

# Dunton News

**Serving Dunton, Newton and Millow**

Edition 1

Spring 2015



# Dunton Folk 2015

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- Bedfordshire's finest folk and acoustic music venue
- National and international performers
- St Mary Magdalene Church
- Annual wassail
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the heart of Dunton



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**Dunton News office The March Hare, 34 High Street, Dunton, Beds, SG18 8RN, 01767 448093**

**[janice.tasc@outlook.com](mailto:janice.tasc@outlook.com) or  
[jules.wrangles@yahoo.co.uk](mailto:jules.wrangles@yahoo.co.uk)**

**Editors Janice Pritchett and Julie Hills**

## **Editorial**

Welcome to our first edition of the newly released Dunton News.

We are looking for articles about Dunton and photographs. Please do send some in so that your village magazine is interesting and informative to read. This can be articles about Dunton, old and new, hobbies and interests, local activities and school life.

The front cover of the Dunton News needs local photographs, such as pictures of local buildings, people, old and new or local activities. If you are a photographer like Chenisse email us your local inspirational Dunton photographs to run on the front cover of Dunton News.

If you are arranging an event such as an evening of music and you would like others to know about it, please email me about it. The submission dates for the next edition are on page 4.

Thank you to everyone who completed the questionnaire, all suggestions have been taken on board.

Please let us know your opinion of Dunton News.

For the first issue we would like to say thank you to all advertisers that have supported us. Funding for this issue has also been provided by Britivic and the Morning Advertiser.

Last but not least, if anyone has got any copies of Dunton Roundabout, we would love to see them. There may be some wonderful stories in there for Dunton News.

Janice Pritchett and Julie Hills

**All copy and advertising for inclusion in the July 2015 edition must be emailed to [janice.tasc@outlook.com](mailto:janice.tasc@outlook.com) or [jules.wrangles@yahoo.co.uk](mailto:jules.wrangles@yahoo.co.uk) by 11.6.15**

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Produced by The March Hare Telephone 01767 448093  
email [janice.tasc@outlook.com](mailto:janice.tasc@outlook.com)

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## **Woolf Tracks – Are you ready to MEND in 2015?**

So what does MEND stand for, mind, exercise, nutrition and do it!

**Mind** – What are your goals i.e. to become fitter, lose weight, stay the same weight, have a healthier lifestyle? It is worth spending some time considering these and putting your ideas down on paper, the old saying of 'what gets written down gets done' is very true. Try having a goal book or make a visual record of your progress and successes. Maybe set a target particularly if you have a big family celebration on the horizon! Also spend some time considering what could be barriers to achieving your goals and what are going to be your mechanisms for coping with them i.e. if you cannot resist the biscuits maybe don't buy them?

**Exercise** – Lets consider exercise just as movement of the body. Therefore exercise does not necessarily mean going to the gym, taking up marathon running or power lifting. By all means do those things if that is part of your goals but in reality getting your body moving on a daily basis is essential. For example take the stairs, walk more, get up and walk around in advert breaks use the photo copier that is furthest away. All of these small movements can add up. Whatever you do you need to find something that is fun and sustainable for you. There are plenty of alternatives to the gym such as line dancing, karate, swimming, going for a walk with a friend. The possibilities are endless but get MOVING!

**Nutrition** – Consider what you are fuelling your body with. Food is fuel and you wouldn't put the wrong type of fuel in your car! Are you eating enough vegetables and fruits, do you have enough protein and carbohydrate in your diet? Aim to eat balanced, wholesome, home cooked meals with healthy snack choices! Don't forget about your water intake also with most people requiring a minimum of two litres of water (not tea, coffee, juice or squash) a day.

**Do it!** – There is quite a lot here to consider and sometimes it can seem like there is no easy starting point. But the exciting thing is you can decide what you want to tackle first. Have a think about what you can do today and take that first small step. Even if that first step is for one week you are going to drink one glass of water every day and then two a day the next week until you reach your target. By making small daily changes on a consistent basis you can make a massive difference to your health. What do you have to lose by trying?

