

# Cranfield Express



January  
2006  
No 70

## A Merry Christmas and A Happy New Year to You All

Inside this month's issue you will be delighted to hear that there are not loads of letters about development - to be or not to be. Like last Christmas we didn't want you to just line your Christmas bin with Cranfield Express without first reading all the latest news and Christmas cheer. We hope that, sticking to our ultimate aim, we have kept you informed, maybe frustrated but reasonably entertained throughout 2005. We also apologise for missing things, misspelling words and names, misunderstanding situations and generally ignoring folk who do not have the courage to put their names to the 'number withheld' phone calls (see page 2).

We also would like to thank our advertisers for their continued support and although we regret the loss (through retirement) of Roger Banerster - and I never have spelled his name right - of Russell Press,

Amphill, we would like to thank him for his professionalism and his devotion to the production of Cranfield Express. In his last email to the Editor his quote was "Cranfield Express has always been one of my 'babies' as she was born with us [Russell Press], plus it has always been enjoyable to do and the people that have come and gone have all been 'my kind of people'".

We would like to thank those deliverers who have left us over the past year for their invaluable help, and many thanks to the new ones - stepping into their shoes and out into the cold night air to make sure everyone gets a copy.

Finally - the team... From Peter, Annie, Audrey, Jane, Helen and Stephanie ... Have a really happy Christmas and a New Year full of good health and success..

## Bell Ringers Attempt 'Full Peal'

On the Monday, 2nd January at 2.00pm, in celebration of Christmas and the New Year, local bell ringers will attempt to ring the first ever 'full peal' on Cranfield's six bells - a demanding feat that will require endurance, skill and technical ability.

The precise definition of a full peal is complicated, but in essence it means that each ringer will be ringing continuously for around three hours in order that his/her bell rings more than 5,000 times (or 'changes'). For the technically minded, the definition is based upon the maximum number of permutations that can be rung on seven bells without repetition, that is 5040 changes (multiply 1x2x3x4x5x6x7). Of course we've only got six bells, but the minimum number stays the same. Although there have been two previous peals at Cranfield - in 1963 and 1995 - these were both rung on the old five bell installation prior to the augmentation and re-hanging work that was completed in 2001. This attempt will be the first on the new installation of six bells.

Cranfield ringers Jim Ewen and Michael Barnicott-White will be joined by four very experienced Bedfordshire ringers for the peal attempt. These will include Mike Trimm from Flitwick who will be conducting the ringing. Here's wishing the band the very best festive wishes for their ground breaking challenge.

## Learner Driving

- DSA Approved, Patient & Professional Instructors
- Full 1 Hour Lessons
- Dual Controls
- Save Money: Block Bookings 11th Lesson Free
- Evening & Weekend Lessons Available
- Pay By Cash, Cheque, Credit Or Debit Card



**CAT** DRIVER TRAINING

**T 01234 757633 M 07974 715551**  
info@catdrivertraining.co.uk www.catdrivertraining.co.uk

## PCFIXER

**Bugged by a bug? - Computer broke?  
Foxed by email? - Internet slow?**

Computer repairs - Hardware or Software Security - Networks - Internet  
Computer and software training ... In your home or office

Fixed rates - no call-out charge

Tel...01525 402995 - 07989 417750

## SAMARITANS

0845 90 90 90

**Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide**

*The views expressed in this publication are not necessarily those of the publishers. © 2005 Cranfield Express. No part of this publication may be copied in any form or by any means without the prior written permission of the publishers.*



Keeping the village in touch

## Cranfield Express

Tel/Fax: 01525 280262  
07739872956

and 01234 750716

contributions@cranfieldexpress.co.uk  
adverts@cranfieldexpress.co.uk  
letters@cranfieldexpress.co.uk

**Leave material in 'the boxes' at The Uni Costcutter, Enoch's Paper Shop and Cranfield Newsagents**  
**Deadline for next issue Tuesday 17th January 06**  
[www.cranfieldexpress.co.uk](http://www.cranfieldexpress.co.uk)

## Parish Plan Report

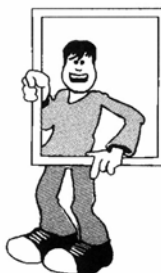
The Parish Plan Steering Committee has now formalised its structure having elected a Chair, Deputy Chair, Treasurer and Secretary. Six initial action groups have been set-up relating to Leisure, Environment, Youth, Transport, Economy and Public Services. These are not exclusive and other target actions may be added in time.

The first major task is the submission for a grant from DEFRA which must be submitted before the end of January 2006. The Steering Committee is drawing up a project plan and associated budget as part of the bid process. Support is being given by the Parish Council that has voted to make available £2000.

The second task relates to the construction of the plan when the bid has been submitted. The Steering Committee will need to:

1. Assess the village's current position with respect to the six areas listed above.
  2. Assess future needs taking into account any perceived developments in the area based on information from householders, community groups, local companies and local service providers.
- Although the results of the bid application will only be known in March the Steering Committee will be able to start work on these second phase activities due to the availability of the Parish Council support.

## Master Windows Installation And Repairs



Windows, Doors, Fascias, Gutters

Quality products fitted by  
Quality installers

Tel: 01525 753828 Mob: 07774 655768

## Letters To the Editor

### Thank You

To all the staff of Cranfield Express Best Wishes for the festive season and I do hope you have a pleasant 2006.

Many thanks for allowing people like me from Basingstoke to keep in touch with the village of my childhood. Many thanks.

*And thank you for your kind words Brian. See Memories of a Cranfield Christmas on Page 14*

Brian Sanders  
Basingstoke

### A Sense of Balance

My sincere apologies for writing yet again about planning, particularly in this Christmas edition, but I feel I must add some 'balance' to Margaret Rooney's article in the November issue of Cranfield Express.

I can only suppose, as Margaret was not present at either the Mid-Beds Executive Meeting on 14th September or the DC West Planning Meeting on 15th November, she was unaware that at both meetings, on behalf of Cranfield Parish Council, I

posed a series of questions regarding the Home Farm Design Brief.

Following the meeting in September I requested and received a copy of the responses, and at the November meeting a member of Cranfield Parish Council was in the public gallery taking notes.

The Parish Council's views and comments have certainly been taken into consideration and as far as possible incorporated into the Design Brief - and yes - there are some points which still need further clarification which I am discussing with the Planning Policy Manager at Mid - Beds. At a later stage, of course, as detailed planning applications are submitted these will, in the normal way be commented on, and as appropriate, challenged.

Finally I would like to thank Ann O'Mally for her delightful letter that brought a touch of 'light relief' to this ongoing saga.

District Councillor  
Alan Bastable

## Anyone for the Muga?

Cranfield's multi-use games area 'The Muga' is currently in operation. It is used by Holywell Middle School during school hours and it is fully booked during weekday evenings.

It is available for new block bookings and casual bookings at weekends. It will also be available for day time casual bookings midweek during the school holidays.

The post completion phase has not been as smooth as we hoped but we are working with the contractors and Mid Beds District Council to ensure that all the loose ends are tied up, lights working and duplicate keys supplied. We would like to apologise to Parkers' Newsagents for the delay in rolling out the casual booking system through their shop.

They should be approached to make a casual (one off booking). For anything longer please contract the secretary. If Parker's are unable to resolve your request contact me in any case. I will not be taking calls between 24th and 26th December!

Looking forward, the CVSA is still looking to trigger an embryo tennis club for the spring and summer. We would like to hear expressions of interest asap.

Contacts : Laurence Pollock ... Secretary, Cranfield Village Sports Association. Tel 01234 757689, email: broadgreen68@btinternet.com

## In Response to an Anonymous Call

Following the front page report in the last issue where it was stated that 'In Cranfield on the eleventh hour of the eleventh day of the eleventh month, there was no recognition at the War Memorial of any remembrance' - a member of the editorial team received an anonymous phone call inferring that because nobody stopped in that area of the village, that it was not an indication that there had not been any remembrance.

Of course, it is appreciated that there are many who are unable or do not wish to show their respects in a public arena. Some were at home and others were in the workplace. But the report purely indicated that there appeared to be no thought for the fallen at the War Memorial by any of those people who were out and about in that area of Cranfield at the time of national remembrance. As an ex-Wren, and a proud member of the Royal British Legion, at 11.00am I stood silently at the memorial, and I believe that it would have been appropriate for some sign of respect to have been shown by those people in the vicinity.

The editorial team does appreciate constructive criticism and welcomes comments from readers, but anonymous phone calls and emails are not helpful, and will not normally achieve a published response.

## Jumble, Fun & Nearly New Sale



TO RAISE FUNDS FOR  
THRIFTVALE SCOUT GROUP

SATURDAY 14TH JANUARY  
2PM TO 4:30 PM

SCOUT HUT MERCHANT LANE CRANFIELD

CAKES, RAFFLE, CHILDRENS GAMES,  
BRICABRAC AS WELL AS TEA COFFEE  
AND CREAM TEAS.

PLEASE COME ALONG AND SUPPORT YOUR LOCAL  
SCOUT GROUP.

## 5th Ampthill and Woburn Thriftvale Scout Group Executive

At present our Scout Troop meetings have been suspended due to lack of leadership. We need to find a Scout Leader (SL) also an Assistant Scout Leader (ASL).

Do YOU like working with young people between the ages of 10.5 & 14? Do YOU like doing exciting challenging activities that YOU can organise? Scouting isn't all camping & knots, it is both challenging and enjoyable.

We are a well equipped Scout Group. From the Scout Hall HQ we also run a very successful Cub pack.

Maybe YOU were a Cub or Scout and would like to help provide the exciting and memorable activities you experienced as a child for another generation.

If you would like to help us then please give us a call so we can discuss what you can offer our group.

