

Bodenham Newsletter



February 2012

1st	Travels with a camera	23rd	Knit-In
2nd	Mothers' Union	24th	Flicks in the Sticks
4th	Flood Group Coffee Morning	25th	Bowling Club Social Evening
6th	Parish Council Meeting	27th	Leisure Club
6th	Gardening Club	28th	Flood Group Meeting
10th	Flicks in the Sticks	29th	An extra Day!!
13th	Leisure Club		
14th	BWg @ Weir Garden	March	
17th	Travels with a Camera	4th	Drama Dress Rehearsal
20th	Carers Group Meeting		
21st	Pancakes and Tea @ Siward James		
21st	BWg Skittles evening		

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St Michael's Church

Dear Friends,

Lent this year begins on February 22nd with Ash Wednesday. The weeks of Lent are a very important time, a time when we reflect on our own discipleship, how we live as followers of Christ.

At the services we hold on Ash Wednesday our foreheads will be marked with a cross of ash. These ashes are made from burning the previous year's Palm Crosses. So, paradoxically, Lent begins with light – a bright burning fire – the Palm Crosses are palms of praise, symbols of the palms that were waved in jubilation as Jesus rode into Jerusalem in triumph. Those palm branches were cut from the trees by eager people to welcome Jesus as King. The palms that are used to make the Palm Crosses we are given on Palm Sunday are now cut from trees in countries in Africa. It is not always easy to care for the trees when the weather changes and there is drought instead of rain, or floods during the growing season. Sometimes our Palm Crosses are small and thin because that year the trees have not grown as they should.

The ash that is produced from the burning palm is a symbol of repentance, and also a reminder of our own mortality. But hidden in the ash is an echo of that Palm Sunday praise, when we welcomed the Creator of the Universe as our Saviour, riding a donkey into the city. The trees that God created gave up their branches to be waved in celebration of their Maker. When we kneel in church at the beginning of Lent, waiting for our cross of ash, we are caught up in the web of a global story. The ash is the end of a long journey beginning with the planting of palm trees, their growth, the harvesting of their fruits and branches, the production of crosses and their transportation and delivery into the vestries of our churches. God is everywhere in this journey, but we are also involved. God calls us to care for his world, to maintain the fragile web of life. Our worship is enriched and deepened by symbols of palm crosses and crosses of ash. They connect us to the people of countries we shall never visit, but whose livelihood depends on our actions. A disturbing report recently highlighted the catastrophe facing the growers of trees that provide the incense we burn – the frankincense of the Wise Men. We read and hear about food shortages and drought. This Lent, beginning with the ashes of Ash Wednesday, let us make part of our Lenten discipline a resolve to respect the earth, to know it as God's gift to us, to see ourselves as one part of the web of life, dependant on the strength and resilience of the whole. God has given us the earth and we thank him for his gift in our prayers and actions, every day.

The earth is the Lord's and all that is in it, the world and those who live in it; for he has founded it on the seas, and established it on the rivers. Psalm 24:1-2

The mighty one, God the Lord, speaks and summons the earth, from the rising of the sun to its setting Psalm 50:1

Yours in Christ,
Heather

St Michael & All Angels' Church Bodenham SUNDAY SERVICES FOR FEBRUARY 2012

Feb 5 th	8.00am 6.00pm	Holy Communion Choral Evensong	(The Revd Heather Short)
Feb 12 th	9.30am 6.00pm	Sung Eucharist Evensong	(The Revd Heather Short)
Feb 19 th	9.30am 6.00pm	Family Communion Evensong	(The Revd Heather Short)
Feb 26 th	9.30am 6.00pm	Sung Eucharist Evensong	(The Revd Alison Leigh)

NB: Evensong will normally include hymns and be led by one of the Churchwardens

HOLY COMMUNION AT SIWARD JAMES CENTRE

There will be a celebration of
Holy Communion at Siward James on
Friday, February 25th at 11.00am.
All are welcome to attend.

ASH WEDNESDAY

**Services of Holy Communion and Imposition of
Ashes will be held at:**

**10.30am St Michael and All Angels,
Bodenham**

**7.00pm St Mary the Virgin,
Marden**

**Readings:
Isaiah 58:1-12
John 8:2-11**

PARISH COUNCIL NEWS

CHAIRMAN'S REPORT

Happy New Year!

