

Focus

February 2010



THE FOUR VILLAGES MAGAZINE

EATON BRAY

NORTHALL

EDLESBOROUGH

DAGNALL

Saturday 13th February



10th to 13th March



Valentine's Dinner Menu

A Glass of "Bubbly" on Arrival



Chicken Croquettes with Garlic Mayonnaise

(V) Mushroom "Rarebit" on a Crouton with a Balsamic Drizzle

(V) Butternut Squash, Sweet Potato & Cream Cheese
with Chives Roulade

Smoked Salmon Mousse in a Filo Basket with Avocado



Crème Crecy



Fillet of Pork on an Apricot & Cream Sauce

Chicken Supreme Stuffed with Spinach & Feta Cheese,
Wrapped in Pancetta on a Greek Tomato Sauce

Fillet Steak with a Mushroom & Sherry Sauce

Lamb Cutlets with a Redcurrant & Rosemary Sauce

Salmon Supreme with a Herb Crust & Lemon Butter

(V) Cheese & Asparagus Tart

(All served with a selection of new potatoes & fresh vegetables)



Homemade Tiramisu

Bananas "Between the Sheets" on a Warm Toffee Sauce

Chocolate Sponge with a Grand Marnier Sauce

Lemon Meringue Tart



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into those mad March days!

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short supply here, but the rest
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Focus - The Four Village Magazine

Magazine Committee

Joint Editors: George Crutcher - 7 Summerleys, Eaton Bray 221637

Email: george.crutcher@fiscali.co.uk

Sally Siddons - 34 Wallace Drive, Eaton Bray 221733

Email: sallysid@hotmail.com

Dagnall Representative: Sue Cawdell - 10 Deans Meadow, Dagnall 01442 842200

Northall Representative: Derrick Bonfield - 'Poppy', Eaton Bray Road 220013

Circulation Manager: John Plater - 41 Church Lane, Eaton Bray 221095

Treasurer: Ken Coates - 10 The Nurseries, Eaton Bray 220868

Advertising: Sally Siddons - 34 Wallace Drive, Eaton Bray 221733

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Copy for publication to the Editors or one of the following by the **10th of the month:**

Kevin Cabbage - 'Larums', Eaton Bray Road, Northall

Val Barrow - 3 Chestnut Close, Dagnall

Focus accepts no responsibility as to the accuracy or content of any advertising or articles published in 'this' magazine neither do they reflect the opinion of members of the Committee.

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Focus would like to remind contributors that the deadline for articles is the 10th of the preceding month

Police Contact Numbers...making neighbourhoods safer together Bedfordshire Police (Eaton Bray)

General Assistance (Recommended Number) 01234 841212

Leighton Buzzard Police Station/P.C.Viv Dady 01582 473418

P.C. Viv Dady Mobile 07908 520148

PCSO Joanne Glenn Mobile 07961 067867

Typetalk: 18001 01582 437418

Email: SNT.Leighton-Rural@Bedfordshire.pnn.police.uk

Thames Valley Police (Edlesborough, Dagnall & Northall)

0845 8505505

Village Hall Bookings

To book your local village hall for an event please contact the following:

Northall: Lorna Cabbage, Tel: 220361

Eaton Bray: Norman Lee, Tel: 222831

Dagnall: Elizabeth Coates,
Tel: 01442 842550

Edlesborough Memorial Hall:

Beverly Sage, Tel: 01525 229509

Edlesborough Post Office

Summerleys, Edlesbrough, LU6 2HH

Opening Times

Monday 09:00 - 17:30

Tuesday 09:00 - 17:30

Wednesday 09:00 - 13:00

Thursday 09:00 - 17:30

Friday 09:00 - 17:30

Saturday 09:00 - 12:30

Closed for lunch 13.00 - 14.00

Village Diaries February 2010



Weekly

- Mon-Fri (term time) Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468
- Mon-Fri (term time) Dagnall Under 5's, Dagnall Village Hall, 9.30-12 noon, Mrs Ann Tobin 07816 358342
- Mon-Fri (term time) Edlesborough Under 5's Pre-School, Edlesborough Memorial Hall, Sue 01525 222199
- Mon-Thu (term time) Totternhoe Pre-school, mornings, Totternhoe Memorial Hall, Kay 07956 526635
- Mondays Pilates, 10.45am, St.Giles Church Hall, Totternhoe, Lisa: 01582 412426
- Mondays (term time) 2nd Eaton Bray Brownies, girls 7- 10 years, Edlesborough Memorial Hall, 6 - 7.30pm, Sarah 01525 229194
- Tuesdays Line Dancing, 1.30-3p.m., Eaton Bray Village Hall, Lyn Stubbs 220731
- Tuesdays Baby's First Cafe (Support for Breastfeeding mums), 10.15 - 11.45 am, Pitstone Memorial Hall
- Tuesdays Pilates, 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 161680
- Tuesdays Totternhoe Baby & Toddler Group, 9.30-11.30am, Totternhoe Village Hall, 07986 730922
- Tuesdays Northall Toddler Group, 9.30am-11.30am (10am-12noon Summer School Holidays Only), Northall Village Hall, Naomi 01525 376575/07977 564449
- Tuesdays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Tuesdays Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army
- Fortnightly Hall, Booth Place, Eaton Bray
- Weds Cheeky Monkeys Under 5's Playtime, 1:00pm - 2:45pm, Eaton Bray Village
- (term time) Hall, Contact Louise on 07784 165259
- Wednesdays Pilates, 7.15pm, Northall Village Hall, Lisa: 01582 412426
- Wednesdays Egyptian Dance Class, 7-8.30pm at Eaton Bray Village Hall. Contact: Soraya 01525 853360
- Thurs Baby & Toddlers Group, Dagnall Village Hall, 12:45 - 2:45pm (12:15 if
- (term time) bringing lunch) Contact Michelle Tel 01442 842 676
- Thursdays Yoga, Northall Village Hall, 11.30am-1pm 01525 377542
- Thursdays Keep fit, 2-4pm, Eaton Bray Village Hall, Mrs Johnson 220304
- Thursdays Kfa Body Moves 40+, Fitness through movement, exercise & dance. 8-9pm, Edlesborough School, Pat 01582 668735
- Thursdays Baby & Toddler Group, Salvation Army Hall, Booth Place, Eaton Bray, 9.30-11.30am
- Thursdays Keep Fit Edlesborough School, 8pm Tel: 01582 668735
- Thursdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
- Thursdays Karate, 7-9pm, Eaton Bray Village Hall, Brian Bates 07958 348086
- Fridays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray
- Village Hall, 01582 620576
- Saturdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208

Saturdays Drama Class for Children, 10.35am-12.35pm, Eaton Bray Village Hall, Claire Casey, 07792 508591

Monthly

1st Monday Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern
1st Monday Eaton Bray W.I. Meeting, 7.30pm, Eaton Bray Village Hall, Contact Sheila Beal on 01525 221185
1st & 3rd Monday Knit n Stitch. 2pm-3.30pm. Edlesborough Methodist Chapel. Opp The Green. Knitting, crochet & needlecraft. Tel Wendy 07908 828414. www.wendy-poole.co.uk
1st & 3rd Tuesday Dunstable & District Orbit Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147
1st & 3rd Sunday Grace Baptist Church Service, 3pm, all welcome, David Coleman 01582 664990
2nd Tuesday Toddlers' Church, St Mary's, Eaton Bray, 2.00pm
2nd Tuesday Dunstable & District Local History Society meeting, 7.45pm, Methodist Church Hall, Dunstable (opposite Wilkinson)
2nd Tuesday Edlesborough W.I. Meeting, 7.30 pm, Edlesborough Memorial Hall
2nd & 4th Tuesday Grace Baptist Church Bible Study, 7.30pm, all welcome, David Coleman 01582 664990
2nd Wednesday 8.15pm Healing Service in St Mary's Church
2nd Thursday CAMEO Coffee, tea & chat, 10am-12noon, Edlesborough Methodist Church
3rd Thursday Edlesborough Parish Council Meeting, 7.30pm, Memorial Hall
3rd Sunday Lunch club 11.30 to 2.00pm, Eaton Bray Village Hall, Chris Hewitt 222288

Other Regular Events

6th, 20th Bingo, Dagnall Village Hall 8pm
8th Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am
19th Dagnall Over 60's, Dagnall Village Hall, 2pm. Geoff Spencer 'Escaping from a POW camp'

One Off/Annual/Irregular Events

6th Edlesborough Under 5's Thai Curry & Quiz Night, 7.30pm, Edlesborough Memorial Hall, £12.50. To book call 07786 061959.
17th Eaton Bray Men's Group (men and women welcome). Talk by Tony Duke - What a will can do for you. 7:45 p.m, Eaton Bray Methodist Church, Entrance £2 including tea and biscuits
27th A Quiz with a Twist, 7pm, Eaton Bray Village Hall, £10, call Karen 01525 222504.

Thanks

Dagnall School and Dagnall Under Fives playgroup would like to say a huge thank you to everyone who supported our Christmas Fair. Whether you donated goods or prizes, made cakes, gave up your time to help or simply came along to shop, it all added up to us raising over £500. So thanks once again and Happy New Year!

Buds of May / Harpers / High Street Hair / Icknield Way Farm / Kidzone / The Little Dagnall Catering Co / The White Horse / Roy Castledine

Dulcie Anderson

R.I.P.

Rachel and I would like to thank all our friends who sent beautiful cards remembering Dulcie's passing. Also for supporting us at the service on the 26th November, that sunny day.

Thank you again Colin and Rachel



In Memory of Maureen Jones

John, Donna and Jeremy would like to thank family, friends and neighbours for their kindness and donations to the Keech Hospice care. A special thank you to the Macmillan Nursing Group for their dedication and compassion. Also thank you to the White Dove Funeral Service for excellent services.

Gerard (Gerry) Wells

Beryl (Bobby) and family would like to thank friends and neighbours for their support during Gerry's illness, also for the many cards and messages of sympathy received when he passed away. They were much appreciated, Gerry will be sadly missed.

A big thankyou also to John Heffer for his kindness and understanding both before and at the funeral, also afterwards during the interment of the ashes in the memorial garden at St.Mary's.

Peter Trevor Smith

Fay and her family would like to thank everyone for their cards, words, flowers, donations and support given to them at this sad time. Also thankyou for your attendance at Peter's funeral in adverse weather conditions on December 23rd 2009.

Mobile Libraries

Central Bedfordshire Libraries

The mobile library visits Eaton Bray fortnightly on Tuesdays. The next visits are 9th & 23rd February. The times are as follows:

Eaton Bray	Arrival	Departure
Greenways	13:20	13:35
Cantilupe Close	13:40	14:05
Church Lane	14:10	14:35
Knights Close	14:40	14:55
Medley Close	15:00	15:15
Moor End	15:20	15:45

For further information call Biggleswade library on 0300 300 8055.

