

The Hamlets' Voice

*Staploe, Duloe, Honeydon, Upper Staploe,
Bushmead and Begwary*



Issue 20 – September 2016

Welcome to the Autumn edition of your local parish newsletter

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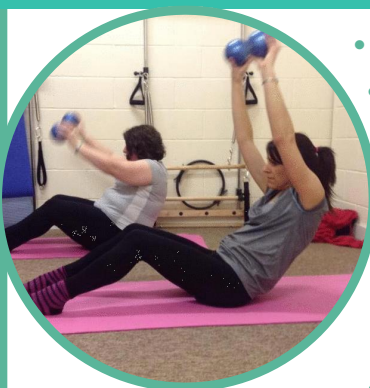


***In this issue: forthcoming village events, A1 update, new stock of books to share,
and the story of an ugly bird...***



Core Fit

Body shaping that gives confidence to your core



- Suitable for any age
- Gentle non-impact
- Tone and reshape your whole body

- Firm under arms
- Lift the behind
- Reduce hip size
- Flatten stomach
- Strengthen core muscles



Callanetics Exercises

Callanetics is a series of stretching and contracting exercises that activate the body's largest muscle groups, using

Class Timetable

Monday 7.30-8.30pm Duloe Village Hall, Duloe

Thursday 7.30-8.30pm & Saturday 11am-12pm Fit4Purpose Studio, Brampton Park Golf Club, Brampton

Caroline: ☎ 07787 447 930 ✉ me@corefit.co 📱 CoreFitco

Willow Row Barrow



The Barrow at Willow Row is fast approaching completion. A team of stonemasons have been chipping away at limestone stones shaping every one to fit since the beginning of May. The Barrow is inspired by our Neolithic and Bronze age ancestors who built many such structures all over Britain for their burial rites. Here we are creating niches for the placement of urns containing cremation ashes. Once the Barrow stonework is

completed the whole structure will be covered with soil and grassed over with a wrought iron gated entrance. It will be a delightful place of seclusion and remembrance for those we have loved.

There will be an Open Day at the Barrow which is run by Sacred Stones on Sunday 23rd October where everyone is welcome to come along. Willow Row is at the North of the Parish just south of Hail Weston and can be reached by the footpaths to the North of Duloe or from the B645 at Sharpes Barn just before Hail Weston. See

<http://www.sacredstones.co.uk/locations/cambridge-willow-row-barrow/> for more information.

Richard Squire

Parish Council News

A1 Update

Highways England has published their first review of the A1: *A1 East of England Strategic Study Task 1: Review of existing evidence and confirm the strategic case for improved connectivity on the A1*. It can be found on our website under *News* or *Highways*:

www.staploeduloe-honeydon-parish-council.beds-parishes.gov.uk

The Clerk has requested a hard copy to go in the blue folder in the Hamlets Exchange phone box in Staploe. The report is 127 pages long but in summary the non motorway sections of the A1 from the Black Cat to Buckden are designated as needing improvements to reduce congestion, improve safety, accessibility for communities and vulnerable road users, reduce impact on local residents and the environment. Next step is to look at options for intervention and start sifting them. There are no alternative routes proposed as yet.

There was also a meeting of the Stakeholder Committee in July. Bedford Borough Council was involved with this and Bedfordshire Association of Town and Parish Councils were also included but Parish Councils are not. Extracts of the report are shown below:

The initial stakeholder meeting produced a list of more than 100 suggestions to help meet the transport objectives of the study. These were then grouped into a 'long, long' list of more than 50 options and a sifting exercise was undertaken against the study transport objectives. This led to a long list of 8 options, covering a range of categories and including a 'do minimum':

- Physical – upgrades, downgrades, new road alignments, junction improvements
- Regulatory/Legal – restrictions by user type, lanes, hours, etc.
- Policy/Strategy – incentives, programmes, modal shift
- Behavioural/Technological – smart motorway, limit single occupancy, etc.