At the monthly meeting we discussed plans for celebrating the Queen's Diamond Jubilee. We are keen to hear from any individual or club/ society who would like to be involved and volunteer to help organise a suitable event. This could be in the form of a party, a new project to improve the Parish, a community event or something else. If you have any ideas and would like to be involved please contact the Parish Clerk.

The Parish Plan has now been completed and accepted by the Parish Council. It has been forwarded to Hereford Council in order that all the relevant departments within the Council are aware of our results and proposed action Plan. In due course you will be able to view the complete document on the parish website; we will also print a quantity of the whole document and these will be available to purchase for a small charge which will cover the printing costs. Copies of the proposed action plan will be available to everyone.

Derek Ling
Chairman

PLANNING APPLICATIONS.

No planning applications have been received recently.

DINMORE SPOUT

The Parish Council has once again been notified by the Scientific Officer in the Environmental Health and Trading Standards department at Herefordshire Council that the water at the spring serving Dinmore Spout is not fit to drink.

LITTER PICK

Bodenham Parish Council is holding a litter pick on Saturday 10th March. Participants will be rewarded with soup and rolls at the Parish Hall after completing the litter pick. Watch this space. See also the 'Wombling Expedition' poster elsewhere in this Newsletter.

THE FUTURE OF THE LIBRARY AND OTHER SERVICES

Herefordshire Council is considering changes to its Cultural Services departments, which include its libraries. A public consultation has been launched. You can make your views known by emailing nsilver@herefordshire.gov.uk or by downloading a form at <http://consult.herefordshire.gov.uk/consult.ti/cultserv/consultationHome>

or by downloading a form at <http://consult.herefordshire.gov.uk/consult.ti/cultserv/consultationHome>

THE QUEEN'S DIAMOND JUBILEE

Bodenham Parish Council is seeking ways of celebrating the Queen's Diamond Jubilee and would welcome suggestions from anyone or any group in Bodenham. The Parish Council would also like to hear from any group, society, club or organization which has already made plans for celebrating the Diamond Jubilee in order to not to conflict or overlap with their plans.

DID YOU KNOW?....(1)

.....that you can put dog poo in litter bins, if it is bagged.

The Parish Council have placed stickers to this effect on all its litter bins and in the bus shelters.

DID YOU KNOW?....(2)

.....about the parish website?

At www.bodenhamparish.org.uk you can find an absolute wealth of information about Bodenham past, present and future. Take a look.

FINALLY....

The next Parish Council meeting will be held at 7.30pm on **Monday 6th February** at the Siward James Centre. Copies of the agenda are placed in advance on parish notice boards and on the parish website (www.bodenhamparish.org.uk). Everyone is most welcome to attend and raise any matters of concern during the slot reserved for this purpose during the meeting. If you prefer you can raise matters in advance by contacting Chris Smith, Parish Clerk, on 01568 797132 or by email at fork.lightning@gmail.com.

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BODENHAM CHRISTIAN FELLOWSHIP

Chapel Lane, Bodenham

Programme for February

5th	9.00am	Praise and Prayer
5th	10.30am	Worship Service - Keith Baldwin
12th	10.30am	Fellowship Service and Communion
19th	10.30am	Worship Service - Malcolm Healey
26th	10.30am	Worship Service - Steve Gisman

Praise and Prayer on Sunday 5th February will be followed by a simple breakfast. Coffee will be served after all services.

Café @ Chapel meets every **Thursday morning** - Why not call in for a coffee and chat at any time between 10.30am and 12 noon.

Midweek Study and Discussion Group meets on **Thursdays at 7.30 for 7.45pm** in members' homes. Visitors are welcome to meet with us as we continue a new series entitled 'Saving the Nation' - Heroes from the Book of Judges
Contact Peter Lefroy-Owen for more information.

Ladies Bible Study at the Chapel on Tuesday 7th February. We conclude our study of Hebrews: 'Consider Jesus'
Please contact Margaret Seccombe for further details.