*Adapted from the MEND programme. The MEND programme is a designed to empower children and adults to become fitter, healthier and happier whilst reaching or maintaining a health weight. More information can be found at <http://www.mendcentral.org/>*





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Saturday 2.00 pm – 8.00 pm  
Sunday Midday – 6.00 pm

During these hours, entry to the community shop is via one of the two side doors  
Outside of these hours, but only during freehouse opening hours, entry to the  
community shop is via pub

For information call 01767 448093 or email [janice.tasc@outlook.com](mailto:janice.tasc@outlook.com)

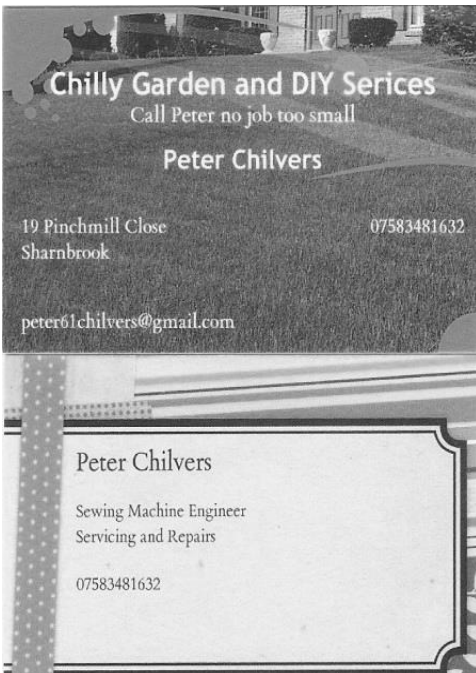
## Dunton WI. Programme 2015



Dunton WI meets at Dunton Memorial Hall on the second Monday of the month. Meetings start at 7.45pm. Visitors are always welcome and will be treated to tea and cake! A small fee is charged for visitors. Please contact Lorraine Bennetts on 01767 314 991 for more details.

<b>11 May 2015</b>	Stained Glass – Not Just for Churches
<b>16 May 2015</b>	Padded Box workshop
<b>8 June 2015</b>	Visit to Stotfold Water Mill
<b>18 June 2015</b>	Day trip to Ely including guided tour of Cathedral and City
<b>13 July 2015</b>	Punting on the River in Cambridge
<b>10 August 2015</b>	Visit to Franklins Cider Factory
<b>14 September 2015</b>	Wildlife and Landscapes of East Anglia
<b>12 October 2015</b>	How to Tie a Scarf
<b>9 November 2015</b>	Music Quiz Night 50/60s
<b>14 December 2015</b>	Christmas Celebration





The image shows two business cards for Peter Chilvers. The top card is for 'Chilly Garden and DIY Serices' and features a background image of a garden. The bottom card is for 'Sewing Machine Engineer' and features a background image of a sewing machine.

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The advertisement for Forever Woolf features a dark blue background with a white wolf howling at a full moon. The text is in white and gold.

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### DO YOU ENJOY SINGING?

"Singtastic" is a new ladies choir that meet in dunton every Monday afternoon from 2.30 to 4pm.

It is open to all ages and you do not need previous singing experience. There are not any auditions.

We sing a mixture of songs, ranging from west end musicals to light classical, a bit of sacred, maybe a pop number as well.

Our aim is to get together have a sing, a bit of a chat and enjoy ourselves.

So ladies, if you sit at home and watch "x factor" and "Britain's got talent" and think to yourselves "I can do that" come along and have a go.