Buckinghamshire Libraries

The mobile library visits Dagnall and Northall on Tuesdays. The times are as follows:

Dagnall School 2.00pm – 2.15pm
Nelson Road, Dagnall 2.20pm – 2.40pm
Chapel Lane, Northall 3.00pm – 3.15pm
For further information call: 01296 382160.

Web-site: www.buckscc.gov.uk/libraries



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FENSA

Your Villages in the Snow



Does the water look inviting?
Photo: Linda Postawa



St. Mary's Church, Eaton Bray
Photo: Cheryl Spratt



Horses in the Comp,
Eaton Bray
Photo: Sally Siddons



Your Villages in the Snow



Wallace Drive, Eaton Bray
Photo: Sally Siddons



One of the many large
snowmen dotted around
our villages



Cover photo of St. Mary's Church, Edlesborough, taken by Wendy Poole

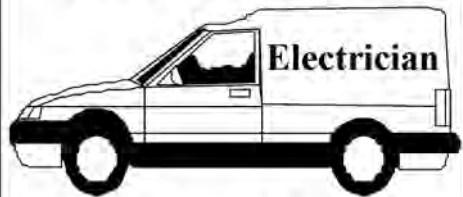
As you will have noticed this month we have further improved your village magazine by introducing colour throughout. In future issues, we would like to use some of these pages to reproduce your interesting or unusual photos taken in the four villages, so please get snapping! Please email or post your photos to the editors.



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The parish Open Gardens will be on Sunday 13th June.

We have some offers of new gardens to open on the day but would like more, if you would be interested please contact Kay Griffiths on 222849.

Please could I also ask local gardeners to think of growing on a few plants for our popular plant stall.

This is a very popular community event getting lots of people out and about in the villages on the day and raising funds for local charities.

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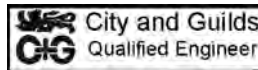
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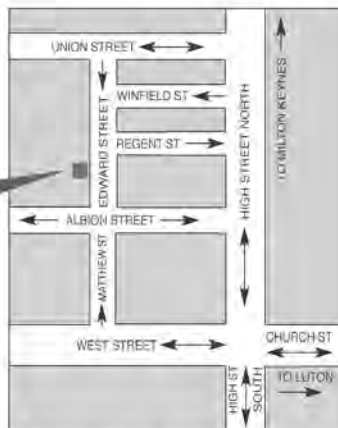
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Letters to the Editors

DOG ATTACK ON THE GREEN, EDLIESBOROUGH

On the 25 November last my Yorkshire Terrier was savagely attacked by a large dog which the gentleman owner was unable to control and which subsequently slipped its lead resulting in the attack. After 8 visits to the vet and considerable expense my dog has made a full recovery. Since then I have found that other peoples' dogs have suffered similar attacks from different dogs. We know some dogs will fight given the chance but it is the owner's responsibility to ensure that all precautions are taken to stop this happening. The lead should be strong enough and the collar tight enough for the dog to be restrained safely.

This was a frightening and unsettling experience and has made me very wary and nervous of other dogs when walking mine.

If your dog is unfortunate enough to be attacked, obtain any information you can and notify the Police, who, I was surprised to know, do need to know about dog-on-dog attacks!

I'd just like to remind people to respect the notices on the green requesting owners to keep dogs on leads at all times.

Name and addressed supplied.

DOG ATTACKS ON THE INCREASE

I am concerned about the increase in aggressive dogs making unprovoked attacks on other dogs on The Green and the 'walking routes' around our villages. My own dog was viciously attacked on the 6th January. My fourteen year old daughter was walking our Shih' Tzu on the lead and had just reached the grassy area at the back of Mill End Close when a dog appeared from the direction of the small bridge. It set about savaging our dog until the owner appeared saying her dog had slipped its lead.

My daughter was distraught, blaming herself for not being able to protect our family pet. Soba's injuries required treatment from the vet so I had to drive to Leighton Buzzard in heavy snow. The vet said Soba had been very lucky to escape with fairly superficial wounds, especially as he had had major surgery a month earlier. This could have been a fatal attack.

A few weeks earlier, my friend's dog suffered a much more brutal attack on The Green, also from a dog which had slipped its lead. Chatting to people around the villages, it is clear that several attacks have taken place because owners are not taking responsibility in ensuring their dogs are on leads, with collars which fit properly and are, therefore, capable of restraining them. Furthermore, if a dog is known to have aggressive tendencies, it should be muzzled when in public.

Fortunately, my dog is recovering well from his injuries. My daughter, however, is now apprehensive about taking Soba for a walk on her own. I urge all dog owners to be more thoughtful and responsible - you must be able to control your dog/s!

Roz Heffer



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The Parish Nurse Charity

Registration No = 204752

Although not a large amount, the Charity still receives an annual income from the original source, whereby the Trustees are able to make grants to individuals (not groups or organisations) providing the applications come within the current tenet of the Charity.

The Trustees are all local people and are therefore aware of the needs of those living within the community. Every request we receive is considered on its own merits and in the strictest confidence.

Grants can only be awarded to individual residents of the villages of Edlesborough, Northall and Dagnall, for a specific medical purpose, who are disabled or elderly or frail in some way. The Charity can sometimes assist with medical equipment which cannot be provided from any other source e.g. the NHS.

Can we help you ?

Sue Parker

Correspondent 01525 221416

The Choir

We have been greatly encouraged by the number of people who responded to our article in the November Focus and expressed interest in becoming part of our new Community Choir.

We were contacted almost immediately by Mr Stuart Harding from Eaton Bray who said he would be very interested in being the choir master, and was experienced in such things, which was a most unexpected beginning, thinking that this would have been our most difficult task to fulfill, and which gave us further encouragement. If you are still thinking about giving it a go do please give either Geoff Ward on 01442 843515 or myself, Val Lumley on 01442 842214 a ring and we can give you details of the next meeting.

At the time of writing we will have met for our initial get-together on 25th January in Dagnall Church at 7.45 pm - 9 45 pm which has been kindly offered to us as a venue to begin our new community venture in, and it also has a well tuned piano!

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Eaton Bray with Edlesborough Parish News

Vicar: The Revd Roger Chapman

Pastoral Matters: The Revd John Heffer, 35 Peblemoor, Edlesborough – (220618)

Church Wardens: Chris Banks (221556) and Peter Bennett (221284)

Life, they say is what happens when you are planning something else!

As I sit looking out on my garden everything is white, with several inches of snow. Three weeks after the first snowfall, the novelty is starting to wear off and I trust that by the time you read this Spring will be beginning to show itself in our villages.

The weather caused so much disruption to our neatly planned lives. Many of you will have been unable to get to work, or been housebound because of the snowfall. Some of you may have had your travel plans at Christmas disrupted, unable to fly or travel by train. Our modern society seems to take it for granted that our lives will run smoothly – yet, in reality, life is rarely that easy, and when something out of the ordinary happens we often struggle to cope and ask questions like “Why is it happening to me?” or “Why now?; and we complain “Life isn’t fair”. Those of you who are experiencing bereavement, or who have lost your job, or who have suffered financial loss or unexpected illness will know what I mean – and don’t think the congregation at St Mary’s is immune to these events.

But even joyful events can turn your life upside down. Just before Christmas, and quite out of the blue, our son and his girlfriend informed Christine and me that we are to be grandparents and that there would be a wedding in February. Well, words simply cannot express our joy at the news but, suddenly, there is panic in our household as we wonder what to wear and when we will find time to go shopping, especially given how busy the diary is for January. But, even with such wonderful news, we know things could go wrong; childbirth remains one of the most dangerous events for mother and baby, as some of you will be painfully aware. I am reminded of words from Rudyard Kipling’s poem “If you can meet with Triumph and Disaster and treat those two impostors just the same”.

From the earliest times to the present day people have tried to identify ways of living that might guarantee a happy or successful life and to understand the mystery of, apparently random, life-changing events - even Albert Einstein, unhappy with some random elements of life, was quoted as saying “God does not play dice”.

Perhaps the ancients were closer to death, and life, than we are today – they certainly gave the subject considerable thought. I find two ancient writings to be helpful; the Tao-te-ching, by an ancient (6th century BC) Chinese wisdom writer Lao-tzu whose teaching is similar to Zen Buddhism, and the book of Ecclesiastes from our Old Testament, written in 300-250BC.

The way of living in accordance with the Tao is ‘not grasping’, not trying to hold on to what we believe should be rightfully ours: things, people, youth, status, beauty, life itself. We grasp by trying to domesticate reality but grasping, the Tao says, is futile. Indeed, in Buddhism, it is considered to be the primary source of suffering.

Ecclesiastes (a very user friendly read) has a similar message: life is not about pursuing the rewards promised by the path of conventional wisdom but about living simply and

in the present. True wisdom means carpe diem, seize the day – don't miss it, don't let life slip by unnoticed. Instead, live life to the full - for all of us life is short. As the author says:

Go, eat your bread with enjoyment, and drink your wine with a merry heart. ... Enjoy life with the wife whom you love. ... Whatever your hand finds to do, do it with all your might. ... For time and chance happen to all men.

GORDON GRAY, Reader, St Mary's

From the Parish Registers

Baptisms – *“Brought to new birth in the family of the Church”*

23rd August 2009	Henry Charles Burne
25th October 2009	Samuel Alexander Cassidy
25th October 2009	Darren Pearce
22nd November 2009	Poppy Grace Smith
20th December 2009	Harry Steven Last

Weddings – *“To love and to cherish till death us do part”*

24th October 2009	Daniel Christopher Carter-Clout and Angharad Brewer
-------------------	-----------------------------------------------------

Funerals – *“Grant them, O Lord, eternal rest”*

30th September 2009	Sylvia Grace Sharpe
5th November 2009	Ian McLoyd Small
26th November 2009	Dulcie Anne Bell Anderson
10th December 2009	Jill Maley
16th December 2009	Gerard Wells
23rd December 2009	Peter Smith
6th January 2010	Claire Louise Freeman

CONFIRMATION 2010

If you or any of your family are considering confirmation this June please get in touch with Gordon Gray on 220136.

The first (short) meeting will take place at St Mary's Church, Eaton Bray at noon on 14 February

Services at St Mary's Church

SUNDAYS :

8.00am HOLY COMMUNION

10.00am PARISH SUNG HOLY COMMUNION

On Third Sunday of each month:

10.00am – WORSHIP FOR EVERYONE a shorter, less formal service for families. (For anyone wishing to attend a service where Holy Communion is offered, there is a Family Communion at 10.30am at All Saints' Church, Dagnall, where visitors are assured of a warm welcome).

