December/January 2015

The local village magazine just for Us! Eaton Bray, Edlesborough, Northall & Dagnall

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(cannot be used with any other offer)

Festive Menu now available for December Christmas parties Four courses only £21.50



Focus Magazine Committee

Joint Editor: George Crutcher 7 Summerleys, Edlesborough 221637 Email: george.crutcher@tiscali.co.uk Joint Editor: 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

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.

Kindly Note

If the event you wish to advertise falls in the first week of the month, it is advisable to get the details into Focus a month earlier. The magazines are not delivered from the printers until the first of the month, therefore it takes a few days for them all to be circulated throughout the village. *E*Editors

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: Penny Pataky, Tel: 01525 229358

Police Contact Numbers... making neighbourhoods safer together General Assistance (Recommended Number): 101 Emergency: 999 Bedfordshire Police (Eaton Bray) Leighton Buzzard Police Station/Kathryn Horgan: 01582 473418 Typetalk: 18001 01582 473418 Email: LPT.LeightonRural@bedfordshire.pnn.police.uk Thames Valley Police (Edlesborough, Dagnall & Northall) PCSO Jackie Dodson Mobile: 07800 703 524 Email: NHPT@thamesvalley.pnn.police.uk

Village Diary Dec/Jan 2015



Weekly					
Mon-Fri (term time)	Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468				
Mon-Fri (term time)	Dagnall Under 5's, Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816 358342				
Mon-Fri (term time)	Edlesborough Pre-School, Edlesborough School, 01525 220431 manager@edlesborough.bucks.sch.uk				
Mon-Thu (term time)	Totternhoe Pre-school, mornings, Totternhoe Lower School, Michelle Urbanowicz on 01582 668841				
Mondays Mondays (term time)	Pilates, 10.45am, St.Giles Church Hall, Totternhoe, Lisa: 07799 893489 2nd Eaton Bray Brownies, girls 7-10 years, Edlesborough Memorial Hall, 6 - 7.30pm, Contact Sandra Counsell 07979 521900				
Mondays	Dagnall Community Choir, All Saints Church 7.45 – 9.45pm				
Mondays	Weight Watchers, 7pm, Eaton Bray Village Hall				
Mondays (term time)	Movement and exercise classes with a dance flavour, Northall Village hall 2-3.30. Contact Jan 01442 864271.				
Mondays	Curtain Call Youth Theatre 5-7.30pm, Eaton Bray Village Hall, Gavyn 01525 220525				
Mondays	Curtain Call Theatre Group - 7:30-10:30pm Eaton Bray Village Hall, Sheila - sdtwinkletoes@yahoo.co.uk				
Mondays	KFPA ISTD Classical Ballet classes, 3+yrs, 4.15pm, Edlesbrough Memorial Hall, www.kfpa.co.uk				
Tuesdays	Line Dancing, 1.30-3p.m., Eaton Bray Village Hall, Lyn Stubbs 220731				
Tuesdays	Pilates, 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 162680				
Tuesdays	Totternhoe Baby & Toddler Group, 9.30-11.30am, St. Giles Church Hall, Ruth Allen, 01525 222468 or 07796 265174 or email ruthallen002@gmail.com				
Tuesdays	Northall Baby & Toddler Group, 9:30-11:30am, (open in the Summer School Holidays) Northall Village Hall, Stacey Richmond 01525 222999/07957 607592				
Tuesdays	Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576				
Tuesdays	Circuit Training - Edlesborough School Hall, 7-8pm - www.simplesfitness.com				
Tuesdays Fortnightly	Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, Booth Place, Eaton Bray				
Weds (term time)	Cheeky Monkeys Under 5's playtime, 1pm - 2.45pm, Eaton Bray Village Hall, contact Rachel on 07789 760007				
Wednesdays	Pilates, 7.15pm, Northall Village Hall, Lisa: 07799 893489				
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				
Wednesdays	Dynamic Yoga 6.30-7.30pm £5 Eaton Bray Coffee Tavern Keira 07936 693696				
Thursdays	Yoga, Northall Village Hall, 11.30am-1pm 01525 377542				
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	KFPA Street dance classes 4+yrs 4pm, Edlesborough Memorial Hall, www.kfpa.co.uk				
Thursdays Fortnightly	Central Bedfordshire Children's Centres' Toy Library, 9-9.45am, Eaton Bray (School Lane) Public Car Park				
Fridays	Keep Fit class, Edesborough Mermorial Hall 10 - 11am				
Fridays	Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576				
Fridays (term time)	10am-11.30am "Little Luvvies" baby ballet classes. Contact Emma Whittemore on 01525 376124				

