Focus April 2012









THE FOUR VILLAGES MAGAZINE

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Focus - The Four Village Magazine

Magazine Committee

Joint Editors: George Crutcher - 7 Summerleys, Edlesborough 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

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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

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

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

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

General Assistance (Recommended Number): 101 Leighton Buzzard Police Station/P.C.Viv Dady: 01582 473418

> P.C. Viv Dady Mobile: 07506 745133 Typetalk: 18001 01582 437418

Email: LPT.LeightonRural@bedfordshire.pnn.police.uk

Thames Valley Police (Edlesborough, Dagnall & Northall)

General Assistance: 101

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 Douglas, Tel: 01525 222049

EDaN Community Transport

Peter Williams: 01442 842506

Village Diaries April 2012

Weekly 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

Edlesborough Under 5's Pre-School, Edlesborough Memorial Hall, Angela Paine. Mon-Fri

(term time) 01525 229529

Totternhoe Pre-school, mornings, Totternhoe Lower School, Ellie Deeley on 07913 Mon-Thu

(term time) 529574

Mondays Pilates, 10.45am, St. Giles Church Hall, Totternhoe, Lisa: 01582 412426

2nd Eaton Bray Brownies, girls 7-10 years, Edlesborough Memorial Hall, 6 -Mondays

(term time) 7.30pm, Sarah 01525 229194

Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm

Mondays Weight Watchers, 7pm, Eaton Bray Village Hall

Mondays Zumba Fitness Class, 9.30-10.30am, Eaton Bray Village Hall, Zoey 07595 986892

Mondays Zumba, Dagnall Village Hall 6.30pm

Tuesdays Line Dancing, 1.30-3p.m., Eaton Bray Village Hall, Lyn Stubbs 220731

Tuesdays Baby's First Cafe (Support for Breastfeeding mums), 9.30 - 11 am, Ivinghoe and Pitstone Sure Start Children's Centre, Brookmead School, High Street, Ivinghoe

Pilates, 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 162680 Tuesdays

Totternhoe Baby & Toddler Group, 9.30-11.30am, St. Giles Church Hall, Nadine Tuesdays

Morgan 07823 447362

Northall Baby & Toddler Group, 9:30-11:30am, (open in the Summer School

Tuesdays Holidays) Northall Village Hall, Andie 07966437673

Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Tuesdays

Hall, 01582 620576

Tuesdays Yoga, Dagnall Village Hall 7.45 – 9.15pm

Zumba Fitness Class, 8.15-9.15pm, Eaton Bray Village Hall, Zoey 07595 986892 Tuesdays

Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, Tuesdays

Fortnightly Booth Place, Eaton Bray

Weds Cheeky Monkeys Under 5's playtime, 1pm - 2.45pm, Eaton Bray Village Hall,

contact Rachel on 07789 760007 (term time)

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

Northall & District Age Concern Wednesday Club, 10am - 3pm, Northall Village Wednesdays

Hall, Contact Anna 221996 or Julie 220153

Baby & Toddlers Group, Dagnall Village Hall, 12:45-2:45pm (12:15 if bringing Thurs

(term time) lunch) £1 child 50p adult. Contact Faye 07746 120163 or Samantha 07882 903282

Thursdays Yoga, Northall Village Hall, 11.30am-1pm 01525 377542

Kfa 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

Keep Fit Edlesborough School, 8pm Tel: 01582 668735 Thursdays

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.m.-9.00p.m. all

welcome, Peter Feben 01525 221048.

Thursdays Central Bedfordshire Children's Centres' Toy Library, 9-9.45am, Eaton Bray (School

Fortnightly Lane) Public Car Park

Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Fridays

Hall, 01582 620576

Village Diaries April 2012

Fridays Hartbeeps Multi-sensory pre-school play & music sessions, Northall Village

Hall. Bookings and information: Gemma 01525 381196

Saturdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525

15208

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

Casey, 07792 508591

Last Saturday Coffee Morning, 10-12 noon, Edlesborough Methodist Church

Sundays Grace Baptist Church (by the Post Office) prayer time 9.30am, main meeting

11.00am-12.00pm. All welcome. Nathan 07794 615626, or Peter 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 Methodist Church Hall. Contact

Barbara Collier on 01525 221401

1st & 3rd Monday Knit n Stitch. 2pm-4pm. Edlesborough Memorial Hall, 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 Wednesday St.Mary's Ladies Guild, 2pm, St.Mary's, Eaton Bray

2nd Thursday CAMEO Coffee, tea & chat, 10am-12noon, Edlesborough Methodist Church

3rd Thursday Edlesborough Parish Council Meeting, 7.30pm, Memorial Hall

3rd Sunday Lunch club 11.30 to 2.00pm, Eaton Bray Village Hall, Chris Hewitt 222288

Other Regular Events

1st Beds Area Narrow Gauge Model Railway Club meeting, 11.30am-4.30pm,

Eaton Bray Village Hall

13th Leukemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30 am

14th Cafe Community, Eaton Bray Methodist Church, 11am to 1pm

17th Dagnall Over 60's, Lunch out at The Woolpack in Stoke Mandeville followed by

a visit to Bicester Outlet and Garden Centre

19th ELF Meeting, Coffee Tavern, 10.30am 26th ELF visit to College Lake, 10.30am

30th ELF walk, Eaton Bray Church, 10.30am

One Off/Annual/Irregular Events

2nd Aylesbury Dolls House Open Evening, Halton Village Hall, 7.30-9.30pm

4th Lions Information Evening, 7.30pm, Eaton Bray Village Hall

6th - 12th Easter Egghead Hunt, 10.30-4.30pm, Dunstable Downs Chiltern Gateway

Centre, Book 01582 500925

14th Music Event, Grace Baptist Church, 7pm, Free entry

15th Carnival Queen & princess selection, 11.15am, Eaton Bray Village Hall 19th - 21st The Birthday Party, Leighton Buzzard Theatre, Box office: 0300 3008125

21st Quiz, Eaton Bray Village Hall, 7.30pm, Tickets: 01525 221411

22nd Appledown Kennels sponsored walk, 10am - 12 noon 27th Psychic Night, Dagnall Village Hall, £5, 07882 903282

28th Eaton Bray Academy Disco Night, 7.30pm, Leighton Buzzard Rugby Club,

Tickets: 07784 165259

29th Leighton Buzzard Golf Club open door day, 12.30pm, 01525 244814



EATON BRAY PARISH COUNCIL



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

The Parish Council is 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 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

Dagnall Village Hall Committee AGM 2012

The Annual General Meeting of the Dagnall Village Hall Management Committee will take place on **Tuesday 15 MAY at 6.30pm**.

All residents of Dagnall aged 18 and over are welcome to attend and eligible to vote. The following officers of the committee will be elected:

Chairperson, Secretary, Treasurer, Bookings Officer

Anyone wishing to stand for election to one of the offices may obtain a nomination form from the secretary (telephone 842129).

Village organisations currently represented on the committee are Dagnall Under Fives and Dagnall Over 60's. These organisations are invited to appoint a person to the

committee as their representative. Any village clubs or societies not currently represented on the committee, such as Dagnall Church and Dagnall Gardeners' Society are welcome to attend the meeting in order to seek the opportunity to appoint a person to the committee as their representative.

Please do make the effort to attend the AGM – it's your village hall and you have an opportunity to influence how it is managed.

Eaton Bray Village Hall 100 Club Winners March 2012

1		-
168	Beatrice Hogan	£100
31	Chris Banks	£25
189	Sonia Dean	£25
18	Vivienne Grundy	£25
Dasses	on Oth Monch 2012	of Estan Des

Drawn on 8th March 2012 at Eaton Bray Academy.

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



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Friday 1st and Saturday 2nd June 2012

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Live entertainment: Friday night - Jerome Chance
Saturday afternoon Family Magic Show
Saturday evening - Bob Thomson
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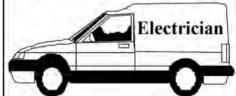


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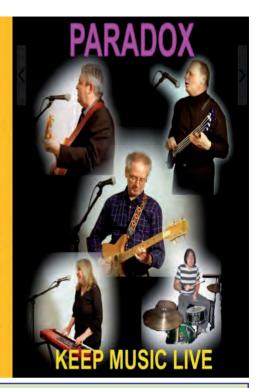
Saturday 19th May 2012 Eaton Bray Village Hall 7pm til midnight

Local group, Paradox, will be playing live at Eaton Bray Village Hall. You can expect a lively selection of music covering many genres including rock, soul and country from the 1960's up to the current day.

