February 2011

THE FOUR VILLAGES MAGAZINE EATON BRAY EDILESBOROUGH The White Horse at Eaton Bray Market Square Eaton Bray Beds LU6 2DG Tel: 01525 220231 www.thewhitehorseeatonbray.co.uk



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14th February

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Focus - The Four Village Magazine

Magazine Committee Joint Editors: George Crutcher - 7 Summerleys, Eaton Bray 221637 Email: george.crutcher@tiscali.co.uk Sally Siddons - 34 Wallace Drive, Eaton Bray 221733 Email: sallysid@hotmail.com Dagnall Representative: Sue Cawdell - 10 Deans Meadow, Dagnall 01442 842200 Circulation Manager: John Plater - 41 Church Lane, Eaton Bray 221095 Treasurer/Leaflet Enquiries: Ken Coates - 10 The Nurseries, Eaton Bray 220868 Advertising: Sally Siddons - 34 Wallace Drive, Eaton Bray 221733 Design and Layout: Tracey Moren (Moren Associates Limited) 01525 229695 Printed by: Priory Press, Dunstable 01582 699851 Copy for publication to the Editors or one of the following by the 10th of the month: Kevin Cubbage - 'Larums', Eaton Bray Road, Northall

Val Barrow - 3 Chestnut Close, Dagnall

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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 07506 745133 Typetalk: 18001 01582 437418 Email: SNT.Leighton-Rural@Bedfordshire.pnn.police.uk **Thames Valley Police (Edlesborough, Dagnall & Northall)** General Assistance: 0845 8505505 PC Jared Levens Mobile 07773 398 727 PCSO Jackie Dodson Mobile 07800 703 524 PCSO Chris Baker Mobile 07974 973 866 Email: WingSouthNHPT@thamesvalley.pnn.police.uk

Village Hall Bookings

To book your local village hall for an event please contact the following: Northall: Lorna Cubbage,Tel: 01525 220361 Eaton Bray: Norman Lee, Tel: 01525 222831 Dagnall: Elizabeth Coates, Tel: 01442 842550 Edlesborough Memorial Hall: Beverly Sage, Tel: 01525 229509

Village Diaries February 2011

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| WEEKIY | |
|-------------|---|
| Mon-Fri | Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468 |
| (term time) | |
| Mon-Fri | Dagnall Under 5's, Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816 |
| (term time) | 358342 |
| Mon-Fri | Edlesborough Under 5's Pre-School, Edlesborough Memorial Hall, Angela Paine, |
| (term time) | 01525 229529 |
| Mon-Thu | Totternhoe Pre-school, mornings, Totternhoe Memorial Hall, Ellie Deeley on |
| (term time) | 07913 529574 |
| Mondays | Pilates, 10.45am, St.Giles Church Hall, Totternhoe, Lisa: 01582 412426 |
| Mondays | 2nd Eaton Bray Brownies, girls 7- 10 years, Edlesborough Memorial Hall, 6 - |
| (term time) | 7.30pm, Sarah 01525 229194 |
| Mondays | Dagnall Community Choir, All Saints Church 7.45 – 9.45pm |
| 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 | Yoga, Dagnall Village Hall 7.45 – 9.15pm |
| Tuesdays | Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, |
| Fortnightly | Booth Place, Eaton Bray |
| Weds | Cheeky Monkeys Under 5's Playtime, 1:00pm - 2:45pm, Eaton Bray Village Hall, |
| (term time) | Contact Louise on 07784 165259 |
| Wednesdays | Pilates, 7.15pm, Northall Village Hall, Lisa: 01582 412426 |
| Wednesdays | Egyptian Dance Class, 7.30-8.45pm at Eaton Bray Village Hall. Contact: Soraya on 07976 964316 for more details |
| Wednesdays | Northall & District Age Concern Wednesday Club, 10am - 3pm, Northall Village Hall, Contact Anna 221996 or Julie 220153 |
| Wednesdays | Surestart Sensory Play for under 5s, 1.30-3pm, Edlesborough Memorial Hall |
| Thurs | Baby & Toddlers Group, Dagnall Village Hall, 12:45-2:45pm (12:30 if bringing |
| (term time) | lunch) £1 adult 50p child. Contact Faye 07746 120163 or Samantha 07882 903282 |
| Thursdays | Yoga, Northall Village Hall, 11.30am-1pm 01525 377542 |
| Thursdays | Keep fit, 2-4pm, Eaton Bray Village Hall, Mrs Johnson 220304 |
| Thursdays | Kta Body Moves 40+, Fitness through movement, exercise & dance. 8-9pm, |
| Thursdays | 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 | Grace Baptist Church (by the Post Office) Bible Study 7.30p.m9.00p.m. all |
| maisaays | welcome, Antony Coles 07848007977 or Peter Feben 01525 221048. |
| 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 |
| 1 110035 | Hall, 01582 620576 |

Village Diaries February 2011

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|-------------------|---|--|
| 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 | |
| Sundays | Grace Baptist Church (by the Post Office) prayer time 9.30am, main meeting 11.00am-12.00pm. All welcome, Antony Coles 07848007977, or Peter Feben 01525 221048. | |
| 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. Coffee Tavern. Eaton Bray. Knitting, crochet & needlecraft. Tel Wendy 07908 828414. www.wendy-poole.co.uk | |
| 1st & 3rd Tuesday | Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147 | |
| 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 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 Ev | | |
| 2nd, 16th | Bingo, Dagnall Village Hall 8pm | |
| 4th | Leukemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30 am | |
| бth | Beds Area Narrow Gauge Model Railway Club meeting, 11.30am-4.30pm, Eaton Bray Village Hall. | |
| 10th | ELF meeting at Coffee Tavern 10am | |
| 12th | Cafe Community, 11am-1pm, Eaton Bray Methodist Church | |
| 15th | Dagnall Over 60's AGM Village Hall | |
| 28th | ELF Planned walk | |
| One Off/Annual/I | rregular Events | |
| 5th | Edlesborough Under 5's Quiz Night, Edlesborough Memorial Hall, 7.30- | |
| | 11.30pm, Fish & Chip Supper, Tickets: 07786 061959 | |
| 12th | Beetle Drive, 4pm, Northall Village Hall, Tickets £2 each of £5 for family. | |
| | Contact Gordon Gray on 01525 220136 | |
| 19th | Eaton Bray Lower School Valentine Disco, 7.30pm to midnight, Tickets: £10 07956 526635 | |

RE: "An Evening of Nostalgia" with Peter Mayne

After the slide presentation finished at the above function, a lady came and asked about her family who lived in Church End, Edlesborough. She mentioned her father's relative who had been on the Titanic. I am sorry I did not make the connection at the time, (it must be an age thing!) However, if she contacts me I would be pleased to discuss the matter with her. Peter Mayne Tel:01525 220541

5

| Michael Price Thank you to everyone for the wonderful cards, letters and messages of love and support. Thanks also to the Revd. Lucille Rogers for such a beautiful funeral service attended by so many people. Also many many thanks for donations to the British Heart Foundation in memory of Michael which totalled £700. Norma Price | Saskia Barrow Val & Peter would like to thank everyone for their cards and kind wishes on the death of their granddaughter Saskia Jade on December 16th. The celebration service was held at The Chilterns Crematorium on Jan 5th. |
|--|---|
| 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 | Focus Deliveries Focus Magazine requires volunteers for delivery in both Edlesborough and Eaton Bray. If anyone is able to help with either of these, or would be prepared to deliver on an occasional basis, please contact John Plater on 221095 for details. Thank you. |

EATON BRAY PARISH COUNCIL

Please come and help to run your village BECOME A PARISH COUNCILLOR

The Parish Council consists of nine members of the public

We come to each Parish Council Meeting in the Coffee Tavern on the 1st Monday of each month and spend on average around four hours each month advising and helping to run our village.

At present we have two vacancies – will YOU come and join us? If yes, please contact the Parish Clerk

You can also look at our website for more details

Heidi Head, Parish Clerk & RFO

Parish Office: 20 Good Intent, Edlesborough, Dunstable, Beds, LU6 2RD Email: clerk@ebpc.co.uk Telephone/Fax: 01525 221464 Website: www.ebpc.co.uk

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Operation Christmas Child

At Edlesborough School we were given a letter to send a shoe box full of little toys to a child in Africa, who is not as fortunate as the children here; this box would be sent as a Christmas present.

We were all told a story about a girl who had received a box, and how happy it had made her to feel that another child had cared enough to send it. This made me want to send a million boxes to everyone! We were told, via a leaflet, what to include in our boxes and what not to. The toys we could put in the box included little dolls and puppets, as well as crayons, toiletries and picture books. We then had to decorate the shoeboxes with paper and stickers, and say whether it was for a boy or girl and for which age group. Our school sent a total of 80 shoe boxes, which we had donated.

The shoe box plan is a really good idea because it makes other children happy and it makes me happy thinking about the children receiving the boxes! I hope the school does it every year. We didn't just send toys, we also sent things that they didn't have like tooth brushes, soap and tooth paste. We sent note-pads and pens too. All the things the children would like!

I like to imagine that the boxes that the school sent away make lots of children's Christmas's special. Hopefully we will have as many (or more) shoe boxes sent away next year as we have sent away this year! MERRY CHRISTMAS! Amy Glover



Totternhoe Football, Cricket & Social Club Thursday Nights



Thursday Night is Music Night! Just bring your own instrument & join in the fun



If you are interested in coming along, please contact John or Jane Power on 01582 476887 So come and enjoy a great fun night!



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Community

Saturday 12th February 2011 11.00am to 1.00pm Relax & chat with friends, coffee & light bite Valentines theme: "Is love all you need?" Charity of the month: Help for heroes. <u>All</u> ages welcome.

See you there

food for the body..... food for thought....

Valentine's Disco

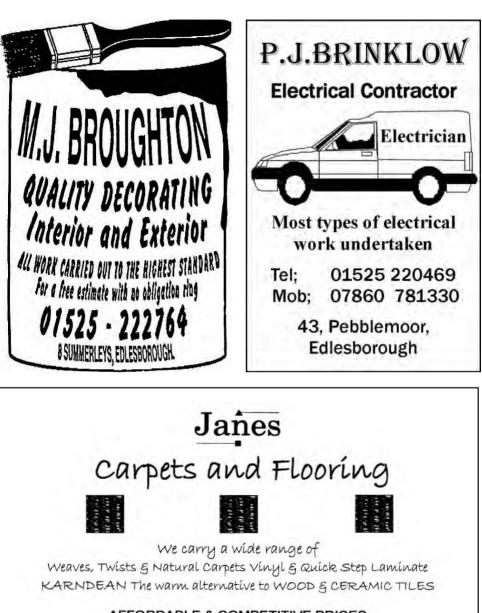
Totternhoe Cricket Club Saturday 19th February 2011

7.30pm-midnight

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Call Samantha on 07956526635



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Dagnall Village Hall Needs You!