Contact: Julian Davis mailto: julian.davis1@tesco.net or Tel: 01234 767076

A. Downes

## OLNEY MOBILE CARPETS

Carpets & Vinyls supplied and fitted  
*32 years fitting experience*

Choose in the comfort of your own home.

All makes: Huge selection. Friendly personal service.

Free fitting. No shop overheads, so better prices.

Ring Tony on Olney (01234) 713296, Mobile 078 5058 0347.

6 Overhills, Olney, Bucks MK46 5PP

## Cranfield Airfield Planning Appeal

Land at Home Farm has already  
been given outline  
planning permission for around 400 houses.

The University also wants to build  
over 400 houses on the airfield.  
These could be built at the same time  
as the houses on the Home Farm site.

**Can Cranfield sustain over 800 houses?**

Come and tell  
the Planning Inspector  
what YOU think at the meeting

at  
**CRANFIELD VILLAGE HALL**  
on

**WEDNESDAY 18 JANUARY 2006**

from 6.30 pm onwards

## What's on

**Christmas Eve.** at The Swan Inn Carols in the bar from 2pm & Christmas Eve. **Party night** until 2am. Tickets £5, to be purchased in advance. 750332.

**New Years Eve.** Party night at The Swan Inn. Tickets £3, to be purchased in advance. 750332.

**Sunday 7th January .** Quiz Night from 7.30pm at The Swan Inn. £5 per team. 750332.

**Tuesday 10th January 7.30pm** **Wharley End WI** in Stafford Cripps Building Cranfield University **"Insurance Claims Investigations (Scams)"** Major Alan Gilmore. Visitors Welcome.

**Every Thursday 7.00 pm** onwards Interested in joining a small group of Badminton players? if so please call Haydn on 751451

**Every Tuesday** 'Sounds Familiar' meets @ 7:30. Where? Cranfield Baptist Church, Bedford Road. Four part harmony choir, SATB, singing wide range of mostly sacred music, but some secular too. Fun, relaxing and rewarding. Come along and give it a try.

**Gardening Club** We meet the 1st Wednesday (8pm) in each month.

For further information please contact Joan Last (750738)

**Every Friday 9.30am to 1.00pm.** Citizens Advice Bureau at Doctor's Surgery, Marston. By Appointment Only. Open to all Cranfield residents. Phone: 01234 766551.

**Cranfield WI Programme** Meetings are in the Cranfield Village Hall. 3rd Monday in the month at 8pm. Everybody welcome to any meeting.

**Bingo every Wednesday** at Portnall Place Lounge 7pm. Everyone welcome

### Cranfield Methodist Church

Lunches Sat 14th January 2006 from 12.30

#### Menu

Grapefruit & Orange Cocktail  
Roast Beef, Yorkshire  
Pudding, Roast & Creamed  
Potatoes Seasonal Vegetables  
Christmas Pudding & Custard  
Tea/Coffee  
Cost: £4.50

All Welcome

## Cranfield Airfield Housing Appeal in January 2006

Most residents will be aware that land at Home Farm has been allocated for new housing development. A Development Brief was adopted for Home Farm in September 2005 following public consultation and outline planning permission granted by the Council in November 2005.

In addition, during 2004, Cranfield University proceeded to submit an outline planning application for 425 dwellings on the site of Cranfield Airfield. An Appeal has now been brought against Mid Beds council for non determination of the Airfield application and will be heard in January 2006.

The Appeal Public Inquiry begins on January 17th and continues on until 25th of January. All day sessions are in rooms A & B in Council Offices, 12 Dunstable Street, Ampthill, starting at 9:30am, except for the first day which starts at 10am.

As part of the Inquiry process, an evening session is being held at Cranfield Village Hall on the evening of January 18th from 6:30pm onwards for the Inspector to hear local views on whether the Airfield site should also come forward for housing. There is no need to register an interest if you wish to attend or speak - just turn up.

## Cranfield Express - The Future

The hard copy production of *Cranfield Express* is now under the wing of Cranfield University Press but more importantly it is also under the professional eyes of Karen Johns - CUP's print room manager.

I would like to take this opportunity of thanking her for making this change over easy for us, for altering her planned days off, for being so helpful, professional and for being so cheerful when I was ready to jump in the Landfil Site... Have a very happy Christmas, Karen, and a really great New Year.

Peter Hinson

**For Village Hall Bookings Please Phone 01234 750023**

### Nadine Dorries MP

Contact Information...  
House of Commons,  
Westminster, London  
SW1A 0AA  
Tel: 020 7219 4239  
Fax: 020 7219 6428  
Email: dorriesn@parliament.uk

## St Peter and St Pauls

### Christmas Eve ...

Saturday 24th Dec

**United Midnight Communion 11pm**

### Christmas Day...

Sunday 24th Dec

**Family Christmas Service 10.30am**



### Methodist

**10am** Morning Service and Sunday School  
**6pm** Evening Service on the first Sunday in every month.

Monday 7.30pm Cranfield Crafters (During School terms)  
Fortnightly, on Tuesdays at 2pm, The Ladies Fellowship meet.  
**Thursday 6pm** Sunshine Corner (Children up to 8)  
**7.15pm** Thursday Club (Children 8-12 years)

Rev Gordon Sollis 01234 751886  
Mrs Nora Salisbury 750279

All Welcome

## CRANFIELD CHURCHES

### Parish (C of E)

#### Sunday

**8.00am Holy Communion** 1st and 3rd and 5th Sundays  
**10.30am Morning Service**  
2nd & 4th - Holy Communion  
3rd Sunday - Family Service

#### Weekdays

**Thursday 7.30pm** Bellingring Practice

#### Contacts

Rev Hugh Symes-Thompson 01234 750214  
Carol Rubini 752204  
Andrew Pearson 751358

[www.cranfieldchurches.org](http://www.cranfieldchurches.org)



### Baptist

**10.00am** Prayer  
**10.45am** Praise & Worship Service

**Tuesday 7.30pm** Sounds familiar Choir  
**Wednesday 7.45** Home Group  
**Thursday 7.30-9.30** Cyber Café (ages 10-16)

Steve Lloyd 01234 751495

[www.cranfieldbaptist.org](http://www.cranfieldbaptist.org)

## A 'Bazaar Success

Our thanks to all those who came, helped and supported the recent PTFA Cranfield Lower School Bazaar. Everyone had a good time and we raised over £1400. We would like to offer our thanks as well to the organisations that donated prizes or cash donations to the bazaar: JR Trolleys, Marshall Hardware, Looks n Locks, RGR Garages (Cranfield), TrafficMaster Plc, Aston Martin, Sainsbury Supermarket, The Swan Cranfield, Paradise Wildlife Park, Uncle Lim's Chinese Take Away, Palmers Solicitors, DR Allen Chemist,



Dr. P. Litchfield Cranfield Dental Surgery, Leighton Buzzard Railway. Children were able to watch as Father Christmas arrived on his sleigh at the end of the school day, and then go and visit him in his grotto. Several children also helped to man the stalls, our photos show Nicola Riches receiving her gift from Father Christmas and Year 4 children manning their toy stall. Again our thanks to all who participated.

Carol Dodd  
On behalf of Cranfield Lower School PTFA

## Cranfield Critters Club

The Critters meet every week in the Village Hall.

On the first and third Tuesdays we meet at 10am, one hour before clinic, then on all other Tuesdays it is 1.30pm.

There is no charge to attend just a small donation of twenty-five pence for tea and coffee. The group is for children aged from birth to one.

Contact the Cranfield Surgery Health Visitor on 01234 751013

## EAR to the Ground! Need some information? Got information to give?

That's why I'm EAR! The EAR to the Ground project involves a person holding a bag of information which will be available to all who need it. You can ask for details regarding a subject or a local group and the "EAR" can provide you the relevant information. This can be anything from who to contact for details on benefits right down to bus timetables. The idea comes from the healthy living initiative and was designed to help all who need info. Please feel free to contact me if you need information on any subject and I will help you. I will also be available to attend groups and give talks on what I do and how you can use the service. Your local representative is Lucy Tompkins and her contact number is ... 07709 959 068.



## The Primex Internet Group Ltd

*Delivering the promise!*

### **Cheaper Business Phone Calls**

By Using Carrier Pre-Select your business phone bill can be greatly reduced. Cheap phone calls are possible because we route your call using alternative carriers. Large reductions in the cost per minute of each phone call whether the call is to an international number or a UK phone make a huge difference at the end of the month. Our phone call rates are discounted by 20 to 70% compared to the BT call rates.

Many companies charge you per minute for your phone calls but we charge per second. Considering that a large percentage of business calls are less than 1 minute your business will benefit greatly by our cheap per second billing solution. Our business calls are on a fixed tariff at all times so you can easily work out the savings that can be achieved.

**We make no physical changes to your phone line or phone system** we simply use a Telecom partner that routes your phone calls through different tier 1 phone call carriers rather than let BT route all the calls. Many other carriers are much more competitive than BT and you get this cost saving benefit even though BT still look after your line (BT will still bill you for line rental). Billing is done using Direct Debits on a monthly basis.

**Visit [www.primex.co.uk/cheapcalls](http://www.primex.co.uk/cheapcalls) to calculate how much you would save!**

Other phone services available such as free 0870 / 0871 numbers, 0800 and 0845 number Fax to Email service, Audio Conferencing, Memorable Phone Numbers. All prices ex VAT



The management and staff of RGR would like to thank all of our customers for their business during 2005 and wish them, and all other readers of Cranfield Express, a very merry Christmas and happy 2006.



