If you have any questions regarding the event please contact hughcgriffiths@hotmail.com

Details of clubs, events and village news, including hall bookings: www.bellingdon.com
Please send comments, questions and ideas for future articles to the Editor at newsletter@bellingdon.com
The Editor reserves the right to edit submissions for clarity or length.