After having a Village Hall Committee that has remained stable for the last 4-5 years, we have recently received the resignation of the Chairman and Treasurer, Richard Cutler. This is a great loss for the Village Hall but means that we are looking for a replacement for these two roles on the Committee.

The Committee plays an active part in the Dagnall Village Community and has achieved significant successes in the last 5-10 years including:

- Successful Golden Jubilee celebrations in 2002 including a Tea Party and evening party with a live band
- Improvements at the Recreation Ground including seats, swings and an allpurpose track which has made the Recreation Ground more attractive to a variety of Village residents
- An annual Children's Christmas party involving a children's entertainer
- Successful grant applications including £15,500 from Community Chest and £20,000 from AVDC
- Improved facilities at the Village Hall including men's showers, opening up of the vaulted ceiling, recent extension work to improve storage (and allow use of both halls) and ongoing work to extend the kitchen

All of the above has resulted in continued high levels of hall hire which alone generated income last year of nearly \pounds 7,000. Current committee membership includes representatives from the Dagnall Over 60's, Dagnall Church, Gardener's Society and Dagnall Under 5's.

So you can see, this is not a 'figure head' committee, we genuinely need people that want to support and further the success of the Village Hall and Recreation Ground as an active contribution to our Village Community.

What is Involved?

Meetings are held every 6 weeks and last about 90 minutes. Actions are delegated to the relevant person. The Chairperson ensures that we are working towards the 'bigger picture' and in-between meetings, co-ordinates the actions and ensures that they are underway. The Chairman also actively supports Grant Applications and ensures that we are complying with Health and Safety and reporting obligations. The Treasurer is one of two cheque signatories and pays bills and banks income. The Treasurer gives an accounts update at each meeting and ensures that the accounts are audited annually. There is also an annual AGM meeting.

Neither role needs specialist training or experience – we need people who are organised and numerate (for the Treasurer role) and who want Dagnall Village to thrive as a community with the Village Hall and Recreation Ground playing a integral part of that success.

Interested in Being Involved?

Even if you do not want to participate as an official Committee Member, please contact Richard Cutler (01442 843241, rcutler@ btinternet.com) or Sharon Quinn, (01442 842129, sjquinn@aol. com) for more information about how you might support Dagnall Village by getting involved with the Village Hall Committe.





Can you help?

I am hoping to get in contact with a mother of a little girl aged almost 2 years who came to our Autumn Bazaar. The little girl had her photograph taken and I chatted with her mother (a blonde lady wearing a long knitted cardigan) and I believe she said they lived in Eaton Bray. I took the mother's details to contact her when the photos arrived back to Edlesborough Under 5s, but unfortunately I have lost them and have been unable to contact her. The little girl is wearing a purple cardigan in the photograph and she has blonde hair. I am hoping that somebody might know the mother or the little girl, so that she can contact me. My telephone number is 223087. Thank you for taking the time to read this!

Rebecca Stansfield, Fundraising Committee, Edlesborough Under 5s

EDaN Beautification Team Request

If anyone would like to donate unwanted Christmas presents, little used fitness equipment gathering dust, ornaments or items of furniture you are bored with, indeed anything

we can sell to raise money for village projects, currently central village signs, we would be very grateful. We are always looking for ideas to make our villages even more beautiful and help/ suggestions are always appreciated tel. Christine on 01525 220739/chris@ brooklyns.org.uk. Should you wish to

donate any items for sale, please contact Patricia on 01525 222066, who will organise this.



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.

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Floor Laying Gutter Cleaning Fencing Loft Boarding Gardening etc.

Highlights of The Meeting For Eaton Bray Parish Council

Held in The Coffee Tavern on Monday 6th December 2010 at 7:30pm Become A Parish Councillor

There are vacancies for Parish Councillors on Eaton Bray Parish Council. If you are interested in joining the council please contact the Parish Clerk or visit our website for more details.

Police Representatives

There were 7 recorded crimes within Eaton Bray Parish in October and 7 recorded in November.

Be Aware: the police wished to remind all residents not to leave valuables in garden sheds/ garages or on display in motor vehicles. For further information on Crime Prevention please visit website: www.bedfordshire.police.uk/neighbourhood_teams/ teams/cb_leighton_rural.htm

THE 73 BUS This is **your** community bus that services the villages of Billington, Eaton Bray and Totternhoe into Leighton Buzzard. As there are to be drastic cutbacks in the near future this service could be in danger of being withdrawn. This is a service financially supported by Central Bedfordshire Council. It travels the round trip 3 times a day, 6 days a week. Timetables are on the Bus Stops. *Use it or lose it!*

Miscellaneous Items

<u>Speed/Road Assessments:</u> Concerns were raised with the council regarding the time taking for Central Beds Council, Highways, to carry out a speed road/assessment of School Lane. The Parish Council confirmed they will be chasing Central Bedfordshire Council into carrying out this work.

<u>Mobile Library Cuts:</u> Concerns were raised to the proposed cuts to the Mobile Library Services for this area. The Parish Council will be contacting Central Bedfordshire Council raising these concerns.

<u>Allotments:</u> The Parish Council is in the process of updating allotment records for the 2010-2011 season. The new sign has now been erected on the main allotment entrance gate.

Highlights Of The Meeting For Eaton Bray Parish Council Held in The Coffee Tavern on Monday 10th January 2011 at 7:30pm

Become a Parish Councillor

There are vacancies for Parish Councillors on Eaton Bray Parish Council. If you are interested in joining the council please contact the Parish Clerk or visit our website for more details.

Central Bedfordshire

Potential development: Bower Lane/Harling Road to rear of Mill End Close?

Concerns were raised with Cllr Mustoe regarding a potential development on a large area of land sited from Bower Lane/Harling Road to the rear of Mill End Close. As far as the Parish Council are currently aware, an approach has been made by the land owners (allegedly) to Central Beds Council with the view to the development of this land; totalling an area of approximately 20 acres. Cllr Mustoe from Central Beds Council informed the council that she would look into this matter further and come back to the Parish Council with her findings.

Miscellaneous Items

Land strip to rear of Yew Tree Close: The council have looked at parish maps relating to this piece of land; however they do not show that this is the responsibility of the Parish Council and therefore the council believes this strip of land comes under the jurisdiction of Central Bedfordshire Council. Central Beds Council has been informed of these findings and the Clerk is awaiting their response.

Cemetery Regulations: The council have agreed to a change in the cemetery regulations for memorials on cremated remains graves. Information on these changes can be obtained by contacting the Parish Clerk.

Budget 2011-2012

The recommended 2011-2012 budget was presented to the council which was agreed and adopted.

Parish Council Website: www.ebpc.co.uk

A full copy of the minutes for Eaton Bray Parish Council can be found on our website. **Contact Details For Eaton Bray Parish Council/Clerk**

Parish Office: 20 Good Intent, Edlesborough, LU6 2RD; Tel/Fax 01525 221464 & Email clerk@ebpc.co.uk [Emergency contact only: Chairman of Parish Council 01525 220177] <u>Office Hours:</u> Tuesday/Thursday/Friday 09:30-13:30hrs [messages can be left on answer phone] Eaton Bray Parish Council Meetings 1st Monday of each month 7:30pm The Coffee Tavern Next Meetings: Mon 7th Feb Mon 7th Mch

Eaton Bray Lower School



Eaton Bray Lower School and HSA would like to thank all the businesses and people that donated prizes or helped in some way to make their Christmas Fayre a success.

All monies raised will go towards the new library and school equipment. Thank you also to Patricia's cuisine, High street hair, Hines Butchers, Café masala, Trading faces, Eaton Bray news and food store, for their continued support.

Snowman

Dear Julie,

Your letter to me with regard to the snowman which appears each Christmas on my garage roof made this one of the more memorable Christmases of our time in Edlesborough since we settled here in 1970. Both my wife and I were very touched by your kind words and thoughts. I have in the past three years made noises intimating that I may no longer be able to erect this blow up which at times does prove to be for me rather difficult. However the protests from various sources, especially the mothers of the children of Edlesborough school makes it more or less impossible for me to not to continue to carry on this practice. If you feel you would like to speak to me I would be very pleased to hear from you and can be contacted on 01525 221079. Thank you once again for your kind "Short note" Regards to you and your husband from Eve and Len Buckingham.



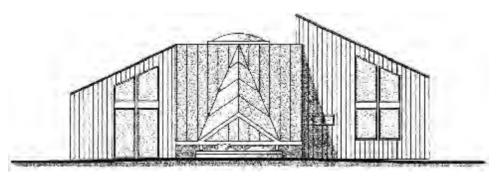
Eaton Bray Lower School

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 selfevaluation 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."

Please come and visit our friendly village school. Phone 01525 220468 or email eaton@deal.bedfordshire.gov.uk



NOW OPEN: EBLS Nursery with extended School provision and wrap-around care in a modern, light, environmentally-aware building. Please call at the school (01525 220468) to find out more.





Dagnall News

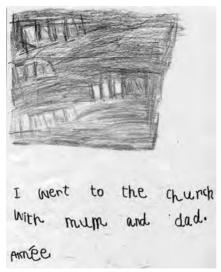
Over 60's

Since the last issue of Focus we have celebrated our 40th Anniversary with a luncheon to which all members were invited. This was greatly appreciated by all concerned and it was felt that it was an achievement since the club's formation in January 1971.

Whilst we enjoyed the January meeting, we were very sad to receive the news that 3 of our members died during the month of December and they will all be sadly missed. In the month of February we will be celebrating our Annual General Meeting and looking forward to another enjoyable year together.

Dagnall School

The Reception class have been sharing their Christmas memories.



Community Choir

Bawdy Songs At Dagnall Community Choir

Hard to believe but It was only a year ago that our choir was conceived and, with 60 members, we are all pleasantly surprised at what has been achieved in such a short time.

This, of course, is largely due to our conductor Stuart Harding and accompanists James Burden and John Ralphs.

In our first year we have enjoyed 3 public concerts and our second year will include more of these, including a planned open air concert as one of the attractions at this years Edlesborough May Day Celebrations.

With this in mind we are busy expanding our repertoire including an Elizabethan madrigal which has somewhat risque and dubious lyrics with references to "merry lads", "dainty nymphs" and "barley breaking". It is a 16th Century composition with plenty of "fa-la-las" etc. by Thomas Morley of which Benny Hill or The 2 Ronnies would have been proud and it is hard to sing with a straight face.