WEEK-DAYS :

Tuesday: **2.00pm** Toddlers' Church (2nd Tuesday)

Wednesday: **10.00am** Holy Communion

EVERYONE WELCOME AT THESE SERVICES



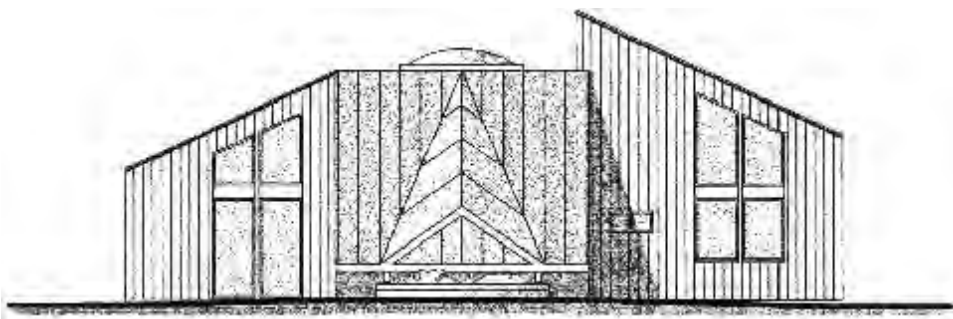
Eaton Bray Lower School

TOP MARKS!

The opening paragraph from the OfSTED inspection report, after their October 2007 visit, said this about EBLs:

"Eaton Bray Lower is an outstanding school. It modestly evaluates itself as good with some outstanding areas, but it is better than this. Its self-evaluation is correct in identifying strengths and areas for development. It provides an outstanding quality of education and care for its pupils and excellent value for money. Staff work exceptionally well in partnership with parents and the community for the benefit of all pupils. Pupils' enjoyment of school is impressive. The supportive parents are delighted with all aspects of its provision. Leadership and management are outstanding. The headteacher's vision for a school at the heart of its community is shared by the highly committed staff and excellent governors. This is set to become more firmly realised with the building of a new nursery with facilities for the local community and visiting professional from children's services."

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Tuesday Lunch Club 12 noon - 12.45pm

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These are just a few of the comments made in our fifth OFSTED Report (March 2008 - available via our website). The report reflects the high quality of learning on offer to all children at Edlesborough Under 5's and highlighted the quality of teaching by the staff. We are currently operating a waiting list for 2½ to 4½ year olds. If you would like to pop in for a look around, please phone Tracey on 07854 939226 between 9am - 12 noon, to arrange an appointment. A warm welcome awaits you.

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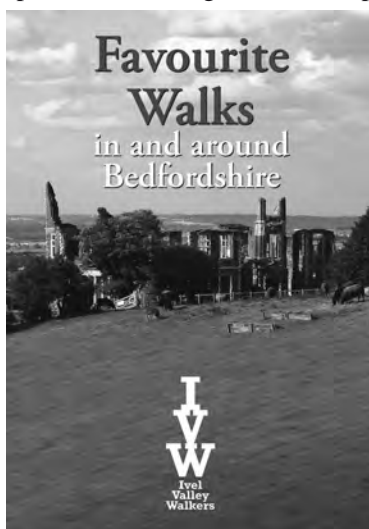
The Ivel Valley Walkers were founded 25 years ago, and for most of that time has been a group within the Ramblers. We have over 300 members and offer a varied programme of more than 200 guided walks each year. These are open to all, although membership of the Ramblers is encouraged for regular walkers.

To celebrate our anniversary, we asked our members to contribute their 25 favourite walks in and around Bedfordshire. The result is this book, which covers virtually every area of the county, offers walks from 4 to 16 miles long, and will allow you to fully explore the delights of this under appreciated area.

Most of the walks are circular. Although primarily country walks, three do include some of the historic and recreational areas of Bedford, the town at the heart of our area. The two linear walks have reasonable bus services between the start and end.

So, put your boots on, get out and enjoy the Bedfordshire countryside.

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Chad Varah, founder of Samaritans.

Samaritans always need more volunteers at all their branches, including Luton, Watford & Hitchin. We have an 'Introductory Day' on Sunday 17th January 2010 at 33 Cardiff Road. Luton. LU1 1PP. The day starts at 10.00am for coffee, and runs until 2.30pm so please bring a packed lunch. Please visit www.samaritans.org for details of other branches Introductory Days. To talk to Samaritans in confidence please call 08457 90 90 90 or email jo@samaritans.org



All Saints, Dagnall - Services & Meetings in February 2010

Wed. 3rd Feb	7.45 pm	A Musical Evening with Revd David Jenkins
Sun. 7th Feb.	9.00 am	Eucharist
	10.30 am	Morning Service
Wed. 10th Feb.	7.45 pm	Mid-week Meeting led by Revd Peter Dudeney
Sun. 14th Feb.	10.30 am	Morning Service
	6.00 pm	Sung Eucharist
Wed. 17th Feb.	7.45 pm	Circuit Ash Wednesday Service at Edlesborough Methodist Church
Sun. 21st Feb.	10.30 am	Family Communion
	6.00 pm	Evening Service with Holy Communion
Wed. 24th Feb.	7.45 pm	Mid-week Meeting - Rodney Sims speaks about College Lake
Sun. 28th Feb.	10.30 am	Family Service
	6.00 pm	Eucharist
Wed. 3rd Mar.	7.45 pm	Mid-week Meeting led by Revd Peter Dudeney
Sunday School meets each Sunday at 10.30 am.		



Over 60's

In December we partook of our Christmas Lunch on the 15th and following this we held our A.G.M. on January 19th, when we had a visit from the School children to sing to us.

February we will have a talk from one of our members - Geoff Spencer - who will describe the efforts he and some of his fellow prisoners made to escape from their Prisoner of War camp in 1944.

Dagnall Church

Carol Singing (or lack of it!)

“What happened to the Carol-singing around Dagnall this year?” you might ask.

For 75 years without a break it has been the tradition for a Carol-singing party to tour the village and outskirts to raise funds for the charity ‘Action for Children’ (Formerly the National Childrens Homes).

You may recall that on the designated dates this year a carpet of snow and ice had made everything look picturesque from inside, but hazardous for anyone venturing outdoors (even walking). After numerous phone calls the majority of possible singers considered it too risky.

However, in spite of disappointment, ideas were put forward as to what we could do so that this worthy cause did not lose out and finally it was decided to place collecting boxes in strategic positions in the church. It was realised that some who would like to donate would not be coming to any services at church so we came up with the alternative that donations to Action for Children could be placed in an envelope and put through the letter box or in the post box at Primrose Bungalow. Thank you in anticipation of your generous donations.

A final total will be published in next month's Focus.

Bruce Osborn, Senior Steward, Dagnall Church.

Dagnall Dip Results – December 2009

Approximately half the money collected is paid out in prizes and half is donated to the Dagnall Village Hall Funds. The results are published in Focus. Results of the tickets sold in November are:

Date dip drawn – 02 December 2009

Total dip collected - £285.

Amount to Village Hall - £135.

Amount for prizes - £150.

Winning order	Winning name	Winning amount
1st	Mr & Mrs Hammond	£50
2nd	Mr & Mrs Baptiste	£40
3rd	Mr & Mrs Kingham	£30
4th	Mrs Sage	£20
5th	Colin Atkins & B&H	£10

Dip drawn by Basil Thorne and Ann Tobin



Edlesborough School

The children in Years 3 and 4 at Edlesborough School have been writing playscripts for *The Snowman*, by Raymond Briggs. This is the part where the little boy and the snowman land back in the garden, after flying to the North Pole.

Boy: I have never flown with a snowman before! (Eyes wide open.)

Snowman: Then I guess this is your first time. (Shrugging his shoulders.)

Boy: Yes! But I can't believe we're coming in to land already. (Head tilting to one side.)

Snowman: I know, I know, but it has to end sometime. Well, here we go, we're coming in to land now.

Boy: I really hope it's not going to be a bumpy landing!

Snowman: Let's find out then.

Boy: I don't want to go home yet, I want to stay with you.

Snowman: Well, sorry, I've got to go back to my place because it's nearly morning and I don't want people seeing me, I only want you to see me.



By Morgan Davis and Polly French

The Shark Adventure by Poppy Parkes, Year 2, Edlesborough School

A family called the Parkes family won a trip to Australia, they were very excited to be going there. There were six people in the family and they were called Mary, Mike, Conor, Poppy, Ben and Tommy. They packed their bags and it wasn't long until it was time to go. They set off on their holiday. The airport was very busy and the queues were very long. Because the flight was so long, they had to stop at Singapore. When they finally got to Australia it was very hot.

During their stay they went to the beach and bought a dinghy with them. One day Conor and Poppy went out very far from the shore. Suddenly everybody started to leave the water, they did not know why. Then Poppy let out a huge scream because she saw a shark.

They both panicked and started screaming together. The shark started coming towards them and opened his mouth as wide as he could, but only managed to get the dinghy. While the shark was busy with the dinghy, Conor and Poppy swam to the shore and safety. For the rest of the holiday, they did not go into the sea but went to swimming pools instead.

Eaton Bray Village Hall 100 Club Winners

Nov 2009

Dec 2009

89	Win Hicks	£100	177	Michelle Young	£100
62	S. Coyle	£25	95	George French	£25
173	Margaret Roberts	£25	78	Carol Dixon	£25
29	John Battley	£25	15	Anna Cornwall	£25
21	Cheryl Dear	£25	139	Danny Kerr	£25

Drawn on 26th November 2009 at Eaton Bray Lower School.

Drawn on 16th December 2009 at Eaton Bray Lower School.

Please direct any correspondence to Ross Bagni, 71 Bower Lane, Eaton Bray, Bedfordshire, LU6 1RB, Telephone: 01525 221411.

The Aches and Pains of Pregnancy

What they mean and what can be done

During pregnancy increased body weight, changing hormones and your growing bump can create spinal pain in either your upper or lower back, legs can ache and feet can swell. Simple self help measures are:

- Stand tall taking care of your posture.
- Sit correctly with support in your lower back like a rolled towel or cushion.
- Take the weight off your feet when you can, but if you put your feet up make sure you don't allow yourself to slump in a chair.
- Think about pillow positions to help support your bump or place under your top leg when you are resting on your side.
- Take breaks from activities in one position and avoid heavy lifting.
- Exercise regularly, but make sure the exercise you choose is suitable during pregnancy.

If you are getting persistent pain it is worth getting checked out by a Chartered Physiotherapist.

Likewise, a specialist Women's Health Physiotherapist can also help with any pelvic floor problems you may be experiencing.