Monday 13th February at 7.30pm Members' Meeting

Dates of Fellowship services and events can be found on the Bodenham website:
www.bodenhamparish.org.uk

Contact Peter Lefroy-Owen, Margaret Seccombe (797094)
Secretary: Pat Horrigan (797044)

BODENHAM ROMANIA SUPPORT GROUP

Thursday 23rd February. Knit-In at 14 Brockington Road from 2 - 4pm. Visitors are always welcome. We don't charge anything and will provide you with wool if needed. Thank you to all who have given us wool - we can always use more!

Chairman: Pat Horrigan - 7978044

BODENHAM MOTHERS' UNION

Thursday, 2nd February at 10.30 at 14 Brockington Road Mrs Sylvia Bland will talk about Fostering. Visitors are always welcome.

Branch leader Pat Horrigan (797044)

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BODENHAM BOWLING CLUB

The 2012 season for outdoor bowls is fast approaching and it is good to see the days lengthening and brightening and the green being prepared.

The first event of the year will take place on **SATURDAY 25th FEBRUARY** from 18.30 - 21.30 at the Siward James Centre. This will be a social evening, mulled wine on arrival followed by soup and crispy rolls, an array of delicious desserts and coffee. There will be a raffle (any contributions to this will be gratefully received) and a quiz. We can look forward to a happy evening. Tickets available at a cost of £7.00 from the Treasurer, Chairman or myself. You don't have to be a bowler to come all are welcome.

The REGISTRATION evening will take place, again at the Siward James Centre on **FRIDAY 30st March** 19.00 - 21.00. The subscription has been held at the same rate as last year.

The **OPEN DAY** will be on **Saturday 21st April** from 15.00. If you have never bowled but would like to have a go then just turn up.

All you require are a pair of FLAT SOLED shoes, the club have bowls you can use.

The first club evening will be on **Wednesday 25th April** 18.15 for a prompt 18.30 start. The first match is scheduled to take place on our green on **Saturday 28th April**.

Looking forward to a cheery evening on Saturday 25th and a good playing season for us all.
Barbara Gibson (secretary) 797643



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"Her Grace will be Here"
A Comedy Play

By
Arthur Lovegrove
and

"In the Blinking of an Eye"
A Comi-Tragic Play

By
Jeremy Hylton Davies
on

SUNDAY 4TH MARCH

at

2.30pm

BODENHAM PARISH HALL

Entrance: By Donation

Lights refreshments will be served in the interval and there
will be a Raffle. After expenses any surplus monies will go to
St Michael's Hospice and towards the purchasing of stage
curtains for the Parish Hall. This Dress Rehearsal prepares the
players for the Hereford Drama Festival which begins on the
15th March and your support would be very much appreciated.
For further information please contact me on 01568 797868.
Gwenllian Bowden

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BODENHAM LEISURE CLUB

On **Monday 13th February** we meet in the Parish Hall
at 2.30pm when we shall have a talk entitled, "My Life
as a War-Time Evacuee" given by Kenneth Reeve. I am
sure this will be most interesting.

We shall have the Bring & Buy Table, Raffle and Light
Refreshments.

We shall be in the Parish Hall again on **Monday 27th
February** at 2.30pm for a fun afternoon when we have a
"Beetle Drive"!

Please support the Sales Table and Raffle. Light Re-
freshments will be served.

We look forward to seeing members and visitors at these
meetings. Visitors £1 entry.

Gwenllian Bowden

Secretary/Programme Secretary

New Year! New Start! New Course! Home Start!

This year you could make a real difference!
Get involved with Home-Start Herefordshire
Put the smile back on somebody's face.....

Meet new people, make new friends,

Be part of a great team that helps others.

~You could be that special friend that means so much to someone else~

Home-Start Herefordshire supports families that have at least one child under the age of 5
throughout the county. Are you a parent or grandparent willing to offer 2 or 3 hours a week to give
help & support to other parents finding life hard by using your own experiences?

We all want to give our children the best start in life and no matter how hard we try sometimes this
seems a difficult task. Home-Start volunteers give weekly support within the family's own home,
helping parents by offering understanding, a listening ear and practical help to meet the needs of
each family

All of us make New Year's resolutions which we intend to keep but somehow they get lost by the
wayside. This year make your resolution a reality.

All our volunteers attend a course of preparation and have ongoing training and support.
Whilst offering help to families our volunteers find they get a tremendous sense of satisfaction and
enjoy the time they spend together, often making real lasting friendships.