Village Diarry Dec/Jan 2015



Fridays	Kids Club 6:00pm to 7:00pm Grace Baptist Church, Edlesborough (across from				
(term time)	the post office)				
Fridays	6-6:30pm Crazy Abs abdominal workout - more info: www.simplesfitness.com				
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				
Saturdays	KFPA Musical Theatre classes 4+yrs www.kfpa.co.uk, 10am, Edlesborough Memorial Hall				
Sundays	Sundays Worship at 11:00am and 6:30 pm Grace Baptist Church, Edlesborough (across from the post office) Barry 01525 229610 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 Tuesday	Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147				
1st Saturday	St. Mary's church, Eaton Bray Coffee Morning & Plant Sale, 10am - 12 noon				
1st Sunday	May to September, St Mary's Church, Edlesborough Open Day, 2-5pm				
-	TOTS, St Mary's, Eaton Bray, 2pm				
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 Wednesday	Eaton Bray & Edlesborough Lions Club, 7.30pm, The Coffee Tavern				
2nd Thursday	CAMEO Coffee, tea & chat, 10am-12noon, Edlesborough Methodist Church				
2nd Saturday	Workshops Dynamic Yoga 9.30-11am £10 Eaton Bray Coffee Tavern Keira 07936 693696				
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				
Last Saturday	Coffee Morning, 10-12 noon, Edlesborough Methodist Church				
Other Regular Eve	ents				
12th Dec, 9th Jan	Leukemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30 am. All welcome.				
16th Dec	Dagnall Over 60's Christmas Lunch, Dagnall Village Hall				
4th Jan	Beds Area Narrow Gauge Model Railway Club Meeting, 11.30am-4.30pm, Eaton Bray Village Hall				
20th Jan	Dagnall Over 60's 43rd birthday meeting and AGM				
One Off/Annual/Irregular Events					
3rd Dec	Dagnall Christmas Bingo, 7:30 Dagnall Village Hall, Sheila 01442 842404				
6th Dec	Coffee Morning & Christmas Fayre, 10am-12 noon, Eaton Bray Methodist Church				
6th Dec	Dagnall Christmas Fair, 1-3pm, Dagnall Village Hall				
7th Dec	Community Choir Concert of Christmas Music, 4:30pm, Dagnall Village Hall				
11th Dec	ELF lunch at the Cock Inn Wing				
13th Dec	Christmas Spectacular, Methodist Church, The Square, Dunstable, Tickets £5 01582 873656				
14th Dec	Dagnall Village Carol Service, 4pm, All Saints' Dagnall				
14 Dec	Christmas Carol Service 6:30pm Grace Baptist Church, Edlesborough (across from the post office)				
21st Dec	Eaton Bray Methodist Church Carol Service, 10:30am				
24th Dec	Christmas Eve Candle Service, 4:15 & 6pm, St. Mary's Church, Eaton Bray				
10th Jan	Music at St Mary's, Eaton Bray, New Year Concert, 2pm, Tickets £7.50, Box Office 01525 222283 5				



EDaN Community Transport Peter Williams: 01442 842506

The front page picture uses a combination of adapted village photos and other images. The Edlesborough church photo is by Adrian Lewis and the moon photo by Phil Wood.

FOCUS ADVERTISING

We are currently compiling the advertising pages for next year. If you would like to include your local business in the magazine which goes to 2500 homes, 10 times in a year, please contact Sally Siddons (details in the front of the magazine.)

The Focus Magazine committee wish all our readers a very Happy Christmas and a prosperous New Year. We thank you for all your articles throughout the year, and thank the volunteers that post Focus through your letterbox. We would remind you that the continued support of business advertising enables us to distribute the magazine throughout the villages for free.