Finally, the following options shortlist was produced:

1. Section of new motorway in the middle section (i.e. Bedfordshire)
2. Local improvements, e.g. grade separated junctions, in the middle section
3. Upgrade the east-west connectivity of the A1 to avoid 'hop on, hop off' behaviour (using the A1 for short sections)
4. All lane running and smart motorway management in the northern and southern sections
5. Local public transport and active transport measures, including some behavioural change measures

These five options were then formed into three packages with points 4 and 5 common to all three. At the July meeting, the stakeholder group was asked to discuss these three packages. Stakeholders made many comments about the three options, some of them contradictory. Key points for our 'middle' section in Bedfordshire were:

Package A – 'Middle Bypass'

- If bypass options are chosen, what will happen to the existing A1?
- How does the Black Cat relate to any offline (bypass) option? Essential to integrate the package with other schemes
- Key bit is the Wyboston/Tempsford severance
- Need to make sure severance is not increased by adding an offline route
- Priority is to deal with existing problems – future traffic growth is less important
- An east or west offline route (bypass) will not be popular with residents, depending on which side of the A1 they live
- East route may inconvenience fewer residents but would have environmental/habitat implications

- Given environmental considerations, a new route might need to switch from east to west of current alignment several times and use the existing route in parts
- Going offline might provide opportunity for (infill) growth
- Early engagement on detailed options will be critical (given potential impact on residents and habitats)
- Long term commitment to delivery of mitigation and enhancement is very important
- Might local and smaller bypasses be better?

Package B – ‘Improve Existing Junctions’

- Grade separation benefits cyclists and other non-motorised users
- Keeping traffic on the move is the most important thing
- Reduce access for local traffic
- If there are local bypasses, need to downgrade the roads they are relieving (reduce capacity) to lock in the benefits
- Opportunities for targeted improvements
- Opportunities for better flood protection
- What about east/west connectivity? How would this work with East-West Rail?
- Public transport – both buses and East Coast Main Line – should be improved

Package C – ‘Modest Improvements’

- Does not address road issues, particularly around Buckden and Sandy
- Not satisfied – scheme doesn’t go far enough
- Middle section should have smart traffic management, including variable speed limits
- Need segregation for non-motorised users and also crossings
- Would need better local links to the East Coast Main Line (as an alternative to the A1)

There will be a further Stakeholder Reference Group meeting in the autumn. The timetable has not changed in that the A1 Strategic Study should be completed by the end of October 2016 and will be submitted to ministers in 2017. Full, formal consultation will take place in 2017/2018.

We plan to focus on the A1 at our next Parish Council meeting on Tuesday 15th November and hope to get some maps out and look at where we think a road might or could go if Highways England does build a new road in our direction. Clearly we are all concerned about the prospect of a new A1 coming through the Parish but many of us accept that some improvements are necessary. We would like parishioners to consider the issues and feedback to us so that we can be proactive in the early stages while Highways England is discussing the various options.

Colmworth Trumpet

Colmworth have a Yahoo group called the Colmworth Trumpet and they would like to reach a wider audience. Local news and events are regularly posted along with comments about local issues. Any member can post on the trumpet simply by sending an e-mail to the address. To sign up:

1. Send an email to j.freedman@sky.com saying you would like to join Colmworth T
2. He will email you an invitation
3. You will receive an email inviting you to join.
4. Click on the button on the right that says 'Join Mailing List'
5. You will be able to post messages by e-mailing colmworth@yahoogroups.com and you will receive the daily digest of messages into your inbox

Staploe's Yahoo Group

The Parish Clerk (Lucy Crawford) has a list of email addresses for many people in the parish and sends occasional updates on a blind-copy distribution list. However these messages have recently stopped getting through to quite a number of people. Inspired by the Colmworth Trumpet, Lucy has set up a Yahoo Group for Staploe. To join please e-mail staploe-subscribe@yahoogroups.com To unsubscribe send an e-mail to: staploe-unsubscribe@yahoogroups.com. Once you are a member you can post a message by sending an e-mail to staploe@yahoogroups.com but please don't add attachments – just copy and paste any info into the body of the e-mail. If you post or reply to any post your e-mail address will be visible to others in the group. If you join the group just to read other posts your e-mail address will not be visible to others but you will be able to receive messages. I recommend signing up for the daily digest which means you only get one e-mail per day with all the news posted on the group rather than a notification every time someone posts.

The Parish Council also has a Facebook page – just search Staploe Parish Council. We would welcome more members.

