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# Bellingdon and Asheridge newsletter



## Chairmans Chat

The village hall committee has been hard at work this summer. With the support of the village fete committee, we ran an incredibly successful fete which raised over £5800. This is a great feat considering the weather on the day. I would also like to extend my thanks to Barclays who agreed to match the bar take and donated £750.

Visitors enjoyed the dog show, bar and bbq, kids' activities, brass band, military vehicle display and lots more. If there was one complaint it was that perhaps it was too short. Perhaps we should extend the opening hours next year? Also, we are looking for a Fete Chairman for 2013. If you are interested, please do get in touch. And a massive thank you to Andrew Barratt for all he did as the 2012 Chairman.

We also held the AGM on the 12<sup>th</sup> July and reported a net income of £10,139 for the previous financial year. We elected the Committee of Management for the charity and I can confirm these are: Lulu Stephen, myself, Don Baker, Jules Eyles, Chris and Julie Hood, Andrew Barratt, Robin Carr and Nick Ellender.

Now that our coffers are looking more healthy, we are working on selecting the project/s that best supports our facilities and the needs of the Bellingdon and Asheridge communities.. We need to find out the costs and determine which ones are most wanted by you. Some have to be done to keep the hall standing and functional (!). Others mean we could use the hall in different ways. These are some of the projects that we are scoping:-

- Upgrading the changing rooms. Our current sports block is practically derelict and potentially unsafe.
- Improving the kitchen. We are looking at designs that are cost effective and attract more usage of the hall.
- Improving the toilets in the hall, including creating a disabled facility and baby changing facility.
- Improving the heating system.

Some activities already in progress :- Repainting and decorating the hall, replacing the electrical distribution board, selecting a new fire control provider, an online hall and field booking system, finding a cheaper electricity supplier.

You may have heard of the Friends of the BAVH. (Bellingdon and Asheridge Village Hall). We need as many helpers as possible to assist with the little tasks around the grounds – changing light bulbs, painting, ideas, fete etc. Many hands make light work. Please get in touch if you can even spare one hour a month! Please be our Friend! To volunteer, please email [jules.eyles@tesco.com](mailto:jules.eyles@tesco.com) or ph: 01494 757150.

Alf Field, Chairman  
Bellingdon and Asheridge Village Hall  
Committee

## Events in the Hall – Save the date!

Hort Soc  
Annual Show  
15 Sept 2.30pm

Art Classes  
Restart  
20 Sept 10am

Chilli &  
Chat  
12 October

Hort Soc  
Social evening  
19 October



## Local Business Profile : Embracing the Tree

Based in Asheridge, Chloe Chiles and David Tompson work from a gorgeous barn-studio in a lovely setting overlooking farmlands.

Their saying, "Building energy and well being", is focused on little people as well as Big People, through their lessons in yoga, tai chi, baby art, baby yoga classes as well as more unique offerings such as baby-wearing and energy balancing classes.

Chloe has a young child herself and teaches the art of "baby wearing", a technique for safely and comfortably carrying your newborn in a sling for the first few years of its life.

Babies are designed to be carried, with their joints built so that they "fit" neatly on their mothers hips. They are also born with an inbuilt "cling" reflex so that they hold onto Mom, whilst being able to see the world from her lofty view.

Baby Yoga and Baby Art are other classes that Chloe offers, which are also designed to foster the mother – child relationship.

Baby yoga teaches the baby to learn about space, movement and its body.

Baby Art is less about creating great works of art and more about letting baby have its first experiences with art in a fun-filled way. It also helps baby to find new ways to communicate with the world and with mom.

**Special Offer:** Introductory class free if you quote "Newsletter". Contact Chloe on [chloechiles@embracingthetree.co.uk](mailto:chloechiles@embracingthetree.co.uk) and find out more about what they do at [www.embracingthetree.com](http://www.embracingthetree.com) or on their facebook page.

*Each season we will profile a special business in the area. If you want to recommend anyone, email [newsletter@bellingdon.com](mailto:newsletter@bellingdon.com).*

## Curvaceous Cook: Damson Vodka

Last year there was a raft of Grapevine conversations around sloe gin, so hopefully some of you will enjoy giving this tried and tested recipe a go. I found it from Sarah Raven, and it made the most delicious, delicately pale pink drink which I bottled for presents last Christmas. These were particularly well received by my children and their cousins. Requests have been put in for more this year, so it must be good!

People with damson trees are often very happy to give some away as it tends to be feast or famine with them, but you can use sloes in the same quantities.

To 450g damsons, pricked with a fork and removed from their stems, add 750ml vodka (or gin) and 250g caster sugar and put into a clean, sterilised jar. The easiest way to do this is to put them through the dishwasher - the jars, not the damsons... Turn a few times, then store in the dark, turning every few days until the sugar has dissolved. Leave for at least 2-3 months, but it can happily be left for years, even when the colour changes.