FOR SALE Due to new Kitchen Free standing Bosch dishwasher one year old £50 Tel: 01582 663758 FOR SALE

2nd hand child car seats suitable for ages 4 to 11 years Bases separate from the backs allowing use as booster seats £10 each Tel:01525 221806

1,000 Tonnes of Freight Passes Dagnall School Cates During the School Pick Upl

The latest traffic count has shown an increase in the number of HGVs using the A4146. This has risen to 365 HGVs a day, an increase of 7% from 2012.

Traffic levels and speeding have been an issue for locals for many years. The EDaN Project has been campaigning to reduce speeding along this road and lower the number of HGVs using the A4146. The route runs through the villages of Waters End, Dagnall, Edlesborough and Northall.

A new community website has been launched to share experiences of these problems: www.edanproject. traffic com You can share your stories on this site as well as add photos and links to YouTube videos. It is hoped that this will raise the profile of the issue with the local authorities and give real examples of the problems faced by residents. The traffic count in July 2014 showed that HGV traffic peaked between 3pm and 4pm, which coincides with the school run. During this period an HGV passed Dagnall School gates at an average of one every two minutes. That equates to 1,000 tonnes of freight passing the school during pick-up!

Traffic peaks during the evening rush hour, 5pm - 6pm. During this hour the traffic count registered 1,145 vehicles. That's roughly a vehicle passing every 3 seconds. A huge amount of traffic for any resident along this rural route.

As well as the volume of traffic many residents has voiced their concerns over the speed of some vehicles. However, Thames Valley Police has said they will not get involved in tackling speeding issues unless "there is some analytical data to support that there is a problem."

As such, the Group has managed to obtain the use of a mobile Speed camera to measure speeds along the route. The information will be used to put together a case for Thames Vally Police to take action against speeding motorists. The new community website will report on the results of the traffic monitoring and also Thames Valley Police's response.

The website has been launched alongside a Facebook page facebook.com/edanproject where anyone in the community can post messages and comment on the issues raised. If you have a story you'd like to share or a point you'd like to raise this is the ideal place to do so. Alternatively you can contact the group through the website and they will happily help you share your views.

The volume of traffic, number of HGVs and speeding motorists has made many pedestrians feel very unsafe in their own villages. This is compounded by narrow footpaths and in many areas no footpath for pedestrians.

If you have any comments or would like to share your views or pictures with the community visit www.edanproject.com or post your message at facebook.com/ edanproject

www.edanproject.com facebook.com/edanproject





Clocks Co Back - Burglarfics Co Up

Bedfordshire Police are warning residents across the

county to be on their guard now the clocks

have gone back providing easy pickings for burglars.

Traditionally the number of break-ins go up by as much as half when it starts getting darker earlier, so this year, as well as special operations to target burglars, the force is giving local people guidance on how to protect their homes against this seasonal increase in burglaries.

Simple crime prevention precautions really can make all the difference. Thieves are essentially lazy and if they have to make a lot of noise, spend a lot of time, or risk being seen, they are unlikely to bother to attempt a break-in. Taking a few precautions now, and purchasing a few simple security devices to make your home more secure, is a small price to pay for peace of mind.

Make sure you do the following things to make your home more secure and help Bedfordshire Police reduce the number of burglaries this winter.

- Leave lights or the radio on so it looks and sounds like someone is at home.
- Lock all windows thieves can wriggle through any gap larger than a human

head.

- Fit locks to the top and bottom of patio doors.
- Visible burglar alarms make burglars think twice.
- Never leave garages or sheds unlocked.
- Check for weak spots and sagging fences on your boundary.
- Stop a thief getting into the back of the house where he can work unseen by fitting a strong, high gate across a side passage.
- Be alert to strangers loitering in the street. If you don't recognise them or they are acting suspiciously, call the police.
- Don't hide keys under the mat or in a flowerpot it is the first place a burglar will look.

You can download a comprehensive guide to protecting your home and property from the Bedfordshire Police website bit. ly/1pFTcB3 or visit www.bedfordshire. police.uk.