The preparation course is a **free 10 week course with all travel expenses paid**, and we are
delighted to now be able to offer it at an **accredited** level which requires a fee of £22.
Our Scheme manager and organisers are fully qualified and experienced to deliver this valuable
course, the purpose of which is to explain the ethos of the charity and to obtain an understanding of
the different needs the families may require.

One volunteer told us 'I feel I get as much out of it as the family does, it's a real privilege to be
allowed into a family and be able to help another mum. I would have loved to have had a Home-Start
volunteer myself when my children were little.'

We have a Volunteers Preparation Course starting on
Friday February 3rd 2012
10.00 - 2.30pm
Running for 10 weeks every Friday

If you would like to know more about how you become a volunteer, help us with our fundraising or
events please do give us a call **01432 371212**

Suite 1, Lakeside Offices

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We can't wait to hear from you!

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Bodenham Carers Group

The new group for Carers meets on

3rd Monday of the month at
Siward James from
2-3.30p.m.

Refreshments provided!

20 February - Carers Assessments & Dementia Care

19 March - Contingency Planning - what happens if the carer is ill

16 April - Telecare - gadgets to help maintain independence

21 May - Falls Prevention * open meeting for anyone who has fallen
or is worried about falling

for more information phone

Herefordshire Carers Support

Tel 01432 356068

or email

help@herefordshirecarerssupport.org

If you need alternative care for the person you care for, or a lift, please let us know and we may be able to provide this. If you need alternative care we need to know at least two weeks prior to the meetings.

????????

Did you know - that you can order your prescriptions at the Bodenham pharmacy by email - here's how:

1. Log on to the surgery website
(www.marchessurgery.co.uk)
2. Choose Prescriptions from the index on the left hand side of the home page.
3. Under paragraph entitled Bodenham patients, click on Repeat Prescription Service.
4. Complete details (medication, name, etcetera).
5. Click on arrow next to Select a Chemist option and use drop down menu to select Bodenham.
6. Click on Send / Submit.

BWg

For women from Bodenham and surrounding areas
FEBRUARY

Weir Garden to see the snowdrops Tues 14th Feb
Free to NT members, otherwise £5.20

Option of going on to Oakchurch garden centre/
café afterwards

Meet Parish Hall car park at 10.20am for 11am at
Weir

Please contact organiser Nina Dowler by 7th Feb
01568797363

Skittles evening Tues 21st Feb. 7.30pm for 8pm
at Snooker hall in Coningsby St., Hereford
£1 contribution each to the 'stickers' Deadline for
names 7th Feb

Please contact organiser, Brenda Carter
01568797008 brenda.carter@tesco.net

MARCH

Anniversary supper at Brockington Golf club.

Thurs Mar 15th 7 for 7.30

Filled jackets(choice), salad, homemade desserts,
tea/coffee £10

Numbers are limited so buy tickets asap from
organisers

Nan Murdoch 01568797595 or Kath Tremain
01568797751

APRIL

City Walk

Organisers Pat Austin Ann Herbert

For membership details phone our Treasurer,

Anita Griffiths 01568797929 or any below

Sally Doody-Henshaw 01568 797066

Carol Kirkpatrick 01568 797022

Debbie Mould 01568 797910

Roz Reader 01568 797426

Kath Tremain 01568 797751

Mary Nickols 01568 797144

Bodenham Community Access Point

The C.A.P. meets every other Wednesday
evening at Siward James meeting
room from 6.15pm - 8.15pm. We look forward to
seeing you there



BODENHAM SUNDAY WALKS (Health walks)

Sunday 15th February meet
at Queenswood Carpark
for 11.30am start

A fairly level, easy walk to the look out.

EVERYONE WELCOME incl. children/dogs
Please ring Jo Morgan 01568 797255 if you

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PARISH HALL NEWS**PUDDING CLUBADVANCE NEWS.....****DATE FOR YOUR DIARY**

FRIDAY 23rd MARCH at the Parish Hall. You don't have to be a member, just to love puddings, desserts, 'afters'....call them what you like. More details later.....