For further information please contact

Dianne Walters on 01767601441 or 07872063770

Or e-mail [walters\\_dianne@yahoo.com](mailto:walters_dianne@yahoo.com)

### **How much fun can you have in a small Bedfordshire village?**

The short answer to that is, it depends how much of an effort you make. Life is like a bucket – you only get out of it what you put in! This was the basis of a conversation between two friends, over a pint (or two) in the March hare pub in Dunton in 2010. More often than not, conversations over two or three (or four) pints stay where they started, in the pub. However, this time, things actually happened. After making a small batch of cider with the help of some friends, Simon Bailes and Andy Barwell launched Dunton Cider, making cider from apples picked in the village. Shortly afterwards a series of folk music concerts was scheduled in St Mary Magdalene church. That was it, and there has been no looking back since.

Dunton Cider was launched at the March Hare pub in November 2011 and has gone from strength to strength and has been supplied to pubs and beer festivals on a regular basis ever since.

The first Dunton Folk concert took place in February 2012 and we now run a series of nine concerts every year and a wassail every January, linking the folk music and cider production in one event. Our link with the March Hare pub is very strong with John and Janice providing a bar at each of our concerts.

During 2013 and 2014 a couple of changes happened. Andy moved out of the village and has since stepped away from the folk and cider activities. Simon was made redundant and, after Dunton Cider was awarded "Best in Show" at Potton Apple Day, decided to take the plunge and take cider making seriously setting up Franklins Cider to make craft cider (from 100% apple juice) as a full time job. The full time job bit has yet to be achieved, but the first batch of Franklins Cider was launched at the February beer festival at the March Hare pub in 2015.

Dunton Folk has established itself as a high quality folk and acoustic venue and the 2015 concert series sees some internationally acclaimed performers visiting the village. Thanks to everyone who helps with publicity and on concert nights we have a great asset in the centre of the village.

Dunton Cider continues to be produced and is marketed alongside the Franklins Cider brands, all of which are produced in the cidery behind the church at Church Farm.

The answer to the question posed at the start of this article, is simply "loads!"

We would love to see you at one of our concerts or the wassail. If you want to come and visit the cidery (and possibly buy some cider!), give Simon a call on 01767 310 424. Alternatively, have a look at the web sites for Dunton Folk and Franklins Cider. Details are on our adverts on page 2 in this edition of the magazine.



# PICU Pounders

The March Hare is supporting local resident Rachel Coomber (known as Rachel Coyne at work) raise money for Addenbrookes Paediatric Intensive

Care Unit. We would like to help her raise funds to purchase NIPPY ventilators. A NIPPY ventilator is used for babies and children who are dependant or reliant on artificial ventilation (controls the breathing) for all or part of the day when they cannot breathe sufficiently on their own. It is portable so allows a patient to go home and become more mobile, so allowing for a return to some normality of life. Children can attend school or nursery with a nippy ventilator. Each ventilator costs £2,500. Addenbrooke's target is to raise £10,000 to buy four ventilators.

In May, Rachel, Nigel and 12 members of the Paediatric Intensive Care Unit will be hiking 26 miles of Hadrian's Wall to raise funds for a Nippy ventilator. A collection box and sponsor sheet will be kept at the March Hare. Please feel free to donate your loose change or sponsor Rachel.

The March Hare is also holding a charity quiz night on the 17.5.15 at 7.30 pm to help Rachel raise funds for the NIPPY ventilator. All teams of no more than 6 are welcome. Entry fee £2.50 per person.

### KNIT 'N' NATTER

We meet every Monday afternoon in the Pavilion at 2pm for a very enjoyable two hours with tea/coffee and biscuits. We have projects to work on and have just finished knitting babies hats, both for premature and young babies

So come and join us - you don't need to come every week but it will be nice to see you

### TUESDAY COFFEE MORNING

This starts at 11am in the Pavilion and finishes around 12 noon. The weather is improving now for a perfect Spring and Summer so we can move the chairs and tables outside and enjoy the sunshine

So if you wish for a morning break, this is the place to come. We look forward to seeing you



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# Dunton Memorial Hall

We're delighted to be able to announce that the Dunton Memorial Hall Committee has been able to secure substantial funding to upgrade the interior of the village hall. The money will enable us to better insulate the hall and modernise the décor, thereby making it more attractive to hire as well as more efficient to run. The works will be taking place during the school holidays and we intend to launch our new look at our 90<sup>th</sup> Birthday Celebrations in September.