## Festive Fiestas only at RGR Garages (Cranfield) Ltd



### Fiesta Zetec Climate 5 Door

List price £10,995

- 1.4 16v Duratec • Power heated door mirrors • Power steering
- 15" 5-spoke alloy wheels • Electric front windows • Air conditioning
- 'Quickclear' heated windscreen • Rear roof spoiler • CD player/Stereo radio
- Front fog lights • Remote control central/double locking

RGR on the road price £8270

Saving £2725

Limited stock, when they're gone they're gone!



[www.rgr-garages.co.uk](http://www.rgr-garages.co.uk)

RGR Garages (Cranfield) Ltd

High Street  
Cranfield  
Bedford

01234 750207



## A Light in the Night - by Rebecca Cook

The innkeeper at Bethlehem was sitting in his den  
Sorting his accounts and things and pausing now and then  
To sift a pile of shekels which were sitting on the side  
Totting up the takings, feeling very satisfied.  
Every single room was full without an inch to spare  
This census thing of Caesar's had brought crowds of people there.  
He'd even given up his bed to sleep a couple more  
And he and Mrs. Innkeeper had camped out on the floor.  
All in all then, he decided, he'd made a tidy heap  
So left his books and shut the door and went to get some sleep.

He'd barely got his night-shirt on and put the candle out  
When Mrs. Innkeeper said "Dear, there's somebody about.  
I heard them knocking at the door - we'll really have to say  
There are no rooms left here to let, so let's send them away."  
And so they both went to the door and took a furtive peep  
The night was really getting on and most folk were asleep  
A young girl and a man stood there and she looked Oh so tired  
The man said "Please, have you a room that's not already hired?"  
The innkeeper looked worried and he frowned and scratched his head  
"There's really not an inch to spare, we're right full up" he said.  
He saw the girl was in no state to wander any more  
Then, that his wife was signalling to him behind the door.  
So saying "Wait a minute, and I'll see if there's a space"  
He turned to where his wife stood with a very anxious face.  
"How about the stable - they could wait there for the night  
There is room up near the manger and they'll be well out of sight"  
The innkeeper looked doubtful but returned to them and said  
"We can offer you the stable if you'd like to make a bed"  
He thought "Its getting late and they're not really in the way  
I'll only charge them half of what the others have to pay"  
He fetched a light and showed them in "Now this is it" he said  
There's no more space left anywhere" and then went back to bed.

The moon shone over Bethlehem. The sky was clear and bright  
The innkeeper slept on and on. He'd had a busy night:  
Several hours later he was woken up once more;  
His wife, he found, had disappeared; he saw the open door.  
There were noises in the stable. He thought he saw a gleam  
Of light, and then some singing, but it might have been a dream.  
His wife came back into the room. It now was nearly dawn  
She said, "Go boil some water, there's a baby being born."  
He looked up in amazement but did as he was told  
And built a good big fire up as the nights were getting cold.  
He must have taken over long because next thing he saw  
Was that a crowd of shepherds had come bursting through the door.  
They looked terribly excited and their faces were aglow  
"Where is the baby then?" they asked "Just tell us where to go"

"Baby?" said the innkeeper "Why, how can you have heard  
It can have only just been born. Whoever spread the word?"  
"Some angels" said the shepherds, "We were out there with the sheep

When this great choir came down from Heaven. Knocked us all of a heap"  
The innkeeper looked dubious "Maybe" he started thinking  
They'd had a pint or two out there. They must have all been drinking.  
But then, he'd kept a pub for years and these men didn't act  
The way that he'd seen drunkards do. He used a bit of tact.  
"A baby has arrived" he said. "But are you some relations -  
And; why come at this unearthly hour to start the celebrations?"  
"Well" replied the shepherds" I am sure we've got it clear  
The angels came and told us we should find the baby here.  
This is no ordinary child, of that we're very sure  
There's never been a birth announcement done like this before".  
The innkeeper just shook his head, he couldn't understand  
Why everything these past few hours had got so out of hand  
But short of turning these men out, what else could he do  
But show them where the baby was. (Then he could see it too)  
So, the shepherds and the publican went through the inn to find  
The child of whom the angels sang. The Saviour of mankind.  
They stood there, lost in wonderment, in reverence and awe  
Then recognising deity, knelt down upon the straw.

He really had to pinch himself to prove that it was true  
"Amazing" thought the innkeeper "To think what God can do"  
Then turning back indoors he went and called out to his spouse  
"Come dear, this night may change our life, so drinks are on the house  
For God has come to Bethlehem, so fetch the people in  
Lets have a celebration for the birthday of the King"  
The travellers came trooping in. The shepherds came as well  
For they, of all the people had the real tale to tell.  
The story spread like wildfire and before the day was out  
There was not a soul but knew what it was all about.

Later on, the innkeeper just mopped his brow and said "Whew.  
Aren't you glad we took them in. We might have stayed in bed.  
When that light shone in the night and turned it into day  
Then we found Jesus. Just supposing we'd sent Him away:  
The Inn should have a different name. 'The Shepherd's Alms' alright,  
But now it needs upgrading since these happenings tonight.  
The "Star of Bethlehem"? maybe. "The Angel" - or "The Crown"?  
To mark the night they got me up because the King came down.  
He pondered on the matter then he made a plaque which said  
"The Son of God slept here" and put it on the door instead.

The innkeeper of Bethlehem went back into his den  
Somehow he felt that life would never be the same again.  
Out of a million places God had chosen this small town.  
And then come right into his life and turned it upside down.  
He quickly changed the bill he'd made into an I.O.U.  
And wondered what God next would ask the innkeeper to do.  
He reached up for his birthday book and marked the time and date.  
This should go down in history for man to celebrate  
When God reached down and man looked up to hear the angels sing  
On that first Christmas morning; on the Birthday of the King.

Rebecca Cook. ©

## Two Years and Counting!

For Pauline Mitchelmore, a community fundraiser for North Bedfordshire at Keech Cottage Children's Hospice, the past two years have flown by.

Through its hospice and a community nursing team, Keech supports over 150 families who have a terminally ill child in Bedfordshire and Hertfordshire. Pauline's role is to encourage communities in North Bedfordshire to support this service. People are often surprised to hear that Keech Cottage receives little funding from the Heath Service and so relies on local people to raise 86% of its £1.9million yearly costs.

"It never ceases to amaze me how compassionate people are when I speak about Keech." says Pauline. "During the last 2 years, I have attended large events in Bedford and I've spoken at golf clubs, Women Institutes and schools. I've delivered banners and buckets to lots of supported events and even accepted a donation at 3000 feet in a micro light! It's been challenging, but watching the community take Keech to their hearts has been worth it."

Raising money is a big part of Pauline's work, but making contacts can be just as valuable. One local group, the 'Friends of Keech', have come together to help with this task across North and Mid Bedfordshire - talking to community groups, attending cheque presentations, fundraising in their places of work and organising events such as Chinese banquets. Pauline would love



to hear from anyone who would like to get involved - whether they want to join the 'friends', organise a fundraising event or just find out more about the work of their local children's hospice.

Contact Pauline Mitchelmore on 01582 497867, email [pmitchelmore@pasque.org](mailto:pmitchelmore@pasque.org) or go to [www.pasque.org](http://www.pasque.org).

## Cranfield University Roman Catholic Community

Christmas Mass on Christmas Eve, Cranfield University Chapel at 9 pm. Mass each Sunday at the University Chapel at 6 pm.

For further details or if you need help with transport please call Richard tel: 751302 or Margaret 751079.

Worship is part of the Parish of Our Lady of the Assumption (St Mary's), Woburn Sands. Parish Priest, Father Kenneth Bowen...

Tel: 01908 583195

## Good King Wenceslas - a tale of generosity.

How often do we sing well known and well loved carols without thinking about their deeper meaning? So, relaxing with a mince pie and a coffee, or even a glass of sherry, perhaps you would like to spend some time, sharing some thoughts about this one.

Who was the 'good king' of this well known carol? He was not a legend. Thanks to the Encyclopaedia Britannica, I was able to discover that there were four rulers of Bohemia, (now part of the Czech Republic) of that name. The first, who died in 929, was regarded as a martyr and patron saint of Bohemia. He was a pious young man who encouraged the work of German missionary priests in the Christianisation of Bohemia. He became too friendly with the German King, Henry I, and some nobles persuaded his younger brother, Boleslav, to murder him. He was killed at the church door on his way to worship.

In the words of the carol, by John Neale, written in the 19th century, we learn that the Good King looked out on the Feast of Stephen. In the Christian calendar, Stephen is remembered on Boxing Day.

Stephen was the first Christian martyr. In his book of Acts, in the Bible, Luke tells us all about Stephen in chapters 6 and 7. An incensed crowd, stirred up by those of the religious authorities, stoned him to death in front of, and with the approval of St Paul, who was then known as Saul. As he was dying, Stephen prayed, " Lord Jesus, receive my spirit." Then he knelt down and cried out in a loud voice, "Lord, do not hold this sin against them." (Acts 7. 59.60)

In the first lines of the carol we therefore have reference to two saints. These were good men, among thousands of others, who were prepared to give their lives for their faith and the conviction that Jesus was not only a Man among men but the Christ the Son of the Living God.

The carol goes on to tell a story. It was bitterly cold. There was deep, crisp snow and a hard frost. As the king looked out he saw a poor man gathering firewood. The king asked his page who the man was. Learning that he lived "a good league hence" (about three miles away), he took pity on him and told the page to fetch meat and wine and some pine logs to make a good fire. They went out into the bitter night to bring the man back for a good feed and to get warm. By this time it was pitch black and the wind had got up. The young page wondered how he would be able to continue. The king told him to put his feet in the king's own footprints. As he trod in his master's steps, the carol tells us that the ground was warm where the king had trodden. The message is that, because they had gone out selflessly to help another, a poor man, they were helped in a miraculous way. "Ye who now will bless the poor, shall yourselves find blessing."

