SARAH SWIMS THE ENGLISH CHANNEL SEE PAGE 43

SHARNBROOK COMMUNITY CHOIR SING IN VIRTUAL CONCERT SEE PAGE 35

A VERY SPECIAL RISELEY WEDDING - SEE PAGE 17
Emma Victoria
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WHAT’S NEW IN THE DAILY GRUNCH

This page will let you know what changes have been made from the previous issue.

The early issues of The Daily Grunch were based on the March issue of The Rural Grunch which was only partially delivered due to the Prime Minister Boris Johnson’s speech on Monday 23rd March.

The subsequent issues have been updated mainly in the first half of the magazine and also towards the back. We are now covering a wider area compared to the traditional monthly The Rural Grunch.

Regular articles such as Recipes and Village Teaser have remained and we are still monitoring how often we should update these pages.

We are aiming to keep articles in the magazine as long as possible as we are aware people are still discovering the new digital The Daily Grunch.

Due to the events being postponed/cancelled due to Covid-19, we are unable to include our Diary Dates and the Future Events pages. We are updating some pages on a daily basis.

SEE NEW RATE CARD ON PAGE 5

CONDITIONS OF ACCEPTANCE
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KEY CHANGES TO THE DAILY GRUNCH FROM THE LAST ISSUE
Page 1, Page 35, Page 37, Page 47

AS ALWAYS WE ENCOURAGE YOU TO SEND US YOUR NEWS AND DETAILS OF ANY EVENTS (VIRTUAL) YOU MAY BE HOLDING.

Email us at grassrootspublications@btconnect.com
ruralgrunch@btconnect.com

Deadline: Approx two working days before publication - for example Friday = 10am Wednesday
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Penhazy Parlour
On 9th June we decided to continue with the online The Daily Grunch on a permanent basis.

Advertisers who had on-going advertising with us were consulted and had until 8th June to decide whether or not they wanted to switch over from the printed version The Rural Grunch to the online The Daily Grunch.

Most of the advertisers have supported the change but we realise this is going to be a challenge, one that we will relish.

It has been brought to my attention that we will be saving up to 24 trees a year because we no longer need to use paper.

However some paper will be required when we do our leaflet drop to advertise the change to The Daily Grunch.

Initially we will focus on the former The Rural Grunch area including Riseley, Thurleigh, Keysoe, Colmworth, Wilden and Bletsoe among others.

Once this has been completed we will concentrate on the new villages as we now cover most of the Bedford Borough villages in the North-East Bedfordshire constituency.

The move to an updated daily version is exciting because we will be able to give greater coverage to local events both before and after.

Also we should be able to give greater support to local businesses and the many community organisations.

It took time for The Rural Grunch to become established having to overcome some negative comments. It was 11 years-old when Prime Minister Boris Johnson made his famous Lockdown announcement on 23rd March.

It will take time for The Daily Grunch to find its feet but we will get there.

RATE CARD

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EXISTING ADVERTISERS

Existing Advertisers have had complimentary adverts since Lockdown and their plans will resume from 100 issues. The advertising duration has been converted from months to days.

TO ADVERTISE IN THE DAILY GRUNCH

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grassrootspublications@btconnect.com
Local pubs and cafes in the area are putting on special events and deals as they recover from the Lockdown caused by Covid-19.

The hospitality industry has been assisted by the VAT cut from 20% to 5% on non-alcoholic drinks and food. It started on Wednesday 15th July and will last until 12th January 2021.

VAT is a consumer tax that is collected by businesses. They can reclaim any VAT tax on their purchases. It should benefit the consumer with the goal of encouraging them to spend money in the hospitality industry.

If your meal cost £10 inclusive of 20% VAT before the change, it should now be £8.75. At 20% the net price is £8.33 and 5% of this figure is £0.42 giving a new price of £8.75.

Several hospitality businesses in our area have been looking at ways to generate custom. The Bedford Arms at Souldrop will be offering the Government’s Eat Out to Help Out on Tuesday and Wednesdays during August - they are closed on Mondays. The Government will cover half the cost of your meal including non-alcoholic drinks up to £10 per person.

Additionally a special Bank Holiday event is taking place at The Bedford Arms on Saturday 29th August from 5pm when Grande Quattro will be playing rock and party covers from the 1960s to the present day in the beer garden where there will also be a BBQ.

The Royal Oak at Carlton is organising a Burger Night on Thursday evenings and this includes a time slot van presence in the following villages: Sharnbrook, Turvey, Carlton, Felmersham, Pavenham and Harrold.

The Swan at Sharbrook has a Mussels Evening on a Thursday, Fish and Chip Night on a Friday and a Steak Night on a Saturday. Local singer Daisy Keeble is performing on Friday 14th August at 7.30pm.