The hall is currently, as can only be expected for an old lady, looking a bit tired, but this is quite a considerable facelift and won't be the end of our plans to improve the hall. Watch this space.

We are lucky to have a strong and dedicated Hall Committee, which has enabled us not only to ensure that the hall runs smoothly, for the benefit of village users, but that we also have found the time to undertake or fundraise for further improvements. One of these was the marking out of a badminton court, enabling those who wish to play to do so locally. To begin with we've just provided a cheap net, whilst we checked that there was sufficient demand, but our intention is to provide a professional standard net.

We, the Village Hall, were nominated by Chenisse Matthews to receive any prize money from a national photography competition she entered. The picture featured on the front cover of this magazine was the photo Chenisse entered into the competition that secured Chenisse and Dunton the 2nd place prize.

A major change has been our main customer, the pre-school, moving from charitable to business status. However, if anything this has benefitted the hall, since we received a charitable donation from the pre-school charity and they used some of their other charitable funding to improve the garden and fencing very significantly. We matched the funding we received from the pre-school charity to upgrade the electrical wiring at the hall which was in need of some TLC.

Committee meetings happen four to six times a year, and always include cake. So if you think you might be interested in joining or coming along to find out and give feedback on plans for the hall then you would be very welcome. Our next meeting will be held at the hall on 1<sup>st</sup> June at 7.30pm.



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### Why not have your advert here?

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produced in April, July,  
October and January  
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delivered to all houses  
in Dunton, Newton and  
Millow. Contact

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### Alan Dansey

Village correspondent  
for the Biggleswade  
Chronicle

and web master for  
Dunton village web  
site. Share your news  
with me on

[alan@awdansey.co.uk](mailto:alan@awdansey.co.uk)

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April and members and we  
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each time. This quantity gives  
us a price that is usually about  
5 pence a litre cheaper than  
would otherwise be possible.

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of about £25 or more on  
each order.** To join the group  
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[duntonoilgroup@btinternet.co  
m](mailto:duntonoilgroup@btinternet.com)

# Dunton Recreation Association

Once again the Pavilion is open to everyone for small parties or meetings. Details can be obtained from Eileen Bone on 07748 594431 or email me on address below. We also have a football team called Moggerhanger United with the first team playing their home games on a Saturday afternoon and there are plans to form a Sunday team which will play in the mornings so you can wander round and watch these. Fixtures for both teams will be published in the Notice Board to the left hand side of the Pavilion entrance door.

Footpaths have been laid round the field to make it easier for people to access different parts of the village so the association are working hard to make this an enjoyable place to visit with flower beds on two mounds facing as you approach. A third mound will be on-going when the footpaths are finished so any contributions of plants, shrubs etc will be extremely well accepted - please advise at 8 Horseshoe Close when leaving them.

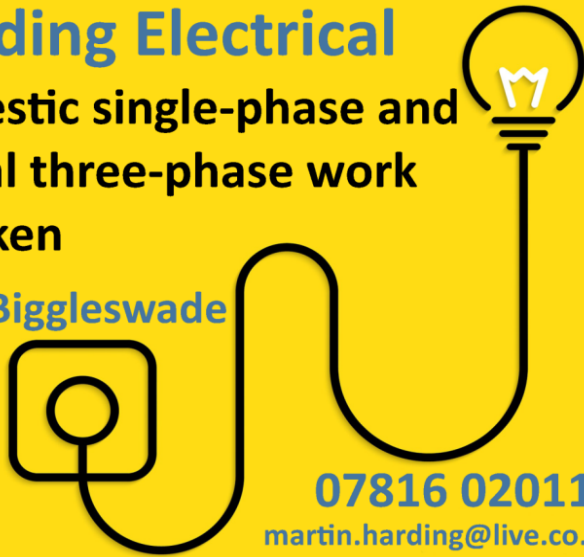
Future Fund-Raising will begin on Saturday 11th April when the football club are holding a Bingo and Race night, which they are hoping will be well attended by the Villagers. At the moment the Recreation Association are trying to interest enough people from the village to form a committee with the purpose of organising a Village Fete this year. Please could all club secretaries make this known to their members or any individual/s who would be interested in helping with this task? Remember the Jubilee Fete - what a success that was and enjoyed by everyone.

