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Dear friends and parishioners,

Fifteen years is the blink of an eye in the history of my faith, or even the Church of England, but in terms of our lives it seems quite a long time. In terms of the life of this magazine we mark fifteen years of the editorship of Fiona McDougal this month (see the front cover!) – so congratulations to you Fiona, and more importantly, our very grateful thanks to you, for all the many hours of thought and time which you have put in over fifteen years and which have served our communities in such an important way.

When Fiona mentioned this forthcoming anniversary at a recent meeting, she also made a point of saying that she couldn't do what she does without all those who support her; from the correspondents and members of the Editorial Committee, chaired by Deirdre, to Les, the website editor, from our distribution managers in each village, organised so ably by Isobel, to those who tread the streets of our villages and pop the Link through the doors in all weathers. There is indeed a large group of people who deserve my thanks and yours.

It is often this way, with hundreds of people whose names we may not know, but who make substantial contributions to village life by their commitment and generosity. They are mostly unpaid and sometimes unnoticed but they make a huge difference to our lives.

So as I thank Fiona, and the Parish Link team, let me also take this opportunity to thank the many people who become blessings brought to life in our villages, which for me are signs of God's love, as beautiful as the flowers which we are about to see breaking the winter earth and turning our thoughts to the new life of Easter and Spring.

With my love and prayers, this month and always.

Nicola Lenthall

The front cover shows Editor, Fiona McDougal, putting together last month's Parish Link. Thanks to Les Randall for the photo.



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KENSWORTH PARISH CHURCH

Our prayers for you: if you would like a particular prayer to be said, for a loved one or a special occasion, please contact Dorothy Blackburn (872670 or e-mail: dorothy.godbod1@outlook.com). In February we will be praying especially for all the people who live in the Ridgeway, Russell Close and Plewes Close.

The Christmas Services: warm thanks to all who organised and contributed to our Christmas services, including, of course, all who attended, sang and took part in the activities to make the season so happy and comforting. We are most grateful to Jane, Jo and Emma for organising the hampers for the Christmas Raffle, which raised £328.46. Special thanks, of course, to Nicola, for leading all the services with love and inspiration.

Church Calendar: 2nd February is the festival of Candlemas (see p.16). Everyone is very welcome to all our services (see p.16). Easter Sunday is on 5th April this year, which means that Lent begins on Ash Wednesday 18th February, with a service of Holy Communion at 7.30pm in St Mary's, Kensworth.

See below (p.15) for details of the Lent Course meetings.

Choir News: the choir will lead the singing at the Service of Holy Communion on Sunday 1st February (Candlemas).

If you would like to join the choir, please contact the Vicar (872223 or e-mail: revnicolalenthall@btinternet.com). Instrument players are also welcome, to help accompany on occasions. We have room for all voices, and you don't need to read music to take part!

Sunday School: Morning Service at 10.30am on Sunday 8th February will include Sunday School; the theme is 'Do not worry!' (from Matthew, ch. 6). At the Family Service on 22nd February we will be talking about Lent. If you would like your child to join Sunday School, or if you want to be a helper, contact Katherine Huggins (607841 or e-mail hugginskatherine1@gmail.com) for details.

Messy Church: there is no Messy Church in February: the next one will be on 13th March.

Tea Towels: we have an ongoing sale of tea towels, beautifully designed by Annabel McIver. They are colourful depictions of the church here and cost £10 each. Available at services, or contact a churchwarden.

AROUND ABOUT STUDHAM

ST MARY'S CHURCH

Church prayers for the village: in our annual cycle of prayers, in February we shall focus on all the residents of Oakway. If you would like a particular prayer to be said, perhaps for a special person or event, please contact the churchwarden, Meg Bender (872967 or meg.bender4@btinternet.com) or you may prefer to write your own prayer on a 'leaf' and hang it on the prayer 'tree' in the church.

Children's Church on Sunday 15th February at 10.30am: 'Seeing is Believing', as the saying goes, and in today's reading Peter is keen to explain what he has seen!! The children will learn all about it and have fun with the crafts and music to explain it all. Then, as we celebrate all the February birthdays, enjoy sharing this month's birthday cake. Everyone is very welcome.