And back to the VAT, the reduction apparently also applies to outdoor theatres, amusement parks, zoos, campsites, hotels and bed and breakfasts.
If you are a lover of the smell of flowers, the Jane Packer range - designed in Oakley with the world renowned international florist would be perfect for you!

The sense of smell is incredible and has the power to lift our mood and evoke happy memories - perfect for times of stress!! Each of the 5 variants is distinctly different so there is one to suit all tastes (or moods!!) and we can also offer them at an amazing 50% off of the RRP!

Look out for our social media posts next week which will give you much more detail or look online at https://www.hazelnkaye.com/jane-packer/

“We look forward to seeing you soon!” Hazel, Proprietor

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The Government has announced that face coverings are to become mandatory in supermarkets and shops from Friday 24th July, joining public transport where people have had to wear a face covering since Monday 15th June.

A ‘face covering’ does not mean a medical grade mask, it is just something which safely covers the nose and mouth from a purpose-bought covering, to a scarf.

Face coverings work by protecting others, not the wearer, against the spread of infection because they cover the nose and mouth and prevent droplets being spread.

That is why it is so important that everyone who is not exempt wear a mask while on public transport, in a shop or in a supermarket, not just those who are vulnerable.

Bedford Borough Council is encouraging people locally to start wearing face coverings in shops, supermarkets and other situations where maintaining two metres social distancing may be difficult ahead of Friday 24 July, if they can.

There are lots of different options and, where possible, people are encouraged to use a reusable face covering rather than a disposable one, or people can make their own.

A face covering should cover your nose and mouth while allowing you to breathe comfortably, fit comfortably and securely against the side of your face, and be secured to the head with ties or ear loops. You should avoid touching the face covering while you are wearing it.

Make sure you wash your hands thoroughly before putting a face covering on, and both before and after taking it off. Single-use masks should be disposed of with your non-recyclable waste and reusable masks should be washed in line with the manufacturer’s instructions.

During the period between Friday 17th July and Sunday 19th July, Bedfordshire had 54 new cases according to Public Health England. This included 11 for Bedford.

It is not clear whether the Bedford figure includes the Bedford Borough villages.

If you miss your daily newspaper or favourite magazine, grab your library card and read them for free on any device with PressReader.

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GRUNCH NEWS

☐ The Bletsoe War Memorial Centenary Commemoration was held on Saturday 20th June - what should have been the day of the Bletsoe Country Fete.

It was led by the Rector, James Isaacs including an Act of Remembrance with Two Minutes Silence. There were readings from Jane Ward with letters from the Home Front to the trenches, and Clare Goduti, Parish Councillor, gave the Kohima Epitaph. Two village children, Neve and Emilia, read poems while others laid a red rose for each of the eleven Bletsonians who did not come home whilst Les Skinner played ‘The Flowers of the Forest’.

Over sixty-five villagers attended after which a number of garden picnics took place through the village and in the orchard.

☐ A weekly collecting point has been set up in Yelden to assist the Rushden Food Bank, which is in desperate need of food and other supplies during the Lockdown. Every Wednesday until we are out of the corona crisis, there will be a collecting point in the porch of St Mary’s Church, Yelden from 5pm to 8pm. Please bring your donations in a bag and place in the porch while respecting social distancing rules.

Local Situation Vacant

Professional Female support worker required for a lady with an auto-immune disease.

Rate: £10-£12 Per Hour (on a self-employed basis only)

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Experience: Customer relation skills, background in care/nursing useful but not necessary as training is given, good housekeeping skills.

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Previous applicants need not apply.

Contact: Applications by Email with details of working background, your availability and suitability for the role: Hope Edwards hope.empathycare@btinternet.com
Help and guidance for moving and selling during the COVID-19 outbreak

Part 1: Probate sales

The last few months have been difficult for most of us to say the least, for many it has been a truly tragic time. As loved ones are lost, it is very sad to have to deal with a rising number of probate sales. If you are having to go through probate, or sell a deceased family or friends home in any respect, then I hope this will help you.

It is likely that if you have lost someone close to you, you were unable to sit with them or even hold a proper funeral. Sorting the belongings and estate that may have been left to you and your family may seem like a huge task, but the process may actually help you grieve.

Of course we are all different, and if you have numerous family members involved, things can become a little tricky as decisions need to be made. Many may feel the cathartic motion of going through the property contents not only uncovers some lovely memories, it gives you time to process the situation. Likewise, many may want to rip off the band aid and have the property professionally cleared and everything done quickly.

I often find this conflict of interest causes great friction between family members, and therefore some serious negotiation is required. The stress of dealing with the probate and finding a good solicitor can also add frustration. On top of all this, organising a clearance company and having the property and gardens cleaned and maintained is the final straw, and you haven’t even put the property on the market yet!