My dad used to say that the only Christmas spirit came out of a bottle! Surely the true Christmas spirit is that of generosity, which should not be a seasonal optional extra but part of every day of our lives.

Jesus tells a young man who asks Him what he should do to get eternal life, to sell all his possessions and give them to the poor. (Matthew 19. 16-24)

The young man, who was rich, felt unprepared to part with his wealth. It was then that Jesus told His disciples that it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the Kingdom of God. In other words, material wealth can prevent us from grasping the things of real value to God.

Jesus also gives us some tips for our giving. (Matthew 6. 1-4) He tells us not to make a big display of our generosity but that our left hand should not know what our right hand is doing. "Then your Father, who sees what is done in secret, will reward you."

Giving presents and donating to charities is fine but it really is "the thought that counts". As ever, the words of our Lord in the little book "God Calling" have a relevant passage and I would like to share this with you.

"The first law of giving is of the spirit world. Give to all you meet, or whose lives touch yours; of your prayers, your time, yourselves, your love, your thought. You must practice this giving first.

Then give of the world's goods and money, as you have them given to you. To give money and material things, without having first made the habit daily, hourly, ever increasingly, of giving on the higher plane, is wrong.

Give, give, give all your best to all who need it. Be great givers- great givers. Give as I said My Father in heaven gives. Give according to need, never according to desert. In giving, with the thought of supplying a real need, you most closely resemble the Father in heaven, the Great Giver."

This Christmas, as we give and receive presents, may we realise that the true essence of giving, the true spirit of Christmas is about giving ourselves and our love not just at this season, but always. It is this generosity of spirit, this compassion, which is illustrated by the carol.

May you have a very happy and blessed Christmas!

Dr Marjorie Cotton

## Book Group

Do you enjoy a good read? If you want to be part of an informal, friendly, Cranfield-based book group who meet once every 6 weeks, over a glass of wine, to chat about our latest read... then call 752000 or 757640

## The Future's Looking Good for R&C Recovery and Motor Services

Let's scotch the rumours -

**FACTS:** R and C Recovery will be vacating their current premises by the end of March to move to another local site.

It is very good news for all old and new customers to hear that the company will be staying in the parish of Cranfield.



The aim of R and C Recovery and Motor Services is to provide a more streamlined and efficient customer service at a good price. All their current facilities will be available including :

- Tyres
- Exhausts
- Servicing vehicles both new under warranty, and older vehicles
- MOT's will still be undertaken as before.
- Over the counter parts available to DIY customers
- Vehicle Recovery

R and C Recovery and Motor Services will continue to provide their usual high standard of customer service and support to all throughout this changeover.

## December Sunshine for CLOGS

We experienced contrasting weather conditions during the last two working parties of 2005. Everybody got thoroughly soaked on 6th November, when a heavy downpour at about 2pm encouraged us to clear up and leave very quickly. That session completed our current programme of work on the eastern edge of Marston Thrift. The session on 4th December was in complete contrast, with mild sunny weather throughout the day. We were fortunate to have the support of cadets from 207 (Cranfield) Squadron on both occasions, and are very grateful for all their hard work in aid of conservation. It is good to see so many young people prepared to spend their free time in this way, coppicing the hazel and other small trees, clearing undergrowth, and generally establishing conditions under which wildlife can thrive. We are also grateful to our older friends, who have supported us over many years. Without the help of all these volunteers, we would not be able to maintain the Thrift in its present healthy state. Trees and shrubs are good, but too many tall trees and shrubs produce continuous shade, resulting in a lack of ground flora, and a less varied habitat.

In the December session, we returned to the main ride, to the south of the central crossing. The aim over the coming months is to clear overhanging vegetation and produce sunny glades in which butterflies and other insect species can thrive. We shall measure our success next summer.

As the first Sunday in January is New Year's Day, we have decided to postpone our working party to Sunday 8th January, starting as usual at 10.00. Offers of help would be very welcome. No previous experience is necessary, and tools are provided.

For further details, please call Angela and Clive Bucknall on 750421



Malcolm Sargent

property Maintenance

Multi-skilled Tradesmen

Reliable Service, Quality Work Guaranteed

- Bathrooms and Plumbing
- General Building and Renovation
- UPVC Windows and Doors
- Painting and Decorating
- Kitchens and Carpentry
- Fencing and Decking

Telephone: 01234 751460

4 Lodge Road, Cranfield, Beds. MK43 0BG



2 Court Road Cranfield Tel: 750332 www.swanatcranfield.co.uk

## NEW MENU - THE BEST OF BRITISH PUB FOOD

### STARTERS

- Crispy Coated Garlic Mushrooms (v) £2.95
- Soup of the Day £2.95
- Cajun Chicken £3.75
- Wild Boar Terrine with Port and Redcurrants £4.45
- Garlic Bread (v) £1.95
- Garlic and Mozzarella Bread (v) £2.95
- Bowl of mixed marinated olives (v) £1.95

### MAIN DISHES

**Fillet Steak £12.95 or Rump Steak £9.95**  
Served with either a pepper sauce or a brandy, cream and mushroom sauce. Plus chips, three onion rings, mushrooms, tomatoes and peas

**Sausage and Mash with Whisky Sauce £7.95**  
Two Highland sausages, served with a whisky, onion and mustard sauce and our special cheesy mashed potato

**Giant Cod and Chips £7.25**  
A jumbo sized battered Cod Fillet served with chips and peas

**Scampi and Chips £6.95**  
A good portion of deep fried scampi served with chips and peas

**Chilli Con Carne £6.95**  
Chunky minced beef, red kidney beans and large pieces of red and green peppers in a medium spiced chilli sauce. Served with rice.

**Shepherds Pie £6.95**  
Chunky pieces of lamb and onion in a rich dark gravy, topped with mashed potato and cheese. Served with vegetables.

**Tandoori Chicken Tikka Massala £6.95**  
Pieces of marinated, chargrilled chicken breast in a spicy tandoori-style sauce flavoured with coriander, coconut and ginger. Served with rice.

**Canelloni with Ricotta, Spinach and Goats Cheese (v) £7.95**  
A delicious pasta dish, served with vegetables.

**Mushroom Stroganoff (v) £7.25**  
Fresh whole button mushrooms in a rich dark sauce of onions, cream, brandy and garlic. Served with rice.

**Vegetable Korma (v) £6.95**  
Vegetables in a creamy curry sauce flavoured with coconut and coriander. Served with rice.

*The following dishes are all served with either:*

- *Our special creamy cheesy potato mash*
- *Chips* ■ *Boiled Rice*

**They are also served with a side dish of mixed vegetables**

**Giant Steak Pie £7.95**  
An enormous pie made from 1lb of prime steak in a rich gravy, with a flaky pastry lid.

**Beef Medallions in Juniper and Horseradish Jus £9.95**  
Slices of beef fillet cooked in a sauce made with juniper berries and horseradish

**Pork with Apple and Red Onion £9.95**  
Traditional English dish of braised pork in an an apple and onion sauce

**Venison Casserole £10.95**  
Tender pieces of venison in a rich red wine gravy

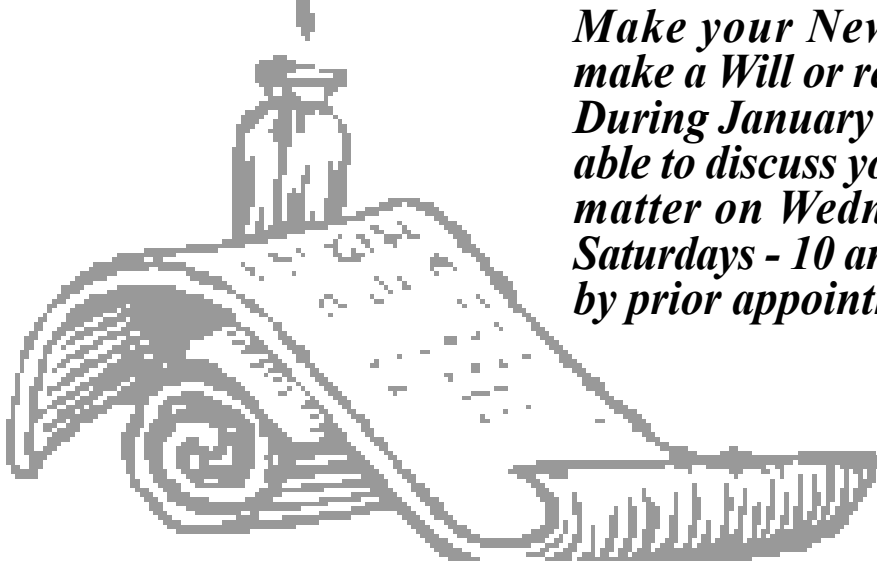
**Breast of Duck a L'Orange £12.95**  
A cooked duck breast in a tangy sauce made from Grand Marnier, marmalade and orange.