FRIENDS OF STUDHAM CHURCH

The aim of the Friends of Studham Church is to raise funds to maintain the structure and fabric of our church, which is at least 806 years old, and is, by some way, the oldest building in the village.

Thanks to all our players in our 100-Club fundraiser. Our monthly prize is normally £60, but this is increased in December so the winner, Freya Griffiths received £100. Dee Claassen was the December runner up receiving £25. Emma Mulder won in January, receiving £60, with Linda Arbury the runner up winning £10.

The **100 Club renewal** e-mails have recently been sent out, so current players please renew. Anyone wishing to join, contact the Friends via the website, (<https://friendsstudham.wixsite.com/website>) or e-mail John McDougal (john.mcdougal@btinternet.com).

The logo for 'The 100 CLUB' is enclosed in a rectangular box. It features the word 'The' in a small serif font above a large, bold '100'. Below the '100' is the word 'CLUB' in a smaller, all-caps serif font.

STUDHAM METHODIST CHURCH

For services, see page 15.

Our minister is Rev Helen Roberts (713773 or revhelen2015@gmail.com). Or you may wish to call our local pastoral contact Linda Hillier (872860). We currently meet on the 2nd and 4th Sundays of the month (see page 15); all are welcome to join us.

A big 'thank you' to all those who came to the Christmas Tree Festival and Carol Concert and also to those who donated so many beautiful and useful things to Giving Sunday. They have been passed round to various charities: Salvation Army, Heart Foundation, Dens, Autism Bedfordshire, to name just a few, and all were very gratefully received.

CHURCH NEWS

Prayers for February: in February, we will be praying for the people who live close to the Tree Cathedral, the volunteers and the National Trust staff. If you have a special request for prayers, you could write it on a leaf and hang it on the prayer tree in the church or give it to the Rector or Churchwardens.

Sunday School: the children meet in the church vestry on 8th February during the 9am service for activities connected to Bible stories. Bring your children along for fun and friendship.

Whipsnade Churchyard Working Party: we will be meeting on Saturday 28th February from 9am – 12 noon. Refreshments will be provided. We will be getting the churchyard ready for Spring. Come and join us and enjoy some company and exercise.

Charitable Giving

Children's Society: we are pleased to have been able to donate £751.12 to the Children's Society. Our Christingle service, carol singing around Whipsnade Home Park and our Christmas Eve service were all part of this donation, so thank you to everyone who took part or supported us.

The church also made its annual donation of £100 to each of the following charities: Dementia UK, Keech Cottage, Rennie Grove Hospice Care, Smile Train UK, Society of Mary and Martha, St Martin in the Fields and the Dunstable Salvation Army.

The church was beautifully decorated for Christmas. Thanks to Ann Brinklow and Teresa Williams for their lovely flower displays and to Pam Horner for donating the Christmas tree, which was decorated by Owen Rafferty and Rosa Whalley. Thank you to Pam Wilkins, who knitted stocking tree decorations filled with goodies for our Christingle and Christmas Eve services.

Whipsnade Church Jigsaw Library: if you enjoy doing a jigsaw puzzle, we have a library of puzzles in the church for you to enjoy. The church is open during the day, so come along whenever it suits you.

WHIPSNAD E WEDNESDAY COFFEE MORNING

We run a coffee morning in the church every two weeks from 10am to 12 noon. The dates for February are Wednesday 4th and Wednesday 18th. Come along and enjoy a coffee and a chat.



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WWF EARTH HOUR



Earth Hour is an initiative led by the World Wildlife Foundation (WWF). It is one of the world's biggest grass-root environmental movements and aims to encourage people to make a small difference in tackling climate change and protecting nature. It began in 2007 in Sydney when 2.2 million individuals switched off their lights for one hour, marking the beginning of the Earth Hour movement. This has now gone global and more than 190 countries are taking part.

What are we doing in Studham, Kensworth and Whipsnade?

Invitation to: St Mary's Church, Studham, LU6 2NW
Time: 8.30pm – 9.30pm
When: Saturday, 28th March
Why: To celebrate and honour Earth Hour
What to bring: Wear warm clothes (heating will be off) and bring a torch.

If you can't join us at Studham, you could have an Earth Hour of your own by turning the lights and devices off at home, going for a walk, having a candle-lit dinner or watching a nature documentary such as Planet Earth. See www.wwf.org.uk/earth-hour for more information about Earth Hour.