New recruits always welcome via Val Lumley (01442 842214) or Geoff Ward (01442 843515).

Eaton Bray with Edlesborough Parish News

Pastoral Matters: The Rev'd John Heffer, 35 Pebblemoor, Edlesborough (220618) Associate Minister: Revd Canon Christine Farrington (01582 793409)

Reader: Gordon Gray (220136)

Church Wardens: Peter Bennett (221284) and Graham Mockett (01582 668210) Parish Administrator: Elisabeth Rvder (07890 718117)

Web contact: eatonbravchurch@aol.com

I do love this time of year. With the sun getting higher in the sky and generating a little bit of warmth there is a sense that winter is beginning to slip behind us. There are signs everywhere of new growth: early snowdrops are starting to appear, daffodil shoots are boldly rising up into the cold air and the birds are in their brightest plumage and beginning to sing their songs of territorial claim. We will very soon be looking out for the first frogspawn.

For gardeners the first seeds sown are beginning to germinate and potatoes are being chitted. There is much work to do but thoughts inevitably turn to the possibility of a wonderful harvest later this year.

Yes, inevitably one begins to anticipate those warm summer days. Teams of people all around our villages are busy planning the summer events that make our villages such a good place in which to live: School fetes, the Beer Festival, Open Gardens, the Carnival. There is a sense of excitement in the air, an expectancy of good times to come; and it is no different at St Mary's where there is a palpable sense of anticipation, a hope of good times to come, for, in just a few weeks, we will be welcoming our new vicar, Coralie McCluskey

It's not just the clearance of accumulated rubbish from St Mary's churchyard that provides a sign of a new beginning for the church within the community of our villages. Strong shoots – opportunities for growth - are already visible, just waiting for the right nurturing through which to grow. Our choir, fresh from its superb singing over Christmas, continues to expand its repertoire under the guiding hand of our Director of Music, Stephen Axford, and we have an excellent group of musicians, comprising both young people and adults, which plays at the 10am service on the 3rd Sundays in the month. Perhaps you would like to join one or both of these groups of musicians before Coralie arrives; if so, come along to the 10am service any Sunday and ask for me, Gordon.

You may already have met Coralie around the villages as she and her husband, Ralph, moved into the Vicarage at the end of January. Coralie will be formally installed by the Bishop of Bedford at a special service of celebration on 22 February. Her first services at St Mary's will be on Wednesday 23rd at 10.00 am and then on the following Sunday, 27 February, at 8am and 10am and at All Saints Dagnall at 6.00 pm; Coralie is a lively lady about whom her present flock have many flattering things to say so the

congregation of St Mary's looks forward to giving her a warm welcome. Why not come and welcome her?

Come and see.

Gordon, Reader at St Mary's Eaton Bray

CONFIRMATION 2011

If you or any of your family are considering confirmation this June please contact Gordon Gray on 220136 for more information.

A letter from Revd. Coralie McCluskey

I really hope that as you read this many of you will already have met me or at least seen me walking the pavements and paths of Eaton Bray, Edlesborough, Dagnall and Northall. I will not have been wearing a clerical collar so therefore would not have been instantly recognisable as the new vicar - but if you saw a woman who said 'hello' or 'good morning' to anyone she passed and was accompanied by an almost white Jack Russell it was probably me.

About my family:

Ralph, my husband and an ex-teacher, works for Herts County Council supporting computers in schools.

We have four children:

Andrew is an Occupational Therapist in Cardiff.

Ian lives in York and is an aspiring musician and composer. Mary is completing a PGCE in Bath and hopes to have a Primary teaching post by September

Lizzie is in her second year at Nottingham Trent and her time is divided between photography and being highly involved in RAG (raising and giving) activities. She is walking to Everest Base Camp in June to raise funds for Childreach International.



I also am an ex-teacher and worked in Hertfordshire schools and colleges for 26 years before ordination in 2001. I am Welsh, however, and although I have lost most of the accent you will probably detect it when I sing and preach. I was born and brought up in a farming community and my love of rural communities has not abated. I will continue to be the Diocesan Rural Officer/Agricultural Chaplain for Hertfordshire.

I am really looking forward to living in Eaton Bray. We know the area having spent many hours exploring the zoo and surrounding countryside when the children were growing up. The move also marks the beginning of a new phase in my calling to serve God and all God's people. I pray that as we live and work together we will grow in faith and friendship, serving one another within the love of God.

| Coraco | | | |
|------------|---|--|--|
| | | | |
| | 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 | | |

| From | m the Parish Registers | | | | |
|---|--|--|--|--|--|
| Baptisms – "Brought to new birth in the family of the Church" | | | | | |
| 26 September 2010 | Poppy Willow Alford | | | | |
| | Roxanne Dee O'Donohoe | | | | |
| | Jaydon Louis O'Donohoe | | | | |
| 17 October 2010 | Max William Sampson | | | | |
| 24 October 2010 | Amber Lauren Pearce | | | | |
| 28 November 2010 | Lyla Louise Simons | | | | |
| | Victoria Emily Wadsworth | | | | |
| Weddings – "To love and to c | herish till death us do part" | | | | |
| 18 September 2010 | Rocco Howard & Yvonne Mari Pryer | | | | |
| Funerals – "Grant them, O L | ord, eternal rest" | | | | |
| 18 November 2010 | Eric Stoten | | | | |
| 8 December 2010 | Edna May Quinn | | | | |
| 22 December 2010 | Michael Albert John Rogers | | | | |
| 6 January 2011 | David Leonard Blanchard | | | | |
| 10 January 2011 | Margery Lilian Homes | | | | |
| Parishioners may, if they wish | , enter the names of loved ones who have | | | | |
| | | | | | |

Parishioners may, if they wish, enter the names of loved ones who have died in the Years Mind book. The Book can be found on the Bookcase in Church. Names are read out at the 10 o'clock Sunday service that is immediately before the anniversary of their death.

Lovely St. Mary's Church, Edlesborough! Let's use it more!

Last summer the Churches Conservation Trust (C.C.T; www.visitchurches.org.uk) held an Open Day at St. Mary's Church, Edlesborough. The event was very poorly attended, partly because it took place just as the schools broke up for the holidays, and partly because it was not advertised very prominently, with just a few lines appearing in "Focus". The reason for the Open Day was that the C.C.T. wanted to encourage more use of their properties, partly due to concerns that the imminent government financial situation was already causing a decrease in their income, but also because they were aware that their properties were not being viewed as part of the amenities of the local community in many cases – Edlesborough included. I attended the Open Day and had a long and useful discussion with the representatives of the Trust and came away concerned that if the local community did not do something to help, we might run the danger of letting our lovely local landmark fall into a state of disrepair due to lack of funds.

As a result of this, a few of us met for a preliminary meeting to discuss whether it would be practical to open the Church on a more regular basis and to promote more use of the Church by the local community. We felt that most people in Edlesborough thought that the Church had been closed for regular use, and were unaware that the Church could be used for local activities, despite the very successful concerts that had been held recently.

Obvious drawbacks to the use of the Church were considered, including access, water

and electricity supply, and lack of toilet facilities, but despite all this, it was still felt that more use of the Church was possible.

The Church is already used for some services during the year. but as we have a thriving Parish Church in St' Mary's. Eaton Bray, it was felt that it would be more appropriate to concentrate "secular" ideas for using on the Church Ideas that were aired included various types of concerts - the Church has been shown recently to be well suited to this use - exhibitions - e.g. art. photography etc – possibly with sales, flower festivals, craft fairs, book fairs, local history days, plays or poetry readings, bell ringing activities, parties – e.g.



cheese and wine evenings, cream teas, tea parties, and children's activities such as trails, hunts and brass rubbing etc. But of course, you might have other ideas!....

Most of these ideas would need expertise and input from members of the local community who might be interested in helping to run an event. As with the recent EDaN concerts, any money raised would not necessarily go to the C.C.T. but to the organisations involved, with just a rental charge going to the Trust – as would happen with any other public building. But if the Church was used more, even these charges. which are not excessive, would help towards keeping the Church in good condition. The C.C.T. has invited us to join in their "Midsummer Tea Party" weekend during the weekend of 17th – 19th June 2011. Last year they raised over £15,000 in this way, with participating churches holding barbecues, flower festivals, concerts etc as well as selling refreshments, all in aid of the C.C.T. Could we do something similar?? How about a "Try a New Craft" day? No selling – just trying out lace making, straw plaiting, art, wood carving, brass rubbing, and bell ringing etc. with refreshments as well. All we need are some enthusiastic experts to show us how. I'll provide the lace cushions!! St. Mary's Edlesborough is a beautiful building and we locals are proud of it, - just look at the new sign on the Green! I would love to hear from anyone who thinks that we could do more with it – how about an exhibition of local artists in the summer?? I know that there are quite a few of you out there who create in water colours or oils or.... You could show your work, offer it for sale, and perhaps I could organise cream teas, or other refreshments. Have a think about it and give me a ring! Local drama group? Lovely atmospheric venue! Fancy "The Crucible?.....I'm waiting to hear from you all! 01525 220361 e-mail lornacubbage@larums.com. Lorna Cubbage. Also see pages 68 and 69.

Edlesborough Parish Council News (including Edlesborough, Dagnall and Northall)

Vacancies for Parish Councillors

Currently Edlesborough Parish Council is concerned that it has no representation from Dagnall Ward and would request that if there is anyone who has the future of Dagnall and the parish at heart and would be willing to stand as a Councillor would they please contact the Clerk, details below.

Precept

Due to the economic climate Edlesborough Parish Council request for the 2011/12 precept is to remain as 2010/11, namely £64,000.00.

Dog Fouling

It has again been reported to the Clerk that dog fouling is still being allowed to continue on the Green and around the Pavilion despite previous requests for dog owners to clear up after their dogs. The Parish Council would remind dog owners that if their dog is caught fouling, and this is not picked up. the owner may be caught by a camera the evidence of which could lead to prosecution.

The Pavilion

The Parish Council are considering quotations received for CCTV to be installed.

Dagnall Main Road South Streetlight

At long last Tesco have now admitted that the damage to the streetlight was caused by one of their drivers. Quotations for the repair of this streetlight have now been sent to Tesco Insurance Company and it is hoped that a replacement light will be installed in due course.

Speed Camera, Church End, Edlesborough

An apology has been received from Bucks County Council for not informing the Parish Council regarding the removal of the Speed Camera. The camera will remain for a further period of time for monitoring.