So here comes my greatest piece of advice.... instruct your estate agent well before you are ready to market. Choose a local agent who is experienced in dealing with probate and similar sales. The local knowledge will be valuable as you take advantage of the agent’s local connections with cleaners, clearance companies, builders, gardeners, solicitors ...

But more importantly if you choose the right agent, they will negotiate and communicate with all parties involved, avoiding as much conflict and stress as possible, and will be able to provide advice and support through the process.

After everything you have been through, the help and support will be a welcome relief. I certainly appreciate being involved in the early stages as it gives me an opportunity not only to go above and beyond, but to really get to know everything and everyone involved. By building that relationship and having in-depth knowledge of the property, I can ensure a smoother transaction and the best price for the property that all parties are happy with.

Sometimes an impartial but knowledgeable and empathetic stranger is what you need to get you through. Please feel free to get in touch if you would like help.

See advert on page 20.

Hannah Carr
(Copyright Carr Estate Agents Ltd)
Bletsoe residents turned out to celebrate the centenary of the Bletsoe Memorial.

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FOCUS ON THE BLETSOE MEMORIAL
GRUNCH HISTORY

The origins of the annual village feast have been lost in time.

However it seems likely that this goes back to the age of the hunter gatherers, when families who may have lived some distances apart, got together once a year to eat, drink and be merry and to give thanks for the end of another natural year – the completion of the harvest and the filling of the larder with meat, fruits sufficient to see them through the long, hard winter.

In Ravensden, there was also a distribution of bread (later coal and more recently money) to the poor of the village under the Agnes Martin Charity, founded 1565, but this was not part of the celebration of the Feast.

The Feast in Ravensden appears to have been held on the 12th November each year. It may have been held on this date because it was the end of the church period of Allhallowstide and as the village church is dedicated to All Saints, this was clearly considered a suitable date for the whole village celebration.

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Local Plans set out where growth and development will take place - everything from homes and jobs to schools and infrastructure. Bedford Borough Council already has a Local Plan in place up to 2030.

With changes to national planning policy and proposals around the Oxford to Cambridge Arc - which Bedford Borough is at the heart of - we now need to look further ahead, so we are carrying out a Local Plan Review and want to hear your thoughts by 4th September 5pm.

The new local plan will identify land for development by allocating sites.

If you know of a site that may have development potential, or if you are a landowner, business or developer and have a site you would like to bring to our attention, please complete a site submission form by 14th August 5pm.

All sites proposed will be considered for inclusion in the plan.

You can now book a slot to visit the Household Waste Recycling Centre (HWRC) via the Bedford Borough Council website.

To manage demand and ensure that everyone can social distance while using the tip, you must book an appointment before you go.

It is quick and easy to do so online at www.bedford.gov.uk/hwrc

For full details on what types of waste the HWRC is currently accepting, vehicle types permitted, and opening hours please visit our website.

Please do not come to the HWRC without an appointment, you will be turned away.

Postponed community events for the East-West Rail Project between Cambridge and Oxford will take place later this year - Covid-19 permitting.

These includes those scheduled at Clapham and Bedford Rugby Club.
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Although it is a little different this year, children can still join the Summer Reading Challenge. For 2020 it is all about funny books, happiness and having a laugh.

They can meet the Silly Squad, an adventurous team of animals who love to have a laugh and get stuck into all sorts of funny books.

This year, the Challenge features extra special characters designed by the award-winning author and illustrator Ellen Anderson, best known for her books Amelia Fang and Evil Emperor Penquin.

The challenge is running until mid-September and is in a new digital format.

The Summer Reading Challenge website features games, quizzes and downloadable activities that encourage children to take part in reading related activities.

Although library buildings are closed, children can still borrow fantastic e-books and audiobooks through RBDigital and Borrowbox with their library card.

Learn more about the Summer Reading Challenge on the Virtual Library at:

www.summerreadingchallenge.org.uk
Great Barford’s Claire and Fin Ruppersburg are taking part in the Great North Run Solo Challenge to raise money for the NHS Charities.

Nine-year-old Fin is getting fit by doing the Couch to 5km Plan before doing the Junior Challenge of 13 runs in 14 days.

Mum Claire is approaching the month landmark in her training plan and is aiming to run every day until 6th September, planning to clock around 350 miles.

The popular Half Marathon in the North East has had to be cancelled for this year due to Covid-19.

However the organisers have come up with the special virtual event that started on 28th June, the date of the very first Great North Run in 1981.

As the event was to celebrate its 40th running, the challenge is for each entrant to complete a minimum of 40 runs between 28th June and 13th September, the day this year’s race was scheduled for.

This equates to a run for each year of the Great North Run and there is also a challenge for junior runners where they complete 13 runs in 14 days from 31st August.

For the experienced athletes there is a cumulative distance challenge for your 40 runs with a bronze memento for 100 miles, a silver for 200 miles and gold for 300 miles.