Proposed New Town at Wyboston and three other sites

At Wyboston a 256 hectare site is proposed for a new town of 4,000 homes. There is a further proposal at Twinwoods for between 4,000 and 6,000 new homes plus a retail centre and industrial units. Another is proposed at Thurleigh Airfield and the fourth is at Sharnbrook for 2,500 new homes on land surrounding the Colworth research site and science park. This will more than double the size of Sharnbrook and transform it into a town with in excess of 3,500 homes. These sites were all proposed in the recent "Call for Sites" to contribute to Bedford Borough Council's Local Plan 2032. Lucy Crawford asked the Mayor about these sites during his recent visit to the village and he said he thought one might go ahead but it was very unlikely to be all four.

Bin Collections

Following a public consultation undertaken in the summer, the Mayor's Executive is set to implement a proposal to move to fortnightly bin collections. This will mean that black bins will be emptied one week and then orange and green lid bins the next. This will come into place

from November this year. In addition, garden waste will no longer be collected between the months of December and February. The policy has been agreed in the midst of an estimated funding gap of £21.2m by 2019/20. The overall annual saving will be £587k.

What Goes in Each Bin?

Orange bin: dry recyclables

- Remember to wash out any dirty food and drinks containers, squash items to save space and place items in the bin loose
- Paper, Cardboard and Cartons
- Newspapers, magazines, junk mail, envelopes (including window envelopes), cereal boxes, corrugated card, greeting cards, food and drink cartons (Tetra Paks), ready meal boxes, cardboard packaging
- Plastic Food Packaging
- Plastic food containers, plastic packaging, plastic bags (e.g. carrier bags, bread and fruit bags), plastic bottles (including bottle tops), yoghurt pots + lids, margarine tubs + lids, meat trays, fruit punnets, plastic film
- Metal Packaging
- Food tins, drinks cans, aluminium foil and trays, empty aerosols

The council provides a standard amount of recycling containers free of charge; it also provides some extra capacity free of charge. For those producing more recycling there is also the ability to purchase additional containers. Please see the diagrams below for more details:

STANDARD (FREE) RECYCLING PROVISION	EXTRA (FREE) RECYCLING PROVISION	ADDITIONAL (CHARGEABLE) RECYCLING PROVISION
1 x 240 LITRE BIN	For bin and sacks users: 1 x extra free roll of orange sacks per year	Replace current bin with a 360 litre bin for a one off charge of £38.60
OR	OR	OR
For properties unable to store a bin: 2 x rolls of orange sacks per year	If there are 6 or more permanent residents: a free 360 litre bin can be provided following an audit/visit	Purchase an additional 240 litre bin for a one off charge of £38.60
		OR
		Purchase additional sacks charged at £7.80 per roll

You can order an orange lidded bin (or a supply of sacks for properties that cannot accommodate a bin) from Bedford Borough Council. The Clerk receives extra orange sacks for recycling at Christmas and you should find supplies of these beneath each of the noticeboards before Christmas.

Garden Waste - Green Lidded Bin

This is a fortnightly kerbside collection service that allows you to send your garden waste for composting. Please put all of your garden waste into the green lidded bin loose.

- Grass cutting, plants and weeds, flowers, prunings, hedge clippings, leaves and bark, vase plants, pond plants
- No thanks - Soil, rubble, vegetable peelings, kitchen waste, plastic bags, plant pots, polystyrene trays, animal bedding, pet waste, general household waste, persistent/noxious weeds (Ragwort, Japanese Knotweed, Spear Thistle, Creeping Thistle,
- Broad Leaf Dock, Curled Dock), fake plants.

The council provides a standard amount of garden waste containers free of charge. For those producing more garden waste there is also the ability to purchase additional containers. Please see the diagram below for more details:

STANDARD (FREE) GARDEN WASTE PROVISION	ADDITIONAL (CHARGEABLE) GARDEN WASTE PROVISION
1 x 240 LITRE BIN	Purchase additional 240 litre bin for a one off charge of £40.20

Only council-issued bins will be collected. You can order a green lidded bin online or by calling Bedford Borough Council on 01234 267422 or online. Alternatively, you may wish to consider purchasing a subsidised home composter or take your garden waste to the Household Waste Recycling Centre

Non-recyclable Waste - Black Bin

Material placed in the black bin will go to a Mechanical Biological Treatment facility. Householders are issued with a wheeled bin as standard. Where a property cannot accommodate a wheeled bin an officer will visit and agree a suitable collection method. Please place any waste that cannot be recycled in the black bin. The Council will not collect any side waste placed out alongside the black bin. If you require additional space in your black bin we have heard unconfirmed reports that you can pay for an extra large bin. Please contact Bedford Borough Council to find out more on 01234 267422

What doesn't go in my black bin?