Land Registry Title to Edlesborough Cemetery

A revised official plan has now been received which the Parish Council has accepted. **Traffic Calming**

Speed enforcements have been carried out by Thames Valley Police in Northall with more to follow throughout the parish.

Affordable Housing

The Parish Council urge everyone in the parish who receive the questionnaire with the February issue of Focus to return this in the freepost envelope provided to Community Impact Bucks, feedback is important to the future of your parish.

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 220509 Edlesborough Parish Council Meetings 3rd Thursday monthly 7.30pm Memorial Hall Next Meeting: 17th February

Below is a list of 'Who to Contact' for problems that may occur throughout the Parish

| | Contact: | |
|---|---|----------------|
| Faulty Streetlight | The Clerk | 01525 220859 |
| Allotments | The Clerk | 01525 220859 |
| Burst water mains/sewerage | Anglian Water | 0800 771 881 |
| Fly Tipping | AVDC | 0845 330 1856 |
| Litter, graffiti, abandoned vehicles, fly-posting | AVDC | 01296 585235 |
| Refuse and recycling collection | AVDC | 01296 585510 |
| Dog Bin collection – Environmental Health | AVDC | 01296 585605 |
| Environmental Health (inc.noise) | AVDC | 01296 585605 |
| Trading Standards | Bucks CC | 01296 383212 |
| Pot holes, road markings & signs | Transport for Bucks | 0845 230 2882 |
| Thames Valley Police – emergency | | 999 |
| Thames Valley Police - non-emergency | | 0845 8 505 505 |
| Please retain this list for future reference. | | |
| | <u>, , , , , , , , , , , , , , , , , , , </u> | |

These are also available on the Edlesborough Parish Council website.

Back After Popular Demand!

Our Rotary club is collecting any old hand tools for "Tools for self reliance".

If you have any old hand tools you do not need any more and they are cluttering up your garage or shed, why not put them to good use by giving them to me. I shall then give the tools to this UK charity, where they clean and repair the tools and then they send them to Africa and other third world countries who then put them to good use by rebuilding their homes and property.

More information can be found at www.tfsr.org

So if you have any tools that you do not need any more then please give me a call and I shall come and pick them up or you can deliver them to me.

Please give me a call on 01525 220864 or e-mail me at johnhorn111@btinternet.com Thank you in anticipation.

John Horn, International Chairman, Rotary Club of Luton

Super-Santa

Christmas is over for another year and super-Santa has packed away his red hat and fur coat and got out his flip-flops and swimming trunks - he and Mrs Claus (and Rudolf) are off to his little place in the Maldives for a well deserved couple of months lazing on the beach, sipping gin slings and paddling in the warm Indian Ocean. Just before he left he texted the super-Elves in the Four Villages to let them know that he had received

lots of super-letters about the good children of the Villages - and had received £62 in donations for the Eaton Bray Village Hall (where he parks the sleigh!). He asked the Elves to pass on his thanks to everyone who donated and he'll to see you all again next year - even of you don't see him!



Celebrating 100 Years of Macmillan Cancer Support



In 2011, Macmillan Cancer Support is 100 years old. The charity was founded in 1911 by Douglas Macmillan after his father died from the disease. He started the Society for the Prevention and Relief of Cancer using a £10 birthday gift. One hundred years on, it's our birthday – and everyone's invited.

In its centenary year, Macmillan's supporters will be celebrating the charity's achievements while continuing to raise muchneeded funds to make life better for people affected by cancer. By making a special effort to raise funds we can help Macmillan find new ways to give people affected by cancer the support they desperately need.

We are setting a challenge for Leighton Buzzard and the local area by asking individuals or organisations to pledge to raise funds for us during 2011, the centenary year. This could be done in many ways, donations, coffee mornings, afternoon tea, quiz nights, competitions, book sales, good as new clothes etc. etc. It is a way to get together with friends and/or colleagues, have fun

and raise funds for a very worthwhile charity. One easy idea is to fill Smartie Tubes with $\pounds 1$ coins; apparently a tube will hold 27 coins. Another idea would be to hold a birthday party for Macmillan.

If the community of these villages could raise $\pounds 1000$, this would pay for a Macmillan nurse for a week (including all costs) helping people living with cancer and their families to receive essential help and support. Or at least 6 Macmillan Grants to cover the cost of a person's travel to hospital for treatment.

Other plans include, a Wine Tasting Evening, organised for us by a local licensee, a Gala Concert evening and Children's Matinee showcasing local talent to be held in Leighton Buzzard Library Theatre on Saturday June 25th, a Race Night, fun football match and a Big Sing Carol Event to complete the year next Christmas.

These are only the local ideas, there will be other larger scale county or national events but we want this community to do something special

to demonstrate the continued generosity and support we receive regularly.

To volunteer to take up the challenge, make a donation or ask for further information, please contact Sheila Banks, Fundraising Chairman, Leighton-Linslade Group 01525 221556 or sheilabanks1@aol.com

EDaN Buses & Transportation Community Transport Open Meeting

What a wonderful turnout we had for our Community Transport open meeting at Dagnall Church Hall on a freezing cold and dark November evening! Thank you to everyone who was able to make the meeting and also to all the people who have





volunteered to help who couldn't attend the meeting.

Bucks Community Action were giving us a talk on "Community Transport" and explain how it is working in other villages.

The idea behind the scheme is to try and help people in the 3 villages of Dagnall, Northall and Edlesborough who are having trouble with the lack of a bus service to get to their Doctors, Hospital appointments or even to get some shopping or visit friends. This is a particular problem for Dagnall and Northall residents.

We have some wonderful people in our local area and 24 of them have come forward and offered to be a "Good Neighbour" and join the scheme to help these people with transportation. Amazingly, we have also managed to secure the services of Peter Williams from Dagnall who has very kindly offered to co-ordinate the scheme for us. We are working very closely with Bucks Community Action and other local villages who have been running the scheme for a considerable number of years and if all goes according to plan we hope to be operational sometime in February.

If you would like to volunteer to be a driver (all petrol costs will be re-imbursed to you) please contact Kathy Bovington on 01442 842796 or Peter Williams on 01442 842506.

If you are interested in using the service I shall be putting more details in the next issue of Focus.

Kathy Bovington

EDaN Buses and Transportation



Focus Reminder

Just a reminder that the deadline for Focus articles is the 10th of the previous month. It does take many hours of work to collate, typeset and print the magazine, so late entries can prevent the magazine being produced on time,

i.e. the 1st of the month. Please advise any businesses interested in advertising to contact me **between October and March only** as once the magazine is full (usually by March) there are no more changes until the next year.

> Many thanks Sally Siddons



Wedding Exhibitions

In association with Cakes by Shelly and Dependants Gitt Usts

Thursday 3rd March 2011 Old Palace Lodge, Dunstable 5.30—9pm

Sunday 6th March 2011 Luton Rugby Club, Luton 11 am—4pm

Sunday 13th March 2011 Peter Newton Pavilion, Luton 11 am-4pm

Sunday 20th March 2011 Tilsworth Golf Club, Tilsworth 11 am—4pm

Free admission & Free Debenhams gift bag for the first 100 brides to register at each venue Mare info at: www.catkesbyshelly.co.uk or Call 01.625.221.427

EB Lions AFC

THE childrens village football club



Season 2010 - 11

We are THE village children's football Club – serving Edlesborough, Eaton Bray, Dagnall, Northall and now Studham and Kensworth too. We provide safe, friendly, competitive and fun football for boys and girls from 4 to 17.

This season we have almost 20 teams – that's over 250 children now - playing team sport in our villages every week, where almost 90% come from our rural bases. Furthermore the quality and skill of our players and teams just gets better and better.

New Players

Whilst we have been hugely successful in stimulating demand, particularly from the youngest age groups upwards, which ensures sustainable growth over the next decade, we do have a small number of opportunities still available in certain age groups/teams. We are keen to attract new players for the following teams;-

- (i) Boys and Girls Reception year our U5 newest squad.
- (ii) Boys and Girls Year 1 our U6's start playing organised football this Summer. Just a couple of places left!
- (iii) Boys YEAR 9 1 extra player to join our vibrant U14's squad.
- (iv) Girls Year 10/11 to add to our successful U16 Girls team.

We would particularly like to hear from you if you fall into these age bands – but indeed from anyone who has a son or daughter of any age who wants to play competitive football for their village club please email us at enquiries@eblions.co.uk **U6's**

From our brilliant U6's squad of just over 20 players, who will form 2 teams this Summer at U7, we took 10 players to play against Tring Tornados U6 in their first ever organised match. With big hearts, lots of running and fantastic support from our parents on the touchline we beat Tring 3-2 in a thrilling match just before Christmas. We will play several more friendlies over the coming months, before our FA Tesco Skills coach takes them on an intensive 10 week structured course to the end of the season. This Summer they start playing in the Chiltern Junior 7's league. SO – just a couple of places left so if your son or daughter is in school year 1 and interested in joining, please contact us at enquiries@eblions.co.uk

Help

We have been blessed with a very keen and enthusiastic committee for the last 8 years and moreover have a wonderful group of dedicated coaches, which now in total almost 40! As part of our continued development there are a few key roles we are now looking to appoint and we are seeking keen volunteers;-

- 1. ASST GROUNDSMAN to help Adrian Bush with lining and looking after our pitches and goals.
- 2. U17 COACH to help manage our strong boys U17's for this season and next.

All these roles are very much part time. Everyone on the committee and those coaching have busy lives, jobs and families, but in sparing a few hours a week we make a vital difference to the fabric and life of our children in the villages, without which there

would be few healthy sporting opportunities without getting into a car and travelling. Please step up to help make a difference.

Training Pitch – Project 'E B Astro'

We are working on an exciting project to build two all weather 3rd Generation training pitches within the village envelope. This is at an early stage, but would, if successful mean we can provide all weather all year around facilities on an artificial surface to all our teams and also offer a facility to our local schools and youth groups. Clearly this will be subject to funding (this is a highly expensive investment) and planning, both of which are detailed and complex, but would transform our facilities and vastly expand opportunities for our local children, improve their fitness and skills. It would also reduce both travelling to training and be provided at only a minimal cost to parents.

Thank you to all our dedicated coaches, parents and most importantly children for making us the fantastic Club we are and aspire to be. Keep up the brilliant work on and off the pitch in 2011.