Vulnerable and older people can get a free security check and home improvements from the Bobby Van team, qualified carpenters and security experts who provide



Services at St Mary's Church						
SUNDAYS :	8.00am HOLY COMMUNIÓN					
	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					

A Letter from Rev'd Coralie

Vicar: Coralie McCluskey The Vicarage, 11 High Street, Eaton Bray - Tel: 01525 220261 Honorary Assistant Priest: Revd John Heffer Reader: Gordon Gray (220136) Church Warden: Catherine Hayden (220527) Parish Administrator: Elisabeth Ryder (07799 494972) Web contact: eatonbraychurch@aol.com



Forty days after the birth of Jesus, Mary and Joseph bring him to the Temple to complete Mary's ritual purification after childbirth. *There was a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of great age, having lived with her husband for seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem. Luke 2:36-38*

The verses above open the first chapter of *Walking Backwards to Christmas*, my chosen Advent reading. Written by Stephen Cottrell, Bishop of Chelmsford, it tells the Christmas story backwards, offering a new perspective on events and people. It is a mix of dark and light, including characters who are not in the familiar biblical text and it is a stimulating read that may re-ignite the dying embers of the nativity story of your childhood and put the life and light of Christ back into your Christmas.

December and January are not my favourite months, the days are just too short. When I get up in the morning it's dark and by 5pm as I walk across to say evening prayer in the church it's already dark again. Add to that the frenzied shopping, the advertisements for gifts that evidently our families and friends cannot do without and trolley loads of food that we cannot possibly consume without ending up with severe indigestion. On the other hand, if that food is for the Foodbank, then that is great because it will bring light and life into the lives of those who are struggling.

The Christmas bank holiday is a time when most families have an opportunity to get together. However, for some it is a time of sadness as they remember family members or friends who have died in the last year. There are many people who live alone and others who have no home - I wonder how they feel? Thankfully there are charities and churches that support the homeless and the lonely over the Christmas holiday period. I'm looking forward to sleeping out at St Albans Abbey (5th December 9pm – 7am) to raise funds for the Leighton Linslade Homeless Service. It's fine as long as it doesn't rain but if it does I will have a better idea of what many people put up with on a daily and nightly basis. If you can do anything, however small, to help ease anyone's pain during this period it will be so valuable.

Returning to *Walking Backwards to Christmas*, on Wednesday December 3rd, 10th and 17th at the 10am Holy Communion service I will be talking about some of the thoughts and characters in the book. If you are free do come and join me.

malie

Edlesborough Parish Council Meeting with McCann Homes and DLP Planning

On Tuesday 11th November, the Parish Council held a meeting with the Developer (McCann Homes) and the Architect (DLP Planning), to discuss the proposal to develop land off the High Street, between Kingsmead and Chiltern Avenue, for housing. The proposal is to build a mixed development of some 60 to 70 houses.

The Parish Council made it very clear from the outset that it could not support a scheme of that size, bearing in mind the findings of the recent neighbourhood plan survey. However, the Council is very conscious that in the current climate, with no up to date AVDC Local Development Plan, we cannot assume that our objections will be sufficient to prevent the proposals being approved by AVDC.

With that in mind, we discussed various aspects of the proposal with a view to identifying those features that could bring the maximum benefit to the local community, if the scheme ultimately obtains planning consent. Those aspects included the provision of a drop-off and pick-up area opposite the School, the adoption of a scheme for the affordable housing element that would give priority to local people, an appropriate mix of housing that would include bungalows

TOON

Eaton Bray Poppy Appeal 2014

Many thanks to all the house to house collectors who knocked on doors in Eaton Bray, also to the businesses in the village who hosted a poppy box on their counter. A big welcome to our two new collectors and two new businesses, with an especial thank you to Anne Crofts who has retired after many years of both collecting and previously organising the appeal in Eaton Bray. to enable existing elderly residents to downsize, as well as providing smaller starter type homes for young families, and the possibility of a donation towards the new Pavilion. We also explained the inadequacies of the village sewerage system, and how we would be looking for improvements to ensure that the current problems are not exacerbated by a development of this size.

Councillors were assured that McCann Homes intend to develop the site themselves and not sell it on once outline consent has been obtained. That should hopefully ensure that whatever local community benefits are incorporated into the outline planning application are carried through to the final scheme, if it gets approved.