Entry is £10 with profits going to the NHS Charities together Covid-19 Urgent Appeal. Entries close on 31st July.

For further details of the Great North Run Solo see www.greatrun.org

To support Claire and Fin go to the Great Barford Village Community Facebook Page.

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E. lindatongue@yahoo.co.uk
Riseley’s Oliver Pay and his fiancee Vappu were married on Wednesday 8th July in Nottingham. They were the first couple to have a civil ceremony in the city since Lockdown. Oliver was quite well known in the village, having been a stalwart paperboy and played cricket for Riseley. It was both a happy and sad day for his parents Tony, the well-known chimney sweep, and Debbie - happy for the wedding but sad as the new married couple have now emigrated to Finland. Our loss is Finland’s gain.

LET US KNOW ABOUT YOUR SPECIAL NEWS

grassrootspublications@btconnect.com
GRUNCH NEWS

Sharnbrook Mill Theatre, a group with about 200 volunteers in Sharnbrook, Bedfordshire, has been honoured with the Queen’s Award for Voluntary Service, which is the equivalent to the MBE and is the highest award a voluntary group can receive in the UK.

It is to recognise the work volunteers have undertaken to transform a redundant historic water mill into a thriving community theatre, for more than 40 years.

Representatives of SMTT will receive the award from Helen Nellis, Lord Lieutenant of Bedfordshire later this summer, with two volunteers due to attend a garden party at Buckingham Palace in May 2021.

● Sharnbrook Mill Theatre went All Red on Monday 6th July to highlight the plight that the cultural community faces as we start to move out of Lockdown. Like many theatres, Sharnbrook Mill Theatre will be relying on the support of their benefactors and volunteers to recover from the crisis.

● The First Scarecrow Festival is taking place at Felmersham on Saturday 8th August to celebrate Keyworkers during the Covid-19 crisis. The event is open to Felmersham and Radwell residents only and it is expected the streets and lanes will be filled with many interesting characters. The event is being sponsored by The Sun public house with the prize giving taking place in the hostelry’s gardens on the big day.

Monday - 9.15am -10.15am: Keysoe Village Hall
Monday - 4pm - 5pm: Dalton Community Hall, Upper Dean
Wednesday - 11.15am -12.15pm: Keysoe Village Hall

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Many of the autumn shows have now been cancelled with the Great Gransden Show being the latest casualty because of COVID-19.

Already the Riseley Show and The Village Show at Keysoe suffered similar fates towards the end of last month.

And last week, it was confirmed that the Dean and Shelton Country Fayre was a victim.

The organisers of the Upper Dean event have confirmed a smaller version will go ahead but not at the Dalton Hall venue.

Instead there will be exhibits outside people’s houses in the village but cups are not expected to be awarded.

There is also likely to be a scarecrow competition and a similar format is set to be adopted at Keysoe.

The traditional scarecrow competition will go ahead, but maybe a little earlier than usual, in the summer months.

The chairman of The Riseley Show Judith Wright said they are keen to come back even stronger in 2021 and the same sentiments have been echoed by the Great Gransden organisers.

Th Great Gransden Show, scheduled for September has been cancelled.
As the UK lifts out of lockdown Nick Kier of Lane & Holmes suggests a chat over coffee to consider your next move.

The creator of Thomas the Tank Engine, the Reverend W Awdry, once said that the church was like a railway: both were trying to get people from one place to another.

Estate agents fall into the same category. We move people from one home to the next. And never has moving people seemed more important than now: because never have homes seemed more important to all of us as we battle to defeat the most deadly threat in our lives - and to our way of life - since World War II.

But something big is going on with homes. Our activity has gone through the roof in the past few weeks. The property portals are reporting the highest traffic to their sites - ever. In lockdown decisions to change - to move on - have been made and are now being acted upon.

It is at a time like this that estate agents become very useful indeed. It is their local expertise and market knowledge, which are so invaluable to sellers and buyers. Who'd have thought that houses and flats on dedicated cycle lanes would step up in value in only a few months? The answer is, an experienced estate agent.

So if you plan to move home, why not call us for a chat. Better still, arrange a Zoom meeting, Face Time or WhatsApp chat over a cup of coffee. You will find that we live in your area, we share and enjoy the same local facilities and we support the same local enterprises. More than that, you will find that we care in a way that goes beyond selling your property. We take care in moving our clients from one place to another.

Estate agents are engines of change. As James and Percy said to Thomas the Tank Engine, “We’re really useful engines, after all.”
The Bedford Arms at Souldrop had a special guest during its first week of re-opening. North East Bedfordshire MP Richard Fuller dropped in for a bite to eat on Friday 10th July.