Flicks

The next film, Jane Eyre, needs no introduction and is on **Friday 10th February** at 7.30pm. On **Friday 24th February** we have 'The Guard', a comedy thriller set on the West coast of Ireland. These films should cheer us up on these cold damp days which seem to last forever. The normal price of £4 applies. Mr Popper's Penguins was a huge success in December. This was a real 'feel good', laugh out loud film with mince pies, a Christmas quiz and a special visit from Father Christmas in the interval.

Congratulations to the prize winners Hannah Gateley and Linda White.

Parish Hall Management Committee meetings

These are held at least quarterly, usually in the Parish Hall and members of the public are very welcome to attend. The next one is on Wednesday 22nd February at 7.30pm when we will be further discussing the kitchen refurbishment and the grant application for the play area.

100 CLUB

The next draws are at the Gardening Club on 7th February. There are currently 104 members. If you feel like you're missing out then contact me, Mary Nickols on 01568797144, The Forge, (by Bodenhams bridge) and you can have ticket number 105 for £2 for the remaining 2 months. There's nothing to stop us having more than 100 members. Exactly half the income will be paid out in prizes regardless of how many people take part. I will be sending a letter to all existing members in late March to explain how to renew for the next year, starting 1st May

The Kitchen

Desperately in need of major refurbishment, the kitchen is the next big thing on our list for action. If you are a Hall user and have ideas for what you would like to see done, then please get in touch with one of us. Also if you have contacts which might help ease the cost or the work we would be very pleased to hear from you. We are hoping to get a grant to add to what we already have in our savings account.

Hourly Rate

- Main Hall £9.50 (Minimum Charge £12.00)
 - Committee Room £5.00 (Minimum Charge £6.00)
 - Stage Only £5.00 (Minimum Charge £5.50)
 - Store/Back Room £8.00 (per evening)
 - Party/Dance/Disco £120.00 (£100 deposit)
 - Concerts/Musical Evenings £60.00
 - Quiz Nights £30.00
 - Bingo £30.00
 - Children's Party (Under 14 years old) £25.00
 - Jumble Sale £45.00
 - Weddings Afternoon Only (Clear by 6.00 p.m.) £150.00, All Day £200.00,
- Previous day at hourly rate

IF YOU WANT TO BOOK THE HALL

RING IDA 01568797333

BODENHAM PARISH HALL MANAGEMENT

Would the owner/s of the dog/s who are fouling the Parish Hall car park please be more considerate and clean up after them? Especially the owner who allowed their dog to foul outside the boiler room door! Better still do not use the car park as a dog's toilet! (Not sure why anyone would need to be with a dog in this area of the car park.)

The Secretary

Bodenham Parish Hall Management

**Bodenham Parish Hall Regular Activities Schedule
Clubs & Societies**

Club	Meets	Contact
Leisure Club	Monthly on the 2nd and 4th Mondays, 2.30 - 4 pm .	Secretary - Gwenllian Bowden 01568 797868
Gardening Club	Monthly on the 1st Tuesday, 7.30 pm .	David Griffiths - 01568 797427
Sequence Dance	Monthly on the last Saturday, 8 pm .	Mrs Potter - 01432 880373
Flicks in the Sticks	Sep-Apr; One Friday each month, 7.30 pm .	Chris James - 01568 797451

The Week's Regulars

Day	Activity	Contact
Monday	Tai Chi 10.00-11.30am (TT) Keep Fit, Body Tone, Aerobics 6.30-7.30pm .	Julian Kemp 01568 614468 Emma Caldwell 01568 797210, 07971009691
Tuesday	Pilates 6-7 pm . Airgun Club 8 pm .	Jennifer Grumbley 01568 797395 Ian Linton 01568 797375
Wednesday	Tai Chi 9.30-11.00am (TT). Yoga 6.00-7.30pm(TT) Badminton 8 pm .	Julian Kemp 01568 614468 Fiona Hawkins 01432 860270 Rob Parker 01568 797091
Thursday	Bellydancing 7 - 8.00 pm and 8 - 9.30 pm	Abbie Mason 07962161081 E: alanya@alanyabellydance.com www.alanyabellydancer.webs.com
Friday	Pilates 10 am	Jennifer Grumbley 01568 797395

(TT): term time only

Please contact a member of the committee if you are interested in helping . Mary Nickols