**Chicken with Apple and Brandy Sauce £7.95**  
Chicken cooked with a Calvados apple brandy sauce

**King Prawns with Cognac £10.95**  
King prawns cooked in a special cognac and garlic sauce.

**Tuna Steak in Red Wine Sauce £10.75**  
Prime tuna steak topped with a sauce of tomatoes, red wine and olives.

# Palmers Solicitors Wish you a Happy New Year



*Make your New Year's resolution to make a Will or review your existing Will During January a solicitor will be available to discuss your Will or any property matter on Wednesday afternoons and Saturdays - 10 am to 12 noon. Otherwise by prior appointment*

**Tel: 01234 211161**



*Philip Block Upholstery*

**EST 1970**

Modern, Antique & Commercial Work  
Undertaken  
Free estimate

All Aspects of Upholstery & Repairs  
Undertaken

Tel: 01908 584242  
Mobile: 07960599040

*A Merry Christmas and a  
Happy New Year from  
Glenn, Diane and Margaret at  
The Paper Shop*



**Your local  
supplier of  
REVELL KITS**

**Tel: 750236**

**Great Deals on**

**TYRES &  
SERVICING  
in CRANFIELD**

*A Fast  
& Friendly  
Service*

TELEPHONE TODAY ON

**0 1 2 3 4**

**75  
04  
60**

**Servicing / Repairs**  
all makes and models

**Air Conditioning Servicing**

**MOT's Undertaken**

**Tyres & Exhausts**  
for cars & motorbikes

**24hr Breakdown Recovery**

**for Williams Trailers**  
serviced and supplied

**R&C RECOVERY  
AND MOTOR SERVICES**

187D High Street, Cranfield, Beds Fax: 01234 752494

# The Great Christmas Quiz!

Are you going crackers instead of pulling 'em? Have you eaten so much turkey you're constantinople? Well, now is the time to exercise your brain with this Christmas teaser from Laurence Pollock and Margaret Rooney. I found every one of the questions easy - mainly 'cos I also have the answers but, have a go and see how you get on

Ed

## 1. Round in Circles

When was Britain's first roundabout built?

- a) 1936
- b) 1956
- c) 1966
- d) 1976

## 2. Ahem

Who hoped a cough would make him a million?

- a) Major Charles Ingram
- b) Major James Hewitt
- c) Major Beni Lynn
- d) Major Ronald Ferguson

## 3. More housing

Persimmon plans to build how many houses on Home Farm?

- a) 158
- b) 388
- c) 883
- d) 1258

## 4. Metric martyrs

How many millilitres are there in a pint

- a) 440
- b) 454
- c) 568
- d) 660

## 5. Which spiritual leader is known as 'God's rottweiler' (affectionately)

- a) Pope Benedict
- b) Cardinal Cormac Murphy O'Connor
- c) President George Bush
- d) Baptist minister Steve Lloyd

## 6. Metric martyrs (continued)

How many milligrams are there in a pound?

- a) 250
- b) 454
- c) 500

d) 568

## 7. History (I)

Nineteenth century beauty Lady Caroline Lamb described who as 'mad, bad and dangerous to know'?

- a) The Prince Regent
- b) Lord Nelson
- c) Lord Byron
- d) General William Booth

## 8. Train cancellations

Thameslink runs from Bedford to Brighton (sort of) but some trains branch off somewhere else. Is it?

- a) Wimbledon
- b) Guildford
- c) Ashford
- d) Royston Vasey

## 9. History (II)

Henry IV's eighth wife... sorry Henry VIII's fourth wife was?

- a) Anne Boleyn
- b) Ann Healy
- c) Anne of Cleves
- d) Anne of Ye Green Gables

## 10. Plain as mud

How does British Gas convert gas units used to Kilowatt Hours?

- a) We convert your units to kilowatt hours in the following way: gas units used x imperial to metric conversion factor [2.83] truncated to one decimal place x volume conversion factor [1.022640] x calorific value [39.4] divided by kilowatt hour conversion factor [3.6] = kilowatt hours used.
- b) We convert your units to kilowatt hours in the following way: 1/4 pt water, 1 oz butter or margarine, pinch sugar, 3 oz flour (plain or self raising), 2 whole eggs, and yolk of one egg or 3 small eggs. Heat water, margarine or butter and sugar gen-

tly until the fat has melted. Stir in the flour. Return pan to a low heat, stirring all the time until the mixture is dry enough to form a ball. Add well beaten eggs slowly to produce a perfectly smooth mixture. Allow to cool. Use imperial to metric conversion of [2.9768] and factor in calorific value (432 kcal per 100 mg serving) = kilowatt hours used

c) We convert your units to kilowatt hours in the following way: gas units used divided by imperial conversion factor [2.88] all cubed and multiplied by current output of therms (in metric) on the International Gas Exchange (the Sibneft) plus cold weather powerboost (average temperature must be 59.2% of the UK mean 2000-2004) of 2.9 % = kilowatt hours used.

d) We convert your units to kilowatt hours in the following way: (K2tog) 20 times, K1. Break off yarn, run yarn through rem sts draw up and fasten off = kilowatt hours used

## 11. The calendar

The season of Advent begins

- a) on the Sunday nearest to St Andrew's Day
- b) On 1st December
- c) One the Sunday before the 1st December
- d) 28 days before Christmas

## 12. Shopping

What does TESCO stand for?

- a) Trans European Supply Company
- b) T E Stockwell and John Cohen
- c) T E Stockwell and Company
- d) T. E. S Cohen

## 13. Movie time

Which film has the line: 'Cancel the kitchen scraps for lepers and orphans, no more merciful beheadings and call off Christmas'

- a) Muppet Christmas Carol
- b) A Man for All seasons
- c) Robin Hood Prince of Thieves
- d) Monty Python's Holy Grail

## 14. TV

In Fawlty Towers, where did waiter Manuel come from?

- a) Barcelona
- b) Seville
- c) Madrid
- d) Bilbao

## 15. Religion

The keys to the kingdom of Heaven are by held by:

- a) Peter the Great
- b) Pietro d'Hinson
- c) Peter the Apostle
- d) Peter Mandelson

## 16. TV

What is the name of the local newspaper in the TV show, "Only Fools and Horses"?

- a) The Weatherfield Gazette
- b) The Peckham Echo
- c) Cranfield Express
- d) The Walford Gazette

## 17. How many legs does a lobster have?

- a) 4
- b) 6
- c) 8
- d) 10

## 18. What was the name of the craft in which John Glenn first orbited the Earth in 1962?

- a) Apollo 11
- b) Apollo 13
- c) Friendship 7
- d) Voyager 11

## 19. In which year did the Pound note cease to be legal tender?

- a) 1972
- b) 1983
- c) 1999
- d) 2000

## 20. In which film was the song "White Christmas" first sung?

- a) The Lion in Winter
- b) A Man for All Seasons
- c) Holiday Inn
- d) The Spy Who Came in from the Cold.

Answers - Page, lucky for some, 13

## U13s Attract Mercedes Sponsorship

Mercedes-Benz of Milton Keynes has sponsored shirts and caps for the Cranfield Colts U13 side, as they enter their second season at 11 a side, fresh from their success winning the MK City Youth Tournament last season.

The Cranfield Colts football club was established in 1975 and currently runs teams for both boys and girls in all age groups from 6-16 years, just under 200 players are registered to the Club. All Club coaches are fully qualified and the Club holds FA Standard Chartered status.

Mercedes-Benz Aftersales Manager Jon Crewe said; "We are asked to support many fine local initiatives, we choose selectively and we believe that encouraging youth sport is positive and puts some energy into the local community. The U13 team plays in Division 3 of the Milton Keynes and Border Counties Youth League, which includes teams from Milton Keynes, Northampton and surrounding areas. We know that the team thoroughly enjoyed the photo shoot



in the showroom as Coach David Green commented that the buzz of excitement for the youngsters followed on to the pitch for their Saturday morning training session."

The team has kicked off the season with eight matches played in league and cup at the time of this release, recording 5 wins, 1 draw and 2 defeats scoring 44 goals in total. They are working hard to retain their title from last season and their new strip will certainly make them the smartest turned out team in the Division. The U13 squad in our picture with Aftersales Manager Jon Crewe and Coach David Green comprises; Jack Jewson, Casper Farrimond, Callum Gordon, Tom Crewe, Michael Rudd, Michael Green, Ashley Ballard, Josh Fagan, Rob Deason, Tom Hart, Nick Freestone, Andy Stannage and Matthew Kent For further information please contact; David Green, Coach Cranfield Colts U13's email: revgreen@btinternet.com OR Marian Livingstone, Livingstone White Ltd tel 01525 716088

## General Property Maintenance & Home Improvements



## The Look

Painting & Decorating / UPVC Windows/Facias-Sofits  
Carpentry/Flat Pack / Block Paving/Ground Work  
Landscaping/General Gardening / Fencing/Decking

Call Paula or Paul:-

01234 751785 ... 07887 852489 or 07871 228860

## Father Christmas Arrives in a Morgan to Launch the Festivities

The quintessentially British shopping area of Woburn was delighted when Allon White Sports Cars of Cranfield supplied a fabulous bright red Morgan for Father Christmas to arrive in Woburn and launch their festivities and fabulous out of town shopping opportunities.



John Bellenger, Owner of Allon White Sports Cars had joined in the celebrations with the promise of a brand new Morgan for Christmas, but demand is such that there is only one remaining, brand new, un-registered Morgan in the South of England ready for delivery before Christmas, and that can only be bought through Allon White Sports Cars in Cranfield.

Allon White Sports Cars owner John Bellenger said; "We joined the Summer Oyster festival in Woburn for the first time this year and completed a superb tour through the town with over twenty fabulous Morgan cars with many proud owners at the wheel. Our dealership is only ten minutes from Woburn and we have great affinity with the historic town. We will join the residents of Woburn in December for more celebrations and continue our local Bedfordshire connections." For further information please contact: Marian Livingstone, Livingstone White Ltd ... Tel 01525 716088

### The Bonus Ball at The Papershop

Nicola Hunter, Community Fundraiser for Cancer Research UK has contacted Glenn to say a very big thank you to all participants for the receipt of £250 donated through the Papershop from the proceeds of the Lottery Bonus Ball competition.



**Make Believe  
Fancy Dress Hire**  
For all occasions - Anytime of Year





60's and 70's  
HEN & STAG  
CHRISTMAS  
NEW YEAR  
or  
THEME PARTIES





Cranfield Based

Tel: 01234 752007





**Walnut Tree Farm  
Marston Moreteyne  
Beds  
MK43 0LT**

## Evans & Son

**Butchers and Farmers**

**A Merry Christmas and a Happy  
New Year  
to all our customers**

Tel: 01234 768227, 768257 and 768275

## Notes from The Swan Inn

Our beach party on December 3rd was a great success. Pictured above is barmaid Natalie getting into the spirit of the occasion.