Sterilise your presentation bottles, and strain the liquid into them. For presents I get mine from [www.jamjarshop.com](http://www.jamjarshop.com) but any bottle will do.

We don't like very sweet things, so if you would like it sweeter, just add up to another 100g sugar, and stir until dissolved.

Label, date and store. You can eat the damsons, soggy with their alcohol, with ice cream or yoghurt, but you get a lot of stone to fruit with damsons! Up to you.

If you are doing a big batch, you can save effort by freezing the fruit overnight as it breaks the skins, but the colour is less pure.

You should find it is ready to drink just in time for Christmas!



## Out and About

### The Olympic Torch in Bellingdon

One of our very own villagers was chosen by London Olympics to run with the Olympic Torch on its journey to the start of the Olympic games. Lucy Watson, from Bellingdon, was nominated by her university for this huge honor in recognition of the volunteer work she does for children with disabilities.

So on 9<sup>th</sup> July at 2.20pm, flanked by security guards, donning the Olympic tracksuit sent to her for the occasion, Lucy was handed the gold torch. The flame was lit and Lucy then started her memorable run through the streets of Waddesdon, without dropping the torch or letting the flame go out. A great crowd turned out to cheer her on her way. After the run, she was allowed to keep the torch and says it will be kept as a family heirloom, to be passed through the generations of her family.



### Horticultural Society Events



Hort Soc Saville Garden Outing

- 15th Sept ANNUAL SHOW including Refreshments. Open to the public from 2.30pm.
- 19th October 7.00pm SOCIAL EVENING including a 3-course meal with glass of wine and entertainment Tickets in Advance. £7.50
- 1st December 10.30am CHRISTMAS COFFEE MORNING including seed swap.

**Seed Swap:** \*NEW for 2012\* Bring along seeds you have collected in an envelope marked with the plant type, variety, colour and date collected. Then swap them for new and exciting seed varieties from other members.

New Members Always Welcome! Membership costs a heady £2 per annum. Benefits include social events, coach trips to local gardens, an annual plant sale and half price seed ordering service. On top of all this, get lots of free, friendly advice and information on all aspects of gardening.

All events take place in the Village Hall. For more information or to join the Bellingdon, Asheridge and District Horticultural Society, contact Rachel Watts on 01494 785322.

### Friends of the Village Hall

The Bellingdon and Asheridge Village Hall is managed by the committee who are the trustees of the Charity set up to retain this treasure for the villagers.

There is quite a bit of work involved for the trustees, but luckily there are people in the villages who do help out at exceptional times, but more help is needed. We are asking for you to please join and be one of the "Friends". You can help as much or as little as you like, but please do volunteer for this good and local cause.

If you would like to join our merry band of helpers, please email [jules.eyes@tesco.com](mailto:jules.eyes@tesco.com) or ph: 01494 757150.



# Photography Competition

Are you an enthusiastic photographer? If you have taken some great local photographs, submit your favorite (in jpeg please) to [newsletter@bellingdon.com](mailto:newsletter@bellingdon.com) Best photograph wins top spot, credited to you, on the front page of the Autumn Newsletter

## Happy Snapping !

## BIG Thank you's

Photo: Runner Up M. Osman

### Village Hall Bookings

Phone Chris or Julie Hood on 757028  
or email: [bookings@bellingdon.com](mailto:bookings@bellingdon.com)  
Rates are on [www.bellingdon.com](http://www.bellingdon.com)

### [www.bellingdon.com](http://www.bellingdon.com)

For online information on:

- Events in the village
- Clubs and events running at the Village Hall
- History of the Village
- Back copies of newsletters
- AGM Minutes
- And much more...

Also follow Village news on twitter on:

[@BellandAsh](https://twitter.com/BellandAsh)



Photos: Jenny Goodall

To the Village Fete Committee. They have been organizing and preparing for the fete months in advance of the big day. Without them there would be no fete, so thank you for all your hard work. Additionally, a huge thank you to those who helped out on the day with setting up and running stalls. It could not have happened without you.

To the Committee Members and the Friends of the Village Hall who have been painting and decorating the Hall. Thank you!

### Bellingdon Belles

Save the Date -- Fri 12<sup>th</sup> Oct 7.30pm. The Bellingdon Belles are back! Our next event is going to be a Chilli and Chat evening in the Village Hall when we can all catch up after our summer break. It will be the usual format - delicious food and bring your own drink. The rest of the details will be confirmed nearer the time. Everyone is welcome, so do book this in your diary now.

### Contact the Editor

If you would like to submit articles, have some great photographs or ideas for articles you would like to see published, or have any comments about this season's newsletter, please email me at [newsletter@bellingdon.com](mailto:newsletter@bellingdon.com)