The Architect proposed a public exhibition of the proposals prior to submitting an application for outline planning consent. The Parish Council made it clear that it would welcome such an exhibition and would use the opportunity to seek feedback from residents. That feedback will be extremely useful when the Council formulates its response to AVDC regarding the formal application when it is submitted.

Our biggest thank you goes to all of you who put money in the collecting boxes. This year the total from all the boxes is 8% up over last year and stands at £2,314.12 The Royal British Legion relies very heavily on the annual Poppy Appeal and in this very special year we think that Eaton Bray has done the RBL proud. *K*Roger and Helen Wilkinson

(Poppy Appeal Organisers – Eaton Bray)







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Dunstable Downs Events

Dunstable Downs, Chilterns Gateway Centre, Whipsnade Road, DUNSTABLE, Beds LU6 2GY 01582 500920 www.nationaltrust.org.uk/dunstabledowns Email: dunstabledowns@nationaltrust.org.uk Twitter: @DunstableDwnsNT

Discover a magical Christmas and create new traditions this winter.

From enchanted trails to sumptuous food and visits from Father Christmas, there's something for everyone

Wreath Workshop 6 & 8 December

10am -12noon Create an extra special wreath to hang on your front door this year £20 per person with refreshment, all materials provided. Booking essential $01582\ 500920$

Tree Dressing 6 - 7 December 11am - 3pm Help to bring Christmas to life in the Chilterns Gateway Centre as you create decorations for the trees. Free admission, £1.50 per decoration to take home

Father Christmas 7, 14 & 21 December 11am – 3pm Help Father Christmas' elves to make magic reindeer food and then meet Father Christmas. Don't forget to

10em

think of what you would like to ask for this year! £5 per child (includes gift)

Toddler's Christmas 10 & 17 December 11am - 3pm. A very special weekday visit to see Father Christmas for under 5's. Help Father Christmas' elves to make magic reindeer food and then meet Father Christmas. £5 per child (includes gift). Booking essential 01582 500920

Winter Trail 23 November – 1 January 11am – 3pm Explore the Woodland Winter Trail. Get a map and clues from the Visitor Centre to help you find your way. Free admission

Please note that car parking charges apply for all events. National Trust Members park for free.

The National Trust is a registered charity, number 205846

British Legion Collection in Northall and Edlesborough

I would like to thank everyone who responded so generously and filled the tins for the British Legion Poppy Collection in Northall and Edlesborough. I was astounded at the fantastic amount collected by the staff and pupils of Edlesborough School this year - £269.16!! I have never collected or counted so much in one tin before!! It was so heavy I could hardly lift it!! You have really achieved an all time record! Many, many thanks for all your support in this Centenary Year. I understand that the wristbands were very popular - have we started a new fashion craze??

and members of Age Concern, Northall (£19.10) and the staff and patrons of "The Swan", Northall for their continued very generous support (£90.42). I have been "Poppy Lady" in Northall since 1983 and "The Swan" has supported the British Legion every year to a similar generous amount (I make that about £3,000 over the years!) and almost certainly before I took over as well. Thank you all.

So far the sum raised has totalled a magnificent $\pounds 378.68$, but as I have not yet had some donations for wreaths we don't as yet have a final total. I will let you know this in the February edition of "Focus".

I would also like to thank all the staff *sc*Lorna Cubbage.

Stop Edlesborough New Town 2 (SENT 2)

If you lived in these villages back in 1999, you might well remember the SENT (Stop Edlesborough New Town) campaign that mobilised action when housing developments were planned for Cow Lane and around Slicketts Lane, Ford Lane and the Swallowfields Stables – proposals that were eventually not included in the AVDC (Aylesbury Vale District Council) Plan.

Edleshorough

However, hot on the heels of the

recent approval by AVDC permitting the building of 30 new homes off Cow Lane, an outline approach was made to Edlesborough Parish Council at their October meeting to build on the two fields to the southern side of High Street – effectively opposite the school and the Tithe Barn, effectively 'infilling' all the Manor Farm agricultural land between the bus stop on High Street and the corner of Chiltern Avenue. A part of the meeting not reported in the November issue of FOCUS.