Village Hall Committee

Contacts:

Robin Knott (Chair) **01568 797835**
Derek Ling **01568 797389**
Dennis Jackson (Treas) **01568 797404**

Ian Linton (Vice chair) **01568 797310**
Gwenllian Bowden (Sec'y) **01568 797868**
Mary Nickols **01568 797144**
Rob Parker **01568 797091**
Margaret Hughes **01568 797285**
Chris James (Flicks) **01568 797451**
Roz Reader **01568 797426**
David Curd **01568 797659**
Kath Tremain **01568 797751**

Travels with a Camera
 at Bodenham Chapel 7.30pm
 Admission £2.50 Contact: Dave Hill
 01568-797531

Wednesday 1st February - "Dutch Impressions" presented by Brian Skinner

Friday 17th February - "Stunning views and mysteries of South America" presented by Richard Morgan

ST MICHAEL'S PRE-SCHOOL

We are situated within St Michael's C of E Primary School in Bodenham. We have our own playground and access to the main playground and playing field.

The Pre-school is run by staff with Early Years qualifications and experience of working with pre-school children. We are managed by the Governors of the School.

Pre-School is normally open during school term-time.

Full details of our sessions can be viewed at:
www.stmichaelsbodenham.co.uk/PreSchool.htm

Charges : £3.80 per hour

Please contact Pre-school Supervisor,
 Sophie Walker-Ball for visits and questions on
 01568 797241 or e-mail us at
nursery@st-michaels.hereford.sch.uk

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LUGG VALLEY FRIENDS- CANCER RESEARCH UK

1. We are holding our annual PANCAKES AND TEA event on SHROVE TUESDAY, 21ST FEBRUARY 2012 at SIWARD JAMES CENTRE, BODENHAM from 3.00 pm to 5.00 pm.
There will also be a RAFFLE and CAKE STALL.
We look forward to seeing you.

2. Our CHRISTMAS BINGO EVENT held on the 2nd December 2011 at the Parish Hall raised £427.00 for CANCER RESEARCH UK.
We had a really good crowd and thank you to everyone who supported us.

3. We had a good 2011 in that the total raised for CANCER RESEARCH UK, including in-memoriam donations, was £20,200 - our best ever!
The Committee members would like to thank all those who have supported us, in whatever way, in enabling us to achieve this fantastic figure.

BODENHAM FLOOD PROTECTION GROUP

The Bodenham Flood Protection Group have been asked to help provide a list of ALL Insurance Companies or Banks who have either been awkward or refused to give a quote for property insurance because of their property's post code or because it is in Bodenham.

If this has happened to you or someone you know, could you please email me on BabsMitcheson@aol.com or contact me on 01568 797170 with all the details.

If you are having any such problems, please let me know and the Bodenham Flood Protection Group may be able to help you.

DAVID W. GODWIN

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Bodenham Flood Protection Group

Invite you to a

COFFEE MORNING

On Saturday 4th February 2012

at Siward James Centre
From 10.00am to 12 noon



Cake Stall, Tombola and Draw
Exhibition of photographs from the Village
by the

Bodenham Flood Protection Group

Free Admission

All Are Welcome.

For more information contact Liz Davies: 797628

Bodenham Tennis Club

Come and join a friendly Club - all
standards welcome
Club nights will continue through the
winter.



Mens -Monday 7.00pm
Ladies Tuesday 6.00pm

For further details including membership etc
contact Dave Marriott 01568-797387.

Advertise in the Newsletter

Small Box	- £50	for 12 months
	- £25	6 months
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	- £19	2 months
	- £40	6 months
Half Page	- £12.50	for 1 month

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BODENHAM GARDENING CLUB

February 6th The work of "Growing Point" at Holme Lacy College with Laura Hone.

March 6th The Kitchen Garden with Roger Umpleby

April 3rd New Herbaceous Perennials with John Sutton plus Daffodil Show.

We have a sales table, raffle and excellent refreshments. New members are also welcome.

MATERIALS WANTED

A small group of volunteer fund raisers for Concern Universal, a local Overseas Development Agency, are appealing for the following items to aid them with fundraising: - wool, material, cottons, ribbons, buttons, beads, old necklaces or any unwanted gifts or jewellery would all be welcome.