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Entry tickets £10.00 bought in advance, £15.00 on the door

Please contact Rachel on 01525 229 656 or email <u>president@ebelions.org.uk</u> for more information







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Please enter your name for the May Queen draw in the boxes at Edlesborough School and Post Office – ages 9 to 12. Draw at school end of April assembly All nominees will be in the opening dance around the Maypole as attendants

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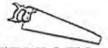
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A Letter from Rev'd Coralie

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Honorary Assistant Priest: Revd John Heffer, Reader: Gordon Gray (220136)

Church Warden: Catherine Hayden (220527)
Parish Administrator: Elisabeth Ryder (07890 718117)
Web contact: eatonbraychurch@aol.com

April, May and June are probably my favourite months. Spring eases its way into summer, the weather may be damp but the temperature rises, the days are longer and gardens, hedgerows, orchards and farm land seem to change daily as plants, flowers, fruit and vegetable burst into life.

April 1st this year marks the beginning of Holy Week, Palm Sunday, when Christians recall the triumphal entry of Jesus into Jerusalem: "Behold your King comes to you... humble and sitting upon an ass, upon a colt, the foal of an ass" (Zechariah 9:9-10). It might be worthwhile to reflect this year, on April fools day, the fickleness of people as their feelings can change so swiftly from celebration and joy to crucifixion. Perhaps



it says even more about the foolishness of a God who, whatever we do, however we behave, still reaches out to us in love.

May is always a lovely month, not least because it has a bank holiday both at the beginning and at the end. Unfortunately we'll have to wait a little longer for the second but the compensation will be a two day holiday. This brings me speedily into June and the long weekend as people celebrate the Queen's Diamond Jubilee. The Diamond Jubilee marks 60 years since her accession in 1952. The Queen will become only the second UK monarch to mark 60 years on the throne. There will be many events that weekend (Saturday 2nd to Tuesday 5th June) throughout the country.

St Mary's Eaton Bray Children's Tea Party

In Eaton Bray we are holding a Children's Tea Party on Saturday 2nd June in the church grounds. Invitations to the tea party will be going into School the first week after the Easter holiday. There will be a reply slip and it is important to reply so that a ticket to the tea party can be issued. You will need to bring your ticket along to the tea. Jesus managed to feed 5000 - sadly I'm not quite up to that but with the help of the great bakers at St Mary's we should be able to feed about 150. Toddlers will need to bring a parent but more details will be on the invitation. It's really exciting to be working with the Annual Beer Festival for this event, I'm sure that we'll all have a great time. By the way it's free, let's party.

At 10am on Sunday 3rd June there will be a Diamond Jubilee Service of Thanksgiving at St Mary's and if you want to organise a street party or celebrate with friends and family go to the Big Lunch web site (www.thebiglunch.com)

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 TOTS (Tots on Tuesdays) (2nd & 4th Tuesdays)

Wednesday: 10.00am Holy Communion

EVERYONE WELCOME AT THESE SERVICES

Funerals - "Grant them, O Lord, eternal rest"

Arthur Thomas Fountain who died on February 11th 2012. We remember his wife Doreen and family.



All Saints' Church, Dagnall Services and Meetings in April 2012

Sun 1st April	9.00 am	Eucharist
_	10.30 am	Morning Service
	3.00 pm	In Loving Memory Service
Fri. 6th April	6.00 pm	Special Service for Good Friday
Easter Day	_	
Sun. 8th April	9.00 am	Eucharist
_	10.30 am	Family Service
Sun. 15th April	10.30 pm	Family Communion
Sun. 22nd April	10.30 am	Morning Service
	6.00 pm	Eucharist
Sun. 29th April	10.30 am	Informal Worship
	6.00 pm	Evening Service
Sun. 6th May	9.00 pm	Eucharist
	10.30 am	Morning Service
	6.00 pm	Evening Service with Holy Communion

Sunday School meets each Sunday at 10.30 am except when there is a Family Service.

Last Table Corner

Dear friends,

Last month and after staring at the figures for a long, long time, I realised that - although The Little Dagnall Catering Company had established a good reputation and loyal support - it was very much a seasonal business and didn't keep the wolf from the door through the winters. So I had to make the very difficult decision to wind the business up. As you can imagine I am really sad about this so, no recipe this month I am afraid, just a goodbye.

Thank you very much for reading this column over the last few years and

for your support.

Pascale

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Dagnall News

Over 60's

In February Sally-Ann Thorne came to speak to us about her trek through the Amazon Jungle. Five people, including Sally, were among 70 others who had bravely volunteered to raise money for charity. Sally's group were raising money for the Hospice of St. Francis, where her mother Anne Thomson spent her last days. They endured the most gruelling experience of their lives, but amazingly they have volunteered to go on another trek in May next year to Peru!

In March, we have Brian Smith and his Talk from the Tower, and in April we are out for lunch and a visit to Bicester Outlets and Garden Centre.

We are still hoping for younger over sixties to join us and support this friendly community endeavour.

Community Choir

Our Community Choir meets every Monday evening at Dagnall Church under the generally enthusiastic leadership of Stuart Harding, our revered mentor and conductor. He puts us through our paces and is guiding us through the expansion of our repertoire for the various concerts planned for later in the year.

We are, at present, working on music from "Guys & Dolls" with some traditional English music thrown in for good measure and balance. Our next musical challenge will be "The Beatles Song Book". So there should be plenty of variety and something for all tastes at our concerts and we hope that you will be able to come along and enjoy the results of our efforts. Our next appearance will be on Edlesborough Green at The May-Day Celebrations on May 5th.

New members are always welcome. Please contact Val Lumley on 01442 842214 or Geoff. Ward on 01442 843515 for more information.

Dagnall School

On Monday 19th March Dagnall School held their Mothering Sunday Assembly. This is what the Chaffinches (Reception) said about their Mums.

My mum is special because she cooks me sausages for dinner. Cody

My mum is special because she is kind to me and gives me cuddles. Callum

My mum is special because she cooks me yummy food and kisses me at night. Adelaide

My mum is special because she tidies up my bedroom when I make a mess. Mollie

My mum is special because she cooks me lovely lasagna. Ralph

My mum is special because she gives me kisses when I wake up in the night. Alice

My mum is special because she gives me loads of hugs and kisses. Frida

My mum is special because she makes me breakfast. Max

My mum is special because she gives me kisses and cuddles at bedtime. Malachy

My mum is special because she gives me kisses and tucks me into bed. Thomas

My mum is special because she gives me cuddles and kisses. Eddie

Dagnall Village Hall

On Saturday March 10th, Dagnall Village Hall presented a Musical Evening with Jean Martyn who was recently a finalist on Britains Got Talent Competition.

A varied and attractive programme received a much appreciated response from a large audience.

The monies raised for the Village Hall Development Fund were in excess of £500 which is obviously very welcome to the committee.

The raffle was most successful and grateful thanks are extended to the following for donations received as follows:

Elachi - meal voucher £20

The Rex - two tickets

Little Gaddesden Post Office - 6 bottles of wine

Rob Quinn, RSL Copiers - chocolate hamper

Bev Way - cut and blow dry

Janes of Edlesborough – deep fat fryer

Lura- car wash voucher

B & H Autos - bottle of whiskey

Edlesborough Post Office - chocolates

Mr & Mrs Castledine - wine

Mr & Mrs Eric Rose - wine

Arthur Cutler - voucher for Cross Keys Farm

Playgroup – tea, coffee and biscuits

Stephanie McCloud - cupcakes

Edlesbray Leisure Fellowship - ELF

Greetings to everyone from the ELF Group.

Is spring really coming? Snowdrops and primroses are showing their beauty and daffodils are well and truly blooming. Shrubs are bursting with new growth, and surely, other spring bulbs are awakening. Hopefully the worst of the winter weather, with its snow and heavy frosts is in the past.

There will be a group of National Trust members and Non-members visiting Ascot House on March 29th to view the wonderful show of daffodils, between 2.00 and 4.00 p.m. We hope for good weather.

Our meeting on February 19th was well attended and lively. Refreshments were enjoyed whilst chatting. The arrangements for future outings were discussed and are "well in hand". They include:- Stondon Motor Museum; Organ Museum; Bletchley Park; Shuttleworth Collection and Worlds End. Hopefully, all these outings will include a lunch. All details for events as and when they occur will be posted in the North Porch of Eaton Bray Church.

The walk on February 27th was thoroughly enjoyed by the group led by Alan. We walked from Horton Wharf along the Grand Union Canal to Ivinghoe Locks and back across country to Horton Wharf. Lunch was taken in The Carpenters Arms at Slapton. Elf members are looking forward to lunch out at The Plough, Wingfield on March 8th. A report will appear in the May Edition of The Focus.

The walk on April 23rd has been postponed until April 30th.

Have a good Easter.