For more information on any of the above issues please telephone Eileen on 01767 315350 or 07748 594431 or email [eileen.bone@talktalk.net](mailto:eileen.bone@talktalk.net)

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## **My world has been changed by Harmony**



would like to support Guide Dogs for the Blind.

Peta, a Dunton resident, with her guide dog Harmony, is raising money for Guide Dogs for the Blind. She is working in conjunction with East Bedfordshire Guide Dogs Group. They are also setting up a group of volunteers in the local area who

The reason for Peta's unstoppable work for Guide Dogs for the Blind is that in January 2014 Peta met Harmony and her world changed. Before meeting Harmony, Peta got around the village using her stick and she felt very isolated, now she is a recognised figure in the village walking Harmony. Peta has retinitis pigmentosa which affects the peripheral vision and eventually can lead to total blindness. Peta would not have met Harmony, if it wasn't for the fact that Peta is blind and what is amazing is that Peta was terrified of dogs and had to overcome her fear of dogs before she could be considered to have a guide dog.

It is estimated that a guide dog like Harmony will cost £50,000.00 over their lifetime and there is no Government funding to support this. There are currently 39 people in Bedfordshire waiting for a guide dog.

If you would like to support Peta and Harmony with their excellent funding raising you can contact Peta on 01767 318865 or Joanna Landucci, Community Fundraiser on 07786 800108 or you can simply put money into the collection box for Guide Dogs for the Blind which is in the community shop at the March Hare. If anyone is interested in becoming a volunteer there are so many things you can do. For example, you can spend your time caring for dogs, guiding people who are blind or partially sighted, driving or raising funds.



# **MAYNARDS'**

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*Fax: (01767) 312507*

## **DUNTON GOOD NEIGHBOUR SCHEME**

The aim of the group is:

To provide short term help to the residents of Dunton, Millow and Newton, such as transport, domestic support and household assistance, through local volunteers – and to encourage sustainability, self help and friendship within the local community.

We offer support such as:

- Transport to or from the hospital or doctors
- Prescription collection
- Filling in forms/documents
- Dog walking
- Small jobs such as changing light bulbs
- Small gardening jobs
- Someone to chat to

You can leave a message between Monday to Friday, 9.00 am to 5.00 pm on 07926 021155. We will call you back within 24 hours to make arrangements.

The Village Good Neighbour Scheme is a voluntary initiative run by local residents who recognise the value in having 'good neighbours' particularly in rural areas where public transport and other local services can be limited and where people's family may not live close by.

The scheme builds on the informal help already in action within most rural villages. Existing 'good neighbours' can continue helping the residents they usually do with the added reassurance that when they are unable to help there are extra trusted people who can step in. Other people who have always wanted to help locally – but whose own neighbours don't need any support – gain the chance to help fellow residents elsewhere in the village who they would not normally ever meet and who currently do not have close neighbours available or able to help.

There are currently 30 parishes across Bedfordshire who have set up good neighbour and village schemes with support from Beds Rural Communities Charity (BRCC). Our volunteers are insured and are vetted by CRB.

If you would like to discuss the Scheme please contact Doug Neish on 01767 315451.