Contrary to popular belief, much can be done with physiotherapy to aid the relief of back and pelvic pain during and after pregnancy - you don't have to put up with it! From gentle hands-on techniques to the supply and fitting of supports for the pelvis, advice and exercises, we can help you have a happier healthier pregnancy.

For more information on this or any of our new pre and post natal treatments please contact:

St Judes Clinic, 26 Lake Street Leighton Buzzard LU71RX
Tel: 01525 377751

Email: enquiries@stjudesclinic.com

Visit: www.stjudesclinic.com



The Elf Group

The Elves are a friendly group of mostly retired people who meet throughout the year at the Coffee Tavern in Eaton Bray High Street.

Some of the things we enjoy are lunches with a speaker, (these are usually held in the Coffee Tavern,) and regular lunches at local pubs or garden centres, there is also an active walking group.

Occasionally we have visits to museums, places of interest, National Trust Properties, also cream teas, music with lunch and much more.

The Elf meetings are very informal the members arrange all the activities.

The meetings usually start at 10.30am, but the next meeting is on 25th February at 12noon, consisting of lunch at the Coffee Tavern followed by a talk on Local Ghosts.

A warm and friendly welcome awaits new and old members.

Please call Val on 01525 - 220972 for more details.

Bletchley and District at War

People and Places

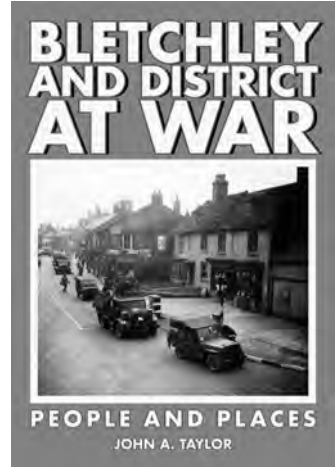
John A. Taylor

The story of Bletchley Park, and the code breaking achievements during World War Two, is now well known. But except to a select few it was at the time the most closely guarded secret of the war.

Yet there was no secret about the hardships and shortages of everyday life in the town, endured by the residents and the hundreds of personnel billeted from Bletchley Park. But today this aspect of Bletchley's past is hardly known.

Therefore the intention of this book is to redress the imbalance, and for the first time reveal the story of wartime life in Bletchley for ordinary people - the joys, the sorrows and the humour.

Available from all good bookshops price £14.99



Royal British Legion Annual Poppy Appeal

We are delighted to report that the 2009 appeal was very successful, raising the magnificent total of £2,265.26. Pleas for help from the Legion are at an all time high so your support will be appreciated by the Legion and those who receive its help.

After ten years we are stepping down from organising the annual poppy appeal. Roger and Helen Wilkinson, 18, The Orchards, Eaton Bray, Tel. 01525 221137 have offered to organise the 2010 appeal. If you would like to be involved please contact Roger and Helen.

We would like to thank you all for the truly generous support given so readily to the Royal British Legion's Annual Poppy Appeal during our time as organisers and for the many kindnesses we have received while collecting.

Being able to share in such a strong and caring community spirit has been a fulfilling and memorable experience for us. Thank you.

Keith and Jean Stanley



NORTHALL BAPTIST CHAPEL

Chapel Lane, Northall

(just beyond the speed limit signs on the road to Leighton Buzzard)

Everyone is welcome to our Sunday worship each week between 11am and 12.30pm including tea/coffee and time to talk together
For more information contact: Steve and Helen Orchard 01525 373106

There has been a Baptist Chapel in Northall for more than 200 years. Today we continue to seek to worship God, serve him in our daily lives and support and encourage one another in the difficult and the joyful times.

New Year, New Presents – Keep Them Safe

How better than to start the new year with a resolution to keep your property safe. Aylesbury Vale District Council and Thames Valley Police are working in partnership to keep burglary low over the next few months by encouraging residents to safeguard your possessions by using property marking kits.

The kits include a UV marker, which enables valuables to be marked with your house number and postcode so if goods do get stolen and then recovered by the police they can be returned to you.

Marking your property is quick and easy and is a fundamental deterrent to thieves as it exposes them to risk if caught and prevents them from selling goods on.

For a free UV property marking kit, please call into Customer Services at Aylesbury Vale District Council, 66 High Street, Aylesbury.



**Council and Police working together
to reduce crime and disorder**



Northall Age Concern Wednesday Club Update

Thank you so much to all who attended our successful Coffee Morning in October. We were very busy with visitors and new members and raised over £170!! We have also enjoyed a lunch outing in November, Christmas party in December and outing to the Grove Theatre in January.

We have welcomed lots of new members during October, November and December and will soon be operating a waiting list system if others wish to join our social club. Our minibus is now doing double runs to cope with the increase, so if you see it on a Wednesday, give us a wave!

More thanks are to be given to all who have kindly donated Target Stamps from the LBO to us. We took these in to be 'cashed' and used towards Christmas gifts for all our members. We have also started a new collection point in Eaton Bray Stores - many thanks to them for helping us - so if you have any spare Target Stamps please do pass them on to us and we shall put them to good use.

*****STOP PRESS*****

**next Coffee Morning
Wed 17th March 2010**

***** STOP PRESS*****

date for your diaries

For any information on our Club, please call Anna 221996 or Julie 220153 and we will be happy to help.



**Dunstable & District
Local History Society**

**Tuesday 9th February, 7.45pm
Houghton Memories**

A vast collection of historic photos of Houghton Regis, whose boundaries once included a large part of what is now Dunstable, are screened for the first time, with a commentary provided by Pat Lovering and Sue King

**Methodist Church Hall, Dunstable
Visitors always welcome**



St Mary's Village Carnival 2010

www.stmarysvillagecarnival.com

With the turn of the year the Carnival Committee is once again getting visibly active. Your organisation should be looking out for invitations to take part by:

- Advertising in the programme
- Having a stall
- Taking part in the procession
- Bringing a Classic Car to the Carnival

If you have not heard from us by the end of March and wish to participate do get in touch with me by phone, or via the Carnival website: www.stmarysvillagecarnival.com.

New Committee Members will be bringing new ideas to the event, but one new idea I left with you before Christmas – Bungee Jumping – will sadly not be taking place. We received a very small (2) response from willing participants and we cannot risk making a heavy loss on what, otherwise, might have been a great attraction.

As usual we hope the village will support the Carnival in a big way. In particular, I am looking for:

A driver with a van who can commit to helping us on the Friday and Saturday evenings (2nd & 3rd July) to help ferry equipment around the village.

Volunteers to join our already very strong committee

People who can obtain or donate prizes for e.g. our Grand Draw, Silent Auction

No doubt the list of requests for help will grow as the event gets closer.

Finally, I recall that I am indebted to Kitty from Northall who stepped in at very short notice last year to drive her vehicle in our procession. I have not forgotten that I promised you some plants. February / March should be ideal for splitting clumps so do get in touch with me.

Gordon Gray

Tel: 01525 220136



The National Trust

South Beds Assn

Monday 1st February

**To Sea in a Sieve - A day in the
life of Edward Lear**

Geoff Hales of Travelling Theatre

2.30pm, Salvation Army Centre,

Bull Pond Lane, Dunstable

Visitors are welcome at £1

For further information

phone 01582 527790



St. Mary's Church Project 2009

A big thank you to everyone who has supported and contributed to this appeal throughout the year.

We are delighted you have raised
£4500.00 for the MERLIN charity –
a magnificent effort
Vivienne & Mel Grundy

Knit n Stitch

Edlesborough

Knit, Stitch, Crochet

A new group starting.
Just bring along your knitting,
crochet or needlecraft
and friendly face.

1st and 3rd Monday of the month
Starts Weds 1st February
2pm to 3.30pm

The Methodist Chapel
High Street, Edlesborough
LU6 2HS (Opposite The Green)

Contact Wendy - Tel 07908 828414
www.wendy-poole.co.uk

Eaton Bray Men's Group
(men and women welcome)

WHAT A WILL CAN DO FOR YOU

A talk by Tony Duke


7.45pm

Wednesday 17th February 2010

Eaton Bray Methodist Chapel

Entrance £2
including tea and biscuits

Contact John Digby (01525) 375229



Wednesdays
1:00pm to 2:45pm
(Puring term time)
Eaton Bray Village Hall

Cheeky monkeys

under fives play time

£1.50 per adult / £1.00 per child / 50p under 1yr

creative play singing
stories baby corner
craft julee & biscuit
tea or coffee and more!

Come along,
make new friends
and join in
the fun!

Wedding Exhibition

in association with Cakes by Shelly



Thursday 25th February 5.30-9.30pm
Old Palace Lodge, Dunstable

&

Sunday 28th February 11- 4pm,
Luton Rugby Club, Luton

Please contact us with any enquiries

01525 221427



What are we?

As hopefully everyone knows by now, EB Lions AFC is a children's football club for the boys and girls living in and around the villages of Edlesborough, Eaton Bray, Dagnall and Northall.

Formed in 1994, the Club has grown enormously particularly over the last 7 years and now has 16 teams this season 2009-10, with 200 children, predominantly living in the village, playing competitive and active team sport. We have boys and girls teams ranging from Under 5's up to U15's and have 35 brilliant coaches, almost all of whom are FA qualified, all hold CRB checks and are all devoted to creating fun, improving fitness, technique, team spirit and above all else confidence and great memories.

We are working hard to develop our players and teams to continue the successful, happy and thriving FA Charter Standard Community Club. Our 2009, FIVE year plan is to grow to 20-25 teams maximum with up to 275 children, which we feel is the optimum size of Club that our geographical player base can support. This would make us one of the largest Clubs in the County!

Please look us up on our website - www.eblions.co.uk

New Players and Teams

There is a real and strong demand for village based football now, where the skill levels, coaching and development of players and teams is among the best in the county. This also allows the boys and girls to play with their classmates and friends.

Whilst we have been hugely successful in stimulating demand and our teams are all of a good size and standard, we do have a small number of opportunities still available in certain age groups/teams and these are detailed in our advert in this months Focus overleaf.

We are now actively forming **THREE** new teams;-

- (i) **boys and girls year 1** (next seasons Under 7's),
- (ii) **girls in school year 3 and 4** - A new Girls team for (next seasons Under 10 Girls).
- (iii) **boys and girls reception year** - We are working with reception school year children to eventually form two new teams for our Under 7's season 2011.

We would particularly like to hear from you if you fall into these age bands – please email us at enquiries@eblions.co.uk or telephone Carol Mercer on 01525 220436.

PLUS - There are 1 or 2 places available for **boys year 4 and 5**, so please get in touch!!
AND - we are looking for just 1 or at most 2 new boys to join our successful U14 boys (**boys year 9**) team and we would love to hear from you too!