All rubbish containers are liable to inspection before collection. The rubbish container should

contain 'non-recyclable' household waste only. The rubbish container must not contain any of the items listed below (please note that this is not an exhaustive list but names the most common items):

- Uncontained liquid waste
- Recyclable items
- Commercial/business waste
- Clinical waste
- Tyres
- Hazardous waste e.g. asbestos, car batteries, plasterboard
- Waste Electrical and Electronic Equipment
- Construction and/or DIY waste such as tiles, bricks, cement, aggregates, timber etc.
- Paint (in liquid form)
- Garden and/or yard waste
- Soil
- Large 'bulky' items.

Alternative arrangements are provided for these items at the Household Waste Recycling Centres. If there are any materials that you are unsure about, please contact the Recycling Team at recycling@bedford.gov.uk.

PARISH COUNCIL CONTACT DETAILS

Parish Clerk

Lucy Crawford

33 Staploe

St Neots

PE19 5JA

Email: lucy_crawford@hotmail.com

Tel: 01480 471526

Website

www.staploeduloehonevdonparishcouncil.bedsparishes.gov.uk

Harvest Supper

Staploe and Duloe Village Hall

Saturday 1st October, 7:00 for 7:30pm

Enjoy cottage pie, apple crumble and an opportunity to meet you neighbours.

Bring your own drink and a glass.

Cost: £5 (Children: £2)

Book by contacting 07768 303373

Hamlets Christmas Afternoon Tea at Duloe Village Hall



Sunday 11th December 2016 at 2pm

The Hamlets Christmas mince pie and themed Christmas cake competition,
with Christmas crafts.

Come and join us for a 'tea and cake' afternoon from 2pm. Competition winners announced at 3pm followed by tasting mince pies and cake entries.

Please let us know if you are attending and submitting mince pie or cake; entries on the day must be received by 2pm at the village hall. Competitions have two categories: under and over 16 yrs.

Contact us by email at rosstho8@yahoo.co.uk or text
Richard Squire 07778 174477 or Jane Thomson 07889 305754

2016 Begfest Success

Another triumph, another afternoon of splendid music, burgers, beer and fun!

Another smooth operation!

Another £6000 raised for charity!

Congratulations to Andy and his team!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Frankenfowl

There have always been guineafowl at Bassmead. They are about the size and shape of a football with a grey body spangled with white and black dots. The head is small with a short curved beak and a reddish bony top knot like a small ridged crest. Its face has red and blue patches of skin. An ugly bird!

I often used to see them about, or more often hear them, a little group roaming the fields, woods and gardens foraging for seeds, insects and worms. At dusk they would assemble at the foot of their favourite tree emitting their rasping staccato cackles before flying clumsily up to roost for the night.



By © Hans Hillewaert / , CC BY-SA 3.0, Wikimedia

The guineafowl is widespread in Africa. It is a gregarious bird and small flocks will roam the grasslands and bush foraging for food including locusts and ticks and even small scorpions as well as plucking maggots from the carcasses of dead creatures. Though they live in flocks, the guineafowl, like our own black crow, is monogamous, mating for life. Males are very aggressive towards each other and will fight furiously and bloodily over a mate.

A few years ago my brother Peter acquired a new flock of about a dozen and they could be seen all day roaming the fields. Like all creatures that are prey to foxes and other carnivores, the guineafowl, understandably, is an anxious panicky bird and when startled the flock will scatter in all directions, running in preference to flight, uttering their shrill rasping alarm calls.

Mr Fox with his sharp white teeth is always lurking in these parts, silent and invisible and gradually the modest flock of guineafowl diminished over the years until there was only one left and it was him I christened Frankenfowl, after the monster in Mary Shelley's novel, *Frankenstein*. Strictly speaking it was Dr Frankenstein who created the monster but most people have come to call the monster itself by the name Frankenstein.

