

Chartridge Village Newsletter

ask.cvra@gmail.com

Autumn 2021



Welcome to the Autumn 2021 issue of the Chartridge Village newsletter, created by the Chartridge Village Residents Association (CVRA). The CVRA is a growing group of volunteers who share the aim of creating a supportive and inclusive community to benefit everyone living in and around Chartridge.

Upcoming Events

Meditating your way to Success, Roots Café, Chesham, Wednesday 8th September (see page 4).

Chartridge Horticultural Society Show, Chartridge Village Hall, Sunday 12th September, 2 – 4.30pm. Read more inside about entering one of the competition categories, or simply attending to meet neighbours (see page 3).

Online cooking with Alison Cuell, Monday 20th September. Alison will teach us how to make a heart-warming ravioli dish. (see page 6).

CVRA AGM, Sunday 3rd October, 3 – 5pm, The Bell Pub (see page 12).

'Hello again' from the CVRA

We hope you have been keeping well and are receiving the support you may need. The last 18 months has shone a revealing light on the more fragile aspects of society – and the economy. The image of empty supermarket shelves is still stuck in our mind. We are really pleased to see signs of recovery and things returning to a new 'normal'.

We can't help but think that this recent period of COVID has given us a glimpse of the challenges ahead for communities over the next few decades. With this in mind, we feel there is no better time to re-engage with the community we all live in, as a means of meeting people, creating friendships, and making ourselves available to offer and receive help. The easiest way to do this is to participate in a local gathering (be that in person or online).

Whatever your current comfort level regarding socialising, we hope you can participate in one of the events featured in this issue. We'd love to see you there. If you're new to the area, or just new to meeting your neighbours, please don't think that everyone knows each other really well. That's not the case at all. In fact many of us are quite new to village socialising.

You'll notice the layout of this issue of the newsletter is a little different to before. Our beloved graphic design supremo, Giovanni, was not available at the time of creating this edition, so instead we're experimenting with a slightly different format and adopting some of the feedback from readers. In this newsletter you'll find larger font, more details of how to meet other villagers, and a growing contact list of local groups you can reach out to. We hope you enjoy the read.

Naresh Mistry & Agnes Fletcher, on behalf of the CVRA

Chartridge Horticultural Society - Autumn Show

Sunday 12th September, 2 – 4.30pm, Chartridge Village Hall

Chartridge Horticultural Society's Autumn Show will be held on Sunday 12th September in the Chartridge Reading Rooms (aka Chartridge Village Hall). This will be the Society's first show since 2019, so why not come along and see exhibits of vegetables, flowers, flower arranging and home cooking. Open for viewing from 2.00 - 4.30pm. Entry is free, enjoy a cup of tea or coffee, and try your luck with the raffle.

We are always looking for new members. Are you a budding Monty Don or Mary Berry? Do you grow your own veg or flowers? Do you enjoy cooking or jam making? If you answered yes to any of those questions– why not consider joining your local horticultural society?

We usually hold two shows a year at the Reading Rooms – spring and autumn – which include classes for fruit and veg, flowers and flower arranging, arts and crafts, and cookery. There is also a children's section. Member benefits include a discount at a local garden centre; advice from senior members of the Society; organised trips and events; and, of course, being able to exhibit at the shows.

If you would like further details don't hesitate to contact the Society's secretary,

Margaret Curle
margaretacurle@yahoo.co.uk
07889 203 075



Meditating your way to Success

by Camilla Mathias

So some of you may know I unexpectedly adopted Chartridge as my home at the start of Covid. I'm still here. (I also released a song last year called 'Zone 9 on the Met Line' about the experience!)



Now, who knows, maybe I'll be here a while longer. What I do know, though, is that in this time of uncertainty, I can live without fear and worry. Why? Largely thanks to my meditation practice.

I have always led a hectic life on the move as a performer. Twelve years ago I discovered Ascension Meditation, and soon after went on to train as a teacher of the practice. Meditation continues to transform my experience of life, and it has helped me stay grounded and positive in times of sudden loss, illness, heartbreak, financial instability...you name it. Like many in the music and entertainment industry, I am not yet able to return to a sense of "normal", but this time has been one of profound creativity, discovery and gratitude.

You can't control what life throws at you, but you can control how you react to it. If you are curious to find out more, I've set up a free intro talk to Ascension Meditation (details below) and have invited a fellow teacher along as well. I'd love to meet you if you can make it. And you can find about more about how I combine meditation with my life as an artist here: www.chlu.online

Ascension Meditation intro talk, Wed 8th September 2021, 5pm, Roots Café, 22 High Street, Chesham. More info: meera@thebrightpath.com

Jo's Fitness

by Jo Edwards

For all of us it's been a very strange 18 months. Some of us have become exercise fanatics and some maybe couch potatoes. But I think most people would agree that taking part in a physical activity such as a walk or sport has helped many of us deal with the stresses and strains that the pandemic has placed on us.