GRUNCH NEWS

COLMWORTH HALL

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EIN July Report

The two outstanding items from last month’s report have been completed. Namely widening and reinstating the steps to the girder bridge linking FP6 and FP4 by filling the void between each step with gravel and stones provided by the Borough Council. The other item, to cut back the tree line and overhanging brambles on Bridleway 62 by the Perimeter Fence between Manor Farm and the Control Tower, has also been completed.

The other paths we normally maintain have also had a cut. Keeping them clear involved working twice a week during this busy growing season. Work has now been completed to clear and reinstate FP44 which runs between Keysoe Road, (past Nyth Bran) and Cross End Lane. It has been noted that a further large section of Ash Tree has fallen across Footpath 1. Currently the field is lying fallow so does not present an obstruction. However, it is hoped this can be cleared in the next week or so.

Thanks to Andy Stubbs for his work bringing FP44 back from the wilderness. I would also like to thank Trudi Holmes for her help in cutting back some very stubborn vegetation on FP6 south of the Church.

Ian Soaft, Chairman, Thurleigh EIN

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HARROLD MUSICIAN SIMON WILLIAM

Harrold’s Simon William released his first single ‘Happy’ on Friday 26th June and this was followed by a second ‘With Me’ a week later on 3rd July.

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HARROLD MUSICIAN SIMON WILLIAM

A year of hard work has come to fruition for Simon William as he released his debut single ‘Happy’ on Friday 26th June.

The single is set to be the flagship for the forthcoming EP ‘Just So You Know’ which is due to come out later this summer. Over the past 10 years, the Harrold musician has developed his music and has been able to produce a catalogue of songs that are both intimate and deeply relatable. During his early years, Simon William, also known as Simon Lowes, has had experience on the drums, piano and guitar, but the breakthrough came with his vocals.

His fine voice is equally at home in a cosy café, pub or in an outdoor setting and his lyrics aim to simultaneously stir and still the listener, creating a space to just be. A number of artists have influenced Simon William’s musical career so far including Jamie Cullum, Jack Garratt, Lewis Capaldi and many more.

During the build-up to the release of ‘Just So You Know’, Simon William has been seen performing a series of outdoor acoustic sessions next to The Causeway at Harrold. These videos hold altogether a different sound to the studio recordings, but offer a nice intimate alternative.

To access ‘Happy’ go to: www.songwhip.com/simon-william/happy

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THE DAILY GRUNCH - 31st July 2020
GRUNCH RECIPES
OUR FAVOURITES

Terry’s Chocolate Orange Cheesecake
Karen Williams - Delish.com

For The Base
150g digestive biscuits
75g unsalted butter

For The Cheesecake
1 Terry’s Chocolate Orange
200ml double cream
500g full fat cream cheese at room temperature
100g icing sugar

To Decorate
75g Terry’s Chocolate Orange Minis
100ml double cream
1tsp icing sugar
Zest of half an orange

☐ Line the base and sides of a 20.5cm springform cake tin with baking parchment

☐ Make the base: whizz the biscuits in a food processor until they resemble breadcrumbs or put in a sealed bag and crush with a rolling pin. Mix in melted butter then press firmly the mixture into the base of the tin with the back of a spoon. Chill.

☐ Melt the chocolate orange slowly in a heatproof bowl set over barely simmering water, stirring occasionally and making sure the base of the bowl does not touch the water. Allow to cool for a couple of minutes.

☐ Beat together the cream cheese, icing sugar until smooth. Add double cream and continue to beat until smooth and fully combined.

☐ Tip the melted chocolate into the cream cheese mixture folding to combine and marble, then tip into the tin and spread to level. Chill for at least six hours.

☐ Set aside 12 Chocolate Orange Minis then melt the remainder in a heatproof bowl set over barely simmering water, stirring occasionally making sure the base of the bowl does not touch the water. Allow to cool slightly.

☐ Whip the cream and icing sugar to stiff peaks.

☐ Remove the cheesecake from the tin and peel away parchment. Dot the melted chocolate over the cake and create swirls with the back of a teaspoon.

☐ Sprinkle the orange zest over the cake then decorate the edge with 12 piped cream swirls each topped with a Terry’s Chocolate Orange Mini. Chill immediately to set.

● Terry’s Chocolate Orange Cheesecake.
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GRUNCH TEASER

IN WHICH VILLAGE WOULD YOU FIND THIS SCENE?

Answer in August

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Lockdown is lifting, outdoor theatre is restarting, and from 1st August venues can re-open for indoor performances.

So what does this mean? When can you start to come back to The Place at Bradgate Road, Bedford? We have missed the live experience as much as you but must acknowledge the difficulties that we face going forward. While we process all of the guidelines, suggestions and overlapping information we must ensure that, when possible, we re-open safely, carefully and convincingly.

We must balance the health and safety of our audience members, staff, and volunteers. Our venue is only small, and with current physical distance guidelines we’re anticipating that we perhaps accommodate only 30-40 viewers in our auditorium at a time including front of house and fire safety volunteers.