APRIL DATES

Thurs.	19th April	Meeting Coffee Tavern	10.30
Thurs.	26th April	Visit to College Lakes	10.30
Mon.	30th April	Walk Eaton Bray Church	10.30



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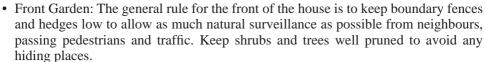
Defensive Planting for Household Security

Nature herself provides one of the best solutions to many garden crimes. With careful thought and planning you can reduce the risk of becoming a victim of garden crime or household burglary, whilst at the same time creating an attractive garden.

Securing your home is not the only way to deter potential burglars, using plants as a barrier is the perfect way to protect your property externally as well as the internal security you may have in place.

Follow these top tips to transform your garden into a haven as well as a deterrent against intruders:

- Defensive Planting: Nature's own way to reduce crime. Criminals do not like climbing through prickly plants and hedges. They know that a small item of ripped clothing or blood can help the police identify them. Ideal plants to use are:
 - 1. Tall prickly shrubs such as Berberis Julianae or Ilex.
 - 2. Dense shrubs such as Berberis Stenophylla and Mahonia.
- Thieves don't like to be heard: Crunchy gravel on the approach to the house which gives away their presence is ideal.



- The rear garden: Back gardens should have a secure boundary and gates/fences which should be of sufficient height to make scaling them difficult. Thieves hate to be cornered and will always be looking for escape routes. The traditional country hedge provides an attractive and impenetrable boundary. Prickly shrubs planted along an existing fence are effective and attractive but may take a long time to grow and thicken up.
- Patio furniture: Large numbers of hammocks and parasols are stolen from gardens every year. Take time to mark the items with the post code as boldly as possible or use a DNA liquid property marking kit (for example Selecta DNA).
- Water features: A pond can form part of a defensive boundary as well as the finishing touch to your garden.

Community Safety AVDC- 01296 585061

Latest News from the Red Lion, Dagnall

Many people have been enquiring when we are increasing our menu and we are planning to start serving lunches on Thursdays, Fridays and Saturdays as from the Easter weekend. There will be a choice of toasties, baguettes, seasonal soup and some daily specials. We are already serving Sunday lunches with a choice of beef or other option usually chicken, pork or gammon and also a vegetarian option. We have a choice of two starters and two desserts and the price is £8.50 for a main course.

As some of you have already tasted, we have our fish and chip suppers every Friday evening from 6.30p.m until 8.30 p.m.and this is also available as a takeaway. We will look to increase evening food as the summer comes. Once a month on a Monday we will be having a Curry Night, the first one being 19th March and I will put the future dates on the village notice board or around the pub. There will be a wide selection of dishes provided by Black Pepper Indian Restaurant who will cook them fresh from our kitchen. They will also be available as a takeaway.

We will also be having some International Food nights so input from anyone local is greatly received for example one of our Spanish friends is adviser on a Paella and another on a South African themed barbeque!

For any special events do let us know, we can provide a buffet or for groups wishing to have a meal together we can also cater for this by arrangement.

Either pop into the pub or give us a call on 01442 843020.

For any real ale fans we have two constantly changing beers on the bar and also Bounds scrumpy cider.

What did I say about the Weather in the Last Edition?

Classic isn't it I go about a mild winter then get bitten on the preverbal, as we had a week of very cold weather and snow. As writing, we are having the first serious rain we seem to have had for many a week, maybe if I write about how dry it is, we will get the rain we all badly need!

But to the main point of my meanderings.... The **Quiz** we are holding in the Village hall on **April 21st** is nearly sold out with 145 tickets sold and getting near to capacity. It really astounds me that so many people have booked so early but I am equally delighted.

So I think I had better move on to the **Beer Festival in the Village Hall on Friday 1st and Saturday 2nd June**. I will be giving more details on what exactly is going on in the next edition but for now just get those dates in your dairies and we hope to see many of you there.

I am told by Coralie, that she is writing in depth about the Children's Party that we are also holding on the Saturday so those of you who have young children please take a look.

We have had a few volunteers to help with the Children's party and we thank them but we can always do with a few more, you can also help at the Beer Festival if you think that is more your thing. We always welcome volunteers with open arms!!!!!

If you need any more information please do not hesitate to contact me on 221411 or ross.bagni@btinternet.com

Carnival 2012.. "Kings and Queens"

Still the time cometh for Carnival.

The theme for Carnival 2012 is "Kings and Queens". We are not just talking Elizabeth, Edward, Victoria, George, Henry and Ethelred; there is Cleopatra, Martin Luther ... not to mention Freddie Mercury! Use your imagination for the theme; decorate your house on the Carnival route and join the procession in costume to make this a Carnival to remember in Queen Elizabeth's Diamond Jubilee year.

The Carnival will also include some superb Olympic-themed events for children from 2 to 92 in the main arena on The Green.

Organisation for the Carnival is underway so is there any way you can help to make this a year to remember?

- VERY IMPORTANT: Carnival Queen Dresses. Selection of the Carnival Queen and Princesses will take place in April. Dresses for the Queen and Princesses are very difficult to find this year. Can anyone help with any bridesmaid or similar "fancy" dresses that would be suitable for our stunning young ladies? All help or ideas would be greatly appreciated!
- Young ladies that wish to be a Carnival Queen or Princess make sure you see the advert in focus and around the villages.
- Local Groups: Do you run any group in the Villages that would like to operate a float this year? Perhaps you do not live in the village but operate your events here and would like to take part? All floats are welcome!
- **Transport:** Can you help with transport in any form; flatbed lorry, open truck or van or anything that could provide transport for the procession?
- **Advertising:** Any business that would like to advertise in the Carnival program should have their requests in by mid-April. This is an event that draws thousands of people for the local area so don't miss out. Please contact **Pauline Glen** on 01525 229400.
- Can you provide any help to the carnival?
 - Prizes, of any sort, for the various raffle and tombola stalls.
 - Items for the silent auction.
 - Can YOU provide help on the day of the carnival at any of the many charity stalls, even for a few hours?

Contact Gordon Gray on 01525 220136

My Lords and Ladies the time is coming; prepare yourselves for a "right Regal Carnival" in 2012.

Dunstable & District Orbit Club

Dunstable and District Orbit Club held a quiz night at Eaton Bray village hall on 4th February, despite the weather. 11 teams took part and raised money for Alzheimers Society. We also helped the Round Table by collecting on the Christmas float in December and were presented with a cheque which will go to Orbit charities at their cheque presentation evening at the cricket club in Totternhoe.

Orbit is a social and charitable club and meets on the 1st and 3rd Tuesday each month at Dunstable Rugby Club at 8pm. For more details contact 01525 222441 or visit our website on www.orbitclub.org.uk/dunstable.

News from the Lions Den

Youth - Challenging tomorrow today....

Lions are committed to supporting and encouraging young people to learn, to achieve and to grow. Youth projects are organised by clubs both locally and internationally.

At the international level, the influence of Lions can touch thousands of people, at a local level the needs are often immediate and personal but equally important.

One of these projects is known as the Young Ambassador award. It aims to acknowledge today's young 'ambassadors' working as volunteers and gives them the recognition they deserve. The award helps to boost their self esteem and confidence whilst highlighting the charities and volunteer groups with which they are involved.

Candidates need to be aged between 15 and 18 years in age.

I am delighted to be able to say that this year, we have a winning candidate.

15 year old Fiona has cerebral palsy. A disorder that can involve brain and nervous system functions such as movement, learning, hearing, seeing, and thinking. Three years ago she felt she had little to offer any one and certainly not in a sporting context. However she has since learnt that, in the right environment she excels at a number of sports.

Fiona now competes in National Boccia competitions and DSE National Athletics Championships. She has trained as a sports leader and now coaches young disabled athletes aged between 5 and 7 years old – some of whom are being watched closely by the GB Paralympics coaches.

Fiona competed against 13 other 'young ambassadors' from all over the UK. She was the youngest entrant but this certainly didn't hold her back.

When Fiona speaks, people are spellbound, both at her content and soft, gentle yet enthusiastic manner. Indeed, Fiona made such a lasting impression that she was rewarded with the 'Ship Shape' award.

THE SHIPSHAPE AWARD, sponsored by the Jubilee Sailing Trust is awarded to a candidate who demonstrates a particularly strong personal commitment and enthusiasm for their community work but who, in the opinion of the judges, would benefit from the opportunity to develop their confidence and their leadership skills.

JST is a registered charity that owns and operates Lord Nelson and Tenacious. Founded in 1978 off the back of a grant from the Queen's Silver Jubilee Fund, the JST owns and operates the only two tall ships in the world that have special features that enable ablebodied and disabled people to sail the ship together as equals. Tall ship sailing with the JST provides everyone the thrill and adventure of life at sea.

The award this year offers a greater opportunity than ever before.

Just 4 days before the Young Ambassador finals took place at Dudley this year, the Trustees and Vice President of JST made the announcement that the tall ship *Lord Nelson* will leave the UK in October 2012 to sail around the world.