Our player registration fee is amongst the lowest in the area, made possible by not having the cost and liability of running our own ground. It is great value as it includes all match fees as well as playing kit, mainly due to the huge support of our team sponsors. Please see our website to see our current sponsors details and support them

if you can - we thank them again for helping us so much.

Other Club News

Other noteworthy news in the active and busy world of E B Lions AFC is:-

- Our Under 7 Blues won the Beds FA team of the year 2010 – fantastic achievement in their first season. They were to be presented with their award at a Luton Town match just before Christmas, but bad weather postponed the game and it will now be re-scheduled in 2010.
- We are actively looking at the feasibility of a permanent training ground and Astroturf pitch within the villages – watch this space for news,
- Our Equipment project has grown to become a £6,000 project, funded by Bovis Lend Lease and several wonderful grant sponsors including Central Beds Council that has enabled us to buy specialist training equipment and goals to develop our young talent,
- We continue to work alongside the brilliant Eaton Bray and Edlesborough Scouts and support everything they do, particularly the work from the wonderful Nick Evans and also his team of assistants.

Wishing you a super 2010!! We thank all of our coaches and parents and most importantly the young footballers for making this wonderful Club what it is.

E B Lions AFC

Cheeky Monkeys February Report

Before we start with news for 2010, we must say thanks to all the parents and children who came to our Christmas Party. We were entertained by Jacqui, the musical entertainer who kept all the children busy with music and dancing. Santa then appeared on the stage at the end of the afternoon with presents for every child.

We re-opened on 6th January, right in the middle of the cold and frosty weather. Thanks to all those parents who were able to push their buggies through the snow and join us! Some great creations on the craft table that day were snow and ice pictures, which seemed very appropriate! The children have also enjoyed making and decorating 2010 calendars.

Planned activities on the craft table over the next few weeks are: Valentines Day cards and biscuits, Mothers day cakes and cards, moon pictures and CBeebies characters. Please note that we will be closed for one week (17 February 2010) due to half term. Now the new term has begun we have sadly said goodbye to many of our older children who now attend full time school. We would therefore love to see some new little 'cheeky monkeys' at our under fives toddler group, to support us through 2010 and make it as successful as last year.

If you are a parent in the village and would like to join our friendly group, please come along on a Wednesday afternoon (term time) at 1pm, in Eaton Bray Village Hall. Everyone is welcome. Cheeky Monkeys is run by three volunteer parents, Sarah, 07904 348113, Louise 07784 165259 and Sue 01525 222387 (suefox4@hotmail.com.) For enquiries please contact anyone of us. All information is on our website, www.cheekymonkeys.btik.com.

Eaton Bray Lawn Tennis Club



Brrrr, winter has arrived with gusto in South Beds and as I pen this one particularly chilly Sunday morning, the snow is falling outside like a scene from Ice Station Zebra, except that there isn't a submarine in my garden, or lots of fighting. Apart from the few remaining Starlings however, who are far too lazy a species to make any long flight south to warmer climes, and instead have launched themselves into a civil war under my bamboo bush over a few morsels of discarded juicy bacon rind from my morning's healthily prepared grilled breakfast. The problem for the Starlings, searching through the deep snow for their few scraps, is replicated during these weather conditions on our tennis courts. Play is dramatically hampered by the habit of the tennis ball to land with a loud 'plop' into 8 inches of snow and stay there, exactly at the point where it landed, refusing to bounce or otherwise act in the manner expected by such an important piece of equipment in any game involving a bat, racquet or other striking implement. As such, the combination of uncooperative balls and the requirement to wear our racquets on our feet to move around rather than hold them, has resulted in the temporary postponement of games and tournaments on our courts in Eaton Bray until the sun comes out again.

Now this got me thinking. Not only is this a shame for our regular players who will now have to find some other method of staying fit during the big freeze – my wife is already using up twice her normal calories chatting to me as she can't get out – but also for the hundreds of spectators who flock to the courts every week to watch their favourite sporting heroes battle it out over three sets. One of our member's cousin's friend's uncle's mates knows a bloke who's sister's boyfriend works at the Eden project down in Cornwall. Apparently they're replacing one of their 'Biomes', those big plastic greenhouse type tents that house all those sub-tropical plants you can amble around. So I've made a few enquiries, and it turns out that the old one is available at a very reasonable rate. All we have to do is get a few members together, hire a van, go down to Cornwall, dismantle it (we'll need a ladder if anyone's got one), bring it back to the village and re-erect it over our courts. Ex-chairman Glenn works for a building company so he can be in charge. We'll need a few car tyre pumps to inflate it, but by my calculations if we can get all 130 members pumping away for a couple of weeks solid, then we can get it fully serviceable before any more snow arrives.

Before you know it we'll be playing our tennis in balmy conditions surrounded by sustainable-forest wooden walkways, bubbling streams and Amazonian flora. All we need are a few pot plants, so if anyone can spare any *Bursera Fagaroides*, Pummello or *Muscella Lasiocarpa*, as a few examples, can you please drop them off at the Clubhouse (leave outside if we're not in) and we'll plant them in our new Biome as soon as we get it up. Spectators will henceforth enjoy watching their tennis in idyllic surroundings, from comfortable benches situated alongside steaming tropical pools, peering through

exotic flora and sipping ice-cold drinks from our new vending machine. We really are almost there with my latest plan. The only other items I'm after to make it a goer are a few benches, a footpath or two (B&Q decking or the like is ideal), some unwanted garden ponds and streams, three or four fan heaters (2KW preferred) and a vending machine. Oh and 25 grand for the dome; we'll fund the van to get it back here ourselves. Right, a quick reminder about our joint Tennis Club/Village Hall Swing into Spring dance on Saturday 13th March; full details are elsewhere in this magazine but Jim Balls and his Racquets always bring the house down (hence the high cost of repairs to the Hall whenever they've played) and you'd pay a lot more to see them at the Grove or Milton Keynes Theatres (because they'd have to pay a fortune to be allowed to play there). Then there's the two-course dinner included, some dancing, and all for £16 if booked early. Finally don't forget the next joint Quiz Night at the Hall - Saturday 24th April - these are always a 170+ sell-out, so book early!

For any further information about the club, including when we get together for our social tennis sessions up at the School Lane courts, or our various activities, you can visit our website at www.ebltc.org.uk; Alternatively please call Chairman Bernadette Hillman on 01525 222531, Coach Nick Boys on 07810 32774, or if they're all out and I'm not out digging up a dome in Cornwall, me, Andy Cross on 01582 477114.

EDaN Traffic Management Team



Happy new year to one and all.

A couple of updates from the last "Focus" article.

1) **Speed Review**

The Speed review process, although started, appears to have no fixed time structure and any alterations proposed may still be challenged by revenue constraints. We will be looking for the outcome to be based on safety requirements and also for environmental improvements. After this speed review, it is unlikely that Bucks CC will review traffic speeds in the foreseeable future, so decisions made this year (hopefully not due to lack of finances) will affect our area for the next 15yrs plus.

2) **Speedwatch**

Our feedback from the local police indicates that those vehicles we recorded speeding through the villages were in the main local! (i.e. from between Berkhamstead and Leighton Buzzard.) One vehicle came from the Aylesbury area and one from Huddersfield. Two of the vehicles, we are told, were un-insured.

So please be aware of the speed limits and please ensure that your vehicles are street legal.

We re-iterate we are seeking to improve safety and the local environment, - not to penalise drivers

By the time this article is published we could be in the balmy heat of an early spring (!), but if not, the poor weather conditions will leave the road surfaces in a worse state than normal, so take care and safe motoring for 2010!

David Gravestock - davidgravestock@btinternet.com

Lorna Cabbage. - lornacabbage@larums.com

Almost Half Way There Now!

Thought it high time I updated you all on our fundraising for Iain Rennie Hospice at Home. What a lovely feeling it is to so very nearly have achieved the £1,500 marker - thank you to all supporters to date. For more updates please visit www.justgiving.com/janetickell

Recently we attended a school fair, which raised £65 from tombola and jewellery items. A huge thank you to Anna and her Avon goodies, it was a long slow day but it was truly nice to catch up - the yummy cake stall next door helped too! Thank you also to Mum (Janet) for helping me prepare, with tickets and labelling all the items.

Some interest is now showing for Bernie's offer to assist people with their family tree research, via www.eatonbray.com/forums His faith has been restored, now the donations are beginning to materialise - knowing how he enjoys this pastime, its a "win win" for me too!

We have plans for Coffee Mornings, Bring & Buys, a Film Show... and although three years shall have passed since IRHH came to our assistance, their care and our appreciation continues.

Iain Rennie Hospice at Home (Reg.No. 297847) Donating through Justgiving is quick, easy and totally secure. It's also the most efficient way to sponsor me: Iain Rennie Hospice At Home gets your money faster and, if you're a UK taxpayer, Justgiving makes sure 25% in Gift Aid, plus a 3% supplement, are added to your donation.

Dunstable Downs Health Walk Programme

If your new year's resolution is to be more active or you just feel like getting out and blowing off the cobwebs, the Dunstable Downs health walk programme could be just the ticket.

Environmental charity Groundwork Luton and South Bedfordshire in partnership with Central Bedfordshire Council and the National Trust offer two free walks a month at the Downs, a beginner's walk and a more challenging intermediate walk, offering visitors of all abilities the chance to get some exercise, meet new people and explore their local countryside site.

The beginners' walks take place on the third Wednesday of each month, leaving from the Dunstable Downs Gateway Centre at 10.30am and lasting approximately 45 minutes. The beginners walk makes use of the surfaced path at Dunstable Downs which is accessible to everyone including pushchairs and wheelchairs; it avoids the steeper, muddy sections of the site and so walkers can wear any sensible footwear including trainers.

The intermediate walks take place on the first Wednesday of each month, leaving from the Dunstable Downs Gateway Centre at 10.30am and lasting up to an hour. The intermediate walk makes use of the network of footpaths at the Downs which could include steps, slopes and muddy sections so sturdy footwear is a must!

For further information about the walks please contact Debbie Vidler at Groundwork Luton and South Bedfordshire on 01582 720147 or email deborah.vidler@groundwork.org.uk.

Take Back Control of Your Body in 2010 with Body Control Pilates®

The New Year has seen a new programme of Body Control Pilates® classes launched by The Pilates Workshop at Bellows Mill. Come and find out more during our Pilates Taster Week commencing 9th February 2010.

The popularity of Pilates has exploded recently with over a million people benefiting from the power of Pilates every week. Many A-list celebrities and top sports professionals including Olympic rowers, cricketers, footballers and tennis players rely on Pilates to give them an edge. It is also widely recommended by doctors, physiotherapists and chiropractors for people recovering from injury and to help keep people injury free. So what can Pilates do for you?