If anyone can help or needs any more information about the charity please call Hereford 761671

FLICKS IN THE STICKS

In association with Bodenham Parish Hall Management Committee
Presents

"Jane Eyre"

Drama - Certificate PG

Running time: 120mins

A young governess softens the heart of her surly employer, only to discover he is hiding a terrible secret.

Based on a novel by Charlotte Bronte published in 1847.

Starring- Mia Wasikowska,
Michael Fassbender, Judie Dench, Jamie Bell.

FRIDAY, 10th FEBRUARY 2012

at

BODENHAM PARISH HALL

Doors Open: 7.00 p.m. Film Starts: 7.30 p.m.

Admission: £4.00 (Pay on the Door)

Refreshments are available during the Interval

DATES FOR YOUR DIARY 2012

Friday 24th February- "The Guard"

Friday 9th March- "The Debt"

Friday 13th April- TBC

Friday 11th May- "The Iron Lady"

WE LOOK FORWARD TO SEEING YOU –

THANK YOU FOR YOUR SUPPORT

Any suggestions for future films are always welcome

Contact Chris James on 01568 797451

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BODENHAM FLOOD PROTECTION GROUP

Chairman: Cllr Tony Mitcheson
Treasurer: Mr Tony Clark
Operations Manager: Mr Mike Stephens
Deputy Operations Manager: Mr Robin George
Secretary: Mrs Babs Mitcheson 797170

The Moor:

The Moor Road: Mr Tony Clark: 797943
Orchard Close: Mr Graham Price : 797621
Chapel Lane: Mr Robert Pritchard: 797428
Brockington Road (2 -31& 35): Mr Simon Dowler: 797363
Brockington Road (1, 32-34, 36 – 42A): Mrs Rebecca Burnill 797823
Brockington Road (43- 54): Mrs Gwen Bowden: 797868
Siward James: Mrs Iris Evans 797412
Ash Grove Close: Mrs Jean Fryer: 797338
Ash Grove View: Mr David Harris: 797575
Millcroft Road: Mrs Barbara Gibson : 797643

Bodenham Village:

Bridge to War Memorial:
The Forge: Mr Simon Nickols: 797144
Church and Bodenham Village:
Mr David Ayshford Sanford: 797549
Mr Mike Mullenger: 797199

Meetings are open to ALL MEMBERS OF THE PUBLIC

All Meetings, unless otherwise notified will be held on the last Tuesday
of the month at Siward James Centre starting at 7.30 pm

Next meeting: February 28th

If you are unable to attend or have points which you would like to be raised at the
meeting, please contact the Secretary Mrs Babs Mitcheson 797170



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BODENHAM RAMBLERS

Programme for February & March

Date	Description	Miles	Start	Grid Ref	Leaders
Feb Wed 8th	Leintwardine Traditional Fish & Chips in Sun Pub. Good walk.	5 Miles	Roadside Parking on Green over the River Bridge	Exp 203 404 739	Sylvia Winney 01432-830486
Sun 19th	Ledbury to Eastnor	4.5 Miles	Market Hall Ledbury. Use any Town Centre CP Lunch to be advised @ AGM	Exp 190 711 376	Maurice Spratt 01432-860572
Wed 29th	Aymestry. Meadows & Woodland. Easy/Moderate. Very few stiles	5 Miles	Riverside Inn on the A4110 at Aymestry	Exp 203 425 655	Mary Watkins 01432-273432
March Sun 11th	Llangrove & Llagarran. Moderate/Undulating hills	5 Mile	Royal Arms PH Llangrove	OL 14 523 195	Stephen Locke 01432-880950
Wed 21st	Harewood End. Pleasant walk and mainly easy going	4 Miles	Harewood End Pub	Exp 189 269 529	Wendy Jones 01432-272031

All walks will start at 10.00am unless otherwise stated. For details of these walks please contact the leaders. For details of the Bodenham Ramblers please contact the Chairman, Eddie Phillips on 01432-266994.

Walking for Health.

The closest thing to perfect Exercise!

Did you know that walking can....