Mary Shelley wrote the novel when she was only 20 and it tells the story of a scientist Dr Victor Frankenstein who creates a human body by acquiring body parts, sticking them together and then giving life to the body by passing a powerful electric current through it. The creature is misshapen but strong and highly intelligent. He seeks acceptance from his fellow humans but he is rebuffed and abused. Lonely and rejected the Creature becomes evil. He is desperate for a partner and roams the forests of Europe seeking female companionship. Eventually he persuades Dr Frankenstein to construct a female. The doctor, hoping that a wife would soothe

the Creature's murderous temperament, initially agrees to construct one and he travels to Scotland to acquire the necessary components.

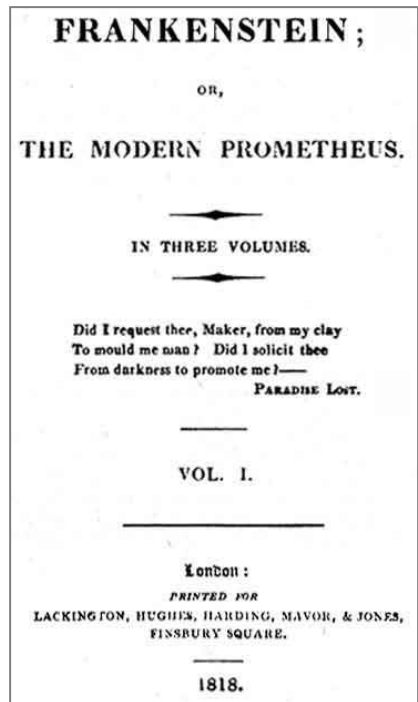
In order to qualify as a doctor in Scotland at this time you had to dissect a human body but the only bodies available were the bodies of hanged criminals and this shortage was supplemented by the bodysnatchers. Bodysnatching was such a problem that iron structures known as mortsafes weighing a ton or more were often placed over fresh graves to prevent any interference. The mortsafes, which could be hired, were so heavy that a special hoist was required for lifting purposes. They would be kept in place for six weeks or so by which time the body was no longer suitable for dissection purposes.

Dr Frankenstein eventually reneges on his promise and his Creature roams, lonely, vengeful, hunted and frustrated. It is not a story that ends well.

Frankenfowl must have been a very cautious watchful bird because he survived on his own at Bassmead for a year or two. Sometime when sitting in the garden I would hear him foraging in the undergrowth occasionally making his plaintive love call, a noise like a man trying to saw through a steel pipe with a rusty hack saw but to a female guineafowl had there been one to hear, a love song. You can now understand why I christened this lonely fowl, Frankenfowl.

This year my brother was given two new guineafowl. It is not easy for us humans to tell a male guineafowl from a female but it was hoped that both newcomers were female and that Frankenfowl would settle down into comfortable rural bigamy. Beware of what you wish for. Alas one of the newcomers turned out to be male and he and Frankenfowl took a violent dislike to each other and the two of them fought ferociously, the outcome being that Frankenfowl ended up bloodied, dishevelled, rejected and once more on his own.

This story does not end well either. Of the three, only one now is left and that one is not Frankenfowl.



Footnote

Oddly the story of Frankenstein came about because of a volcanic eruption in the Far East. What happened was that Mary Godwin and her husband-to-be the poet Percy Shelley went to stay with Lord Byron, world famous poet who had been driven into exile because of his scandalous behaviour. Byron was living in a rented cottage beside Lake Geneva with his mistress Claire Clairmont (of Byron she said, "a few minutes of pleasure and a lifetime of trouble") and his personal doctor, Dr John Polidori. The object was to walk in the hills, boat on the lake and to discuss the big issues of the day. However the volcano which had erupted some months earlier had belched forth millions of tons of ash and dust which dispersed into the sky throughout the world restricting the amount of sunlight. The weather was dreadful for weeks, cold, wet and gloomy and Byron and his friends were forced to remain indoors. To while away the hours they decided that each of them would write a ghost story.

Thus Frankenstein was born.

Frank Squire

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The Hamlets Exchange

You will find The Hamlets Exchange in the old red telephone box in the middle of Staploe and it is being well used by the local community. Members of the parish are welcome to borrow a book at any time and replace with one of your own or one you are returning. Books are also available for sale at 20p for paperback and 50p for hardback. Please place money in the black post box outside of 35 Staploe opposite the phone box. All money will be donated towards the printing of this newsletter.