## St. Mary Magdalene

The Church at the heart of the Village

Vicar: Revd. Lindsay Dew

Tel: 01462 743617

Mobile: 07545 878082

Email: [lindsay.dew@btinternet.com](mailto:lindsay.dew@btinternet.com)

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### WEEKLY SERVICES AND FUTURE EVENTS @ ST. MARY'S

1st. Sunday	9.30 am Parish Eucharist
2nd Sunday	8.00 am Holy Communion Followed by continental breakfast
3rd Sunday	9.30 am Family Eucharist
4th Sunday	9.30 am All Age Praise
5th Sunday	10.30 am Benefice Service See notices or website for which Church
<b>Sunday Club</b> - Every 3rd. Sunday 2.00 – 4.00 pm For details contact Stan Short 01767 315777	
<b>Baby &amp; Toddlers</b> – Every Wednesday 9.00 – 11.00 am During term time – for details contact Louise Hadley 01767 310179	
<b>Quiz Night</b> – 9th May 7.30 pm. £3.00 per person. Bring your own drinks, glasses provided. For details contact Sue Myler 01767 600373	
<b>Amici Singers Concert</b> – 27th June	
<b>Summer Fair</b> – Sunday 12th July from 11.00 am	

### **The Hare Beer Bunch**

The Hare Beer Bunch (HBB) is a group of discerning real ale drinkers that meets monthly at the March Hare. Formed three and a half years ago by a small group of regulars, the HBB now has more than 20 members, about half from Dunton, and the others from surrounding towns and villages.

The core purpose of the HBB, as agreed at our inaugural meeting is to 'promote real ale in Dunton generally, and the March Hare particularly'. This is hardly an onerous task, given the excellent quality, and considerable variety, of ales served by John and Janice at the March Hare. Other aims and objectives are to: drink beer; talk about beer; and arrange beer related excursions and events.

We have regular events at the March Hare, including a popular annual barbeque and a Christmas social, and help to serve beer at the pubs two beer festivals, which are held each February and September. Recent excursions include visits to other local-ish real ale pubs, brewery trips, and an evening at Dunton's finest cider maker – Franklins.

New members are always welcome. There is no membership fee, and meetings are very informal – these are advertised in the March Hare 'Dates for your Diary' but are usually the second Monday of each month at 8.00 pm.

For more information about the HBB, please ring Nigel Coomber on 07879 898161.





Dunton Youth club has been running for over 2 years and is enjoyed by many children from in and around Dunton and Biggleswade.

We offer a wide variety of activities for children aged 7 and over and meet every Tuesday during term time, just £1 per week.

**For more information or to register please call**

**Lauren: 07724 755494**

**Email: [duntonyouthclub@hotmail.co.uk](mailto:duntonyouthclub@hotmail.co.uk)**

Games, Crafts, Wii, Table tennis, Air hockey, Tuck shop, Football,  
Computer, Competitions, Trips, Cooking, Film Nights  
and much more!

### **NEW!!! Fundraising Quiz**

We are raising money to buy some crash mats, which the children have asked for. We have produced another logo quiz, which has been very popular in the past. Each quiz costs £1.50 and they are available now.

We are always looking for any extra help. If you can spare a couple of hours once a month, please get in touch. We would love to hear from you.

## DUNTON COMMUNITY GARDEN

Dunton Garden is waking up after its winter sleep. Green shoots are appearing everywhere and, as volunteers, we are preparing the plots and sorting out the seed packets for the new gardening season. This year we hope you too will visit the garden, buy our organic produce, come to events and perhaps become a member or join us in working for the garden.

Gardens have a special place in the hearts of many of us, memories of longer sunnier days, connections with earlier generations, and moments of sheer delight perhaps when a peacock butterfly rests for a moment on a terracotta pot and spreads its glorious wings. For me, books from my childhood taught me about changes through the seasons and special friendships. The best gardens offer both tranquillity and surprises within a contained space and always a path leading to a place where the mood changes and a perfectly placed seat beckons.