E B Lions AFC, FA Charter Standard Community Club Winter 2010

Eaton Bray Methodist Church

Christmas is always a special time in our Church calendar and this one was no exception. Our Christmas Morning Service was very well attended and our grateful thanks go to Jacqueline Stamp for her excellent message. Due to the weather conditions our Carol Service was cancelled and re-organised for January 2nd. What a wonderful start to

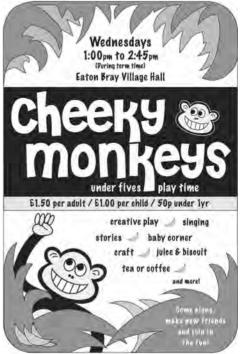
the year. The children had made a series of buildings with letter boxes and told the Christmas Story with letters arriving for Mary, Joseph, the Shepherds and the Wise Men. The enthusiasm of the children was captivating. A special thank you to Helen, Paul, Ann and Rona for a splendid production.

Our next CAFE COMMUNITY will be held on SATURDAY 12th of FEBRUARY 2011.

We welcome you to pop in between 11.00am and 1.00pm to relax, chat with friends and enjoy a selection of beverages, homemade biscuits, jacket potatoes and BLT sandwiches.

All donations made will be shared between the Charity HELP THE HEROES and our CHURCH MAINTENANCE FUND.

All ages are welcome and a warm welcome awaits.



Get FIT with Eaton Bray Lawn Tennis Club!



So here we are, another year gone, another one ahead, another batch of new year resolutions to lose weight / get fit / stop smoking / get a new job / decorate the landing; all exactly the same ones that we made last year but somehow just never got around to following

through. Well we've good news and bad news. The bad news is that, being just a small village tennis club, we have no influence over whether you smoke or not, we can't assist you with interview preparation, and although we do have several professional tradesmen in our midst, we couldn't possibly recommend one or other of them to you to paint your landing as we'd fall foul of anti-competition laws and be accused of collusion or even insider trading! And we couldn't afford the fine anyway, whether or not our chairman got 5 years behind bars. So you're on your own with those resolutions. However, the good news is that we may be able to help with losing weight and getting fit! As the newspapers and magazines tell us every day – or so it seems – the best way to start losing a few pounds (or kilos to our younger readers, ie those under 35...) is to do some gentle regular exercise. And what better way can there be to do that than an hour on a tennis court once or twice (or thrice) a week! Here are ten reasons why playing tennis is so much better than other sports or strenuous activities for blowing away those winter cobwebs and giving you a sense of energy and fulfilment...!

- 1. It's fun. It's a very social activity, especially at EBLTC, no-one takes the social sessions too seriously and when someone misses the ball altogether, which happens often, we all have a good laugh!
- 2. A good hour-long game of singles tennis burns around 650 calories for men and 470 calories for women. That's better than cycling at 10mph, golf, general aerobics, hiking, roller/ice skating, shovelling snow, or skiing!
- 3. It's a non-impact sport with other players, so no cauliflower ears, broken metatarsals or any need for protective clothing! The only thing you need is a racquet, and we can even lend you one of those!
- 4. Tennis isn't dependent on youth or strength you can play for a lifetime or start the game at any age
- 5. It's suitable for all ages and skill levels. Whatever your level, you can find someone with a similar ability to play with at EBLTC (unless you're really, really good...!)
- 6. You get plenty of breaks. Between points, games and sets, there's always time to get your breath back and have a drink. You can't stop every 5 minutes on a run or whilst chugging up and down the pool!
- 7. Here's a long one. Tennis is good for increasing your aerobic capacities, lowering resting heart rate and blood pressure, improving your metabolic function, increasing bone density, lowering body fat, improving muscle tone, strength and flexibility, and increasing your reaction times!
- 8. It also helps to reduce stress, physical, mental and emotional ggrhhhhhh!!!!!
- 9. Tennis teaches and encourages core values such as teamwork, competitiveness, friendship etc.
- 10. And finally, membership at EBLTC costs several times less than gym membership, can be enjoyed with your friends, and there's not a leotard or tin of deep heat muscle balm in sight!

So there you have it, now there's no excuse not to pick up the phone to one of our merry band and find out how you too can become part of our campaign to Get FIT with EBLTC. Grab a partner or friend and come down together, bring your kids (or someone else's if you don't have any, but best ask their parents first). You can even bring your dog who can play with all the balls we hit over the fence. We lost seven last Sunday and that was just from my court. I can't understand it as we only started out with six. 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 Sara Leavy on 07561 571578, or if they're all out and I'm not struggling into my leotard, me, Andy Cross on 01582 477114.

British Legion Poppy Collection in Northall 2010 Update



Many thanks to everyone who contributed to the British Legion Poppy Collection in Northall last November. Because the date of Remembrance Sunday was so late, I missed the copy deadline for December "Focus" as we had not counted all the collection at that time – and of course there is no "Focus" in January. So belatedly, I am proud to report that we raised the wonderful total of £449.66.

A special "Thank You" to the staff and customers at "The Swan" who have supported this cause generously over the years, the staff and pupils at Edlesborough School, the Parish Council and Edlesborough WI for ordering wreaths, and Age Concern, Northall. Everyone is very kind, generous, and very good natured as I knock on their doors on dark November evenings and pester them to buy a poppy!!

Each year I say that the next will probably be my last but it never seems to happen, and this was my 27th year so it can't be that bad!! However, if you feel that you would be able to help with the collection in either Northall, or, better still, Edlesborough, as there is no Poppy Co-ordinator there, please let me know. Even if you could just collect in your road, that would swell the total. Think about it! My e-mail address is lornacubbage@larums.co.uk and my phone number is 01525 220361.

Thanks again and see you all in November!

Lorna Cubbage, Poppy Co-ordinator for Northall.

Poppy Appeal



Many thanks to everyone who donated hard earned money to the Royal British Legion Poppy Appeal in Eaton Bray. Especial thanks go to the house to house collectors who braved the cold and the rain, and to the shops and premises who gave much needed counter space

to the boxes of poppies.

The total sum raised in the village for this year's appeal was £2,085 which is slightly down on last year.

This is not surprising when you consider the current uncertain financial times when we are all tightening our belts.

Again, many thanks to everyone who supported the appeal.

Roger and Helen Wilkinson, Poppy Appeal organisers for Eaton Bray



Leaders Receive Wood Badge

Our village Beaver Scout Leaders, Sandi Glover and Sue Tate, have each received their Wood Badge following the completion of their final training programme and are now fully fledged Beaver Scout Leaders!

Sandi and Sue were presented with their award by proud Group Scout leader Nick Evans at the end of the winter term before Christmas.

The Wood Badge is a Scouting programme and award for adults in Scout Associations worldwide. Beads are awarded to recognise achievement in leadership and direct service to young people.

Scouts 2 Peaks Challenge

Whilst you were all wrapped up nice and warm last November (you may recall that the temp was -6, wind-chill -9), the 1st EB&E Scouts were taking part in the annual Two-Peaks Challenge. It had honestly seemed to be a good idea when we planned things in the height of summer!

26 Scouts and 5 Leaders started a 9 mile hike at 9pm in sub-zero temperatures, starting from the Scout Hut and making our way to our first peak, Dunstable Downs. We then proceeded to walk past Whipsnade Tree Cathedral, the zoo and on to the golf course (strangely enough all the greens looked the same at midnight!). We then made our way down to Dagnall Village and on up to the second peak, Ivinghoe Beacon, reaching there about 2am. After a brisk walk down the hill, we returned to the Scout hut about 3am and bedded down for the rest of the night.

There were many high points and a few lows.....the lows for some was the realisation that they were only 5 minutes from the hut, the highs for others included the fact that they made it back to base without frostbite!

For me, as a leader, my fondest memory is being asked "Are we nearly there yet?" and replying "In years to come you will laugh about this"!

Ultimately, a good time was had by all and here's to my next mad

idea..... I am always open to suggestions!!!

Paul Hurley, Scout Leader

For more information about all sections contact the Group Scout Leader, ng.evans@btconnect.com



E.L.F. - Eaton Bray Leisure Fellowship

A Happy New Year to everyone from the Eaton Bray Leisure Fellowship.

We hope that everyone enjoyed their Christmas Break and New Year. Here's hoping that 2011 brings good things for everyone.

The very cold, snowy and icy conditions meant that walks were cancelled, but we hope that January will bring better weather.

Unfortunately, the National Trust group were unable to obtain tickets to visit Waddesdon Manor to enjoy the Christmas decorations. Perhaps 2011 will be lucky for us.

However, the St.Mary's Church at Eaton Bray held a Christmas Tree Festival on the

3rd, 4th and 5th of December 2010. There were thirty three decorated trees to admire. Thanks to Pauline. Audrey and Vivienne for decorating the E.L.E. tree so beautifully.

The invitation to join members for Christmas food and drinks was well attended and some new faces appeared to enjoy the morning meeting. New members are always welcome but there is a small charge when joining the group. This charge helps to provide to tea, coffee, milk and biscuits and other overheads. FEBRUARY 10th 2011 is the next meeting starting at 10.30a.m. at THE COFFEE TAVERN.

Our Christmas lunch held on December 16th at The Cross Keys, Pulloxhill was very good. As usual, the meal was thoroughly enjoyed by all who came, even the weather was kind for us.

Our next lunch out is on THURSDAY 10TH MARCH 2011. Details will **#** be in the NORTH PORCH of EATON BRAY CHURCH.

DATES FOR MARCH 2011.

THURSDAY 10th. LUNCH OUT (Details to follow) MONDAY 28th WALK. 10.00a.m. (Outside Eaton Bray Church)



Thank You

UNITED KINGDOM

We have all now reached our target of $\pounds 2200$ each. Thank you to everyone who has helped us – especially last month the Panto people.

We are now gathering all the equipment we need, collecting badges and items to swap and getting to know our Units better.

Once we return from our adventure, we plan to hold a Presentation evening to share our amazing adventure. All those who we know have supported us will be invited.

Míguel García, James Tate, Gemma Johnson, Cody Plaats & Matthew Johnson



Christmas Tree Festival

Now all the festivities are over, I would like to say a big thank you to all those who exhibited a tree in the St. Mary's Christmas Tree Festival. The church looked very festive with so many ideas in the titles of the trees from "Ancestree" to "Pantree", the Christmas Rose and the Tree of Hope. Despite the inclement weather you turned up on Thursday to stage your tree. Over the three days we served tea, coffee and cakes

and mince pies. The atmosphere was all that I wanted it to be, village people coming together in this way. I apologise if you were not asked to participate but I hope you will be included next time. The total you raised over the three days was $\pounds 1,250$. I am so grateful to all those who helped me and to all those who attended. Many thanks to you all.

Jenny Hewett St.Mary's Church, Eaton Bray.