FRIENDS OF STUDHAM COMMON

The next work-party for the Friends will be on Saturday 21st February.

The work envisaged for the day will include trimming and re-laying the hedge on the southern border of East Common, including reducing the height of the hedge and re-laying and re-weaving where appropriate. We will also cut back the bracken between the hedge and the footpath. This will ensure a good continuous dense habitat for nesting birds and a protective corridor for other animals.

In addition, we will be trimming a 1 metre-wide strip along each side of the concrete track to the water works, in order to prevent bushes intruding onto the track, which forces vehicles onto the opposite verge. Also, if time and weather permit, we will cut back hazel plantings near the concrete track.

Everyone is welcome – please come and help out, all tools and a light lunch will be provided. We meet at the War Memorial on West Common, opposite the Red Lion at 10am. Contact Pam Rumfitt (07710 525146 or pamrumfitt@btinternet.com).

KENSWORTH EVENTS

KENSWORTH VILLAGE HALL

Village Hall Christmas events: Thank you to everyone who braved the very wet/cold weather conditions and supported both our Christmas Fayre and Family Bingo. A very big thank you to all the stall holders, both old and new. Also, many thanks to the continued support from the Village Shop/Post Office, Farmers Boy and T C Feeds, as well as to many other individuals who provided raffle prizes and items for refreshments. The funds raised will help us to maintain our Village Hall.



MORE STUDHAM

STUDHAM VILLAGE CE ACADEMY

Hello from us all at Studham Village CE Academy! It has been an exciting time for us, welcoming a new Headteacher, Mrs Sarah Young. She has joined us on a long-term secondment from one of our other Trust schools and everyone is extremely pleased to be working with her!

The children have been working hard at their new topics and have produced some excellent work over the last month.

We continue to fundraise for our 'Pod' structure - as always, if you are able to help then please visit our GoFundMe page to donate: <https://gofund.me/201ea4aa2>.

If you are interested in your child joining our Studham family, then please e-mail our school office to arrange a tour and to check availability within each year group (school@studhamschools.org.uk).

Katie Flowers, Deputy Headteacher

STUDHAM WI

Thursday 5th February at 7.15pm in Studham Village Hall.

February will be an open meeting which means that all, including gentlemen, are welcome to join us. Our speaker is Steve Bish, a local Estate Planner, who will be telling us about how to protect our estates from Care Home fees, Inheritance Tax (IHT) and probate fees amongst other things.

Entry £5 to non-members: includes tea and biscuits. Raffle tickets will be on sale and there will be a bring and buy table. We look forward to seeing you.

STUDHAM TABLE TENNIS CLUB

Table tennis has been held in the Village Hall for over 3 years now and we have a thriving group of enthusiastic players, with a waiting list for both sessions, Wednesdays 10am –12 noon and Fridays 9.30am –12.30pm.

To gauge interest in an evening session, we have booked the hall for adults only on 18th February, 7pm – 9pm. The cost will be £4 including equipment if needed, refreshments and biscuits. Please come along and enjoy playing. Please wear non-slip, non-black soled shoes and dark clothes, definitely not white – you must be steady on your feet, we don't want any accidents.

If you would like more details or to register an interest for any of the sessions, please e-mail twohappyfolks@btinternet.com giving your details and experience of play.

ENVIRONMENT

MEDICAL BLISTER PACK RECYCLING POINT

Good news! There is now a bin outside Studham Methodist Chapel for the recycling of medical blister packs. These can be difficult to recycle through normal kerbside collection, and it is wonderful to have a local option to avoid them going into landfill. Many thanks to Studham Methodist Church and Studham WI for their work to get this in place.



GREENER TRAVEL – HOLIDAY PLANNING

As we move further into 2026, many of us will be planning and booking our summer holidays. Take a look at the tips below to help create a more eco-friendly trip this year.



Use public transport, such as trains or buses, wherever possible or consider using a cargo bike and enjoying a cycling holiday.

If you have to fly, aim for direct flights, pack as lightly as possible and consider carbon offsetting for your journey.

While away, take the opportunity to explore the local area on foot (or by bike). Hiking, cycling or even forest bathing, can all be great ways to relax.