Founder Christopher Rudd said in his announcement speech "We all know who the heroes of the JST have been over the years: those with disabilities who have put the Trust's ideals to the test...afloat, at sea, on board *Lord Nelson* and *Tenacious*. It is to these courageous characters that we give thanks tonight. Let's drink a toast to all our shipmates, especially those who have defied disabilities to challenge the elements

aboard our very special and magnificent tall ships".

Lord Nelson was designed and built to be sailed by able-bodied and physically disabled people including wheelchair users, as part of a full working crew. This will be the first time that an accessible square-rigged sailing ship with a mixed physical ability working crew has undertaken a circumnavigation.

The 21 month world voyage, which JST are calling 'Sail the World', will incorporate four Equator crossings, 7 continents, 30 countries and 45,000 sea miles and is the most ambitious project the charity has yet undertaken.

The purpose of Sail the World is to give people of all physical abilities the chance to undertake adventurous ocean passages under sail. It is planned that wheelchair users will be part of the working crew for each of the 10 passages, the longest of which is 58 days and 5,800 sea miles from New Zealand to Ushuaia including rounding Cape Horn. Square-rigged sailing ships have been rounding that historic rock for centuries but this will be the first accessible tall ship with a mixed ability crew to do so.

Sail the World also aims to introduce other nations to the experience of accessible sailing on a tall ship, which for many people can be a life-changing discovery of abilities they didn't know they had. Ports of call around the world have expressed a strong interest in chartering the ship for a few days, between the long passages, in order to enable their own nationals with disabilities to sail who otherwise would not get the chance. The JST hopes that people from these countries will also want to join the ship on the longer adventurous passages across the oceans of the world.

The JST ships are recognised world-wide as being unique and already there is great excitement around the globe about giving Lord Nelson a warm welcome wherever she goes.

Disabled sailor and JST Trustee Niall Tarrell said "I have been a wheelchair user since the age of twenty-one and sailing on Lord Nelson opened up a sense of achievement and opportunity that I had rarely felt before. Taking this message to the rest of the world and giving disabled South Africans, Australians, Asians and South Americans a chance to share this experience we believe will inspire people around the world".

The ship will leave in October 2012 from Southampton. *Sail the World's* first destination will be Rio de Janeiro in Brazil. Other ports of call include Cape Town, Singapore, Sydney and Auckland. The grand home coming will be in July 2014 after visiting Iceland.

After Fiona had been awarded this coveted prize, I was approached by the CEO of JST who said he was so impressed with Fiona that would love to give her the opportunity of taking part in one of the Sail the World legs.

Fiona now needs to decide which leg of the tour she wants to take part in so that the amount of funds required to cover her travel can be calculated.

Fiona has already been awarded a £500.00 donation from JST towards the cost of her experience but the remainder of the funds need to raised to offer her this life changing opportunity. Lions around the area are already committed to finding ways of supporting his wonderful, worthy young lady but I am hoping that she has touched the hearts of some of you reading this article too.

A *Just Giving* link has been created on our website www.ebelions.org.uk . Any money you pledge here will help support Fiona – if you can spare a pound then please do

consider her as a worthy beneficiary.

I make no apology for feeling so passionate about this competition having met youngsters like Fiona and so many like her, I know there are far more good young people than the small minority of bad we read about in the press.

Our next informal information evening is taking place on Wednesday 4th April at Eaton Bray village hall from 7.30pm. Full details can be found in the advert in this magazine or by calling Rachel on 01525 229 656. We would love to see some of you there.

On Friday 18th May we are supporting the National Spinal Injury association (SIA) with a fish and chip super being held in Edlesborough village hall. One of our members will be delivering a talk on spinal injuries and the work the association do. Come along to support this worthy, national cause and find out more. Tickets are £12.50 which includes your fish and chips and a £5.00 donation per ticket to the charity. Tea and coffee will be available to purchase but please bring along your own soft and alcoholic beverages. Tickets for this event need to be purchased in advance so that we can order the fish and chips. Please book by no later than Tuesday 15th May. Call Rachel for more details on 01525 229 656 or refer to the advert in this magazine for further details.

On Saturday 19th May, **PARADOX** are coming to Eaton Bray. The cracking covers band will be recreating classic cuts like Clapton and The Culture Club through to contemporary contenders such as Coldplay, the Chilli Peppers and The Kaiser Chief's!!! Paradox is a 6-piece covers band are based in Leighton Buzzard. Formed ten years ago, their mission is to get people rocking. To support this, we have a full bar license for the event to make your evening really go with a swing.

Tickets are on sale **NOW** and are priced at just £10.00 per person in advance or £15.00 on the night. Doors open at 7pm. To make sure you don't miss your opportunity of a night to remember, get your tickets early by calling Rachel on 01525 229 656 or email president@ebelions.org.uk.

For a sneak preview of their latest line up or for more details in general, please go to our website www.ebelions.org.uk

Finally on Saturday 9th June we are running a day trip to Foulness island, off the coast of Essex. A luxury coach will be running from Eaton Bray. Full details will be provided in next month's magazine.

Better still... come along to meet us at our open evening and collect your event tickets while you are there...

Ordinary people doing amazing things

Barbara Bates would like to thank 'Mark' from Edlesborough for rescuing her husband when his wheelchair became stuck in the mud when out in the Meads. Just to let people know there are good samaritans around these days.

Highlights of the Meeting for Eaton Bray Parish Council

Held in The Coffee Tavern on Monday 5th March 2012 at 7:30pm SPEED LIMIT CHANGE

The Parish Council are pleased to inform residents that the new speed limit for School Lane has been agreed, being reduced from 30mph to 20mph. Speed restriction signs are to be installed

RAND

CENTRAL BEDS REPRESENTATIVE

Cllr Marion Mustoe informed the Parish Council that the new Core Strategy from Central Bedfordshire Council could potentially have an effect on Eaton Bray. She will be keeping a close eye on details and inform the Parish Council of any matters arising.

Cllr. Mustoe informed the Parish Council that the following applications are being called into committee: Land to the rear to The White Horse, The Rye Nurseries and Wavertree, Wellhead.

The Parish Council was informed that there has

A	£1,073.99	1,075.09
В	£1,252.99	1,254.28
C	£1,431.99	1,433.45
D	£1,610.99	1,612.64
E	£1,968.99	1,971.00
F	£2,326.99	2,329.37
G	£2,684.98	2,687.73
Н	£3,221.98	3,225.28

been a reduction in the Eaton Bray Council Tax Base for 2012/13: See table.

VILLAGE SIGN

The Parish Council has been approached by residents interested in putting together a working group to design a village sign. A meeting is being set up to look at this proposal in more detail.

BROADBAND: EB EXCHANGE

For those who are not aware, Eaton Bray's exchange has been updated, with all ISPs having the potential to offer the upgraded speeds (not just BT). Sky and TalkTalk also have their own hardware in the exchange as well.

PARISH COUNCIL WEBSITE: www.ebpc.co.uk

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

Parish Clerk & RFO: Heidi Head

Parish Office: 20 Good Intent, Edlesborough, LU6 2RD

Email: clerk@ebpc.co.uk - Telephone/Fax: 01525 221464 - Website: www.ebpc.co.uk Office Hours: Tuesday/Thursday/Friday 09:30-13:30hrs [message can be left on answerphone]

 $[emergency\ contact\ only:\ Cllr.\ J.\ Conner-Tel\ 01525\ 221154-Email\ joan_d_conner@$

yahoo.co.uk}



1st Monday of each month 7:30pm The Coffee Tavern

Next Monthly Meeting: Mon 2nd April

Annual Parish Meeting and Annual Meeting of

Eaton Bray Parish Council Mon 14th May

41

Carnival Queen & Princess

St Mary's Village Carnival

Would you like to lead the Carnival Procession and open the Fete on Saturday 7th July?

Are you aged between 8 and 13 years?

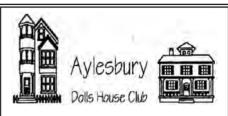
If so you could be the Carnival Queen or Princess we are looking for

To take part all you have to do is complete and return an entry form (details below) and come along to Eaton Bray Village Hall on Sunday 15 April at 11.15am when the Queen, Princess and two Attendants will be chosen

How to Enter

Entry forms are available from www.stmarysvillagecarnival.com or from Tanya Watkin at 15 Saffron Rise, Eaton Bray. To find out more call Tanya on 01525 222582

Entry forms should be returned to Tanya by 8th April



We are holding an open evening at Halton Village Hall on April 2nd from 7.30 to 9.30pm.

If you are interested in dolls houses and miniatures please come and see what we do and have a chat.