All Saints Church, Dagnall - Services & Meetings February 2011

| | | i obiumi jaoli |
|----------------|----------|---|
| Wed. 2nd Feb | 7.45 pm | Mid-week Meeting – Patrick Wood speaks about the RNLI |
| Sun. 6th Feb. | 9.00 am | Eucharist |
| | 10.30 am | Morning Service |
| | 6.00 pm | Evening Service with Holy Communion |
| Wed. 9th Feb. | 7.45 pm | Quiz Evening |
| Sun. 13th Feb. | 10.30 am | Family Communion |
| Wed. 16th Feb. | 7.45 pm | Mid-week Meeting – Speaker: Revd Christine Farrington |
| Sun. 20th Feb. | 10.30 am | Morning Service |
| | 6.00 pm | Eucharist |
| Wed. 23rd Feb. | 7.45 pm | A Musical Evening with Revd David Jenkins |
| Sun. 27th Feb. | 10.30 am | Family Service |
| | 6.00 pm | Eucharist |
| Wed. 2nd Mar. | 7.45 pm | Mid-week Meeting led by Revd Lucille Rogers |
| a 1 a 1 1 | | |

Sunday School meets each Sunday at 10.30 am.

Can you help us find out more about our traditional orchards?

Traditional orchards are a much loved part of our British heritage and countryside. Once they were a common sight, however, over the last 50 years they have declined by almost 60% due to neglect, intensification of agriculture and pressure from land development. In this area damson orchards in particular were an important part of our local heritage.

The orchards that remain are home to a host of local varieties of fruit and are also havens for wildlife – bees and other insects pollinating the flowers in spring, lichens flourishing on the bark and birds and insects finding shelter in the decaying wood of old trees.

The People's Trust for Endangered Species is carrying out a nationwide project to compile an inventory of the traditional orchards that still exist. Probable traditional orchards have been identified from aerial photos and PTES is now hoping that local

volunteers and orchard owners will help them verify these findings by conducting a simple field survey.

If you would like to get involved, please contact Anita Burrough at PTES on 020 7498 4533 or e-mail anita@ptes.org

| Eaton Bray Village Hall 100 | | | |
|---|--------------------------|------------|--|
| Club Winners - December 2010 | | | |
| 13 | Shelagh Bagni | £100 | |
| 16 | Rachel McVeigh | £25 | |
| 136 | Jane Hosey | £25 | |
| 50 | Frank Pell | £25 | |
| Drawn on 9th Dec 2010 at Eaton Bray Lower | | | |
| School. | Please direct any corres | spondence | |
| to Ross | Bagni, 71 Bower Lane, Ea | aton Bray, | |
| Bedfordshire, LU6 1RB, Telephone: 01525 | | | |
| 221411. | | | |

| Eaton Bray Cricket Club 100 Club Winners December 2010 | | | | |
|--|---|--------|--|--|
| £25 | Bob Smith | No.111 | | |
| £10 | Ian Jones | No. 78 | | |
| | January 2011 | | | |
| £25 | R Woods | No.73 | | |
| £10 | G French | No 40 | | |
| Eaton B | Eaton Bray Cricket Club is kindly sponsored | | | |
| by F. | by F.A. Hawkins and M&M Properties | | | |





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Eaton Bray W.I.



The first meeting of the year was held on Monday 10th January. After a welcome to members from Deirdrea, time was spent remembering the late Edna Quinn who died in December, who had done so much for the W.I. over many years.

The business meeting took place followed by the Annual General Meeting.

The Treasurer Ann Lee gave her report that the finances were healthy but different ideas for fund raising were needed.

The Minute Secretary Sheila Beal gave the Annual Report. There had been many interesting speakers, group meetings, meals out, birthday dinners and a lovely outing. The cost of speakers and their transport were always on the increase.

Deirdrea as President, thanked all the members and most especially the Committee for their support and friendship, making the year a very successful one.

Tokens of appreciation were given to the three retiring Committee members, Sheila Beal, Helen Wilkinson and Ann Lee, with gratitude for all that they had contributed over the years.

New Committee members elected were Linda Potton and Wendy Watson who join existing members Barbara Collier and Brenda Cheshire, along with Deirdrea who was re-elected as President.

The meeting was followed by slides on "The Royal Weddings" depicting the royal families, styles of wedding attire and the tremendous height of the wedding cakes. A very interesting presentation.

Roger Wilkinson projected the slides and did the commentary, for which he was thanked by Deirdrea.

This year will be Eaton Bray's 90th birthday, so preparations will be made for suitable celebrations.

The members meet on the first Monday of the month at 7.30pm. At each meeting there is a guest speaker or demonstrator, covering a wide range of interesting topics, followed by refreshments provided by members on a rota system and also a raffle.

The group is eager to welcome new members.

The next meeting will be on Monday 7th February at 7.30pm, when the speaker will be Carole Peters on "A Roving Reporter".

Church Mouse

At the PCC meeting held on 13 January there was considerable focus on the budget for next year. The PCC have a good record of careful spending but opportunities were identified for further potential savings that represent a 2.5% reduction in budget compared with 2010. Even so, to balance the budget, additional income will need to be raised and families / groups were urged to offer to raise £100 over the year in whatever way they felt was appropriate.

The arrival of Coralie McKluskey is imminent but before the service on 22 February it is planned to repair the font and to clean and lime-wash the stains caused by melt-water

running into church over Christmas. Sadly, during the Christmas period two of the nativity figures were damaged, one seriously. Replacement of the nativity will be costly (\pounds 600) and unless we are to sing 'We two kings of Orient are' next year a solution will need to be found before next Christmas.



Edlesborough Book Group The Siege by Helen Dunmore

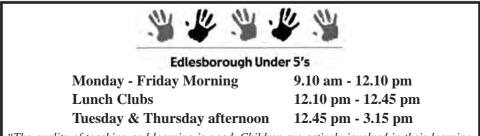
This is, effectively, a love story. Not just a story of romantic love, but of many other kinds, encompassing parental and filial love, clandestine love, and the powerful patriotic love of one's country and heritage. All these themes run through this very powerful novel, drawing in the reader inexorably through vivid descriptions of the city of Leningrad under siege from the German forces during the winter of 1941.

We are told the story of the Levin family during this time. Anna Levin, her father, a widowed dissident writer and her brother, Kolya, who is only 5 years old. Since the death of her mother, soon after Kolya's birth, Anna has taken on the roles of housekeeper to her father and carer to her little brother. A talented artist, she has relinquished her ambition to go to college and instead works in a state nursery.

During the course of the novel, we see Anna grow in strength as she battles for her own and her family's survival through the twin hardships of famine and a bitter winter. A puzzle concerning her father and a famous ex-actress gradually becomes clear and Anna is aware of her own sexual awakening as she becomes ever more fond of a young doctor.

The descriptions of the vicious cold and the constant gnawing of extreme hunger are very moving and it is impossible not to identify with the main characters. They are simple, ordinary people coping with war and the wounds it inflicts on innocent lives.

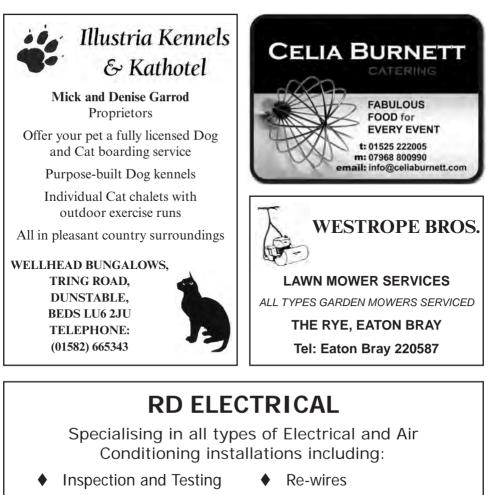
Everyone praised the excellent language and descriptive passages in the book and all would like to read more by this author. There is, in fact, a sequel entitled "The Betrayal", so we should get our wish.



"The quality of teaching and learning is good. Children are actively involved in their learning, play independently and are assisted by staff to develop their confidence." "Group times at all sessions were very positive experiences for all the children and enjoyed by all present." "Children of all ages have the opportunity to develop their skills in all areas, supported by a dedicated staff team." "Children are encouraged to make choices and decisions throughout the day, supported by a staff team that know them well."

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. If you would like to pop in for a look around, please phone Tina McKay on 07854 939226 between 9am - 12 noon, to arrange an appointment. A warm welcome awaits you.

For registration details, please phone Angela Paine on 01525 229529 "We are an Equal Opportunities Employer" www.edlesboroughunder5s.org.uk



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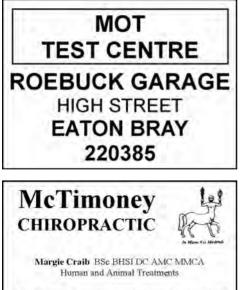
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Dunstable & District Local History Society

Tuesday 8th February, 7.45pm Adventures of a Local Thatcher

Totternhoe man David Underwood ("Dave the Thatch" of BBC Three Counties Radio) describes his work. He has been looking after the roofs of historic buildings locally for some 40 years.

Methodist Church Hall, Dunstable Visitors always welcome

Edlesborough W.I.

We are always pleased to welcome new members and, recently were very happy to introduce five ladies to our Institute. We meet on the second Tuesday in each month at 7.30pm in Edlesborough Memorial Hall. Why not come along to spend one or two evenings with us. We really would be pleased to see you and hopefully it would encourage you to become a member. We're not all 'Jam & Jerusalem' you can be sure! So, why not come and see for yourself what an enjoyable time you would have and what a variety of interests we have to offer.

Since our last report we have enjoyed two monthly meetings and a coffee morning. On the first evening we listened to a very interesting talk by Steve McCurdy, Managing Director of Magestic Trees in Flamstead. He started the company in 2001 after spending 18 years in America, and now has a staff of 24. Steve travels all over Europe looking for trees to plant on. The company uses Air Pots which are recognised as the best way to grow outstanding fibrous roots. Many months are spent nurturing the trees until they are mature and ready for sale. Teams of experts go all over the U.K. and Europe to deliver and plant the beautiful trees. Huge vehicles and machines are used in the process, and the teams are very proud of the instant transformation that can be seen and enjoyed. Judging by the photos in the Magestic Trees brochure, the trees grown are fantastic and must give pleasure to many people. Steve has every right to be proud of his excellent team of workers.

In between our two meetings we held a very successful coffee morning, when £218 was raised. Our thanks go to Jane Jones for the use of her home on this occasion.