We all pick up bad habits and put ourselves in unnatural positions that can ultimately affect our longer term health and mobility. People who sit for long periods at a desk, cyclists who spend long periods hunched over handlebars, people who play racquet sports and overdevelop one side of their body and runners who suffer from the constant impact associated with their activity - even busy mums carrying and looking after their children. Pilates can help us to continue doing the things we need to do, and enjoy doing.

What Pilates does is target the deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment. Moreover it builds our awareness of good posture and movement patterns that we will continue to use in our everyday lives. In that sense the benefits of attending a Pilates class go far beyond the actual hour that we might spend practising it.

Pilates is something that everyone can do and everyone can benefit from and we invite you to come along and take part in our Taster Week to find out more. Enrol onto a single class to suit you, daytime or evening, (schedule right) and pay just £7.50, with no obligation to sign up for a block of classes.

Body Control Pilates® is widely seen as a benchmark for safe and effective teaching of the highest quality with small class sizes ensuring close supervision and support from your teacher. It is Europe's foremost professional Pilates organisation.

For further information on Body Control Classes or to book a place on one of the classes during the Taster Week please contact classes@thepilatesworkshop.co.uk or telephone 07989 589502

The Pilates Workshop Team

Website: www.thepilatesworkshop.co.uk

The Pilates Workshop

'Pilates Taster Week'

**Commencing 9th Feb 2010
at the Bellows Mill, Nr. Edlesborough**

Interested in finding out more but don't want to commit to a full block of classes? Then sign up for a class during our Taster week. Pay £7.50 for one class only with no obligation. Classes last one hour.

Taster week Schedule:

Tue 9th Feb at 11am • Tue 9th Feb at 5.15pm
Wed 10th Feb at 10am • Thur 11th Feb at 8.45pm

Come and experience the Pilates lifestyle.
Group classes normally run in six week blocks and cost £45, payment in advance and non refundable.

For more info and to book your place:

Call 07989 589502 or visit:

**www.thepilatesworkshop.co.uk
classes@thepilatesworkshop.co.uk**



Edlesborough WI

As in previous years, our A.G.M. / Christmas Party proved to be a very enjoyable evening. We arrived at a beautifully decorated Memorial Hall, which added to the seasonal atmosphere.

Phrena, our President, reported on the success of our recent coffee morning, and thanked Jane Jones for her hospitality. We were told that Wendy Poole would be running a Knit & Stitch Club in Edlesborough Methodist chapel on the 1st & 3rd Mondays in each month. Membership of the W.I. would not be essential to attend such meetings. The usual annual reports followed, when thanks were given to all members who had helped to make 2009 such a success. The Committee for 2010 will have two new members, with Phrena Wilkinson serving again as President.

Once the business part of the evening was over, we settled down to a tasty supper arranged by Ann Brinklow assisted by Jenny Foale. As usual, Ann 'did us proud'. As we were enjoying our meal we were entertained by Les, Dave & Claire providing the music, as in previous years. Four of our talented ladies each delivered a clever monologue, something we really enjoy on these occasions. Following this, we all received a gift – Santa came early!

Les, Dave & Claire were now able to take over, and what a great time we had. We joined in with as many songs as possible, and even provided our own percussion with saucepan lids and spoons in bottles, etc. Everyone seemed to be having such a good time; it was a shame it had to end. Thank you Les, Dave & Claire, "and roll on next Christmas"!!

Finally, Edlesborough W.I. sends everyone our best wishes for 2010.

VAL HARRIS

Church Mouse December 2009

The PCC met at All Saints Dagnall on Thursday 10th December. The minutes of the last meeting were discussed and accepted. The Church flower beds have been remodelled in a joint exercise between Eaton Bray Parish Council and Eaton Bray Lower School. The new beds are very attractive and we look forward to seeing the changes through the seasons. The roses previously in the beds have been moved to a more sheltered spot in that area of the churchyard known as "The Vicars' Graves".

The Mothers Union has been disbanded at a service led by Rev. John Heffer. The new St Mary's Ladies Guild will commence in January and will meet on the 2nd Wednesday of each month at 2.00 p.m. in St Mary's Church. Everyone will be welcome. We have not received any nominations for a Parish Project for 2010, so it was decided to suspend this for the present and raise funds for a variety of charities to be agreed at the end of the year. The PCC agreed to explore the possibility of employing a part-time Parish Administrator to support the Vicar and free his time for pastoral work in the community. The Christmas Fayre was very successful and next year's has been booked for Saturday November 20th. Swine Flu procedures have now been relaxed and both Bread and Wine are now offered at Communion. A village choir is to be formed and the first meeting was held at All Saints Dagnall on 25th January at 7.45 p.m.





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Highlights of the Meeting for Eaton Bray Parish Council

Held in The Coffee Tavern on Monday 7th December 2009 at 7:30pm

Skate & Ride Area

The Parish Council are pleased to announce that the Skate & Ride area is now complete and in full use.

Additional Litter Bin

The Parish Council are looking into the installation of an additional bin at School Lane Recreation Ground.

Damaged Seating – The Rye Recreation Ground

The Parish Council are in the process of obtaining a quote for the work.

Central Bedfordshire Representative/s

Ward Cllrs Ken Janes and Marion Mustoe attended the meeting. A question was put to Ward Cllr Janes regarding a recent planning application presented to the Development Committee at Central Bedfordshire; Cllr Janes informed the meeting that the grounds given for refusal of the planning application were not sufficient for the planning application to be turned down. The Parish Council/residents expressed their disappointment at the outcome of this matter.

Planning Issues

The Parish Council recently wrote to Andrew Selous MP to enquire as to the role of Parish Councils in the planning process. The reply from the Parliamentary Under Secretary of State for Communities and Local Government states: “... *although Parish Councils ... do not feature in the list of statutory consultees ... it becomes a statutory duty of the local planning authority to notify the parish council about relevant applications ... the purpose of this notification is to invite comments from the parish ... the planning authority may not determine a planning application until a parish intending to comment has done so ... However parish council representations are not binding on the local authority ... the decision maker ... is the district or borough council or unitary authority.*”

St Mary's Church – Flower Beds

The new church yard flower beds are now complete and are looking fabulous. If you have the time, please take a look – the design and work for these flower beds (situated at the main entrance to the Church) came from the school children at Eaton Bray Lower School.

Highlights of the Meeting for Eaton Bray Parish Council

Held in The Coffee Tavern on Monday 4th January 2010 at 7:30pm

New Parish Councillor

Eaton Bray Parish Council is pleased to have co-opted Mr. Gordon Johns onto the Parish Council.

Skate & Ride Area

The Skate & Ride area is being well used by all ages. The Parish Council are awaiting the fitting of the final benches (weather permitting!). *The Parish Council wishes to reiterate to all users of the facility that adequate safety equipment must be worn at all*

times (head/arm/leg protection).

Police Representatives

PC Viv Dady attended the meeting. There have been eight recorded crimes for the month and 4 recorded road traffic incidents.

Central Bedfordshire Representative/s

Ward Cllr Ken Janes attended the meeting. He expressed his disappointment at the outcome of the last Parish Council Meeting and reiterated that there were no technical planning arguments for the application to be refused. He wished to remind all electors that he represents all parishioners; however in a vote for planning there would need to be solid planning arguments to be able to vote against such. The residents views were noted at the Development Management Committee (Planning) at Central Bedfordshire Council, however on the evidence supplied there was no reason for this application to be refused.

The Parish Council thanked Cllr Janes for coming to the meeting and explaining in more detail the reasons surrounding this application.

Miscellaneous

Dog Bins - the Clerk informed the Parish Council of issues regarding to the emptying of the new dog hygiene bins within the parish. Some are full to overflowing. Central Bedfordshire Council has been informed of this urgent matter.

Streetlights – faults with a number of streetlights are being reported to Central Bedfordshire Council.

Coffee Tavern – it was reported that the Coffee Tavern now has a stair lift.

A full copy of the minutes for Eaton Bray Parish Council can be found on our website.

Parish Council Website: www.ebpc.co.uk

[Please note that the views or comments expressed on this website (forum) are not necessarily those of the Parish Council. The Webmaster reserves the right to remove any defamatory, derogatory or libellous statement or words from the site]

Contact Details For Eaton Bray Parish Clerk

Clerk contact times: Tuesday/Thursday/Friday
09:30-13:30hrs [messages can be left on answer phone]

Parish Office: 20 Good Intent, Edlesborough,
LU6 2RD [Tel 01525 222601/Email clerk@ebpc.co.uk]

<p style="text-align: center;">Eaton Bray Parish Council Meetings 1st Monday of each month 7:30pm The Coffee Tavern Next Meetings: Mon 1st Feb Mon 1st Mch</p>

Eaton Bray Methodist Church

Christmas Lunches were a great success and a cheque for £500 has been sent to The East Anglia Air Ambulance Charity.

Thankyou to everyone who supported us.

February Lunches will be served on Saturday 13th from 12.noon until 1.30pm. We extend a very warm welcome to our regulars and new friends to join us.

After much discussion we have decided to suspend our monthly Lunches after the February one and try something different. It's all very exciting, further details in the March edition of Focus. Watch this space!



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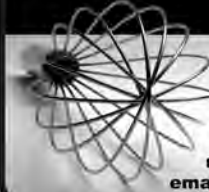
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Lasting Powers of Attorney

Lasting Powers of Attorney (LPA) were introduced on 1st October 2007 and are powerful legal documents. Rather like a Will records who is to act as Executor(s) at the time of a death, the two LPAs separately record who (Attorney(s)) is to manage the property and financial affairs and make decisions about the personal welfare of the Donor.

A Personal Welfare LPA is only operative after the Donor's loss of mental capacity. Loss of mental capacity is determined by a medical practitioner and can result from an accident or illness, and can be temporary or permanent.

A Property and Affairs LPA is also often made dependent on a Donor's loss of mental capacity, but need not be so. For example, a person may still be capable of making decisions but restricted mobility makes it more practical for an authorised person to implement the decisions and any related tasks.

Accidents and illness can strike at anytime so LPAs are not just for the elderly. LPAs are important to everyone. Anyone who owns or are directors or partners in a business may well wish to chose different attorneys for their personal and business affairs.

For both types of LPAs more than one Attorney can be appointed. They can act together and or independently, and the authority granted can be open or restricted. The authority granted by the Donor to one Attorney does not have to be the same as that granted to another. It is not necessary to have both types of LPA, but it is probably sensible to do so.