For further information ring Val Barrow on 0144284 2364 or email valeriejbarrow@aol.com

The Birthday Party

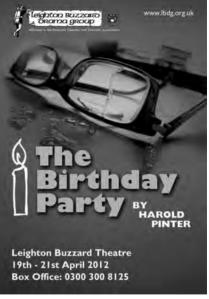
The Birthday Party is one of Harold Pinter's earliest, most mysterious, well known and beautifully written plays. It is a play with an interesting mix of comedy, absurdity & menace.

Petey and Meg run a tired seaside boarding house on the south coast. They have just one boarder, Stanley Webber, an erstwhile piano player. Their lives are disrupted when mysterious Mr Goldberg and Mr McCann arrive. They seem to know Stanley and to have dangerous intentions regarding him. Stanley is in a near panic when he learns that Meg has planned a birthday party for him, and that Goldberg and McCann are invited.

It's not your ordinary birthday party with candles and cake...

Tickets £9.50 Adults & £8.50 Concessions. Thursday night offer, 4 tickets for the price of 3 (cheapest ticket free).

Box office number 0300 300 8125 BOOK EARLY!





FRIENDS OF DAGNALL SCHOOL are organising a sponsored... Wander in the Woods On Sunday 27th May at 2pm.

After a very cold few weeks, come and join US for a sponsored walk in Ashridge Woods with our very own intrepid explorer Tony Lumley. A fantastic opportunity to have a lovely guided wander, suitable for all age groups and abilities, and maybe spot a deer or two whilst raising money for our school!

Refreshments will be available free for all participants.

YOU can either raise sponsorship for your place or GIVE a donation (recommended min of £5 per walker).

Please phone DAGNALL SCHOOL on 01442 842 473 or PASCALE on 01442 842 857 for further information or to book a place.

Dunstable Downs Events

Chilterns Gateway Centre, Whipsnade Road, DUNSTABLE, Beds LU6 2GY
Little Lambs Club

A crafty fun club for toddlers at Dunstable Downs

Every Thursday 10am – 12noon, starting 1st March term time only

Enjoy a chat with other mums as the kids enjoy some creative play!

They will get to make all sorts with us, as you relax and watch. The children can try different craft activities every week and listen to stories! £4 per child - suitable for children under 5yrs. Call 01582 500920 for details and to book.

Visit www.nationaltrust.org.uk/dunstabledown Twitter - DunstableDwnsNT

Easter Egghead Hunt Join us on our egg trail

Daily from 06 April to 12 April 2012 10:30 am - 4:30 pm

Join us for an exciting egg hunt with our sponsors Cadburys. Complete our trail exploring the Downs and win a yummy Cadburys chocolate egg! There will be lots of family Easter fun happening too, all in the glorious surroundings of Dunstable Downs. All Tickets £2 (for trail and chocolate prize). Booking advisable. Normal admission charges apply. Contact: Chilterns Gateway Centre Shop - telephone: 01582 500925 Email: dunstabledowns@nationaltrust.org.uk

Website: http://www.nationaltrust.org.uk/dunstable-downs-chilterns-gateway-and-whipsnade-estate/

Edlesborough Parish Council News including Edlesborough, Dagnall and Northall

Council Tax

Bucks CC and Aylesbury Vale District Council have agreed to freeze Council Tax for 2012/13 and the Parish Council will not be increasing the Precept which will remain at £64,000.00 for the third year running.

Bus Stops

The Bus Stop cage at the top of Edlesborough High Street has been increased in size to allow buses to pull in and out more safely and to endeavour to avoid the parking of vehicles towards the junction with Leighton Road (A1416).

Information on who to contact at Edlesborough Parish Council

Edlesborough Memorial Hall Beverley Douglas 01525 222049

Bookings e-mail: bluebellbev@gmail.com
Enquires/concerns regarding Beverlev Douglas 01525 222049

the Memorial Hall, Pavilion, e-mail: bluebellbev@gmail.com Playground and Green

Faulty streetlights Bev Sage 01525 229358

e-mail: assistant.clerk@edlesborough.gov.uk

Allotments Bev Sage 01525 229358

e-mail: assistant.clerk@edlesborough.gov.uk

Burials and Cemetery enquiries Bev Sage 01525 229358

e-mail: assistant.clerk@edlesborough.gov.uk

All other enquiries to be Lin Sargeant 01525 220859

addressed to the Clerk e-mail: parish.council.clerk@edlesborough.gov.uk

Edlesborough Cemetery

In order to remind parishioners that the Cemetery is a Lawn Cemetery small amendments have been made to the Rules and Regulations copies of which have been sent to local Funeral Directors and will, in future, be sent to Grantees when purchasing the Exclusive Right of Burial. The updated Rules and Regulations can be made available by contacting the Assistant Clerk, Bev Sage.

Proposed Luton Airport Expansion Plan

Information will be reported as soon as it becomes available.

Aylesbury Vale District Council – Change to Recycling schedules

The changes in the collection of bins will be commenced throughout the District from June 2012. Information leaflets will in due course be affixed to the existing bins giving information as to when this will affect Edlesborough, Dagnall and Northall. Households are being encouraged to sign up and take advantage of the new optional garden waste service which will be a fortnightly kerbside service operating between February and November collecting all grass cuttings, twigs and small branches, weeds and hedge trimmings in a new 240-litre brown wheeled bin. The annual cost to households will be £36. Information leaflets have been place at the Surgery in Cow Lane and Edlesborough Stores & Post Office. To sign up for this service either go

online at www.aylesburyvaledc.gov.uk or telephone 01296 585237. **Please Note** that the existing Green Sacks for garden waste are still available until September 2012 and can be obtained from Mrs. Sue Parker, 14 Brownlow Avenue, Edlesborough.

Full details of all General Purpose Committee Meeting and Parish Council Meeting minutes are available on the parish website www.edlesborough.gov.uk after they have been approved and signed at the following meeting.

Lin Sargeant – Clerk to Edlesborough Parish Council - Tel. 01525 220859

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

Beverly Sage – Assistant Clerk to Edlesborough Parish Council – 01525 229358

E-mail: assistant.clerk@edlesborough.gov. uk

Edlesborough Memorial Hall Booking Secretary: Beverley Douglas – Tel. 01525 222049, E-mail: bluebellbev@gmail.com

Website: www.edlesborough.gov.uk

Edlesborough Parish Council Meetings

3rd Thursday monthly 7.30pm Memorial Hall

Next Meetings: 19th April 17th May

From Pyramids to the High Street

The Pharoahs of Egypt played bowls – you should give bowls a go. Your local bowls Club is in Cheddington, started in 1983, it can be found at the The Recreation Ground in the High Street.

People have loved playing bowls for centuries. You may have heard of Bocce (Italian), Bolla (Saxon), Bolle (Danish), Boules (French), Ula Maika (Polynesian) and, of course, todays popular Crown Green and Lawn Bowls. The oldest bowls green still played on dates from 1299 and is in Southampton!

Shakespeare mentions bowls in Cymbeline. The game's magic ensures its continued popularity with both the young and the mature, for it is easy to get into and rewarding from the outset. It is a game of fun and friendships. It challenges mind, body and spirit – just enough!

Come to our **Open Day & BBQ on Sunday May 20th,** (from 2 to 5 pm). Also, Tuesdays (2pm) and Fridays (6 pm) from <u>May to September</u> we are open for you to **GIVE BOWLS A GO**

We love bowls and our Club. We think you will too.

Cheddington Bowls Club contacts: Nigel 01442 824679 or Sue 01296 668772

Eaton Bray Cricket Club 100 Club Winners March 2012

£100 John Hill No.103 £25 Anne Todd No.26 £10 Gary Ellerton No 74 Eaton Bray Cricket Club is kindly sponsored by F.A. Hawkins, M&M Properties & Meadow Marquees



Dunstable & District Local History Society Tuesday 10th April, 7.45pm Time Flies at Old Warden

Alan Reed talks about the Shuttleworth Collection of vintage aircraft, housed in the aerodrome near Sandy.

Methodist Church Hall, Dunstable Visitors always welcome

Gordon's Charity Christmas Puzzle 2011

I am very grateful for the support of many local people and for their generosity – as a result of this year's Puzzle £5,300 will be donated, to be shared equally between five nominated charities: Harpenden Child Contact Centre, Leveque School, Haiti, St Mary's, Eaton Bray, Willen Hospice and Yorkshire Air Ambulance. The total raised by the Puzzle is now £46,500 – my thanks to everyone who has helped to make this possible.

Of 324 entries this year, from as far away as New Zealand, Australia and Canada, 29 achieved full marks including a number of local people: Angie Baker, Liz Constable, Iain Stubbs, Margaret Webber & Alison Timman.

A draw, to select four winners, was held at All Saints Church, Dagnall, on 29 January. The winners, none of whom are local, were: Mr & Mrs M J Fisher, Sally Kettle, Malcolm Moore and Brian Stone. In addition, one entry was drawn at random from among all the entries received, the winner being Peter Cook, who scored 118.5. These five winners each receive a cheque for £30.