Our December meeting combined the A.G.M. and Christmas Party. We heard reports on all sections of our Institute, when all helpers were thanked for their efforts in making 2010 such a successful year. Phrena Wilkinson was re-elected President for 2011. We ended this part of the evening by fondly remembering Linda Green and Margaret Laing, our two friends who had died during the year.

Once the A.G.M. finished we went into 'party mode'. Another lovely meal was served, having been prepared by Ann Brinklow and assisted by Jenny and Jan. As we ate we were entertained with music and singing by our popular duo Les and Dave. They had a short break whilst we listened to monologues from Sue Parker, Val Richards, Diane

Cox, Brenda Shields & Megan Howells. We never tire of these entertaining acts, and look forward to them every year. At this point Christmas presents were distributed to members and our guests from other Institutes in the Beacon Group and Ann, Jenny and Jan were thanked for the meal.

A happy evening continued with more music from Les and Dave. We all joined in

with singing and some energetic ladies enjoyed 'dancing' to the great tunes. It was a lovely evening and our thanks go to Les and Dave for yet again helping to make it so enjoyable.

We now look forward to another year in our W.I. calendar.

Val Harris





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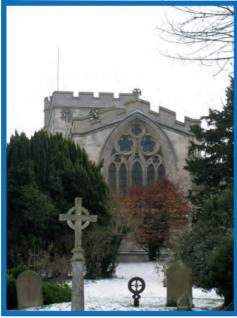
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A Short History of St. Mary's Church Edlesborough



The Church situated in Buckinghamshire where the three counties Beds. Bucks. and Herts. meet on the edge of the Chilterns, is perched on a hill, dates from the 13th Century with lovely views across Dunstable Downs, from Whipsnade Zoo to Ivinghoe Beacon. Its rugged walls are built of grey Totternhoe Stone, quarried some two miles away.

Like most mediaeval churches, we see in St. Mary's craftsmanship of many different dates, as people from a variety of periods and Christian traditions have altered, enlarged and beautified it.

The earliest parts of the church date from the late 1200's. The Chantry of Our Lady and All Saints was founded in 1338 but this was considerably altered in the 1400's. The tower was added about 1340. Craftsmen in the 1400's were responsible

for much of the present appearance and character, heightening the nave walls, reroofing, crowning its walls with embattled parapets and making new perpendicular windows. They also fashioned the font, screen, pulpit and stalls, all of which survived the alterations of the Reformers in the mid 1500's and the Puritans in the 1640's. It was during the 1700's the church was equipped with a western gallery and box-pews. On 28th March 1828 lightening struck the crown of thorns and weathercock at the top of the lead covered spire. The ensuing fire burned for some 12 hours. Molten lead poured down, the spire, bells and everything combustible in the tower was destroyed. Fortunately the skill of fire fighters, assisted by local people, prevented the fire

spreading to the body of the church.

The repairs of the church continued for many years. The bells were recast from the same metal that was so lovingly cast by Thomas Rufford, and son, those hundreds of years previously, and hung, but the spire was never replaced. A piece of timber rescued from the fire was later made into a lectern for 4.6s.1½d. (about £4.30p



today)! The lectern remains today as a memory of the unfortunate incident; it bears the inscription "EREPTUM EX IGNE"- Snatched From the Burning.

Major restorations took place between 1867 and 1899 and included the west gallery and box pews being removed and replaced with benches of pine, the screen being given its present colouring, the south aisle being re-roofed, and the nave walls being decorated by paintings.

At the expense of Lord Brownlow of Ashridge in 1874 there was a thorough restoration of the chancel. During the 1900's much was done to conserve and repair the church. However in 1975 it retired from full-time employment as a parish church and in 1977 it was vested in the Redundant Churches Fund. The Church of St. Mary is now in the care of the Churches Conservation Trust for preservation.



Edlesborough Church photos on page 68 by John Hockey Edlesborough Church and bench photos on page 69 by Adrian Lewis Memorial photo by John Hockey







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YOUR VILLAGE PHOTOS

Ashridge Hunting Lodge in Winter by Geoff Spencer



Left: From Studham Lane, looking across towards Little Gaddesden. Dagnall is on the right....somewhere! by Phil Wood



Right: From Studham Lane, Dagnall looking down the A4146 towards Hemel by Phil Wood





Left: Winter Warmth overlooking the field at the back of Mill End Close, Eaton Bray by Pam Styles

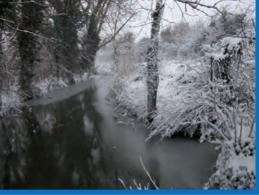
YOUR VILLAGE PHOTOS



Left: Pear Tree Cottage, Eaton Bray by Richard Woodhead Below: View from Pooh Sticks Bridge by Shelagh Bagni

Below: Edlesborough Green by Richard Woodhead





Below: A winter scene in Edlesborough by Adrian Lewis



Cover photograph: Stream at rear of Wallace Drive by Sally Siddons Please email or post your photos to Sally Siddons, editor (see page 3)

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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 9:15 – 12:15 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.

Community Safety Update - Land Rover Thefts

The Community Safety Partnership has a target of 212 theft of vehicle offences between 1st April 2010 - 31st March 2011. We are on target to achieving this, however you may be able to help us minimise the impact of a recent trend of vehicle crimes. A number of Land Rovers have been stolen in rural areas, they're typically the Defender model and are most commonly over 10 years old. The Defender is not a high value vehicle but is used commonly on farms and can be quite desirable to steal. We are working with the DVLA and the National Farmer's Union to identify owners of these vehicles and provide some crime prevention advice.

If you own a Land Rover, particularly a Defender registered before 2004 you can contact AVDC on 01296 585858 for some advice on vehicle security. Our top tips are:

- Don't leave keys in the vehicle if you're not driving at the time. If you have to get out of the vehicle, remove the keys and take them with you even if this can be inconvenient to start with.
- Don't leave valuable items in the vehicle.
- Invest in a steering wheel lock. You can massively improve your vehicle's security by spending just £25, with more robust models approaching £70.
- Sign up to Thames Valley Police community messaging (www.tvpcommunitymessaging. org) and be the first to find out about crime in your area.



Your Home, Tax & Your Will

There is often a compelling case for couples to protect all or part (typically 50%) of their home from the potential impact of long term cares costs. It may involve changing from joint to shared ownership of the home (Tenancy in Common). Tenancy in Common enables each owner's share to be bequeathed separately. When one partner dies, their share of the home can be held in trust for their chosen beneficiaries. AN ATTRACTIVE ALTERNATIVE for some will be to protect the whole house with a Family Settlement Asset Trust, available to both couples and SINGLE PERSONS

TRUSTS & TENANCY IN COMMON: After the first death, ownership of the house is between the survivor and trustees nominated by the deceased, which can include the surviving partner. A trust is arranged so that the surviving partner has life possession of the house. It means that no matter what the survivor does – change their Will, spend the estate, enter a new relationship or enter a care home - the chosen beneficiaries of the trust are assured of receiving the value of the share of the home held in trust on the survivor's death, or earlier if that suits everybody involved.

FAMILY SETTLEMENT ASSET TRUST: 100% of the house is placed immediately into a trust with the 'owner(s)' becoming Lifetime tenant(s). Full use, and the option to down or up size remain. Trustees will typically be the 'owner(s)' and possibly those who are to benefit from the trust on the 'owners' death. A trust is simplest to set up when there is no mortgage. On death the trustees can realise the asset without any delay and without any probate fees applying. A Family Asset Settlement is often appropriate to a WIDOWER.

CARE FEES: A shared interest in a house, whether with spouse, partner or a trust, makes it is very difficult for any local authority to enforce a sale of the house to pay for long term care fees. The same applies when the whole house is held in trust, provided the need for long term care was not imminent and the primary motive for placing the house in trust.

COUPLES & INHERITANCE TAX: <u>Spouses and civil partners</u> can transfer their nil-rate band allowances (currently £325,000), so that any part of the nil-rate band that was not used on first death can be transferred to the surviving spouse or civil partner for use on their death. For couples still with a potential inheritance tax liability a trust can give them the potential to avoid all 40% inheritance tax. <u>Unmarried couples</u> can consider the advantages and tax efficiency of having a Discretionary Will Trust in their Wills.

Trusts can provide tax free loans. This can be very useful in a surviving partner's financial planning. Each of these trusts is recorded at HMRC so a record of how the tax free entitlement was used at the time of a death available on the second death, which may be many years later. Without this record it is often difficult for the executor's of an estate to provide the necessary evidence to the Inland Revenue. These trusts ensure the maximum tax free entitlement is obtained.

Wills and their trusts must be set up correctly. It is important to be guided through the options available, ideally in the comfort of your home, and to have

documents prepared by those who specialise in Wills and Trusts. **Tony Duke 01525 220644**



The Benefits Of Massage - An Age Old Therapy

If you've ever had a massage you know it loosens up your muscles and gives you a sense of wellbeing - but have you ever taken the time to consider just why it's so good?

Physical Effects

Increase tissue permeability

The stroking effects of massage helps to increase tissue permeability ie it allows fluids and nutrients to pass through which helps remove waste products like lactic acid and encourage the muscles to take up oxygen and nutrients which helps them recover quicker.

Stretching

Massage can stretch tissues that cannot be stretched in the usual method which releases tension and pressure build-up and improves tissue elasticity.

Break down scar tissue

Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments.

Physiological Effects

Pain reduction

Tension and waste products can cause pain and massage can help reduce this is many ways and encourage the release of endorphins.

Relaxation

Muscles relax through the heat generated, circulation and stretching.

Psychological Effects

Relaxed muscles and nerves lead to reduced levels of anxiety and stress and release of endorphins – the feel-good hormone.

Everybody has a certain amount of stress in their lives such as money worries, relationship problems or just the fast pace of everyday life. You cannot always avoid stress but the healthiest and most productive people are those who learn to relieve stress and manage it.

As stress builds up you find you become less able to relax and tension develops causing aches in muscles, feeling tired and having little energy. A massage can help break the stress cycle and trigger a relaxation response.

Let us treat you to a massage – for your chance to win simply let us know why you deserve it and the winner will be notified by 28/02/11.

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Salvation Sound - February 2011

Christmas is past, as is New Year, and the next celebration is one of declaring our love; with cards, chocolates and maybe red roses - yes that of St.Valentines day.

A legacy of love. - A little girl named Sarah sent a letter to her grandpa, who had died before she could say 'goodbye' to him. The envelope was addressed to Grandpa Bernie - Heaven. Two months after posting this, a letter arrived addressed to Sarah; It began, "Your letter reached its destination, but material things are not allowed to be kept up there, so it drifted back to earth,; they just keep thoughts, memories, love and things like that."

