



## The Earthworks Christmas Fair and Open Day 2016

Thanks to everyone who made the Christmas Fair into a very successful and fun event. We welcomed lots of local people to Hixberry Lane. We were lucky enough to have Santa with us and he gave out gifts to all the children who visited him in his grotto, and he was assisted by a couple of elves! We had carols sung wonderfully by Fleetville Harmony and visitors kept warm with hot chocolate, spiced apple juice and mince pies in the Warren.

Our beautiful handmade crafts sold well and so did our handmade Christmas cards. Everyone—Earthworkers, volunteers and staff worked so hard in the weeks leading up to the fair to make it such a success with the site, the Warren and the grotto looking lovely and festive.

Thank you to everyone who volunteered to help before and on the day. It was a very happy and successful day. The Christmas Fair is now a firm fixture on our calendar.

*Fiona Gulliver*



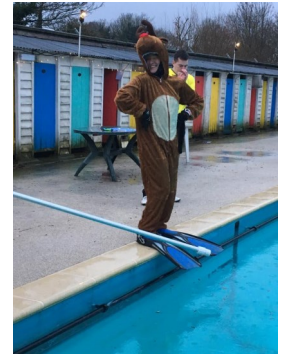
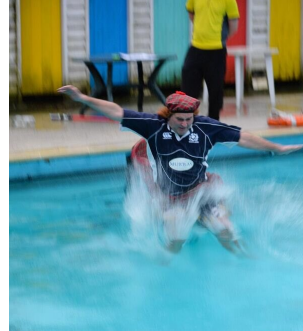
## THE POLAR BEAR PLUNGE 2017

Meanwhile, the wonderful Ed Suttie, the North Pole trekker is still fundraising for Earthworks. New Year's Day saw him and lots of other brave supporters taking part in the Polar Bear Plunge. Essentially, this meant they jumped fully clothed in fancy dress into a freezing outdoor pool.

Marion, one of Earthworks valued volunteers, went to represent Earthworks. She reports "The cold wind and rain of January 1st 2017 didn't deter people from jumping into the unheated outdoor pool of St Albans Sub Aqua Club. Led by Ed, dressed as a polar bear, city gents, reindeer, Scotsmen, parents and children bravely made the plunge, cheered on by plenty of supporters. Live music, hot chocolate, soup and delicious cakes helped people keep warm. One supporter alone has raised over £500 for Earthworks!"

To read more about Ed Suttie's epic trek to the North Pole he is on Twitter— @Ed2NorthPole and he is on Facebook.

*Fiona Gulliver and Marion Shattock*



## THE RSPB—BIG Garden Birdwatch

The Big Garden Birdwatch is the world's largest wildlife survey. Three Earthworkers, supported by volunteers, carried out the following observations:-

### **Michelle**

I took part in the Big Birdwatch with Sheila, one of the volunteers from 12 to 1pm. I saw a few birds—Song Thrush, Robin and Magpies. Some birds didn't land.

### **Paul**

I took part in the Big Birdwatch with Richard. I didn't see many at that time.. It was a shame not many showed up in only an hour. I would like to do it for more than one hour to give people a clearer picture and let people know what I have seen.

### **Ben**

I did some bird watching with Andrew. We counted birds. 1 Great Tit, 2 Robins, 1 Magpie, 1 Blackbird, and Coal Tits. I like looking at birds, it is fun to watch it. Angelina will send the list to the RSPB.



Hello everyone, my name is **Leena Mohammed**. I am a student learning disability nurse currently on placement at Earthworks. I am really enjoying my time here as it is such a friendly, welcoming environment with lots to get on with.

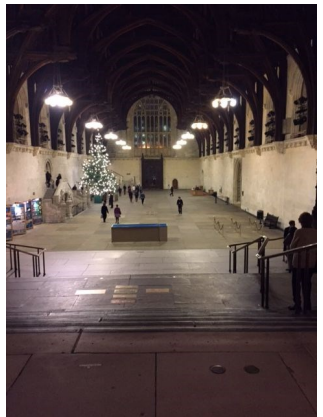
The Earthworkers are all very hard working and I enjoy helping them with their own individual projects. This gives me a chance to work with the Earthworkers individually and form a good bond with them. I am looking forward to other upcoming projects and events. I can get involved in at Earthworks.