You can register to receive a copy of next year's Puzzle at www.christmaspuzzle.co.uk. Next year's Puzzle will be issued on 8 December. Gordon Gray

OPEN, LOVED, VISITED and USED

These are the key objectives of the newly created Friends of St Mary's Edlesborough. Following the leafleting of households in Edlesborough and the article in last month's Focus more than 30 people have come forward to join the group of Friends.

However we will need more people to achieve the projects we will work on. If you have an interest in helping the Friends please call the number below or send an email. Perhaps you have a specialist skill and you are prepared to donate some time or

resource for a particular project but don't want to be a regular member then this will be a great contribution too.

The Friends are currently working out some projects and setting priorities and these will be shared with everyone in future editions of Focus. For example we have concerts that will bring people into the church. These need people to carry out various activities to make them a success. You might want to help with these but nothing else. That is fine, just call the number below or email and let us know that you are willing to help.

We look forward to hearing from you! Alan Williams

Email: ajrwilliams@hotmail.com Tel 01525 221926 or 07828 398371

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: John Hazell 01525 218142

Email northallchapel@btinternet.com 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.

St Mary's Ladies Guild

The Guild had their monthly meeting on Wednesday 14th March at St.Mary's Church, Eaton Bray. Deirdrea welcomed members and gave apologies for those who were unable to be present and handed out birthday cards to Joan Fossey and Christine Driscoll and gave details of future events:

Wednesday 11th April 2pm – next Guild meeting with speaker Hilary Percival on "My Nursing Career".

Saturday 5th May Guild Coffee Morning for St. Mary's Church.

Wednesday 9th May 2pm – Guild Jubilee Celebrations with bring and share tea. Speaker Christine Farrington "Royal Reflections".

Thursday 7th June 3.30pm Cream tea, venue to be advised.

Wednesday 22nd August – Guild outing to Henley, cost £16.

Devotions were led by Christine.

Deardrea introduced Maggie Lines who gave a very interesting, informative presentation and demonstration on reflexology and its benefits which was very well received by members.

Thelma thanked Maggie on behalf of members.

After the closing prayer, as is usual at all Guild meetings, members were invited to help themselves to the very good selection of refreshments.

Spring Clean Your Body

During the cold, dark, wet months it is very easy to pick up bad habits such as slouching, slumping and forgetting to exercise. So, put a spring back into your step with a few simple postural exercises.

Good posture involves keeping your body in correct alignment by maintaining your natural curves in sitting, standing and walking. Try following these 4 simple steps to help improve posture, as well as minimise the stress and strain on muscles, joints and discs.

- 1. Try to stand as tall as you can This will make you look longer, leaner, fitter and thinner.
- 2. Push your shoulders down and back This reduces the possibility of shoulder and neck pain. Imagine you are opening up the front of the chest wall, not standing to attention!
- **3. Pull your lower tummy muscle in** Only try to hold with 20% effort. This helps to improve the tone of your tummy muscles and improve your core stability.
- **4. Strike the heels to the ground and the toes-off all the way** This helps to employ the full gait cycle.

Try to carry out these tips daily and soon it will become second nature. Why not add some exercise into your daily life – take the stairs instead of the lift and park at the furthest point in the supermarket car park.

If you have any aches or pains or feel you would benefit from physiotherapy, please contact: St Judes Clinic 26 Lake Street Leighton Buzzard LU7 1RX

101525 377751

₹=¶enquiries@stjudesclinic.com www.stjudesclinic.com.

Women's World Day of Prayer 2012

Eaton Bray Methodist Chapel hosted the service held on Friday 2nd March.

The church was decorated with vibrant coloured flowers, baskets of fruit, orchids, butterflies, pictures, posters and placards, along with a peace lily and coloured candles. Malaysian music was played, accompanied by Thelma on the ethnic drum, gong and bell. Large chains (of paper) hung at the front of the church with the words INTOLERENCE, INJUSTICE, OPPRESSION and PERSECUTION, all representing the country of Malaysia and the Christian women of Malaysia who had prepared the service for this year.

Malaysia is not without its problems. There is corruption and inequality and there are conflicts between the religious and civil law.

The service was led by Deirdrea Ellins with members of the various churches reading parts of the narrative. Rev Coralie McClusky was the speaker, reminding us that women are still being discriminated against in the fields of education and employment. We have a role to play by speaking out against all forms of injustice. A clear, honest and caring attitude in matters that concern all of society, is a part of the witness that we owe one another.

Coralie referred to the reading from Habakkuk, who fiercely questioned God about the injustice that he saw. Habakkuk chose to cling firmly with God and showed that persistence is rooted in the relationship with God and the confidence that we have in Him.

Mention was made of the Parable of the Widow and the unjust Judge. The widow was relentless in her pleading to the judge for justice, until finally the judge, to stop her bothering him any more, granted her justice. We are encouraged to see the injustice that is around us and to advocate for change, many small actions have a cumulative effect. At the end of the service, the chains were cut to symbolise that our prayers are powerful in releasing people from their 'chains', whatever they may be.

Thanks were expressed to the ladies of Eaton Bray Methodist for creating such a warm and welcoming atmosphere to everyone. Flowers were presented to Joan our valuable pianist and Coralie as the speaker. Refreshments followed.

In March 2013 the service will be held at Edlesborough Methodist Church.

Eaton Bray Methodist Church

Once again we are holding a United Service on Good Friday, April 6th at 10-30am in our Chapel, which this year will be led by the Salvation Army. This is always a very special Service and we invite you to join us.

Our Easter Day Service on Sunday April 8th at 10.30am will be led by Hyacinth Taylor. Saturday Cafe Community will be held on April 14th from 11-00am until 1-00pm, when we will be serving Hot Light Lunches. The Theme will be: "Is reconciliation always possible or desirable?" "What about a fresh start?" The Charity to be supported will be Luton Womens Aid Centre.

We continue on Sunday April 15th from 10-15 am with Cafe Church which will be led by Martin Wallis from Harlington.

The following Cafe Community will be on Saturday May 13th and our Charity will be "Canals Chaplaincy".

Edlesborough Book Group

Northern Lights by Philip Pullman

Northern Lights by Philip Pullman, is the first book in a trilogy entitled His Dark Materials. The books are fantasies, which for many of our group was a new reading experience and we looked forward to the meeting to discover each other's opinions.

The story is set in a parallel universe, where each human being is accompanied at all times by a personal daemon, which is in the form of an animal which, until its human reaches adulthood, changes form continually and then settles into a shape best suiting its human's character. The story concerns Lyra Bellacqua, a young girl separated from her parents and being looked after by the scholars in Jordan College, Oxford. Lyra and her daemon Pantalaimon are restless in this scholarly atmosphere and spend most of the time clambering over the college roofs in search of distractions, usually in the company of a young kitchen boy named Roger. She also eavesdrops on an important college gathering involving her uncle. Lord Asriel, who has returned from an expedition to the North. She hears Lord Asriel speak about "dust" a mysterious substance which is apparently vitally important to the well being of the world and other forces must be prevented from using it. Lyra is fascinated, and longs to see the North and all the wonders that he describes. Children are being kidnapped from the city by child snatchers nicknamed the Gobblers. When Roger the kitchen boy goes missing. Lyra is drawn into a great adventure.

Lyra is introduced to Mrs Coulter, a beautiful and mysterious woman who offers to

take Lyra to London and, at first, seems to be the way to a new and exciting life. When she says goodbye to her guardian, he entrusts her with an altheometer, a device which, when the owner learns how to read it, foretells the truth in answer to any question. With this device, and her daemon Pan to help her. Lyra negotiates her way many adventures, travels with water gypsies, warrier bears and hot air balloons, until she finally solves the riddles of the missing children and their connection to "dust"

We had an interesting evening discussing the various meanings that could be read into the story. On one level it can be just an exciting fantasy adventure; but on others there are religious undertones, especially if one thinks of the personal demon as one's soul and the "dust" to be the truth. As usual we were divided, the majority of us being content to read just the first book of the trilogy, but not wanting to continue with Lyra's adventures.