When a person loses their mental capacity and there is no LPA available a member(s) of the family or a friend(s) will need to apply to the Court of Protection to obtain the authority to make decisions on their behalf, whether in respect of financial matters and or personal welfare. This is not straightforward and is an expensive and lengthy process. Alternatively the Court will appoint a 'Deputy', usually a solicitor, to oversee the management of the incapacitated person's affairs at a very high cost to their estate. In a similar way to having an up to date Will available, having LPAs available when they are needed relieves loved ones (and a business) of a great deal of expense and time wasting. By recording the person(s) who is to act on behalf of the Donor when they are unable to do so, certainty prevails and family differences are avoided at a very emotional and stressful time. Appropriate decisions and actions can be taken immediately.

Once a LPA is registered with the Court of Protection, the nominated Attorney(s) can act according to the powers granted to them. At all times an Attorney must act in the best interests of the Donor. The Court of Protection oversees that this is so.

LPAs are far more complex than the Enduring Power of Attorney which the LPA Property and Affairs replaced. It is recommended that expert guidance is obtained on all the options available, ideally in the privacy of your home, and that the LPA(s) are prepared by solicitors. **INTERFACE WILLS** provide this service, as well as Wills, Deeds of Variation and Advance Directives, locally and throughout the UK.

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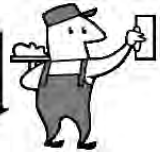
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Central Bedfordshire Children's Centres

What our Children's Centres offer

Action for Children Central Bedfordshire Children's Centres offer a variety of play and learning opportunities for you to come along and enjoy with your children aged 0-5 years.

Our activities include play sessions, music and dance, story and rhyme time, mini gym sessions and cookery classes, which are designed to support you and your child in discovering, exploring and understanding the value of play in a safe and friendly environment. All our sessions are led by qualified and enthusiastic play workers.

Our centres bring together service providers from a variety of statutory, voluntary, private and community organisations to provide integrated services for under fives and their families, based on community need. We are able to signpost to other agencies if families need specialist advice or support such as speech and language therapy or parenting support.

All children and families are encouraged to have a say in what activities they would like to see running at our children's centres. Come along and see us soon – we would love to meet you!

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Jo Jingles

For children who are walking to 5 years.

Thursday 1:00-2:00

at Eaton Bray Village Hall

Booking required, Term-time only

Mini Chefs

For children aged 2-5 years.

Thursdays 11:00-11:45

at Buttercup Children's Centre

Booking required, Term-time only

Story and Rhyme Time

For children aged 0-5 years.

Fridays 2:45-3:15

at St Giles Hall, Totternhoe

Drop In

Buttercup Children's Centre, Eaton Bray Lower School, School Lane, Eaton Bray LU6 2DT

To book sessions or for more information call: 01525 384368

Parents / carers must stay and supervise their children during all of these sessions

UNITED KINGDOM

We are four young people from Eaton Bray and Edlesborough who have been selected as three of 36 Explorer Scouts and Scouts to represent Bedfordshire Scouting, and one of 18 Guides and Rangers to represent Anglia Guiding at the 22nd World Scout Jamboree in Sweden in 2011.

This is a once in a lifetime experience as the World Jamborees only happen every four years.

We will get the opportunity to meet Scouts from all over the world as there are expected to be around 40,000 participants from amongst the worldwide scouting family of 28 million people in 160 countries.

However, in order to attend, we need to raise about £2000 each to cover our own costs and to subsidise those Scouts coming from poorer countries.

We will be organizing various fundraising events over the coming months.

Please look out for them and support us if you can.

We will keep you posted.

Thank you.

Miguel Garcia, Gemma Johnson,
Matthew Johnson & James Tate.

If you would like to make a donation, want more information or have a good suggestion for fundraising please contact us at

Jamboree@centreboard.net

or 07957 250682



Super-Santa - Thank You

Super-Santa has just got back from his month's break on Safari in the Serengeti - he considered trading in his reindeer for a couple of wildebeest but reconsidered, after all the extra speed would be nice but nobody really wants to see on the news that Santa couldn't deliver due to severe weather conditions! (Rudolf and the gang do snow really really well!!)

Mrs Christmas had control of the money all through the holiday, so she made sure the money raised from the childrens' letters in the Three Villages wasn't spent on rum punch and instead can be passed on to the Village Hall as an early Valentine pressie!

£76 was raised from the generosity of parents and grandparents - so God Bless you One and All! - and a big thank-you from Super-Santa and his super-Elves!



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How to join:

You will need to be referred to the scheme by a relevant professional – for example a Connexions or Job Centre plus adviser. On receipt of the referral form you will be invited in for an informal interview (if you are under 18 we ask that a parent or guardian is present). All candidates will need to have organised their own provisional driving licence before joining the scheme.



For an application form or more details, please contact
Sally on 01296 421036



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- YEAR 9** – 2 skilful boys for our promotion chasing U14's.

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We really want to recruit a new Girls team
from Years 4 and 3

This will be the U10G Saturday Morning league
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at these two school years and we
just need 10 keen players!!

Please email enquiries@eblions.co.uk or ring Carol Mercer on 01525 220436 to make this happen!

Closing date for interest – 31st March 2010

**We look forward to welcoming you to our
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Stephen Beus to Give Piano Recital at Beechwood Park

Stephen Beus, the exciting young American pianist, has chosen to give one of his two début UK solo recitals at **Beechwood Park School, Markyate** on **Saturday, February 20th at 19.00 hours**.

Born in 1982, Stephen showed unusual talent at an early age and had his first piano lessons at the age of five and made his orchestral début just four years later.

He graduated from the Juillard School of Music and has since won several prestigious, International Piano Competitions. Music critics have described his piano-playing as "Mesmerizing....explosive....intelligent."

To date, he has recorded two albums, in 2006, Excursions: Piano Music of Barber and Bauer (Endeavour) and in 2007, Stephen Beus Plays Griffes and Scriabin (Harmonia Mundi).

The programme at Beechwood Park will include music by Bach, Liszt, Mendelssohn and Scriabin.

Although Beus has given virtuoso performances in concert halls around the world, this will be only his second recital in the UK, and it is a great privilege for Beechwood Park to be the chosen venue.

This is a rare opportunity and a guaranteed treat, so do get your tickets now as seating is limited. Tickets cost £12.00 (concessions £6.00) **if booked before January 31 2010**. After this date, the price will be £15 (concessions £7.50). A family ticket (2 adults and 2 children) is £40.

Further information from Louise Peck by 'phoning : 01582 840333 ext. 4 or email: louisepeck@beechwoodpark.herts.sch.uk

This preparatory day and boarding school for boys and girls aged 4 to 13 years provides a happy environment where children flourish and reach their full potential.

The nearby, newly extended Beechwood Montessori Nursery at Little Cheverells welcomes children from 2½ years.

Provision for early years education was recently rated "outstanding" (Ofsted).

The broad, balanced curriculum has produced an impressive record of exam success and scholarships to senior schools. There's a wide range of stimulating extra-curricular activities, excursions, fine sports facilities and excellent provision for music.

Open mornings in 2010 are on February 12th, May 28th and October 15th but the Headmaster is always pleased to meet parents and prospective pupils.

Please email the Registrar: admissions@beechwoodpark.herts.sch.uk or call 01582 840333 for a prospectus, to register for an open morning, to arrange a visit to the Montessori or the main school, or to find out about the scholarships and bursaries available for Year 7 entry.

For more information please visit our website: www.beechwoodpark.herts.sch.uk

Beechwood Park School Markyate Hertfordshire AL3 8AW



Some comments from our recent Ofsted report (Jan 09):

Children are consistently offered a stimulating range of activities and opportunities which enable them to make good progress towards the Early Learning Goals.

Staff have a good understanding of creating a safe and welcoming environment . . .

Staff support children well and encourage them to be active in their learning and to think critically.

We are a committee run playgroup operating five mornings a week 9:30 – 12:00 for children aged 2½ to school age.

If you would like to find out if your child would be happy here, please phone our Playgroup Leader, Ann Tobin on 07816 358 342.

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Edlesborough Book Group



My Cleaner by Maggie Gee

My Cleaner, is the story of two worlds and what happens when they collide. On one hand there is the apparently successful, middleclass home life in West London of Vanessa Henman. Whilst in Uganda, there is Mary Tendo, her erstwhile cleaner and home help. Vanessa is neurotic and self-obsessed, convinced that she is a great writer, with a great novel somewhere inside just waiting to be written. Whilst in reality, all that she has had published are some keep fit manuals. She is a divorcee with an only son, Justin, who is withdrawn and depressed and is refusing to move from his bedroom.

When Justin was young, Mary Tendo had cared for him and had acted as a surrogate mother, when Vanessa had been too self absorbed to notice him. Consequently, Mary and the little boy had formed a firm bond and Vanessa hopes that Justin will respond to his old nurse.

However, since her return to Uganda, Mary has managed to maintain a responsible job at an hotel and enjoys a privileged position. So, when she returns to the Henman household, she is no longer the meek biddable servant that Vanessa remembers. In fact she is quite crafty and manipulative and intends to use the situation for her own advantage.

Then, the dynamics start to shift and a power struggle begins. Maggie Gee uses the differences between the two women to show gradually, their similarities. Although superficially their views and lifestyles are poles apart, both women are intelligent and ambitious. Slowly but determinedly Mary begins to dominate the household and her employer.

The book cleverly examines racial tensions, class attitudes and cultural differences; which gives book group members plenty of discussion potential. Our group found the book entertaining and easy to read. The ending was judged a little disappointing, but as a sequel has been published recently, we thought that that explained why plot lines were not finished off satisfactorily.

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Edlesborough Parish Council News

(including Edlesborough, Dagnall and Northall)

AVDC Refuse collections

Despite the severe weather conditions prevailing over the Christmas and New Year periods the Parish has been fortunate in having all rubbish collected at the stated times. Several injuries were caused to refuse collectors throughout the District and many villages had to forego collections.

Pot Holes/road repairs

The Clerk has constantly been reporting new pot holes caused by weather conditions and Bucks Highways have appointed more 'gangs' to carry out urgent repairs. Two severe water problems occurred in Northall and Edlesborough and, once confirmed by Anglian Water that they were not water main problems but due to blocked drains, Bucks Highways immediately dealt with the situations. Bucks CC are currently deciding how to deal with the pot holes in The Green which is mainly caused by the road surface being higher than the adjacent verge, as soon as weather conditions improve work will be undertaken.

Edlesborough Play Area

One of the swing seats has been repaired and additional bark supplied.

Litter Bins

Additional litter bins of a larger capacity have been positioned by the footpath leading from The Green onto the village Green, outside Northall Village Hall and close to Munns Shop in Dagnall. A further Litter Bin will be installed in Edlesborough High Street. These will be emptied by AVDC.

Edlesborough Memorial Hall

There has been a significant increase in bookings over the past few months. Snow clearing material was supplied during the adverse weather conditions.