And remember to keep up eco-friendly habits from home, such as short showers, and avoiding single use plastics by taking your own bags and water bottles.

KENSWORTH CHURCH RE-USE CENTRE

In the Church Hall, Clayhall Road (behind the Vicarage): 2pm – 4pm on Wednesdays and 10am – 12 noon on Saturdays. All kinds of treasures are available – come and have a browse! (Unfortunately, we cannot sell electrical goods, clothing or large items of furniture – and please ensure that items you offer for sale are clean and unbroken). **Cash only.**

SMILE LINE: a little girl sitting on her grandfather's lap reached up to touch his wrinkled cheek. "Grandpa, did God make you?" "Yes, sweetheart," he answered, "God made me a long time ago." "Oh," she paused. "Grandpa, did God make me too?" Her grandfather assured her that He had. Feeling his wrinkled cheek again, she observed, "God's getting better at it, isn't He?"

CHURCH NEWS

STUDHAM METHODIST SERVICES

February services and events:

Sunday 8 th	11am	Rev. Dr Caroline Wickens at Flamstead
Sunday 22 nd	10am	Rev. Helen Roberts HC

Although our own services are not being streamed, services are available from one of our Circuit Churches. If you would like details of these, or of Zoom fellowship meetings, please contact Linda Hillier (872860).

We have monthly Circuit Worship Services. Join us on Zoom at 6pm on 22nd February, led by Rev. Joy Mayisiri. Details available from Linda Hillier.

KENSWORTH METHODIST CHURCH

Sunday services are usually at 10.30am.

February services are:

Sunday 8 th	10.30am	Morning Worship	Led by Mr Martin Wallis
Sunday 22 nd	10.30am	Morning Worship	Led by Rev.Claudia Lupi

The **February Coffee Morning** will be held on Saturday 7th from 10.30am to 12 noon. Everyone is very welcome for delicious cakes, coffee/tea and a chat.

LENT COURSE

Join the North Chilterns Group on Tuesday evenings this Lent as we discover prayer is not a duty but an adventure!

24 th February	The prayer Jesus taught us
3 rd March	Praying with spiritual gifts
10 th March	Praying with icons
17 th March	Praying with the Iona Community
24 th March	Help! I'm too busy to pray!

All sessions start with refreshments at 7.30pm, concluding with a short act of worship, ending by 9pm, at Totternhoe Church Hall, The Ride, Totternhoe LU6 1RH.

ST MARYS, KENSWORTH

We will begin planting and landscaping around the new garden of remembrance for interment of ashes in the coming year. If anyone would like to make a financial donation to assist in procuring shrubs (which we are hoping to use eventually as part of greenery for flower decoration inside the church, in line with our eco-principles), then please contact the vicar, Nicola (revnicolalenthall@btinternet.com or 01582 872223).

We would be very grateful for any donations.

WHIPSDADE LUNCH & 2 QUIZZES

WHIPSDADE VILLAGE LUNCH.

Our first village lunch of the year is on Wednesday 25th February at 12.30pm. We will be serving a light hot lunch followed by tea and cake – all for £7.

There will be the usual raffle; any donations gratefully received. If you have any dietary requirements or any questions, please contact Tracy (07889 387957 or e-mail: tracy@stockdalemartin.co.uk).

If you would like to volunteer your help, we would be pleased to welcome you. Please contact Tracy on the e-mail above or Jane (07903 019188).

JOIN US FOR THE WHIPSDADE CHURCH

GENERAL KNOWLEDGE QUIZ

When: Friday 24th April starting at 7pm

Where: Whipsnade Village Hall

Tickets: £10 per person, incl. buffet selection, tables of 8

Bring your own drinks and glasses

For more information and tickets contact: Mike Bailey

(mjbailey1@btinternet.com or 01582 872318)

STUDHAM RED LION QUIZ

Tuesday 3rd February at 8pm in the Red Lion.

£3 head to enter and £1 per strip raffle (5 entries). There is no fixed team size – so you can go solo or bring all the family; however, please ring the Red Lion (872530) to book a table (and order food if required).

The rounds for February will be:

1: sport & recent news; 2: school days (all the things you learnt at school – and have forgotten!); 3: alphabet (all answers start with F); 4: entertainment (anything that entertains!); 5: what's left? Anything we couldn't fit in the previous rounds! and 6: music 1960s-2020's (only need title and they all start F).