We're also having parties on Christmas Eve and New Year's Eve, with Rob looking after the disco again.

Christmas Eve tickets cost £5 including a glass of mulled wine, while New Year Eve tickets are £3. They are on sale now at The Swan.

We've had a complete menu change in the restaurant, and have switched to serving traditional English food. Already this is proving very popular.

For the second month running, our monthly quiz was won by the Footballers Wives team, comprising Jenny and Jim Hickman, Christine and Chris Thomas and Trina and Mick Leech. The team have thrown down the gauntlet and have challenged The Admiral and his team to take them on. The next quiz will be held on Sunday January 7th at 7.30pm. It costs £5 per team, and all entry money plus a bottle of wine goes to the winning team.

We wish everyone in Cranfield a merry Christmas and a very happy New Year!

Tom and Jules



### Notes from the Cross Keys

Following the success of last year's carol singing event, this year's event will take place in our smoke - free lounge bar led by local Clergy and accompanied by local musicians. Take a break from the hustle and bustle of Christmas shopping and bring your family and friends along to kick - start Christmas in a traditional manner.

You can now enjoy watching Sky Sports at the Cross Keys in smoke free lounge or Public bar. Rugby and Football fixtures coming up in December and January.

We continue to offer a good range of Traditional lunchtime and evening fare, including Sunday roasts and Festive Menu.

Come along to one of our free friendly social clubs run during the week.

**Book Club** first Tuesday of the month (next one 3rd January)

**Friendly Bridge** - Monday nights 8:30 onwards - all levels welcome.

**Friendly Crib** - 'friendly' crib on Tuesday nights 7:30 onwards

**Acoustic nights** on Sunday evenings (green bin weekends)

**Quizzes** as advertised.

### Turn Again...

The Country Players will be presenting their pantomime "Dick Whittington" by John Crocker on the 9th and 10th February at 7.30pm, and the 11th and 12th February at 3.30pm at Wootton Village Hall.

This is the traditional story of Dick Whittington, his brave cat and their incredible adventures! Dick sets out for London to seek his fortune. He soon falls in love with the beautiful Alice Fitzwarren, but the wicked King Rat has other plans. With plenty of humour and slapstick, Dick Whittington is sure to appeal to all the family.

Tickets are available from the Box Office in Bedford on 01234 260519 priced at £6 and £4.50 concessions.

Alan Hawkins  
The Country Players

## Cranfield Newsagents

**We wish all our customers a Merry Christmas  
and a  
Happy New Year**



**Gail and Philip  
Telephone: 750778**

## Businesses

**East End Furniture. Restoration**  
Polishing, Cabinetmaking 01234  
750071 iansrestoration@talk21.com  
Ian Holloway, East End, Cranfield

## Language/Teaching

### Spanish Lessons

Experienced Teacher, educated  
to degree level, offering private  
lessons to GCSE standard.  
£15per hour

Contact Maria on 07971 935878

### Success Tuition

School-Work Problems?  
Private Tuition  
locally available  
in Maths, English and  
Science.  
All Levels.

01908 677 740 anytime.

## Man and Van Hire

### Man With Van Light Removals



Tel: 01234 750197  
or 07869 144327

House and Garden Clearance

## Garden Services

### A & J SERVICES

Decorating  
Driveways  
Fencing  
Patios

Tel/Fax: 01234 750465  
Alan Payne

**New Healing Hands**  
Fridays 12 - 5pm ... Why not drop in  
or telephone for an Appointment.  
Spiritual Healing - Donations.  
Readings £10 (½ hr) Rectory Cottages  
Church Green Road Blethley  
Call: 07977732416

## For Sale

**Computer Work Station** v.g.c.  
£15.00 **Singer Sewing Machine** with  
all accessories, hardly used. £50.00.  
6' x 3' Free Standing snooker table  
with (Folding Legs) Cues, Rest,  
Triangle Score Board etc. v.g.c.  
£50.00 ... "Mobi" Tractor & Trailer.  
Ex.co. £30.00 Suit 2-6 year old.  
Tel: 01234 750273

**Three Piece Suite** ... Heavy cotton in  
red/yellow check country style. one  
three seat sofa and two good size  
chairs £100 ono. Call to view 01234  
757522

**Three Seater and two seater Settees**  
£100. Call 01234 750703

## French Tuition

Learn or improve your French with  
a fully qualified native tutor - for  
pleasure or help with exams.  
Phone 01234 297088.

## Holiday Accomodation

### Holiday Apartment for rental

Luxury/high spec 2 bed/2 bath apart-  
ment located on the new Golden  
mile in the charming Puerto de la  
Duqueusa (between Marbella &  
Gibraltar). A very quiet and relax-  
ing location. Ideal for families,  
golfers, or couples (Sleeps 4). For  
full apartment details or to check  
availability please contact Alan or  
Tina Robins in North Crawley Tel:  
01234-391518 or 07867-  
821080(mob)Or visit our web site  
[www.apartmentduquesa.com](http://www.apartmentduquesa.com)

## Building & Maintenance

### James Stride Carpentry/General Building

Extensions, loft  
conversions,  
plastic fascias &  
soffits  
For a free estimate  
telephone 01234 751730  
07866583485



### Ian Cowley

Carpentry & Building  
Contractor  
Conservatories, Windows,  
Fencing, Patios,  
Renovation & Maintenance  
Work  
No Job Too Small  
Tel 01234 750430  
07791281262

New  
Used  
Spares  
Repairs  
Accessories

Associated  
Power  
Tools  
01327 353 322

## This Space Could Sell For You!

'Cranfield Express  
Your link to Local  
Success'

Call us for a quote  
Tel: 01525 280 262  
or 07739872956

## Favourite Shoes Need Repairing?

\* Save Time \*  
\* Save Parking Costs \*  
24 hour Turn Around  
(in most cases)  
All Work carried out  
by a Qualified  
Tradesman!  
*The Paper Shop*  
High Street  
Cranfield  
Beds 01234 750236

## Finance & Book Keeping

### Jonathan Vowles

Chartered Accountant  
and Tax Adviser

Looking for a local accountant?  
Then ring for a free, no obligation meeting  
+Audit + Accounts + Business Tax +  
VAT + Specialist advice for business +  
Income Tax + PAYE + NIC + Payroll +  
Registered Auditor  
114 High Street, Cranfield, Beds  
01234 752566  
[jonathan@vowles.co.uk](mailto:jonathan@vowles.co.uk)

## Honey

**Pure Cranfield Honey**  
£2.50lb. Also selection of  
handmade beeswax candles  
and polish.  
Contact: Ian Beaty 01234 750635  
or email... [ian.beaty@tesco.net](mailto:ian.beaty@tesco.net)

## Kitchens

### F & D KITCHENS

25 Hollies Walk, Wootton  
NEW KITCHEN?  
Let us plan, Supply and Fit or, Fit  
only  
Plumbing, Tiling, Carpentry  
Worktops cut and fitting service  
Sinks, Hobs, Ovens supplied  
and fitted  
FREE ESTIMATES and  
Concessions for the elderly.  
Call Frank - Tel: 01234 767717  
Mob: 0798 680 8506

## Electrical

**Bob Lambe**  
Electrical Safety Testing  
for  
Portable Appliance  
Testing  
(PAT)

Tel: 01234 751450  
Mob: 07766 336077

## Painting & Decorating

**Painter and Decorator**  
Internal and external work undertaken  
18 years experience  
Free estimates given  
George Thurston

Tel: 01234 750851 & Mobile 07989 349005

**DM Wain**  
Painter and  
Decorator

Tel 01234 765731  
07748800180

## Electrical

**Burns Domestic**  
Guaranteed repairs to most of

- Washing machines □
- Tumble dryers □
- and Dishwashers □

NO CALL OUT CHARGE  
For a prompt, personal service, call  
01234 840049  
Mobile: 07778 891490

**Chris Shayler**  
ELECTRICAL CONTRACTOR  
All aspects of electrical work undertaken and  
carried out to current regulations standards

- \* Installations Breakdowns
- \* No Job too small
- \* No call out charge
- \* Free estimates

Tel: 01234 750335  
Mobile: 07836 266708

**D & G AYRE**  
ELECTRICAL  
DOMESTIC & INDUSTRIAL  
ELECTRICAL WORK  
CARRIED OUT TO REGULATION  
STANDARDS

From Single points to complete rewires.  
Testing & Certification when required  
Free Estimates:  
On Call Friendly reliable local service  
U.K. Trades Confederation Members  
Tel: 07971 438699 Darren or 07970  
050271 Graham

**NAILS**  
by Claudine

Professional Nail Enhancements  
By Creative Nail Design  
Master Nail Technician  
(Based in Cranfield)

Tel: 01234 751887  
Mobile: 07917 783069

## Answers to the Quiz on Page 6 - No, Don't look here first!

1. Ans C. The first section of the M1 was completed in 1959 and junction 12 with its T-junction exits is a relic of that
2. ANS A. Major Ingram wanted to become millionaire but his little wheeze with Tequin Whittock was rumbled
3. Ans B. The current line is 'B' but they probably fancy 'C' or 'D'
4. Ans C. Yes it is a troubling one when you are in the off licence
5. ANS A: Not Dubya strangely enough.
6. Presumably the blokes won't worry about this being all about flour and sugar etc. It's B by the way
7. ANS C: Yes The Prince Regent might have been a contender but did any of you think it might have been D? (Founder of the Salvation Army)
8. Not many trains come back from 'D'. The correct answer is 'A'
9. ANS C Luckily for her Henry cut the knot not the neck.
- 10 ANS A: Now you know
11. ANS A
12. ANS B but Jack Cohen is the name most closely associated with the founding of Britain's most successful grocer's.
13. ANS B
14. ANS A
15. ANS C: But Peter Hinson has the keyboard of heaven
- 16 ANS B.
17. ANS D
- 18 ANS C
19. ANS B: doesn't seem that long ago, does it?
20. ANS C "Holiday Inn", starring Bing Crosby, of course.