The Salvation Army, **Booth Place - Weekly Activities** Sunday



Footprints (Sunday School) Morning Worship

9.45-10.45am 11.00am

Songs of Praise

4.00pm 3rd Sunday of the month May to December

Monday (term time)

Champions Challenge Club

(Ages 5-10 years) 5.30-6.30pm

Tuesday

Coffee Morning

(alternate weeks) 10.00-11.30am Music practices (all welcome) 7.30-9.00pm

Wednesday

Home League

(Ladies Mtg but all welcome) 2.30-3.30pm

Thursday

Parent and Toddler Group

9.30-11.30am (Term time)

Ladies Fellowship

(Last week of month) 7.45pm For further details please contact Captain

Jenny Dibsdall

T:01525 221156/07717 813682

E: jenny.dibsdall@salvationarmy.org.uk W: www.salvationarmy.org.uk/eatonbray



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

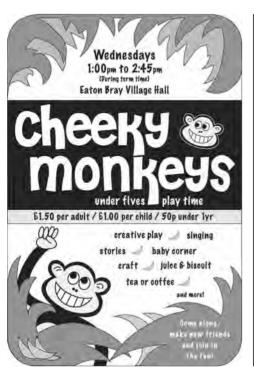
Children are consistently offered a stimulating range of activities and opportunities which enable them to make good progress towards the Early Learning Goals.

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.



Sheplegh Court Nr Dartmouth, South Devon

Lovely two bedroomed apartment in country house set in 30 acres of gardens, woods and parkland. Facilities available include:

- Heated outdoor swimming pool with sun terrace and barbecue area (summer only)
- Conservatory overlooking the gardens and parklands
- All weather tennis court
- · Snooker room with full size table
- Small indoor pool, jacuzzi and sauna Secluded position on outskirts of award winning village yet within 3 miles of beaches and Dartmouth Golf and Country Club. Available for weekly letting or for three plus days out of season.

For further details please telephone 01525 220957 evenings and weekends

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LEIGHTON BUZZARD GOLF CLUB OPEN DOOR DAY

From 12.30pm on Sunday, April 29
Come and taste what Leighton Buzzard Golf Club has to offer - and have a shot at winning £25,000.

There's something for all the family, including: Complimentary nine holes, Lessons for beginners, Putting and Chipping challenges, Target and Wii golf, Buggy course tour, Free refreshments and bar facilities

For further details and to book your nine hole tee-off time or a lesson, CONTACT: The Professional Shop, Leighton Buzzard Golf Club, Plantation Road, Leighton Buzzard on 01525 244814 or 244815

Website: www.leightonbuzzardgolf.net Email: secretary@leightonbuzzardgolf.net

Leighton Buzzard is a golf club owned and managed by its members, for its members. You can become an Associate member, with NO JOINING FEE, for an average of less than £20 a week. Your membership package includes golf insurance, flexible payment facilities, discounts on bar purchases and FREE golf at six other private clubs in the area.

If you want to join, don't delay. Vacancies are limited.

New Ball Game for Golfers...

LEIGHTON Buzzard golf club is offering visitors attending an Open Door Day on April 29, the chance of winning £25,000.

The prize will go to the first golfer to hit an inch perfect shot for a hole-in-one on the Plantation Road clubs' signature 11th hole, a 170-yard Par 3. There's also a golfing holiday in Portugal for anyone notching an ace on the Par 3 14th.

Golfers taking part need to book a tee-off time from 12.30pm with the Pro shop (01525 244815). There will also be other prizes and events including lessons for beginners, putting and chipping challenges and target golf.

The Leighton club, established since 1925, has now substantially completed a £20,000 course restructuring, making it one of the most challenging in the area.

It is also now offering a new category of membership with annual subscription rates which average out at less than £20 a week for unlimited golf on the home course and free golf on a reciprocal arrangement with six other private members' clubs in the area. The new Associate membership category, for which there is NO initial joining fee, will, says Club President Syd Pniewski, be potentially attractive to golfers who may only be planning to reside in the area for a relatively short period of time, or those in retirement or of an age at which they may enjoy golf for only a few years.

Readers requiring more information on joining Leighton Buzzard golf club or full details of the easy-payment membership options available can contact Club Secretary/Manager Duncan Mutton on 01525 244802.

Donald Janes

Patricia and all the family would very much like to thank everyone for their kind thoughts, practical help, cards and donations for the Edlesborough Surgery at this sad time.

FOR SALE

4ft Luxury memory zone mattress

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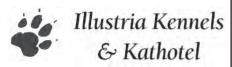
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DUNSTABLE and DISTRICT AT WAR

FROM EYE WITNESS ACCOUNTS

Compiled by Jean Yates and Sue King

Dunstable and District at War is mainly a collection of personal reminiscences, by people who lived here or who called Dunstable home during the Second World War. Hundreds of recent interviews have recaptured these unique memories that evoke the disrupted, day-to-day life of an archetypal rural town in that unique period of British history.

Various local groups have also carried out WWII projects – the History Society, Manshead archaeologists, the Grammar School Old Boys Association and many individuals, all of whom have contributed their work to this book.

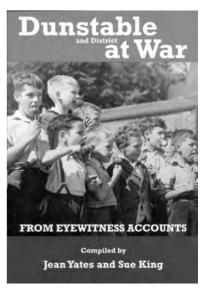
Bedfordshire was at the heart of the Secret War and Dunstable was very much a part of it. The Meteorological Office was based at the bottom of the Downs, and forecasters

worked closely with Bomber Command to decide the date for D-Day.

This book tries to give a feel for where Dunstable sat in the wider picture; the relationships it had and the part it played in conjunction with Bletchley Park, Black Propaganda, SOE and our Allies.

There is also a section about those of our Allies who sought refuge in Dunstable after the war. And a final chapter recounts a few of the remarkable contributions Dunstablians made to the various battlefronts overseas, including D-Day and the Far Fast

Enclosed with this book is an audio disc containing snippets of some of the recollections. The compilers hope you enjoy reading and listening to these extraordinary stories as much as they have. Copies available from Focus editor.



Potluck Supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

Eaton Bray W.I.

A welcome was extended to the members at the March meeting.

There was a birthday card for Celia White and congratulations were given to Barbara Ilic and her husband Tony on the occasion of their Diamond Wedding. The card from the Queen was looked at by everyone (especially the code on the back). Loving thoughts were expressed to Dorothy and her daughter June, whose husband Bill had died suddenly. A newsletter was distributed giving all the forthcoming details of events and outings planned for the Summer.

Deirdrea introduced the speaker Jean Yates who spoke on Bedfordshire's Secret War. Organisations such as the Special Operation Executive and others, conducted their secret operations from various parts of Bedfordshire.

The Met Office Central Forecasting unit was in a nissen hut camouflaged as a haystack on top of the Downs, in Isle of Wight Lane. Another hut was involved in experimental radar, this too was camouflaged by hay. Twenty miles of chicken wire was erected on the Downs at 400ft above sea level. Hockliffe had a secret radio station run by the Czechoslovakians who were communicating with their president and government.

Chicksands was an RAF 'Y' station, at one time it had 200 receivers intercepting the German Air Force strategic wireless network. Paris House at Woburn was used as an interim safe house for the Royal Family if Britain was invaded.

Jean showed slides with so much information written down. Most details could be found in her book entitled Dunstable at War, written by herself and Sue King. (Copies available from Focus editor.)

Jean was thanked by Sue for a most informative talk. Social time followed and the raffle was won by Barbara Collier and Megan Hall.

Next month's speakers on Monday 2nd April are Mandy and Justin James of Redbournbury Mill and Bakery. They will be bringing samples to taste. Why not join us?

Spring Into Action



As the days become longer and the daffodils flower, the sun shines brightly into our rooms and, oh dear, just look at that dust! Although Quentin Crisp the author is reputed to have said that dust gets no thicker after three years, most of us prefer not to test that theory.

We all have standards we like to maintain but sometimes we just can't physically manage the house and garden like we used to when we were younger. For anyone who wants a bit of extra help at home, you can ring Age UK Bucks and ask about the Help at Home service.

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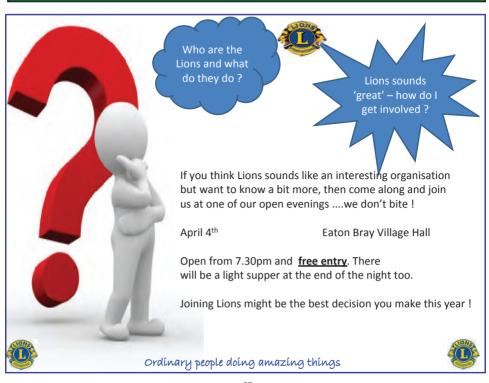
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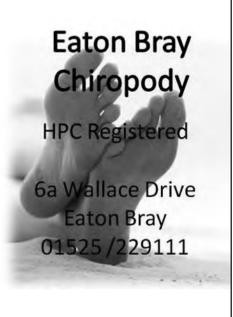


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substance under the Terrorism Act that if swallowed can kill in doses of just 3 micrograms.

Abrin is chemically similar to ricin, a chemical warfare agent. People who have bought the bracelets are being urged to bag them and then wash their hands and avoid touching their eyes. The Eden Project alone sold 2,800 bracelets over a year.