Dunton Garden nestled behind Church Farm, at the end of Church Street, is a special garden that offers all of the above plus, more importantly, a place that is open to us all: to wander, to see, to listen and to feel part of something. For those who want to do so, there is a regular opportunity to work as part of a team of volunteers looking after the garden's organic fruit and vegetable crops and the profusion of wildlife-friendly flowering plants

that bring so much colour in the summer.

This garden, founded originally by Dunton resident Jenny Pates, is a community garden, now run entirely by volunteers and open to all who want or need the restorative powers of being in a garden and, right now, we need more people to get involved. There are many different tasks that contribute to making the garden successful and we need help with all of them, sowing seeds, digging and planting of course, but also help with admin or events, running a club for children or harvesting produce and bagging it up. There are suitable tasks for everybody regardless of your abilities and skills so, imagine yourself on a warm sunny day, a punnet of strawberries in your hand, perhaps a smidgeon of juice on your lips and a sense of being part of something bigger, something of value to Dunton and the community of people who love this special garden.

If you might be interested phone 01767 313898 and leave your number or email: [info@duntongarden.org](mailto:info@duntongarden.org) and we will get back to you to tell you more about the garden and how you can help.



## Dunton Village Pre School & Boomerang Club

Dunton Village Pre School and Boomerang Club has been a long established part of Dunton village life having been in operation as a registered pre school since 1992. Prior to this it was a play group. Based at the Memorial Hall the setting offers wrap around care for 3 to 11 year olds as well as providing early years education from aged 2 until approx 4 years until the children move into reception. The setting enjoys a close working relationship with the Dunton Memorial Hall Committee and benefits from a purpose built outside play area, incorporating builders yard, nature area and a small active trail.

The team are enthusiastic about the preschool and are dedicated to the children and their learning, aiming to give them the best start on their educational journey. The staff plan a wide variety of activities based around the children's individual learning goals. The staff work closely with parents to ensure that children's needs are catered for and that the transition to school is a smooth one.



A variety of arts and craft related activities set up for the children.



The outside play area, in ground trampoline, builders yard, garden area and low level activity trail.

## **A Defibrillator comes to Dunton**

A defibrillator is now outside the village hall. Reading this article, you may be asking yourself what is a defibrillator? A defibrillator delivers an electrical current through the chest which aims to shock the heart back into a normal rhythm allowing it to pump again. I have to admit that when I first heard about it, I had visions of the electrical shock treatment on TV hospital programmes, where everyone stands back! This is not the case with Dunton's defibrillator!

Following a cardiac arrest, the chance of survival decreases by 23% per minute. It is vital that treatment starts asap. The UK Resuscitation Council suggests that an Automatic External Defibrillator should be available wherever medical treatment is more than 5 minutes away, hence a defibrillator in Dunton, installed with the support of Dunton Parish Council.

I attended the training in the village on how to use these life-saving machines and came away thinking that they were not as scary as I thought. I realised that rapid response is vitally important in improving the quality of life of a survivor because the longer the brain is starved of oxygen the more damage can occur.

When the Dunton defibrillator is used voice commands and screen messages tell you what to do, step by step. It will only shock a 'shockable' heart!

If you believe that someone in the vicinity of Dunton is having a cardiac arrest, ring 999. Get the defibrillator and follow the instructions it gives you. The defibrillator will not function unless it determines there is a need.



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1 The Stable Yard, Millow Hall Farm, Millow, Bedfordshire SG18 8RH



storytelling at the march hare, dunton  
a freehouse full of tales

Tales by the Sea, Saturday 25.4.15

We welcome back Eve Le Fay to tell us stories about the sea

Listen to a blend of folklore and true tales of bravery from around the  
Norfolk coast, including sea selkies and reminiscences from a Cromer  
crab boat fisherman

Eve, our local story teller will enthral adults and young adults aged from

16 years, 8.00 pm – 10.00 pm

£5.50 for adults, one 16 or 17 year old, free accompanied by  
two adults

Purchase your ticket from John or Janice

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