## Daniels Estate Agents

Weekend Negotiator Required

Saturday 9.00 a.m. - 4.00 p.m.  
Sunday 12.00 noon - 4.00 p.m.

(Alternate Weekends)

Must have access to a car For further details  
contact Colin Owens

Tel:01234 752222

## Free Range Eggs and Fresh Vegetables

Open seven Days a Week

Farm Shop  
Horseshoe Farm  
Astwood Road  
Bourne End  
Cranfield

Tel:01234 752464




### Gardiner-White

Book-Keeping  
121 High Street  
Cranfield

Tel: 01234 752589

Need Help with your  
company accounts/VAT?  
Qualified, Experienced  
Accurate.  
Long or short term contracts.  
No business too small

### Cranfield Express

Your adverts  
are seen in over 2,000 homes  
locally and across the world at  
[www.cranfieldexpress.co.uk](http://www.cranfieldexpress.co.uk)

### Is your pet unhappy when you're away?



Dog Walking  
Cat Care  
Pet Feeding  
Complete Pet Service  
Pet Taxi/Ambulance  
01234 355495  
[www.beds.animalsathome.co.uk](http://www.beds.animalsathome.co.uk)

### TO FITNESS PRESENTS PUMP 'N' TONE UNIQUE BLEND OF BOX AEROBICS 'V' BODY PUMP

SUNDAY'S 10-11am VILLAGE HALL CRANFIELD

and  
TUESDAY'S 7-8pm STUDENT ASSOCIATION BUILDING  
CRANFIELD UNIVERSITY  
(off central avenue)

CALL US ON 07947596766  
OR EMAIL

[pump-n-tone@hotmail.com](mailto:pump-n-tone@hotmail.com)

Other classes available in Marston, Stewartby,  
Wootton & Silsoe (day & evening!)  
Also Personal Training!

## Malcolm Sargent Property Maintenance

Would like to wish...

*A Merry Xmas and a Happy  
New Year to all our customers*



Telephone 01234 751460

MERRY CHRISTMAS

## Looks & Locks

Hair, Beauty & Nails, 140 High Street,  
Cranfield, Beds.  
01234 757515

**Open Monday to  
Saturday including  
three late nights**

PARKING AT REAR

Ring Sarah for any Special Offers that might be  
available for January and February.  
Best wishes to all our customers for the New Year.

Gifts and Gift Vouchers  
Hair Straighteners, Beauty Bags,  
Skin Care products etc.

TO ALL OUR CLIENTS

## SODEN Private Hire & Executive Travel

PROFESSIONAL AND RELIABLE PRIVATE HIRE AND EXECUTIVE  
TRAVEL COMPANY BASED IN CRANFIELD

LOCAL & LONG DISTANCE  
AIRPORTS & STATIONS  
WEDDINGS & TRANSFERS  
CONTRACT WORK  
COURIER SERVICE AVAILABLE



Fully licensed and insured  
Luxury Vehicle AT COMPETITIVE PRICES

FOR YOUR NEXT JOURNEY CONTACT US ON  
**01234 751834 OR 07704238973**  
EMAIL: [sodenprivatehire@aol.com](mailto:sodenprivatehire@aol.com)

# A Christmas Memory

At this time of the year I always cast my thoughts back to my younger days when we used to celebrate Christmas in a somewhat different way. It was towards the end of WW2 when things, including food, were quite difficult to come by. However, mum and dad always pulled out the stops to allow my three elder sisters and me to have a Christmas always to be remembered; and they certainly were.

I recall one Christmas when I woke up - but I think I'd been awake most of the night - to find that Santa had brought me a farmyard with lots of animals and carts. These were placed neatly by my bed and I was amazed at how Santa could have put them there without me knowing. I later learned that uncle Albert, quite a good carpenter, had made it with odd pieces of wood and painted green fields and white fences. I loved to feel the contents of dad's sock which had been tied to my bed. There was an apple, orange, some nuts, sweets and some small gifts which were to be treasured throughout Christmas Day along with other presents to be opened after breakfast. Some of the boxes were equally as important as the presents themselves.

When we came downstairs the house had been decorated and the tree in the corner of the front room was adorned with sparkling paper and more presents. We didn't have twinkling lights in those days and many of the decorations had been home-made paper chains. Then it was to the other side of Cranfield, either by a nice walk or if dad agreed, we would use our bikes to get to aunt Annie's for Christmas Day lunch and tea; we did this every year and it was nice for everyone to get together and enjoy the day. On Boxing Day they all came to our house and we always had a lovely time.

Aunt Annie usually had a nice fat goose and the biggest chicken uncle Charlie could find from the flock he had in his back garden. Lots of real vegetables from the garden and we even had a glass of lemonade with our lunch; I think dad and uncle Charlie had beer or cider. The Christmas pudding was always delicious and had been made many months before so the brandy in it had really matured and when the top was lit it looked wonderful - just like they are on the Christmas cards. Joys, silver three-penny pieces, were placed in everyone's plate of pudding and custard - we had to be very careful not to swallow them and we never did.

After the feast it was usual for the adults to have a sleep and us children to play games. We would play snap if one of us had been lucky enough to get a pack of playing cards, tiddlywinks and snakes and ladders. I was quite a bad loser and always wanted to win! We also played Ludo and my sisters would play Monopoly and uncle Charlie had a dartboard that he would fix to the back of the kitchen door so we could have a competition.

Later on in the afternoon we would have a special tea with home made cakes and lovely sandwiches with maybe a little watercress. But the highlight of

the tea was the Christmas cake, which aunt Annie had made and iced from the meagre sugar ration and we had small candles that were lit for all to see. We also had jelly, a special treat that only came round for Christmas and birthdays. I loved the crackers, which the adults had managed to get hold of - there were always small trinkets in them for us children.

After tea we had a singsong around the piano including carols. Sometimes we liked to play charades or play the crackly records on the wind up gramophone. I remember the football club would get together with supporters and particularly Mr Evans, the father of Silvia who was a school friend of mine, would come to the house to sing carols later in the evening and dad would pop some money in the collection box... Tiredness was beginning to take over and mum would soon be saying we should get home before it got too cold. We would wrap up with our scarves and gloves and travel back home after an absolutely wonderful family Christmas Day.

As I write I feel a small tear come to my eyes - those days are so treasured in my memory. I will never forget them.

Brian Sanders

## Silent Night!

Silent night? No, not quite!  
Crackers bang like dynamite,  
In the living room Uncle Sam snores  
Shake the windows and rattle the doors

Oh, for some heavenly peace!  
Give me some heavenly peace!

Silent night? No, not quite!  
Turn down the tele, Kids don't fight,  
Hi Fi's blaring, and what's that roar?  
Grans decided to vacuum the floor.

Oh, for some heavenly peace!  
Give me some heavenly peace!

Silent night? No, not quite!  
Joe, don't pinch! Dawn don't bite!  
And don't try climbing the  
Christmas tree...  
Crash! Please somebody rescue me!

Oh, for some heavenly peace!  
Give me some heavenly peace!

## The Social Club Wharley End

Friday, 6th Jan 8.45pm

### The Mighty Wonderfuls

(All time classics/Rock  
Reggae/Soul/Pop)

Friday 13th Jan 9.00pm

### George Anthony (Soul/Jazz to Funky Beat)

Friday 27th Jan 8.45pm

### Undercurrent (5 Piece Function Band)

For more information...  
Tel: 01234 751586

**murco**



Wharley End  
Garage

groceries

frozen food

milk & bread

sandwiches

dry cleaning

servicing &  
repairs

tyre fitting

# KINNS GARAGES LTD WHARLEY END

REPAIRS AND SERVICING FOR MOST MAKES

USED CAR SALES

HP Facilities Available

**M.O.T**  
WHILE YOU WAIT  
BY APPOINTMENT

**UNIPART**



**DIESELS TESTED**

**CATALYSTS TESTED**

## NEW STYLE JET WASH & VACUUM

We would like to wish all our customers a  
Merry Christmas and a Happy and  
Prosperous New Year

**WHARLEY END CRANFIELD BEDS.**

**(01234)750233**

## Announcements

Oh No! Look who's 40



**Happy 40th Birthday Mark Wells** on 1st January. Love and best wishes Mum, Dad, Elaine, Kenny and Christopher. XXX

Gotcha this time Tracy!



**Happy 41st Birthday Tracy** Lots of love from Mum and Dad XXX

**To Mummy** Happy Birthday. Love you lots ... Shelley and Lauren XXX

**To Tracy** Have a very happy Birthday Love Graham XXX

### In Memorium

#### Ruby Grace Woodin

Fell asleep on December 30th 2004.

In loving memory of my sister Miss and think of you every day. Your sister Margery, Les and Family



#### Cyril White

7th January 2002

Its four years now since we heard your voice In leaving us you had no choice Although we are so far apart... You will always stay deep in our hearts Loved and remembered by your loving wife Vi & family



#### Arthur Garner

Treasured memories of a dear Dad, Grandad and Great-Grandad. Always loved, always remembered. Malvin, Margaret, Peggy, Robin Grand and Great Grandchildren, who passed away 13th December 2001. Always in our thoughts and very much missed.