STUDHAM EXTRA

Studham Spice Lounge – 28th February *raising funds for:*



Studham Village C E Academy Learning Pod

Can you help please? To maximise the money we can raise for this important project, we need auction prizes and promises. Is there anything you can offer us? Your generous support will be greatly appreciated.

Call or e-mail Annie (07967 110883 /annieherriottmilne@outlook.com).

CARPET BOWLS

2pm Thursdays in Studham Village Hall

We are a friendly mixed group and new members will be made welcome. No experience is necessary and no equipment is needed. It is an opportunity to relax and, at the same time, have some very modest exercise. Contact Geoff Duke (07786 663089) or please just come along.

STUDHAM VILLAGE HALL

The Hall is ideal for parties and hire rates are very reasonable. Contact Lynne Smith, (bookingstudhamvh@gmail.com) who will be happy to discuss your needs.

We are always happy to welcome others who would like to become a trustee; the work is not onerous and we have around 4 meetings a year. If you would like to join us, please let Chrys Smith (07907 974091 or e-mail smithlaws@hotmail.co.uk) know.

STUDHAM PLAYING FIELDS

Football is well underway, and tennis plays on an all-weather court so why not come and watch a game or two? Enjoy good company with a cup of coffee and perhaps a bacon roll (available only certain times!), or just a glass of something and packet of crisps.

The playing fields are also available for other events; if you would like any further information, or are interested in using the fields to host an event, please contact Allan Wright (871495).

KENSWORTH EXTRA

KENSWORTH FLOWER & VEGETABLE SHOW QUIZ NIGHT

Valentines Night Quiz on behalf of the Kensworth Flower & Vegetable Show will be held in the Village Hall on Saturday 14th February, commencing 7.30pm. Tables of 8 or book individual places. Bring your own snacks and drink. £7.50 per person for a guaranteed fun evening. Please contact David Manton (01438 873226 or david.manton@aol.co.uk).

KENSWORTH DROP IN CLUB

All are welcome to 'Drop In' at Kensworth Village Hall every Thursday 9am – 11am for tea/coffee and biscuits (soft drinks and crisps for children). Enjoy a chat and games and get to know the locals!

CHAT 'n SNACK Friday Afternooners:

We are back after the Christmas break, every Friday afternoon 1pm – 4pm. Enjoy a snack, tea, coffee and a chat with friends old and new.



Family Barn Dance

with Live Ceilidh band and Caller, supper included.

Saturday 14th March 5.30 – 8.30pm @Kensworth Village Hall

Tickets: Adult £18.50 / Family 2+2 UNDER 16s £50/ Child UNDER 16 £8.50

Contact Jane for tickets (janezbedlington@gmail.com or 07796 015292) book by 14th February to secure your place.

KENSWORTH MAY FESTIVAL

Please "Save the Date" for the **May Festival** at St Mary's, Kensworth, on **Sunday 3rd May.**

KENSWORTH VILLAGE HALL

You may have made New Year resolutions to look at new lifestyle opportunities. Take a look at some of the regular weekly events that take place in the Village Hall:

Dance classes: Old Time, Salsa, Latin American; Art Club; Toddler and Tiny Twister; Groups for young families; Dog training classes; Pilates; French classes; Volleyball and community groups for a chat and a hot drink. If none of the above appeals to you, think about joining the Management Committee; we are always looking for people with new ideas!

A SELECTION OF VIEWS FROM THE 3 VILLAGES



Two events were held in Studham to celebrate and thank the 2025 Studham volunteers (in total more than 100 volunteers attended the two events) ; the feeling of friendship and community was inspiring.

It's impressive and humbling that we have 33 groups / organisations and 270 people who volunteer in Studham (fulfilling over 330 roles). Thank you to all.

PARISH COUNCILS

STUDHAM

Website: www.studhamparishcouncil.gov.uk

Contact: clerk@studhamparishcouncil.gov.uk

Next meetings: 7pm on Tuesday 3rd February and 7pm on Tuesday 3rd March at Longrove Scout Site, Byslips Road, Studham, LU6 2ND.