Hello everyone, my name is **Recheal Siaw** and I am a student nurse at the University of Hertfordshire. Earthworks is my first placement and I am privileged to be working here for the next couple of weeks. I have received a warm welcome from staff, Earthworkers, volunteers and trustees alike. I have been involved in a range of activities alongside the Earthworkers for the past few weeks which I have enjoyed very much. There is always something to do and I am eager to learn more about Earthworkers before I return to University.

### **Volunteers Tea at the Houses of Parliament**

David, who volunteers on Tuesdays, and me, Onika from Thursdays, were invited to a tea and tour at the Houses of Parliament by St. Albans MP, Anne Main. We first went through all the security and then into Westminster Hall which was very large and cold.

This was the original law court and was built in 1097. Many famous politicians have made speeches here. Tea was held in the Jubilee Room and we met lots of other volunteers from St. Albans charities. We were taken on a tour and went to the Under Chapel which is very ornate and decorated in gold and rich reds and blues. MPs can marry here and have their children christened. We saw the hall between the House of Commons and the House of Lords with the big dent made in the door by Black Rod when he bangs on it at the opening of Parliament. Anne Main explained the MPs voting system and showed us the House of Commons. The seats face each other and there is a red line in the carpet between the two sides. When MPs debate they must stay behind this line and hence the expression "toeing the line". The House of Parliament are kept as traditionally as possible.



We were able to see many statues of former Prime Ministers including Winston Churchill. The foot on the statue had to be repaired as so many MPs touch it for good luck.

We had a lovely time and told lots of people about our wonderful friends at Earthworks and what we get up to. Thank you for inviting us.

*Onika Fox*

## The art of wheelbarrows by James Kenyon

So far I've been working at Earthworks for 3½ years. Work has been enjoyable. I managed to grow my own herbs and spring onions. Then one day I felt like trying something different. That's when the idea for giving wheelbarrows more colour and vibrance came up.

First, I designed 4 designs: one was with zebra stripes. Originally it was supposed to be a jaguar pattern but then there was a shortage of paint. The third design was multi-coloured and the last one had stars.

This whole idea came about when I was asked to think of something new during a meeting. By the time it came to the third, I decided to add a few finishing touches to both the front and back: a skull with a passing phrase "Respect" and another one on the front saying "Too much hate doesn't win". Overall I enjoyed painting each of them.



### Seasonal Recipe of Creamed Leeks and Smoked Haddock on Toast (Serves 4)

300ml whole milk  
3 fresh bay leaves  
8 black peppercorns  
400g undyed smoked haddock fillet, skin on  
65g butter  
600g leeks (from Earthworks!) cut into 1cm slices  
25g plain flour  
150ml double cream  
4 thick crusty bread slices  
50g extra mature cheddar, grated



- Put the milk, bay leaves, peppercorns and fish into a large saucepan and bring to the boil over a medium heat. Cover and simmer for 5 mins, then remove from heat and leave for 3-4 mins until fish is cooked through. Once cooled break into large flakes, discarding any skin and bones. Strain milk into bowl and set aside.

- Preheat grill to high. Melt the butter in a pan, add leeks and cover and cook gently for 4-5 mins until just tender. Uncover and stir in the flour, 160ml of the reserved milk and then the cream. Bring to a simmer, stirring, then cook for a 2-3 mins until thickened. Season and then stir in flaked haddock.

- Grill the bread on both sides until golden, remove and spread with butter. Spoon the haddock and leek mixture on top, completely covering the toast. Sprinkle with the cheddar and put under grill for 3-4 mins until golden.

### Calendar of Events for 2017

Plant Sale & Open Day

Saturday 20th May 12 to 3.30pm

Summer Fair

Saturday 15th July 12 to 4pm

Christmas Craft Fair

Saturday 25th November 12 to 3pm

Wreath Making Workshops

Saturday 2nd December x 2 sessions

Sunday 3rd December x 2 sessions



@\_Earthworks



Earthworks St. Albans

We are on Twitter and Facebook promoting our great charity with news & photos of our activities. Please follow us and give us likes, shares and retweets! Thank you!

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