### Cranfield Express

Your adverts and views are seen in over 2,000 homes locally and across the world at

[www.cranfieldexpress.co.uk](http://www.cranfieldexpress.co.uk)

## Property Maintenance

All types of work including Fascias Soffits, Guttering, Decorating + Fencing

For a free no-obligation quote call 07971 448029

A professional service.

All work guaranteed

## DO YOU WANT TO STOP POPPING THE PILLS

Avoid drugs with possible side effects. Complementary therapies can often safely and successfully treat many health problems such as sciatica & other back problems, sport injuries, frozen shoulders, tennis elbows, asthma, headaches and other stress related illness.

If you Feel Good you Look Good - If you Look Good you Feel Good

#### Health

- \* Shiatsu
- \* The Bowen Technique
- \* Reiki
- \* Emotional Freedom Technique

#### Beauty

- \* Indian Head Massage
- \* Holistic Facials
- \* Waxing

Joy Fisher MRSS BTAA IIIHT - Cranfield (01234 750546)  
Please see my website for further details: [www.joyfisher.co.uk](http://www.joyfisher.co.uk)

## Willie Moore

William Arthur Moore was born in April 1922 in Kempston and the family moved to Bedford Road, Cranfield when he was young. He was a poorly child with weak lungs and attended school irregularly before stopping entirely on the Dr Street's advice. The Rector (Mr Downes) visited the family and prayed especially for Willie, as he was so sickly and expected to die. Willie reckoned this entirely effective and put his survival down to the power of prayer.



His Father died when Willie was still a boy. So with his mother Elsie, he moved into a cottage in Court Road beside the Church. Elsie became the church caretaker, lighting the fire for services and making ready for services. Willie loved to help her and took his part in church life. During the war Willie's first job was as a petrol attendant in Bedford. He learned to drive and take deliveries. For Len Ford the Butcher he would deliver to Salford. Even as a young man Willie was unfailingly polite and courteous. But he could be exasperating and set in his ways. He next got a job in Cardington as a general helper and driver. This proved to be a godsend in later years as it provided a much-needed pension. However Willie never escaped the influence of his three maiden aunts and his mother whom he loved dearly. He failed to learn any domestic skills, which was a considerable handicap.

Sunday was the highlight of Willie's week. He loved to sing and had a loud voice. He was a teacher in the Sunday school. He was a great supporter of Mr Manly, the Rector who used to go out with a megaphone to preach the gospel - which was not appreciated by many in the village. But Willie always wanted people to hear the good news and was a member of the National Young Life Campaign (NYLC). He would speak to those queuing for the buses in Bedford about Christian faith. He went to hear the evangelist Billy Graham and admired those who clearly preached Jesus as Saviour. Stirring gospel hymns were his favourites: 'Onward Christian Soldiers' and 'Who is on the Lord's side?' were sung with vigour and often just faster than the rest of the congregation. In the spiritual battle he identified as a soldier of Christ. Willie enjoyed being a verger for funerals and weddings, ringing the church bell (the ting-tang) ready for services. He had retired early to care for his mother in her old age, which meant he was available for these church duties. They moved to Millards Close and Elsie died about 15 years ago.

Willie relied on 'meals on wheels' plus help from Wendy and more recently Janet. But the state of his home and appearance often left much to be desired despite all efforts. He wasn't an easy person to work with and a bit of a loner. Perhaps his best friend was Sandy his cat, who was always around when one went to visit - with food on the floor in the front room. In the village however, Willie was best known for driving around at a snail's pace in his little red car. It was his way of getting out and seeing people. Latterly he would ring people up more. Occasionally shouting down the phone when he was agitated, but equally most thoughtful for others welfare when they were facing difficulty or ill health. Over the last five years getting out had become increasingly troublesome and he was hardly seen in church. He had particular troubles with leg ulcers and had to give up his car. But it is this last year that his health has plummeted. Cancer was suspected - but only confirmed with the death certificate. He was 83. His funeral was held at the Parish Church on Friday 2nd December and he was buried in the churchyard with his mother Elsie.

Willie was certainly a character, but he would always want to be remembered first and foremost for his Christian faith. He was ever grateful to God for His goodness and mercies. He wanted desperately for others to find the hope and meaning in life that he had discovered in Jesus for himself. He contributed much to church life - and for him death was not the end.



## For All Your Typing Needs

Do you need work typing up Audio from tape or by hand Interviews, theses, reports etc. Any typing undertaken £10 per hour Fast and accurate with a quick turnaround Contact Christine 751211

Cranfield Express is a Limited Company

# Cranfield Express SPORT



## WARD'S WELDING & FABRICATIONS LTD

Fabricators in Mild Steel, Aluminium & Stainless Steel, Galvanised or Painted  
TEL 01908 586505 / FAX 01908 587505 EMAIL  
steve@wardsweldingandfabrications.co.uk

## Cranfield Colts U11 Girls

### Cranfield 2- Luton Leagrave 1

The girls played at home against Luton Leagrave with great determination. They have worked hard so far this season and are really starting to take shape. We saw a good game with Emma in goal as this was her first time as she was covering for Rose and she was fantastic. Let's not forget the determination from Hannah with her mum Helen shouting "I will give you £5 for each goal", and she proved to her mum she could do it by giving us a 1-0 lead. Into the second half Luton Leagrave scored their first and then for Hannah a second goal for Cranfield. This was £10 her mum owed her. Both teams worked hard but it finished with a yet another win for Cranfield. Well Done Girls.

### Cranfield 2 - Luton Leagrave 4

Cup Game - Saturday 5th November

This was a good game despite that Luton Leagrave had a new manager and since the last time we played them which was only a week ago this team had really improved and Cranfield had a lot of fighting back to do. It was a good intense game and I must say Cranfield played their best. Goal scorers were Chloe and Clare. This was Clare's first goal which she was pleased about and her Mum Jan was pleased for her that she got £2 for her goal. Well Done Imogen and Lydia for your hard work in defence. A big thank you to Emma who went in goal again. Well done girls.

Nikki

## Cranfield Colts U10 - Mustangs

Cranfield Colts under-10's Mustangs proudly show off their new kit which has been generously sponsored by RGR Garages (Cranfield) Ltd. This season's under-10's Mustangs squad is: (back row from left)



Jack Chitty, Pascal Hyde, George Kenyon, James Rees, Connor Lynch, (front row from left) Jack Byrne, Sam Mackenzie, Arran Johnson, Adam Gregory and Ryan Maddock.

## Cranfield Colts U15

### Woodside Rovers 2 Colts 3

This is the first game this season that we have found ourselves behind. Within twenty minutes we found ourselves 2-0 down unable to pass the ball around and play football, due to a very small pitch.

Right from the start Woodside battled for everything and the ref was making sure that it stayed a close game with numerous unusual decisions. In the first half Rovers had two shots on goal and scored with both of them. We had five good chances with the keeper pulling off two outstanding saves but from one of our main corners Ryan managed to head home to make it 2-1 at half time. At the start of the second half we had to change our goal keeper as John was injured just before half time with two of Woodside's players going in for the ball except one of them went in for John. Luckily we now have two goal keepers within the squad and Craig stepped in and did a solid job, making one very good save.

At the half time team talk I was not too worried as most of the game had been played in Woodside's half with them trying to attack us on the break, I felt sure that we could at least get a draw out of it. Again the second half, was mostly played in Woodside's half and part way through the second half Ryan hit a long high ball from the half way line which went over the keeper and

under the bar and by the celebrations of the boys and the parents on the touch-line it was a great relief to get level. Perhaps I was being cautious wanting to defend and settle for a draw but the boys weren't listening and they kept the pressure up with Keaton scoring the winning goal less than five minutes to go which was no more than we deserved over the whole 80 minutes.

This game now takes us 3 points clear at the top of the league and a game in hand, also we are still in the Milton Keynes league cup.

Man of the Match: Jordon Gowlett, Scorers: Ryan Bate 2 Keaton Gallagher 1 ... Team: John Davies, Harry Shiner, Tom Tressider, Jordon Gowlett, Dominic Gross, Jamie Cooper, Ryan Bate, Craig Freestone, Peter Kerr, James Rawlins, Keaton, Gallagher, Charlie Glover.

Report by: Lionel Cooper

## Cranfield Tae Kwon do Club

Last month we took a squad of highly motivated students to the British Championships at Coventry. Junior Black Belt, David Wilson was competing for the first time at Black Belt. He fought extremely well at a level that is extremely competitive and certainly did not let himself or the Club down. First timers



3rd Kup, Marressa Keeler - aiming high

Mandy and Nigel Wolford also competed, Mandy in the patterns and Nigel in the sparring, which proved to be a very large division and one of the last, which meant a lot of waiting around. Once again, they competed well and will have learned from the experience. One of our previous medal winners, Matthew May, was unlucky with the draw and came up against the eventual winner in the first round, but never the less competed with vigour and determination. Our eventual medal came from another previous winner and made it three in a row for Marressa Keeler. Once again, this was a tough group as the bruises and cuts showed, but Marressa kept her composure,

in the final only lost on a split decision after two draws, and was awarded the silver trophy. That is now two silvers and a bronze, so we are expecting the gold next time.

Well done to all of our competitors, spectators and officials. The next competition is a South Midlands team event at Hereford. We hope to enter some competitive teams for this one. It is followed a week later by the Midlands competition at the fairly local venue of Kettering. We also have a grading so a busy time for our squad is coming up in the New Year.

After the ravages and excesses of Christmas and New Year, why not come and join us and make your New Year's resolutions come to fruition, whether it is to lose weight, get fit or learn a martial art and gain a level of self defence. If you would like to know more give me call or just turn up on training nights. Lastly a Merry Christmas and a happy New Year to all our student supporters and readers.

David Rawle 01234 750716 mobile 07860831729 E-mail david.rawle@bt.com