Parish Council Precept 2026/27: on Tuesday 13th January, the Parish Council approved its budget for 2026/27 and a precept of £29,998, an increase of £3,001. This equates to an increase in the Parish element of council tax of 11.9% - £4.71 from £39.47 to £44.18 for a B and D property.

KENSWORTH

Website: www.kensworthparishcouncil.gov.uk

Contact: (clerk@kensworthparishcouncil.gov.uk/07387-789897)

Community Grants re-opened – Closing date 28th February

Voluntary community groups are invited to apply for PC grants that bring benefit to Kensworth and its residents. The Council supported a number of worthwhile groups last year and has made provision in this year's budget to continue that support. Application forms are available from the clerk or from: kensworthparishcouncil.gov.uk/policies-and-procedures.

Villager of the Year nominations are open – Closing date 28th February

Nominations are invited for this year's Villager of the Year Award. This is an opportunity to recognise someone who has generously given their time to support others in the community and who make a real difference.

For nomination forms see above.

Saturday 21st March – Kensworth Spring Clean – Volunteers Needed

As part of the Great British Spring Clean, we will be organising a village-wide clean-up in Kensworth. In addition to litter-picking, we also hope to clean village signs so extra volunteers will be needed.

Please save the date and consider joining us for an hour.

Allotment Plots

If you are interested in growing your own vegetables and would like to register your interest, please contact the clerk, who will be happy to provide details of availability, rental terms, and how to apply.

Next Parish Council Meetings:

12th February and 12th March, both 7.30pm in Kensworth Village Hall.

KENSWORTH SCHOOL & MORE WHIPSNAD

As we returned to school, the children have stepped back into learning with great enthusiasm and positivity. Our PSHE topic, *Dreams and Goals*, has already inspired thoughtful discussion in the school. This links beautifully with our new school value of *Courage*, encouraging pupils to think bravely about their future ambitions and the steps they can take to achieve them.

We would like to extend a huge thank you to our wonderful PTA, whose hard work and commitment last term raised an impressive **£959**. Their continued support makes a real difference.

This term, we are delighted to have welcomed several new starters to our Preschool. They have settled into the Kensworth family incredibly well.

We are also proud to share that we have launched a new whole-school wellbeing programme called **Hamish and Milo**. This scheme is designed to support children with worries, emotions, or difficulties, and will play a valuable role in helping us care for the emotional wellbeing of every pupil.

With new learning, new initiatives, and new faces, we are looking forward to an exciting term ahead at Kensworth CE Academy. If you would like to visit us, contact Mrs Rooney (office@ken.dsamat.co.uk or 872336).

Sarah Bowley, Headteacher

WHIPSNAD KNIT AND NATTER

The group will be meeting in the church for some friendly chat, refreshments and shared crafts on Tuesday 24th February, 2pm – 4pm. Choose your project, bring it along, and one of our knitters will be there to help you along your journey to achieve amazing results.

WHIPSNAD VILLAGE GET-TOGETHER

Come and join us on Tuesday 10th February between 2pm and 4pm for tea, coffee, cakes and a good catch-up with new and old friends. Various activities are on different weeks, including bingo and quizzes. There is always a raffle with plenty of prizes so please come along and join us.

CHINESE NEW YEAR 2026

This falls on Tuesday 17th February, starting the year of the Fire Horse. As a public holiday, Chinese people will get 8 days off from work from February 15th to February 23rd.



The Chinese believe that what you do at the beginning of a new year will affect your luck in the coming year. Staying up on Chinese New Year's Eve and saying good words to your family/friends like Happy New Year after the clock strikes 12, will certainly bring good luck!

STUDHAM EXTRA 3

STUDHAM CHARITY BINGO

There will be no bingo during February: we will be starting again on 11th March.

SPORTS AND SOCIAL CLUB

Opening hours for February & March are: Saturdays & Sundays, 12 noon and Wednesdays and Fridays only, 4.30pm. The club is currently closed on Monday, Tuesday and Thursday evenings until the beginning of April.

Membership subscriptions: family: £25; single (18-64): £20; concessions (students and 65+): £10. Application forms available at the bar.

Special evenings are in the pipeline. All members should receive details of events etc. via e-mail. If you have not been receiving yours, ensure that your details are correct by telling Vicky Roch (Studhamssc@icloud.com) .