There are currently 100s of books in the phone box. I have recently received a large donation of books many of them cookery books so if you are stuck for ideas of what to cook there is a whole shelf dedicated to cookery! There are also non-fiction, fiction, children's and magazine sections.

Celia Woolley

Volunteer Librarian, The Hamlets Exchange

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Staploe, Duloe, Honeydon & Begwary Village Curry Night

Friday 3rd February 2017 at 6.30pm

Location: Duloe Village Hall

Drinks: Bring your own

Adults £15 – Children 6-10 yrs £6

Children under 5 – Free

**Menu – Onion Bhajis, Samosas, Chicken Korma & Lamb
Bhuna, Rice & Nan (Veggie option also available –
please let us know when booking)**

Please advise and pay by Wednesday 25th Jan 2017

**Contact us by email on rosstho8@yahoo.co.uk or text
Ged Meola 07790 958357 or Jane Thomson 07889 305754**

Sponsored by

In support of Duloe Village Hall



Recommended Recipe

Recipe for Autumn - Hotpot for One

This is a recipe for one person. A much neglected group in culinary terms. Clearly, it would work for more people, if the amounts/cooking times were increased. It's an old-style meal that may not appeal to many children, yet it is a tasty way for a single person to eat a decent meal for not too much cost.

Ingredients

- The smallest piece of silverside or topside beef you can find (about £6.00). Cut a portion for the meal and freeze the rest.
- 6 or 7 small jacketed potatoes
- One onion, cut into thirds
- One or two carrots, cut into large pieces
- Few florets of broccoli, no stems
- Handful of peas
- Olive oil
- Teaspoon of brown sauce
- Herbs of your choice
- Salt and pepper, to taste



Method

1. Just cover the potatoes with water and boil until done (about 20 minutes)
2. Put the oil, pepper, herbs into a thick-based frying pan or saucepan with lid and heat for a minute before adding the beef and searing it on all sides. Remove the beef.
3. Add the onions and fry on each side. Add the carrots and do the same. It is important that the vegetables don't start to brown.
4. Put the beef back in the pan and fry together for 2 minutes.
5. Add water to cover the vegetables and part way up the beef. Stir in the brown sauce.
6. Cover and allow to simmer for 25 minutes, adding extra water if the level drops.
7. Add the drained potatoes, broccoli and peas and cook for a further 5 minutes.

This one pot meal can be served with side salad or beetroot. Leftovers will keep in the fridge for up to 3 days, or in the freezer for 2 months.

Margaret Smith



Books to give away

Calling all railway enthusiasts: I have videos, DVDs, books on steam trains – heritage, narrow gauge, etc. Also on world wars, history, industrial history. Books on cats, dogs, birds – many other subjects. All have to go due to imminent emigration in 2017. FREE or donation to Sue Ryder. Tel: 01480 213428 (Staploe resident).

Duloe and Staploe Village Hall

The Village Hall can seat around 80 people. Hire: £7 per hour. To book, call: 07768 303373.

Current regular activities

Mondays 7:30-8:30pm Callanetics and Barre Concept - core strengthening exercise classes. Tel: 07787 447930 | www.corefit.co | Email: me@corefit.co

THE WOODFIELD PHYSIOTHERAPY CENTRE 01234 378996 www.woodfieldphysio.co.uk	THE OIL CLUB Group your oil order with others in the local area to save money www.oil-club.co.uk	GARDENING SERVICES, STAPLOE Steve Smith 07908 857706
TREE SURGEON, DULOE Andrew Brightman 07970 546293	PADDIE PAWS Professional dog grooming Qualified and quality service Jane Pavely 07833 594670	'JUST ASK' VILLAGE AGENTS SCHEME Teresa Moon 01234 771418
SIMON GREEN MOTORSPORT Servicing, MOT prep, tyres, exhausts & automotive repairs. Specialists in full car rebuilds & restorations. 01234 378838 / 07771 392993 simon@simongreenmotorsport.com <i>*10% discount for all readers*</i>	Contact hamletsvoice@gmail.com to advertise here	MEADOWCRAFT Upholstery, furniture restoration, wood finishing & door stripping. 01234 215704 www.meadowcraft.co.uk

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