My fitness group were amazing during lockdown and kept up their fitness levels by joining my online zoom classes. Now that restrictions have been lifted it's been fantastic to restart my fun fitness sessions out on the Franklin Field in Chartridge - where we all want to be!!

Physical health and activity are such important parts of our lives and this is an amazing opportunity to get out and about in the fresh air, to get fit, to have fun and to meet local friends too!

So please do come and join us. It's a mixed ability session to music which consists of both aerobic and strengthening exercises to give a full body workout - a great start to the weekend!

I can guarantee that within a few weeks of coming you will feel fitter, stronger and full of energy - but most importantly you will feel better about yourselves!

I also take personal training sessions in my garden in Newlands Barn, so please call me if you are interested in this area of fitness too!

Jo's Fitness on the Franklin field, Chartridge

9.15 - 10.15 Saturday mornings

£8.00 per session

Please contact: Jo Edwards 07754 406 909, jo3471@icloud.com if you would like to join us and would like any more info!!

Online cooking with Alison Cuell

Monday 20th September, 7 – 9pm

go to www.zoom.com, meeting ID 830 3733 6826, password CVRA123

Alison will take us through the steps to make a delicious, comforting ravioli, perfect for an autumnal evening. Feel free to join even if you're not cooking – the budding chefs would love your support.

Equipment needed: rolling pin, pasta maker (only if you have one) tea spoon, table spoon, round fluted pastry cutter (~ 5cm diameter), mixing bowl, long handled spoon, large pan, colander for draining

Ingredients for the pasta

- 150g '00' pasta flour, plus extra for kneading and dusting (plain is fine if you can't get 00)
- 2 medium eggs
- Salt used when cooking the ravioli
- Chilli oil, parmesan & pumpkins used when serving up

Filling Option 1

- 1 sweet potato (small)
 - 1 tbsp pumpkin seeds, plus extra to serve
 - 60g crumbled goat's cheese
 - grated parmesan
1. For the filling, bake, steam or microwave the potatoes, then roughly mash.
 2. Mix with the pumpkin seeds and goat's cheese.

Filling Option 2

- 40g spinach
 - 40g ricotta
 - 40g fresh breadcrumbs
 - 10g parmesan, grated
 - 1 egg
 - good grating of nutmeg
 - salt & freshly ground black pepper
1. Mix all the ingredients together.

Alison will talk participants through the method overleaf.

1. For the pasta, put the flour into a large bowl, add the eggs into the middle, then gradually work the flour into the eggs using a long-handled spoon. Put onto the table and knead for 5 minutes. Chill for 15 minutes.
2. Cut the pasta into quarters, then roll out each piece using a pasta machine. Dust with flour as you go and move it down a notch onto a thinner setting every second roll. Continue until you get to the penultimate setting. If you like your pasta very thin and delicate, you can go for the thinnest setting. If you don't have a machine, just use a heavy rolling pin to roll the dough as thinly as possible.
3. Stamp out rounds using a ravioli cutter or a 6cm biscuit cutter – work quickly so the pasta doesn't dry out. Lay the circles on a flour-dusted surface and cover with cling film as you cut the rest.
4. Place a small tsp of filling in the centre of each round. Dampen the edges with water, then sandwich another piece of pasta on top. Use your fingertips to seal the edges, trying to expel all the air as you go.
5. Cook in a large pan of gently boiling salted water for 4-5 minutes. Do not use a full rolling boil as it is likely to make ravioli split. Drain and serve with a little chilli oil, parmesan and pumpkin seeds.



Proposed boundary changes affecting Chartridge

Were you aware that the Boundary Commission of England (BCE) are considering making changes to boundaries which might affect Chartridge residents?

If you can access the intranet, find out more by visiting the BCE website to read about the proposals. You may still be able to submit views as an individual. www.bcereviews.org.uk

The BCE considers that a division of the Chiltern Ridges ward between Chesham and Amersham and Princes Risborough constituencies is necessary to reflect community ties in the area. Under the initial proposals, two polling districts (Ashridge Vale and Lowndes) would be included in Chesham and Amersham constituency. The remaining part of the Chiltern Ridges ward (including Chartridge), which is more rural in nature, would be included in the Princes Risborough constituency.

The first of two BCE public consultations ended on 2nd August 2021. The CVRA took quick action by using the village WhatsApp group to conduct a quick pulse survey. Most respondents were against the proposed changes and wanted to find out more. We sent the responses back to the BCE and are awaiting their reply. Their second consultation is planned for early 2022.