THE PILATES CLAM: the clam is a very commonly taught exercise in Pilates. It's also one where precision will see the best results.

Lying on your side, keeping your feet together, knees bent to 90-degree angle and lifting the top knee away from your bottom knee; for those not familiar with the movement, it works the deep buttock muscles. These have a significant role in keeping your hip in the right alignment as you take weight over your leg and you stride forward with the other.

Another reason for this exercise is bone loading. The neck of the femur connects the long thigh bone to the ball that goes into the hip joint socket. Bones respond to stress by making more bone, increasing their density. This can help with or help guard against Osteoporosis. This is also called "The Silent Disease" as bones often thin without any symptoms associated with this until a simple fall results in a fracture.

TIPS TO HELP

- Use your exercise mat as a guide - lie with your feet, bottom and back in a straight line along the long edge of your mat, with knees bent at 90 degrees.
- Make sure your spine is in a straight line. For most, this will mean a small gap, or less pressure at our waist on the mat side.
- If you need to, balance yourself with your hand just out in front of you. Have fingertips only on the floor, so that you are not over helping yourself. Keep the inside borders of your feet squeezed together.

Thanks to Moira D'Arcy, (moira@stjudesclinic.com) for this useful information.

ALL IN THE MONTH OF FEBRUARY

125 years ago, on 2nd Feb 1901, the funeral of Queen Victoria took place.

65 years ago, on 9th Feb 1961, the Beatles played at the Cavern Club in Liverpool for the first time.

50 years ago, on 11th Feb 1976, John Curry won Britain's first-ever Olympic gold medal in figure skating.

40 years ago, on 12th Feb 1986, the Treaty of Canterbury was signed by Britain and France. It was the agreement to construct the Channel Tunnel which opened in 1994.

PANCAKE DAY

The traditional name for Pancake Day is Shrove Tuesday. The Christian Church regards this as the last day before the season of Lent, which begins on Ash Wednesday and leads up to Easter Sunday six weeks later. It recalls the time Jesus spent alone in the wilderness, where the Devil tried to tempt him many times, but Jesus resisted every time. In the Christian Church, people eat less and give up things they usually enjoy to respect Jesus and focus on God, praying often and reading the Bible.

Shrove means 'heard confession', and people were expected to go to church, confess and have their sins forgiven before Lent. The practice arose to use up fatty rich foods before the more basic Lent diet, so eggs, milk and flour were made into pancakes to symbolise the last feast. Some French-speaking countries call it 'Mardi Gras' (Fat Tuesday) and have big carnivals and celebrations before the quiet time of Lent. (The word 'carnival' comes from Latin, meaning goodbye to meat!).

Pancake recipe:

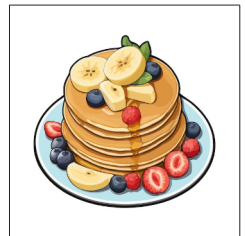
1: Put 100g plain flour, 2 large eggs, 300g milk, 1 tbsp vegetable oil and a pinch of salt into a bowl or large jug and whisk until smooth – it should have the consistency of single cream.

2: Set aside for at least 30 minutes (you can add an ice cube for a lighter mix).

3: Wipe a frying pan with oil, and heat.

4: Add about half a ladleful of batter (more or less, according to your choice) and cook for 1 minute each side, adding a little more oil if necessary.

Keep the pancakes in a warm oven, separated with baking parchment rounds, and serve with sugar and lemon juice, or any spread you like, including savoury ones such as grated cheese with bacon lardons. This recipe makes about 12 pancakes. Enjoy!



□



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YOGA CLASS: Tuesday evenings in Studham Village Hall 7.30pm – 8.30pm All levels welcome. Please bring mat, blanket and water. Chair can be used. All proceeds to charity. Please contact Helen on 07581 132418 or hc.thompson@me.com.

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If using the services of any of the announcements on this page or any advertisers in this magazine, please mention the Parish Link.

Advertisements in the Parish Link are in no way intended as endorsements by the editorial committee of the advertised product or service.

Sales and Announcements for the March edition should be sent by Tuesday 10th February to the Advertising Manager, Geoffrey Stone, at localparishads@gmail.com or call 01582 872520. Cost £3 per line.



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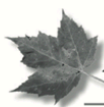
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