Make you feel good, give you more energy, reduce stress, and help you sleep better. Walking helps keep you heart strong, can help reduce blood pressure, and can help manage your weight, diabetes and osteoporosis. Environmental psychologists now rate the positive benefits of "Biophilia Effect" where connecting with nature is known to lessen the stresses and strains of everyday life. Almost everyone can walk, anywhere, any timeand it's free! You do not need any specialist equipment. Walking in a group is a great way to start and to stay motivated. You can start slowly and build up gently You can make friends and discover new places to walk in your own neighbourhood.

Walking for Health has more than 600 health walk groups across England. Here in beautiful Herefordshire we have a timetable of short walks across the county, timetable available on our website or contact below.

Your local group will support you every step of the way and provide:

- Led health walks for absolute beginners
- Trained walk leaders
- Other people to walk with
- A health questionnaire at the start of the walk
- Safe routes
- Children/dogs need to be accompanied by responsible adult.



If you would like to join a group, or attend our two hour FREE training to lead a walk in your area, we would love to hear from you. Please contact "Let's Walk Herefordshire" co-ordinator at: award@herefordshire.gov.uk or call us on 01432 261 864

Dancing in Sutton Village Hall

Dance classes for beginners are held in Sutton Village Hall on Wednesday evenings at 8.00pm. Waltz, Quickstep, Rumba, Tango, Cha Cha etc. All are taught by a qualified sequence dance teacher. If you would like to join in the fun and learn to dance in a friendly social atmosphere, please ring Ann Potter on 01432 880373.

Traditional orchards in Herefordshire – can you help?

Traditional orchards* are a valuable and distinctive feature of the landscape in many parts of Herefordshire. They are one of the most important habitats for wildlife in the county and are often also of great cultural and historical interest in the local area.

Some owners and organisations are already carrying out excellent work to conserve traditional orchards. However, recent survey work has revealed that there are almost 3400 traditional orchards in Herefordshire and it is estimated that many of these are in poor condition, so there is much still to do. For this reason a partnership of interested bodies across the orchard-rich counties of Gloucestershire, Herefordshire and Worcestershire has recently been formed to help develop project ideas and to prepare funding bids to help support more locally based orchard management.

Please contact us if you:

- are interested in volunteering in some capacity to help conserve Herefordshire's traditional orchards (e.g. receiving training to carry out wildlife or archaeological surveys, getting involved in community events or carrying out tasks such as tree planting or pruning);
- are the owner of a traditional orchard and would like some help with its management;
- have some relevant knowledge or expertise that could be shared with others.

It is anticipated that applications to funding bodies to support orchard conservation work will be made in Spring 2012. The more people who register an interest in this subject the more likely it is that these applications will be taken seriously and funding be granted, so please do get in touch.

Please contact the Malvern Hills Area of Outstanding Natural Beauty (AONB) Partnership office for further information or to register an interest. Email: aonb@worcestershire.gov.uk. Tel: 01684 560616.

More about this project and the partnership behind it can be viewed at: http://www.malvernhillsaonb.org.uk/orchard_project.html

* Traditional orchards tend to contain tall, 'standard' trees which have been allowed to grow and mature. They tend not to be intensively managed and often contain distinctive local varieties of fruit or nut tree.

Hereford Chamber Choir

present

'A Choral Cornucopia'

and invite you to join them for an entertaining evening of sacred and secular music

7.30pm, Saturday 3rd March 2012

at Marden Church

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available from Veronica Howell (01568 797839)

(Children 16 or under free)



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BODENHAM'S
LITTER PICKING EXPEDITION
On

Saturday 10th March

From 10.30 AM - 12.30pm

Start and Finish at

The Parish Hall

Free Hot Soup and Rolls for lunch



Litter picking sticks and
High Viz jackets
will be provided

For further details contact
Derek Ling 01568 797389



From the Editor,

The next issue is March 2012. The deadline for contributions is 18th February. Please be prompt with your contributions as we're a couple of days short this month!

Have the newsletter delivered automatically to your computer by signing up at www.bodenhamnewsletter.co.uk

Contact me: orchardthings@hotmail.co.uk

Tel: 01568 797872

mail: 1 Orchard Bungalow, Bodenham, HR1 3JS

See the newsletter and find out more about the village on the village website: www.bodenhamparish.org.uk

Susan Haworth (Editor)

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(Browse 'online' for our menus and special evening's information)