This also affects all of the other public parts of the venue. The aim is to keep our spaces safe and open, and to look after our long term future so that people can continue to enjoy live arts and cultural experiences once the immediate danger has diminished.

Guidelines have ruled out performances by non-professional singers and wind instrument players. So that’s all of our community musical theatre, colleges, drama schools and youth musical theatre teams, who have to wait even longer to plan for their futures. It is important to acknowledge that these groups need time to rehearse, produce and market their work.

With regards to professional theatre, we have been having conversations with some amazing artists and theatre makers to consider what we can do that still creates amazing outdoor live experiences for audiences here in Bedford.

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Will there be any local productions taking place this year in the north Bedfordshire area?

Many of the theatre groups are struggling to survive and are still waiting for the green light to re-commence their productions.

Although there has been some positivity with regards to the professional stage – such as the West End – it is not necessarily the case for the amateurs.

The only explicit mention of non-professional arts in the detailed guidelines published by DCMS on 17th July is to specifically rule out performances by non-professional singers and wind instrument players.

So that’s all of our community musical theatre, colleges, drama schools and youth musical theatre teams, who have to wait even longer to plan for their futures.

It is important to acknowledge that these groups need time to rehearse, produce and market their work.

Some groups such as The Place in Bradgate Road, Bedford are looking into the possibility of organising outdoor theatre events.

In the meantime, The Place are hosting a fundraising event on Saturday 1st August and Saturday 29th August. For the first time they will be hosting a Table Top Swap Shop in their Bradgate Road car park. Their staff and volunteers have been working to create a safe, socially-distanced and cashless event.

It is a wait-and-see situation whether or not the Bedford Marianettes will go ahead with a scheduled production of Grease in December - casting took place in June.

Just Us Productions have not yet auditioned for their annual Bedford pantomime so there is a cloud of doubt about whether or not that will go ahead.

Toffee Apple, who use The Place, are holding back auditions for Joseph, which was due to take place in November.

The Sharnbrook Mill Theatre wardrobe team have certainly been busy during Lockdown. First of all they made scrubs, hats and hair bands for the NHS during the height of the Covid-19 crisis and examples of their brilliant work is pictured above.

Other dedicated volunteers have used the time to get stuck in with renovating old props, clearing out the furniture stores, and rejuvenating various parts of the building.

And in preparation for a re-opening at some point the new air conditioning is being installed in the auditorium while the bar area and the backstage toilets are being refurbished.

A Sharnbrook Mill spokeswoman said: “While we do not know when we will be re-opening exactly, our various teams are working hard behind the scenes to make sure that when we do open we are a safe venue.”

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The Giddy Goat in Riseley has a new menu that has been expertly produced by Paul Brown.

Although the cafe has a great reputation for its cakes and ice cream, they also serve more substantial meals such as lasagne, cottage pie and many’s favourite the burger.

But you can also get a selection of Thai, Chinese and Indian food - subject to availability.

The Post Office’s Outreach Service has continued during the Covid-19 Lockdown. The Post Office van visits several North Bedfordshire villages on the days and times as below.

**Monday:** Upper Dean - 1pm-2pm; **Tuesday:** Thurleigh - 1.25pm - 3pm; **Wednesday:** Riseley - 9am-11am; Colmworth, Church Road - 12.30pm-2pm; **Thursday:** Bletsoe - 1.25pm-3pm; **Friday:** Colmworth Village Hall - 1-2pm; Thurleigh 2.25 -3.30pm.
A History of St Denys Church and the Village is a detailed historical book about Colmworth.

The front cover, pictured right, is impressive featuring the Dyer tomb, showing a divided family where two boys fought with Cromwell and the other two supported the King, Charles I. Lady Dyer wrote her famous poem, which is printed on the back of the tomb as her husband died ten years earlier.

The book looks at the history of both the church and the village and some of its residents. It’s a fascinating book and a good investment for anyone who is interested in the history of Colmworth.

Sponsored by the Bats Society the book consists of 60 pages of A4 size with glossy illustrations on almost alternate pages and costs £10 with proceeds going to St Denys Church Restoration Fund.

It is available from Kate Abrahams on 01234 378132.
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Sharnbrook Community Choir took part in a Virtual Online Concert called ‘Choir Show’ on Sunday 26th July.

Ten choirs took part and each produced a virtual choir recording of one or two songs, which were played out in the concert introduced by the leader of each group.

To make a virtual choir recording, each member had to sing along to the song and record themselves doing it on their smartphone then send it to the person compiling it. Then all the videos were mixed together to create the final product.

The two songs were ‘Eriskay Love Lilt’ which is a traditional Scottish song made famous by Judith Durham of The Seekers in the 1960s, and an American gospel song called ‘I’m Gonna Make It’.