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Swan and signets by Sally Siddons

Did you see a mouse? by Gill Claughton

Tractor in field by Natasha Rhodes





YOUR VILLAGE PHOTOS





Snow near the ford at Edlesborough by Adrian Lewis
Bridgewater monument at Ashridge by John Hockey
Meercat at Whipsnade by Adrian Lewis
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Front cover photos: Mill in Doolittle Lane by Adrian Lewis, Bluebells at Ashridge by Phil Wood, Ivinghoe Beacon in the snow by Jane Jones, Home Farm lambs by Caroline Hamilton Please email or post your photos to Sally Siddons, editor (see page 3)





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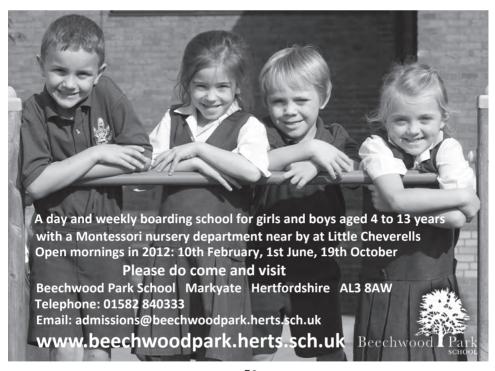
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The second collection is from Salvationists, Adherants and friends, during March, to support the work that takes place overseas. We call it Self Denial.

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What did you give up for Lent? And what did you do with the money that you saved? Jesus celebrated the Passover with a meal, sharing food with the twelve disciples.

A gentleman questioned me regarding our policy of not administering the Sacrement. To us all life is sacramental, everything we do we offer to God.

The practical spirit of the Founder of the Army, William Booth, has been passed down through generations. In the very early days a young lad was asked by his teacher whether the Salvation Army did or did not administer the Lords Supper. The boy looked at him, thought for a moment, then said "please Sir, they give us poor children breakfast"!!!

Still in this day and age there are people starving in all areas of our world. To feed the body is good, but to make people aware that the gift is given in the Name of the Lord is satisfying to both body and soul. We are asked to help in so many areas that we become bemused. However when we respond, either with our money or our lives, we will be astonished at what the gifts given can accomplish. We live in throw away society. During the last, "39-45" war, there was a slogan: "waste not, want not". Why not apply that policy today.

1.Cor.13 v 3 "If I gave everything I have to poor people but did not love others, it would be of no value..."

At the end of Lent we arrive at Good Friday; the day that Jesus died. So what's good about it? On that day Jesus gave His all, His Life, to save us. He took punishment for our sins. He died but He rose again on Easter Sunday, and He lives today. We are so fortunate, that we have enough; enough to give back a little of what we own. Remember the words from fiction that Dickens wrote, those celebrated last words: "It is a far, far, better thing that I do, than I have ever done."

The Gospels are crammed with every kind of giving from the widow's mite to Christ's all, and all this giving would not be there if a tremendous purpose did not lie behind it. Acts 20:35, "He himself said: "It is more blessed to give than to recieve."

Charity Just what do you give?

Dagnall Weather Station (AONB) Weather Conditions for February 2012

After a very mild winter, it was a shock to be reminded that winter is not over yet. The first few days of the month we experienced colder nights, with three consecutive nights of temperatures dropping to below -10.0°c (from 11th to the 12th). The 13th was the coldest night of the winter, with a low of -13.4°c. I am repeating myself this month by talking about the lack of rain. In February, rainfall was just 20.6mm – a mere 3% of the 4 year average.

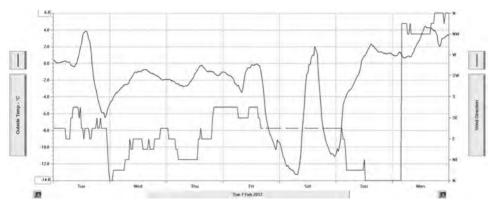
The Dagnall weather station can now bring you weather data 24 hours a day, updated every 15 mins via the web: http://myweb.tiscali.co.uk/dagnallweather and http://bit.ly/weather_dagnall

If anyone has a question, comment or wishes to contact me please email: davidgkillick@ tiscali.co.uk or 01442 843883

Elevation: 450 ft - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West

	High		Date/Time		Low	Date/Time
Temperature:	15.7°c		23 Feb 13.30		— 13.30°с	11 Feb 07.30
Mean Temperature	2.9°c					
Dewpoint:	11.6°c		23 Feb 13.30		−°c 15.00	11 Feb 07.00
Humidity:	94%		5-6-7 Feb		52%	19 Feb 15.00
Barometer:	1043.0 hPa		7 Feb 20.00		1005.9 hPa	18 Feb 14.30
Wind Speed	34 mph W		18 Feb 13.00		Months avg.	4.9 mph
Wind Chill:	14.6 °c		23 Feb12.30		−15.2°c	11 Feb 07.30
Dominant Wind:	W					
Rainfall * T = total rain days and moisture. R = Actual rain						
*Rain Days: 14 (T),	11(R) Wet		test Day 6 Sept		17.9 mm	0.472 ins
Monthly Rain:	Total		February 2012		20.6 mm	0.811 ins
Yearly Rain:	Total		Months		68.3 mm	2.689 ins

Plots shows the east wind bring a sharp drop in temperatures on the 11th of February



25 Years of Eaton Bray Lawn Tennis Club

2012 will be an exciting time to be a part of Eaton Bray Lawn Tennis Club. It was in January 1987 that the club was formed by a small group of people, some of whom are still involved in the running of the club today. This year we will be aiming to celebrate our 25th anniversary in style with a special event at the end of the summer. This event will also serve as a fundraising event for the club and our nominated charity for 2012.



Brain Tumour UK

One of our junior members, Alison Lowe and her mother Wendy has requested that we support a charity that is very dear to them. Alison's uncle sadly passed away in February 2011 having suffered from a brain tumour. It was Malcolm's encouragement that brought Alison to our club and now she is one of the most talented young players representing the club at junior and senior level as well as being part of the County squad. Therefore, we will be planning a charity tennis event to raise funds for Brain Tumour UK. This will run in conjunction with our Play Day on Saturday 26th May. Do come and support us and be part of the fun on the courts.

Summer Tennis

March will see the end of the Mike Venn Trophy which has run throughout the winter. This social tennis event will give way to a series of round robins which will be played one Sunday morning once a month during the summer months. Social tennis sessions take place every week on Tuesday evenings and Sunday mornings. Our club tournaments will commence in May and we have entered teams into the South Bedfordshire League Our junior section has grown in the last two years and we shall be arranging three junior tournaments during the spring and summer. Easter and Summer Tennis camps proved popular last year and the Easter camp is arranged for 2nd-5th and 10th-13th April. We are also looking into some trips to tournaments for the older juniors so that they can see the professionals play.

Coaching

Our qualified coach, Sara Leavy continues to provide lessons and coaching for the club. Juniors are welcomed to group sessions on Saturday mornings and Wednesday evenings and seniors on Saturday afternoons and Wednesday nights. Sara is also promoting private lessons for juniors and seniors. Please refer to the club noticeboards for further details or **contact Sara on 07561 571578 or sara_leavy@hotmail.com**

Social Events

The very popular twice yearly quiz will take place on the 21st April and 17th November. Tickets can be purchased for £9 from Ross Bagni, 07974 715222 or 01525 221411 or ross.bagni@btinternet.com

The Chairman's barbecue will take place on 15th July. Tickets for this event will go on sale in the Spring. Also in the Spring we shall start to promote the 25th Anniversary and Charity Ball. This event will take place on 29th September in the Village Hall.

Discounted Membership for new members

Being a sociable and friendly club we are always delighted to welcome new members. If you would like to know more about the club and our activities then please call me, **Stuart Adolph on 01442 842689 or 07773 816320**.



Edlesborough Under 5's

Monday - Friday Morning 9.10 am - 12.10 pm Lunch Clubs 12.10 pm - 12.45 pm Tuesday & Thursday afternoon 12.45 pm - 3.15 pm

"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

Appledown Rescue and Re-homing Kennels

Harling Road, Eaton Bray LU6 1QY

Forthcoming fund-raising events:-

Sponsored Walk – Sunday 22nd April

Lovely walks of 3 or 5 miles. Dogs welcome! Register at Appledown between 10 a.m. - 12 midday. Call us for a sponsor form.

Charity Dance – Friday 11th May, 7.30-11.30 p.m.

Put on your dancing shoes and join us at St John's Hall, 296 Sundon Park Road, Luton LU3 3AL. Call us for tickets (£8 includes light supper).

Fun Dog Show – Saturday 19th May, 11 a.m.-4 p.m.

Lots of classes, lots of rosettes, lots of fun! Enter on the day at Appledown.

For more information about any of the above events please call 01525 220383

(open daily between 10 a.m -4 p.m.)

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