We'd like to form a working group to keep an eye on this matter. If you have a little time and think you can help, please email Melanie Marwick-Day and Naresh Mistry, CVRA at the email address ask.cvra@gmail.com.

Development in & around Chartridge

Development in any urban environment is inevitable. It often brings benefits but also unintended inconveniences and more demand on local resources. Sometimes the early promises made by the developers are not followed up with action. Often it is by word-of-mouth that we hear about proposed schemes or the problems caused by recent developments. Rather than just letting these things happen, or finding out by chance, it might be an idea for some of us to get together and monitor these activities, perhaps even work more closely with the local authorities and developers where possible.

If you have a little time on your hands perhaps you'd be interested in forming a working group with a few others to watch over these development activities, maybe reporting them in this newsletter, or pointing people to online information using the village WhatsApp group? Please email ask.cvra@gmail.com if you would like to be involved.

Joining the Village WhatsApp Group

The village WhatsApp group is still proving a useful tool to share ideas, ask for advice, report missing pets, prevent crime, buy and sell, notify others of road closures or advertise local events.

If you would like to join the group, please send your name and address to ask.cvra@gmail.com, or text 07765 254 097 and 07522 485 118.

The group, named 'CoroNet', was set up by Katy and Peter Jones at the start of the pandemic as a support tool and is still going strong. With the worst of COVID now hopefully behind us, we're thinking of changing the name of the group to something post-Covid. Please send any ideas to the above numbers and email.

Village Hall scheme to fund local projects

Earlier this year the Chartridge Village Hall committee reported of permission being granted by the Charities Commission to spend £37,000 of funds on local projects. These projects, when identified, would need to demonstrate their benefit to the village and its residents. With Covid still having an impact, the Village Hall committee decided to pause this activity for six months - until now.

Anyone in Chartridge can apply for money towards a project which will be of benefit to the village and its residents. You will be invited to complete an application form, which will then be considered by the trustees.

We have had quite a few proposals, including for improving the local children's playground, installing a disabled toilet in the village hall and creating a community garden.

To apply for an application form, please contact the Village Hall on ask.villagehall@gmail.com or leave a message on 07522 485118.



Local groups to get involved with

Here's a reminder of the groups serving the local area, typically run by local people. Do let us know if we've missed anyone.

CVRA	Volunteer group of local residents arranging social events and providing this seasonal newsletter: www.chartridge.org , email ask.cvra@gmail.com
Chartridge Parish Council	Working closely with the parish community and the regional councils to ensure that whenever possible the best interests of the residents are upheld in Chartridge, Bellingdon and Ashridge: www.chartridgeparishcouncil.org.uk
Village Hall Committee	Maintenance of the hall and the management of bookings. Contact Jayne Denham on 01494 837405 or email denhamhj@gmail.com . See page 10.
Horticultural Society	For local residents with an interest in gardening and cooking, contact the Society's secretary: margaretacurle@yahoo.co.uk . See page 3.
Franklin Field Playground Group	Organising renovation of the children's play area: franklinfieldsplaygroundgroup@gmail.com
Chiltern Wine Club	A friendly social group meeting on the first Friday of the month to taste and discuss wines from around the world. Contact: karelalewis@btinternet.com
Chartridge Book Club	Wonderful people, meeting on the first Tuesday of every month, Contact: juliacheeseman2@gmail.com
Chartridge Players	A lovely group of local resident putting on fun performances. Contact: ask.cvra@gmail.com

Some regular classes running at the Chartridge Village Hall include:

Dance Classes, Tuffney School of Dance, www.tuffney.com

Exercise Classes, Lucie Carey, luciecarey@outlook.com, 07948 340 736

Pilates, Heidi Cook, heidicook528@gmail.com, 07871 654 274

Thai Chi, Les Choppins, 01494 837 472

Table Tennis (tbc), Mike Atkinson, 01494 785 609

CVRA Annual General Meeting

Sunday 3rd October, 3 - 5pm, The Bell Pub, Chartridge

We hope you've enjoyed the content in this issue. Finally we'd like to invite you to the CVRA Annual General Meeting and social gathering scheduled at the above date and time. We've needed to postpone it a few times because of COVID, but we're hoping that conditions will be right for a gathering.

We'd love to put faces to names, and hear your thoughts on some of the topics in this newsletter as well as other ideas you may have. We'll also try to invite along some of the local groups mentioned on the previous page, so that you can hear what they are about too.

Just to repeat something we've said earlier: meeting and getting to know neighbours is new to most of us, so by attending you'll be joining us at the start of this journey.

Really looking forward to seeing you.
CVRA committee,
ask.cvra@gmail.com

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Juicing starts late August and ends early December