You can find the songs on the Sharnbrook Community Choir Facebook Page.
Thank you to our NHS & Key Workers

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GRUNCH LIFESTYLE

SIMPLY FLOW

GOLDEN MILK

We all know the importance of a balanced diet for our health and well-being. As well as fresh, local foods, there are also some drinks that may help, particularly with specific problems.

Each day I have either cider vinegar - diluted with honey - or golden milk. I find both help with a range of digestive issues and inflammation in general.

Golden milk is easy to make. You will need: a mug of milk - or soy or similar - chopped fresh ginger, a teaspoon of turmeric powder, ground black pepper, and honey.

All ingredients can be easily found at most supermarkets or online.

Gently heat the milk in a pan. Stir in the turmeric and add the chopped ginger. Sprinkle a little pepper on top - turmeric is a great anti-inflammatory, the pepper aids in its delivery.

Simmer for five minutes or so until the liquid turns golden brown. Pour into a mug and stir in honey to taste - local honey is best.

The relaxing and healing Golden Milk

I have this as a bedtime drink and have found it very soothing. It’s easy to prepare and you soon get used to the taste!

There’s a video clip showing all the above at the free download page above on our website.

Robert Poyton is Chief Instructor of Simply Flow, a North Bedfordshire based health and fitness group.

www.simplyflow.co.uk

Rob Poyton

GRUNCH BUSINESS

● All the businesses at the garage complex in Riseley have now re-opened after the Covid-19 Lockdown. HP Motors, The Giddy Goat Cafe and Real Fit Centre are all operating within the current guidelines.
PICCOLO MUSIC CLUB

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GRUNCH NEWS

Children’s music sessions will take place at Puddle Duck House at Knotting Green Farm, Knotting Green every Friday during the summer school holidays – 31st July to 28th August.

The Piccolo Music Club sessions last from 10.30am to 12 noon and will include dancing, stories and games in an orchard. There will also be instrument play-alongs and activities so children should bring an instrument along with a blanket, guitar and snacks. Toilets, handwash and sanitising facilities will be available on site and there will be car parking on site.

Further details see: www.piccolosmusicclub.co.uk

The Chelsea Flower Show is coming to Keysoe as residents have been given the chance to showcase their gardens.

As The Village Show at Keysoe is not going ahead in its usual format, the committee have put together some alternative events.

Local photographer Nikki Brealey is hoping to take picture and videos of gardens in the village to create a commemorative film.

Top End Stores in Little Staughton celebrated 100 consecutive days of serving the public during Lockdown. Throughout the Covid-19 crisis, the McCullums have ensured the locals have had their essentials including toilet rolls. Owner Sarah McCullum-Turner said: “Now that the Lockdown restrictions are being eased, remember it has been the small businesses such as the corner shop who have been there for you during the pandemic. Please support us in the future. Don’t forget us.”

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**Full body brush, scrub and moisturise**—give your skin a boost and a glow. This treatment leaves your skin smooth, refreshed and revitalised.

**Reflexology**—treat the mind, body and soul with this wonderfully relaxing and balancing treatment that will induce a sense of well being and aid the body in healing.

**Field Farm**  
**Cross End**  
**Thurleigh**  
**Beds**  
07894 807653
Turvey swimmer Sarah Poll spent the day on Sunday 12th July taking on the English Channel Challenge to become the first person to swim the Channel this year.

Her performance has now been ratified and Sarah now appears on the data base of swimmers that have completed the English Channel swim that can be found on the Channel Swimmers and Piloting Federation website (cspf).

A notable name on this list is celebrity and children’s author David Walliams.

Due to Covid-19, official swims across the English Channel had been delayed until the second Sunday in July.

Accompanied by the High Hopes boat navigated by Marilyn Critchley, Sarah started her swim at Abbotts Cliff, Dover at 4.03am

Sarah completed her swim at Wissant shortly after 8pm UK time. This meant her official completion time was exactly 16 hours.

Sarah Poll after her English Channel swim.

Turvey swimmer Sarah Poll has spent the last week reflecting on her epic swim across The English Channel from Dover to France.

“It was just a brilliant experience,” said Sarah. “I have thought about the hard work, all the training, everything leading to that one day when I will conquer my childhood dream.

“During the swim, I experienced everything. The jellyfish stings, France disappearing from sight when it should be getting closer, the low moments and the high moments. It is very hard to put it all into context and tell everyone how you feel and how it went.

“A quote that flies round the swimming world is ‘from the outside looking in you do not understand it, from the inside looking out you cannot explain it.’ That is so true.

“I am just so lucky to have such amazing people in my life who actually encourage me to do these things.

“I want to say a massive thank to Phillip and Shaun, crew of the century, my coaches Kevin and Kasthy, Hartwell Leisure, all those that sponsored me and had faith in me and my swim family.