A little girl's love for her grandpa - but what about those we love who are still living? Paul in Thessalonians.ch.2. wrote as one who valued relationships. He expressed his deep love and encouraged the people to increase their love for one another. He also wrote to the Corinthians and said that impressive gifts and spectacular deeds are but empty noise - our efforts then, if not given with love mean little.

Long before a day in February was set aside to celebrate love, the peoples of the world received God's gift of love, it is found in John 3.16.

For God so loVed the world

| that He gAve | | |
|--|---|------------------|
| His onLy | The Salvation Army, E | Sooth Place |
| BegottEn | Weekly Activit | ties |
| SoN | Sunday | |
| That whoever | 'Footprints' (Sunday School) | 9.45-10.45am |
| Believes In Him | Morning Worship | 11.00am |
| | Family Worship | 10.00 |
| Should Not perish | 3rd Sunday in month | 10.30am |
| But have E verlasting life. | Songs of Praise | L all st |
| The story of Valentine is but the faintest | 3rd Sunday in month | 4pm |
| reflection of God's Valentine to us. God | Monday | C. VEL |
| did not send a sentiment, He sent His | 'Champion's Challenge' Club | 5 20 6 20 |
| | (Age 5 - 9 yrs) | 5.30-6.30pm |
| Son; this is the highest kind of love. | Junior Club (age 9+) | C 45 5 45 |
| "Herein is love, not that we loved God, | (Term time only) | 6.45-7.45pm |
| but that He loved us." | Tuesday | |
| Love grows not only by what we do but | Coffee Morning | 10.00 - 12 Noon |
| also by our reason for doing it | Once A Fortnight | |
| "Lord, grant to me a loving heart, | Songster and band practice | 7.30 - 9.00 p.m. |
| e | Wednesday Home League (Ladies Meeting) | 2 20 2 20mm |
| A will to give and share, | Weekly Bible Study | 7.30pm |
| A whispered prayer upon my lips | Thursday | 7.50pm |
| To show I really care." | Parent and Toddler Group | |
| | (Term time only) | 9.30-11.30am |
| | Thursday Evening | 2.50 11.50am |
| | Ladies Fellowship | |
| | Last Thursday in every month | 7.45pm |
| | For further details please telepho | 1 |

Linda and Ray Charlton 01525 221156

Dagnall Weather Station (AONB)2010 Weather Conditions Yearly SummaryElevation: 450 ft – Latitude: 51° 50' 13" North – Longitude: 0° 33' 34" West

| | Temperature in ^o c | | | Rain in mm | | Wind in MPH | | | | | | |
|--------------|-------------------------------|------------------|--------|------------------|--------------|-------------|------------------|------------------|------|------------------|-----|-------------------|
| | Hi Temp | Date | Low | Date | Mean Temp | Day Max | Date | Month | Hi | Date | Avg | Dom |
| Jan | 8.60 | 18 th | -9.80 | 7 th | 0.90 | 10.4 | 22 nd | 53.0 | 34.0 | 16 th | 5.3 | SSE |
| Feb | 10.70 | 5 th | -2.60 | 10 th | 2.50 | 14.2 | 28 th | 78.6 | 33.0 | 26 th | 5.7 | NNE |
| Mar | 17.50 | 24 th | -6.40 | 7 th | 5.70 | 6.8 | 25 th | 41.2 | 34.0 | 25 th | 6.5 | NW |
| Apr | 20.50 | 28 th | -1.30 | 21 st | 9.00 | 5.0 | 30 th | 22.4 | 33.0 | 2 nd | 5.4 | S |
| May | 29.20 | 23rd | -2.40 | 12 th | 10.90 | 17.4 | 2 nd | 31.2 | 33.0 | 3 ^{8h} | 4.6 | NW |
| Jun | 29.40 | 27 th | 4.10 | 20 th | 15.90 | 9.4 | 8 th | 26.0 | 27.0 | 10 th | 4.5 | SSE |
| Jul | 32.20 | 9 th | 7.40 | 6 th | 17.70 | 14.2 | 16 th | 27.8 | 36.0 | 15 th | 5.3 | SW |
| Aug | 25.20 | 16 th | 4.50 | 31 st | 15.20 | 23.8 | 23rd | 146.3 | 34.0 | 24th | 5.6 | NW |
| Sep | 22.80 | 2 nd | 1.30 | 25 th | 13.40 | 18.0 | 29 th | 55.6 | 33.0 | 6 th | 5.3 | W |
| Oct | 21.60 | 10 th | -2.30 | 25 th | 9.80 | 14.6 | 1 st | 65.3 | 34.0 | 1 st | 5.6 | S |
| Nov | 16.30 | 4 th | -8.80 | 28th | 4.70 | 13.0 | 8 th | 48.8 | 43.0 | 11th | 6.2 | W |
| Dec | 7.60 | 29 th | -13.50 | 20 th | -0.40 | 8.0 | 27 th | 29.0 | 29.0 | 27 th | 4.7 | NW |
| Lows /Max | 30.20 | Jul | -13.5° | Jan | 8.80 | 23.8 Aug | Year | 625.2 24.61in | 43.0 | Nov | 5.4 | Year avg NW |

November 2010

| | High | Date/Time | Low | Date/Time |
|---------------|------------|----------------|-------------|--------------|
| Temperature | 16.3°c | 4 Nov 15.00 | -8,8°C | 28 Nov 06.00 |
| Mean Temp | 4.7°c | Dominant Wind: | W | |
| Humidity: | 100% | 6 Nov 01.00 | 65% | 10 Nov 13.00 |
| Barometer: | 1021.6 hPa | 16 Nov 09.00 | 946.6 hPa | 8 Nov 14.30 |
| Wind Speed | 43 mph W | 11 Nov 22.00 | Months avg. | 6.2 mph |
| Wettest Day | 8 Nov | | 13.0 mm | 0.20 ins |
| Monthly Rain: | Total | Nov | 48.8.00 mm | 1.92 ins |

December 2010

| | High | Date/Time | Low | Date/Time |
|---------------|---------------|----------------|-------------|--------------|
| Temperature | 7.6°c | 29 Dec 13.30 | -13.5°c | 20 Dec 00.00 |
| Mean Temp | -0.4°c | Dominant Wind: | NW | 1 (|
| Humidity: | 100% | 29 Dec 05.30 | 71% | 1 Dec 16.00 |
| Barometer: | 1037.3 hPa | 15 Dec 03.00 | 988.4 hPa | 18 Dec 14.30 |
| Wind Speed | 29 mph SSW | 27 Dec 09.30 | Months avg. | 4.7 mph NW |
| Wettest Day | 27 Dec | | 8.0 mm | 0.31 ins |
| Monthly Rain: | Total | Dec | 29.0 mm | 1.14 ins |

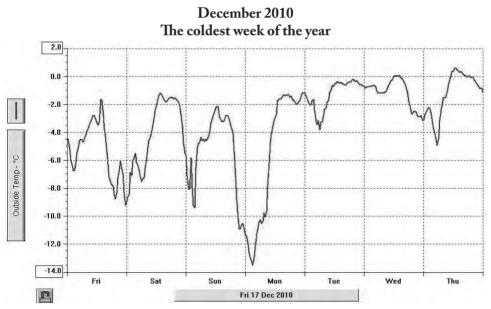
In November, the first two weeks were above average temperature with a high of 16.3°c. The cold spell started on the 25th; the lowest temperature being -8.8°c on the 28th.

The cold spell continued into December and carried on until the last days of the month. There were twelve days when the temperature remained below zero - from the 17th at 11.30, until midnight on the 27th - the temperature only rose above zero for eleven hours. The lowest temperature recorded was on the 20th; $-13.5^{\circ}c$ (7°f)

2010 was drier than the last two years, partially in early summer. Overall, it was slightly colder with the mean / average temperature down one degree on the previous

two years.

http://myweb.tiscali.co.uk/dagnallweather. If anyone has a question, comment or wishes to contact me please email me: davidgkillick@tiscali.co.uk



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"Hold a Fish and Chip Supper to help spinal cord injured people live full and independent lives."

Great British Fish and Chip Supper - Friday 20th May 2011

Want to do something different? Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 20th May 2011 whilst raising awareness of spinal cord injury and supporting SIA's information and support services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional $\pounds 5.00$ means you will raise at least $\pounds 35.00$ from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

Last year we had over 100 suppers taking part in England and Wales and we raised $\pounds 6,000$. In 2011 we want to double that figure and ensure we can provide more support to spinal cord injured people.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs and for the rest of their lives by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1.000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Officer, Elizabeth Wright, says, "The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

Be a part of something special and make a real difference to help spinal cord injured people gain access to the information and support they need to JII.

enable them to live full and independent lives."

For more information or request a fundraising pack call Elizabeth Wright on 0845 678 6633 xtn 229 or email fishandchips@spinal.co.uk or visit www.spinal.co.uk

St Mary's Ladies Guild

association

At the meeting held on Wednesday 12th January. Deirdrea welcomed the members and their visitors back after the Christmas break.

The ladies all expressed how the Christmas wreaths that they had made with Joan Fossev in December, had looked lovely on their front doors.

Notices were given out, the general business discussed and birthday cards presented. Devotions were taken by Dorothy.

This was the first Annual General meeting of the Guild and a time to reflect on a very successful and happy year. Jenny Hewett as Treasurer reported on a very busy financial vear, where everything had been supported well and the finances were healthy. A very generous amount had been raised for the projects Smile Train and Mercy Ships. The aim, to raise and send enough funds to enable two persons to have the vital facial operations and the follow up surgery.

Mariorie Mann spoke about all the excellent speakers and demonstrators that had visited and ideas for this years programme.

Deirdrea expressed her gratitude to all the members for their support to the group.

For the openness to one another and the concern and caring of the group along with the fellowship shared each month, all helping to nurture each others faith and growth. With the shared devotions, the outings and wonderful teas, it had created a very close group.

Thankyous were expressed to Marjorie, Jenny, Thelma, Dorothy, Celia, June Thorne and Jean Bates for their help each month. Loving thanks were especially offered to Father John Heffer, who had initially conceived the idea of a Ladies Guild and whose constant encouragement, prayers, support and love were so appreciated.

A questionnaire was given to the members asking for feedback and ideas for the future meetings.

Next months speaker is Nigel Watson, a very popular visitor to Guild, who will be showing his slides on the Galapagos Islands. There will be a bring and buy stall and raffle and of course "the tea".

Visitors are always welcome to any of our meetings.







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