Kick Wall/Beautifying the Pavilion

Following 'Focus' articles regarding these two issues the Parish Council have appreciated the responses given by Parishioners. An analysis of responses is being prepared but the Parish Council would still like to receive additional comments to help it progress discussions.

St. Mary's Church, Edlesborough

The Churches Conservation Trust will be commencing works in January to improve the steps leading up to the Church as approved by planning application granted in 2005. The Council apologise for any inconvenience this may cause to users of the bridleway.

Lin Sargeant – Clerk to Edlesborough Parish Council – Tel: 01525 220859

E-mail: parish.council.clerk@edlesborough.

gov.uk Website: www.edlesborough.gov.uk

Edlesborough Memorial Hall Booking

Secretary: Beverly Sage – Tel: 01525

229509

**Edlesborough
Parish Council Meetings
3rd Thursday of every month
7.30pm Memorial Hall
Next meeting: Thurs 18th Feb 10**

Dagnall Weather Station (AONB)

Weather Conditions for November and December

November 2009



	High	Date/Time		Low	Date/Time
Temperature	16.0°C	1 Nov 12.30		-0.2°C	30 Nov 0.00
Mean Temp	8.4°C	Dominant Wind:		W	
Humidity:	97%	10 Nov 07.00		64%	25 Nov 13.00
Barometer:	1019.8 hPa	9 Nov 09.00		982.5 hPa	29 Nov 14.30
Wind Speed	43 mph W	1 Nov 12.00		Months avg.	8.5 mph
Wettest Day	28 Nov			18.8 mm	0.74 ins
Monthly Rain:	Total	Nov		155.00 mm	5.90 ins

November was mild, with the temperature keeping well above zero until the very last 15 minutes! The wind coming from the west brought us 35% more rain than last year, but it was still less than the UK average for the month

December 2009

	High	Date/Time		Low	Date/Time
Temperature	11.6°C	6 Dec 07.00		-9.4°C	23 Dec 01.30
Mean Temp	2.6°C	Dominant Wind:		S	
Humidity:	100%	11 Dec 03.30		71%	6 Dec 15.00
Barometer:	1033.30 hPa	11 Dec 09.00		983.10 hPa	22 Dec 03.00
Wind Speed	35 mph SSW	6 Dec 08.00		Months avg.	5.8 mph
Wettest Day	23 Dec			14.4mm	0.57 ins
Monthly Rain:	Total	Dec		106.6 mm	4.20 ins

December was the opposite. Very cold, with 15 days below zero, down to -9.4°C at its lowest point. It was, again, wet.

2009 Weather Conditions Yearly Summary

Temperature in °c

Rain in mm

Wind in MPH

	Hi Temp	Date	Low Temp	Date	Mean Temp	Day Max	Date	Month Total	Hi	Date	Avg	Dom Dir
Jan	10.1°	26 th	-11.0	6 th	2.1°	11.6	25 th	66.0	48.0	17 th	6.7	SSE
Feb	12.7°	27 th	-7.4°	3 rd	3.3°	20.0	9 th	62.2	33.0	10 th	4.9	NW
Mar	16.6°	18 th	-3.1°	30 th	6.5°	13.4	3 rd	32.6	46.0	3 rd	6.4	WNW
Apr	21.4°	15 th	-0.4°	5 th	9.8°	7.2	16 th	37.4	39.0	8 th	5.2	S
May	26.2°	31 st	1.9°	10 th	12.5°	12.2	15 th	36.6	35.0	8 th	6.5	W
Jun	31.2°	30 th	1.8°	4 th	15.2°	23.2	7 th	63.2	30.0	17 th	4.1	NW
Jul	31.0°	1 st	8.2°	9 th	16.2°	13.4	17 th	73.8	33.0	6 th	6.5	W
Aug	28.3°	19 th	7.7°	22 nd	16.8°	42.4	6 th	61.6	34.0	26 th	5.4	S
Sep	26.1°	8 th	3.9°	26 th	14.1°	12.4	2 nd	15.2	34.0	1 st	5.3	NE
Oct	18.7°	1 st	-0.9°	18 th	10.7°	9.2	7 th	38.8	35.0	3 rd	5.5	SSE
Nov	16.0°	1 st	-0.2°	30 th	8.4°	18.8	28 th	155.0	43.0	1 st	8.5	W
Dec	11.6°	6 th	-9.4°	23 rd	2.6°	16.6	29 th	106.6	35.0	6 th	5.8	S
Lows /Max	31.2°	Jun	-11.°	Jan	9.9°	42.4	Year	749.1	48.0	Jan	6.7	Year avg S
						Aug		29.49in				

Temperatures in 2009 were slightly higher than 2008. But the average was up by only 0.1°C because of a chillier and prolonged cold snap. November and December were wet months, but it was actually drier across the whole of the year, with 132mm less rain

than in 2008. Wind speeds were higher for 10 of the 12 months, with the average rising from 4.8 mph in 2008 to 6.7 mph in 2009. <http://myweb.tiscali.co.uk/dagnallweather>.

Table Corner



Did you say “Soupe” for supper?

Nothing says “welcome home” better than the wonderful aroma of a pot of homemade soup simmering at the back of the stove. And this is possibly true the world over.... I shan’t bore you here with another onion recipe, nor the cabbage one (which incidentally - and partly due to its side effects - inspired the 1981 comedy called “La Soupe au chou”). No, below you will

find a recipe for an absolutely fantastic French mushroom soup. It is Incredibly easy to make and delicious. But before we get to the recipe, I thought that, in this soup context, I would mention a not very well known fact. Which is that the origin for the word “restaurant” was first used in France during the 16th century to describe a highly concentrated, inexpensive soup. This soup, sold by street vendors, was called and advertised as “restaurer” and as an antidote to physical exhaustion. In 1765, a Parisian entrepreneur opened a shop specializing in restaurers. This prompted the use of the modern word “restaurant” to describe the shops... Isn’t that fascinating?

Now on to the soup. Please don’t forget you can always make it the day before (just as stews) and that it will gain flavour overnight. Just as stews, soups can be frozen up to 3 months. Perfect for those cold winter nights...

Ingredients

Serves 8

50 g butter	1 bay leaf
500 g fresh mushrooms, thinly sliced	2 large egg yolks
75 g flour	125 ml whipping cream
1.5 litre chicken (or vegetable) stock	2 tbsp chopped parsley
½ tsp dried thyme	

Method

In large heavy soup pot, melt butter over medium heat; sauté mushrooms for 5-6 minutes or until moisture from mushrooms has evaporated; sprinkle flour over mushrooms (to thicken the soup) and cook for 1 minute (note: it is important to cook the flour thoroughly to get rid of the starchy flavour); Gradually stir in the stock; bring to the boil, stirring constantly. Add thyme and bay leaf, reduce heat and cover. Simmer for 25 minutes. Remove bay leaf. In small bowl whisk egg yolks with cream; from the pot remove approx 250 ml of the stock and stir into cream mixture (this is to prevent the yolks cooking) and then return all to saucepan. Heat over low heat until hot (but not boiling) about 5 minutes; add pepper to taste. Scatter some parsley to finish the soup.

Bon appétit!

Pascale, The Little Dagnall Catering Company, www.dagnallcatering.co.uk, 01442 842 857

Salvation Sound - February 2010

Looking at a painting of a bridge over a river in full spate, it was easy to imagine myself standing upon it. Where would that river lead me? I contemplated the span of life. For some it is very short, for others time stands still.

The problems of today's world are staggering, the talk of global warming, lack of moral control, loneliness, poverty, hunger, hopelessness, uncertainty, such confusion; yet the river of life rushes on.

Over that bridge must have hurried great numbers of people, far too busy to stop and look at the tumbling waters, Had they done so, that short moment of time may have changed their lives for ever. The fears of the known and the unknown could have been quietened by just a brief word of prayer. God the Creator of all things, might, at that very second, have been waiting to listen and answer.

Another year has passed, we have entered into a new decade, what will be our destiny? Already we are into the second month of 2010. Have you kept the New Year resolutions that you made?

The bridge is the perfect place to dream! To think of the future, to plan ahead, to sense with wonder the joys to come; to see the important things in life, to get ones priorities into the correct order!

The past with its mistakes and misunderstandings has gone, it has become history, life, like the river has moved on.

Every day will bring a new challenge. We, each one, will need guidance and help to face whatever that may be. Are you strong enough to raise your hands from the edge of the parapet towards Jesus? He is the water of life, and will be your bridge to eternity.

Psalms 1 : 9. The rivers of God will not run dry.

John 7 : 38. The scriptures declare that rivers of living water will flow.

Living water? The Holy Spirit, which will be given to everyone believing in Him.

“Round us flows the cleansing river,
The holy, mighty, wonder working river,
That can make a saint of a sinner,
It flows from the throne of God.”

It is said that life is what you make it. Well, the decision is yours, make the right one, live your life for Jesus, I did, and have never regretted it...

HAPPY NEW YEAR

The Salvation Army, Booth Place Weekly Activities

Sunday

'Footprints' (Sunday School)	9.45-10.45am
Morning Worship	11.00am
Family Worship	
3rd Sunday in month	10.30am
Songs of Praise	
3rd Sunday in month	4pm

Monday

'Champion's Challenge' Club (Age 5 - 9 yrs)	5.30-6.30pm
Junior Club (age 9+) (Term time only)	6.45-7.45pm

Tuesday

Coffee Morning	
Once A Fortnight	10.00 - 12 Noon
Songster and band practice	7.30 - 9.00 p.m.

Wednesday

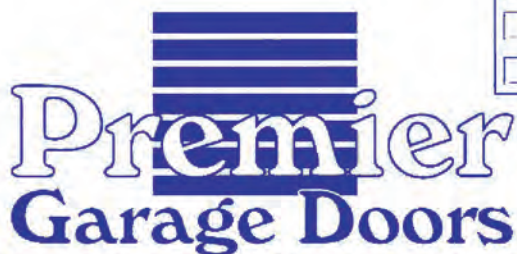
Home League (Ladies Meeting)	2.30-3.30pm
Weekly Bible Study	7.30pm

Thursday

Parent and Toddler Group (Term time only)	9.30-11.30am
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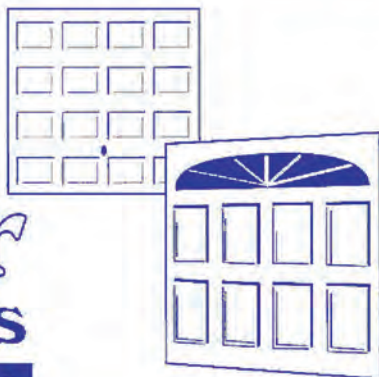
Thursday Evening

Ladies Fellowship	
Last Thursday in every month	7.45pm
For further details please telephone Captains Linda and Ray Charlton 01525 221156	



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