Most importantly my family. Ed and the kids have been my rocks. They have been there to help with every step of the way. They have had to put up with me disappearing and buying no end of swim kit.

“My parents were always at my side along with my sister, putting up with my grumps. “Also the truly special friends who came all the way to Dover to see me off on the swim or arrive in France.”
FOCUS ON SHARNBROOK GOLF CLUB

Playing Covid 19 Golf at Sharnbrook Golf Club. What’s it like?

The Government has now allowed up to four people from different families to play golf together as long as you travel separately and maintain social distancing rules at all times on the course and both before and after play. Players are still not allowed to touch any communal equipment. I never thought I’d see the day when golfers were ordered not to fill in their divots made on the tee with the seed and soil mixture supplied.

Golfers must only use their own equipment and only use a club to smooth the sand if they have been unfortunate enough to go into a bunker. I think the bunkers look more natural as a result. You may not touch the pin and the shallow hole makes holing the ball slightly more difficult - see picture below.

Sharnbrook Golf Course is at its best at the moment set in a beautiful piece of English countryside. Because only members and their guests can play, the club runs a ‘Meet and Greet’ system where prospective members can be escorted on a complimentary round by a member to see what a picturesque and challenging golf course we have. Look at our advert for contact details.

See our advert on page 46.

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GRUNCH CRICKET

North East Bedfordshire Cricket Honours Board

Batting

Arron Peters (SharnBrom)...........80 (v NC II)
Andrew Jackson (SharnBrom)....72 (v NC II)
Danny Hartwell (Wilden)...........71 (v Clifton)
Lee Hoggett (Blunham).............68 (v Elstow)
Jacques Wildon (Blunham II)......61 (v Elstow II)
Rick Davis (Harrold Pilgrims).....52 (v Hexton)
Dominic Mawdsley (SharnBrom) 51 (v NC II)
Greg Derbyshire (PavFel).........51 (v Sandy)
Nishanth Narayanan (Biddenham).47 (v NC)
Arron Peters (SharnBrom)........46 (vMB)

Bowling

Sam Richardson (Thurleigh II)....5-19 (v Olney II)
Alex Wallman (Blunham II)........4-17 (v Elstow II)
Michael Winfield (Blunham II)....4-24 (Elstow II)
Daniel Denton (Thurleigh).......4-27 (v Elstow)
Freddie Larkins (Biddenham).....4-52 (v NC)
Brody Willerton (Thurleigh)......3-8 (v Olney)
Daniel Denton (Thurleigh).......3-20 (v Olney)
William Johnston (Thurleigh)....3-20 (v Olney)
Jahangir Ahmed (Biddenham).....3-22 (v NC)
Gareth Alred (SharnbrookBrom)....3-23 (v MB)
Ross McMullan (Thurleigh)......3-26 (v Elstow)

FIXTURES

Elstow Invitational League
1st August
Division One
Biddenham v Elstow
Blunham v New Bradwell
Milton Keynes v Thurleigh

Division Two
SharnbrookBromham v Blunham II
Thurleigh II v Milton Bryan
North Crawley II v Olney II

Bedfordshire Invitational League
25th July
Division One
Harrold Pilgrims v Old Warden

Division Two
PavenhamFelmersham v Road Runners
Riseley v Wilden

Division Three
Langford v Harrold Pilgrims II

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GRUNCH CRICKET

Thurleigh have a good chance of making another big stride towards the semi-finals of the Elstow Invitational Cup when they travel to Milton Keynes on Saturday 1st August.

Thunderstorms halted most of the local cricket games last weekend with many fixtures being abandoned.

However, there was one match that survived the downpours and this saw Milton Keynes go down by eight wickets at Biddenham.

Thurleigh captain Rob Stean will have noted that Milton Keynes were skittled out for 144 while his side were involved in an intriguing battle at Elstow.

Elstow were restricted to 168-9 with the Yellow Caps’ highlights being the bowling efforts of Dan Denton, who took 4-27, and the 3-26 from Ross McMullan.

Although Thurleigh had lost two early wickets, the game was poised when the rains intervened.

Having won their opening match against Olney, Thurleigh go into the Milton Keynes clash unbeaten.

In the Second Division, Sharnbrook & Bromham are looking to continue their fine start to the season when they entertain Blunham II. After defeating Elstow in a friendly, Sharnbrook & Bromham beat Milton Bryan in their first league game and managed 255-3 at North Crawley before this clash was halted.

Thurleigh II, who had reached 64-3 against Elstow II, are at home to Milton Bryan.

In the Bedfordshire Invitational League, Harrold Pilgrims are at home to Old Warden in Division One while Riseley entertain Wilden in Division Two, which also sees Pavenham & Felmersham host Dunstable Road Runners.