This land covers some 3.53 hectares – that's an area greater than Edlesborough Village Green - so although the builders' representative spoke of "around 60 homes" there is a real possibility that this figure could be a lot higher.

The outline drawings presented to the Council showed the sole access to the site to be from High Street – roughly opposite the corner of the wall surrounding the moat – that's about 60 metres from Edlesborough School entrance, and whilst drop-off areas serving the school were mentioned, as was a pedestrian crossing, the additional traffic that this number of homes will create will be considerable.

Although this development is not yet the subject of a firm proposal or a Planning

Application, we do feel that it is important that residents of the villages – **yes, all the villages** are aware of this plan. We're already due to feel the effects of a 6% increase in the number of homes in Edlesborough [6 homes on Manor Farm plus 30 off Cow Lane plus one off Chiltern Avenue plus 2 behind the Bell plus one on Summerleys] and these will impact upon us all (on local schools, on health provision via the Cow Lane doctors' surgery, on local shops – not least the post office, on traffic and parking congestion, on the already overloaded (?) sewerage system and on other services).

It will not be just on those who live in one of the 45 or so homes overlooking or adjacent to these two fields who will be affected.

And before anyone thinks '*ah*, *but that won't affect me*' you might care to take a look at other land that has been put forward by landowners to AVDC for inclusion in their current review of available land for building:-

- 4.89 hectares of land off Leighton Road/ to the rear of High Street
- 17.11 hectares of land on the NE side of Leighton Road ie: the whole of the land from the junction of Pebblemoor with Leighton Rd, right back to Manor Farm

This means that if the Manor Farm land is developed, and the second of these areas zoned for housing, those houses will cover the entire area from High Street to the end of Pebblemoor ... think about it for a moment and you will see why we have chosen to resurrect the Stop Edlesborough New Town title.

If you are one of those residents who are

Dunstable & District Orbit Club

Dunstable & District Orbit Club held a quiz night on 25th October at Billington Village Hall. Eight teams took part and £600 was raised on the night, which will be added to over the Orbit year with other events and then the money split between Autism Bedfordshire, The Cinnamon Trust and Paul Strickland Scanner Appeal.

Orbit meet on the 1st & 3rd Tuesday of the month at Dunstable Rugby Club at 8pm. So if you feel you would like to find out about our friendly club, do come along or visit our website www.orbitclub.org.uk/ dunstable or call 01525 222441. *ZJill Richards*

concerned about this proposal, please

register your interest by emailing sent2@ gmail.com and we will add your name

to our contact list and keep you updated

as more information comes to light. We

would also be interested to hear your views

and to share any additional information

Publicity Team

you might have.

Degnell Over Staties

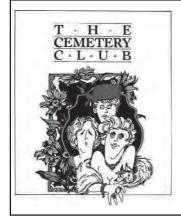
Dagnall Over Sixties had an amusing and spellbinding talk on The Great Train Robbery in November.

Mr. Hugh Granger brought the whole episode back to our memories, with many references to local places.

On December 16th we have our Xmas Lunch in the village hall, with crackers, carols and Christmas food. On January 20th we have our 43rd Birthday meeting, with songs from the children, AGM and Birthday cake.

We are delighted to welcome New members Richard and Jeanette Bamford from Dagnall.

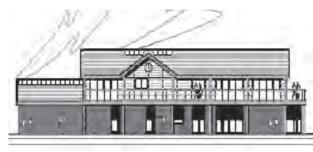
Please contact Rosemary if you would like to join us, Tel 01442 843202.



Congratulations to the members of Front Row theatre group, their latest performance, The Cemetery Club was excellent, must rank as one of the best they have produced.

The New Edlesborough Pavilions Parish Council applies for Planning Approval

Edlesborough Parish Council is pleased to announce that it is in the process of applying for planning permission for the creation of a new Sports Pavilion in place of the existing building that has served the parish for over 30 years but is not now 'fit for purpose'. Requirements for changing room facilities have been upgraded by the various sports bodies. Provision for facilities to cover the new environment where sports officials may be of mixed gender and provision for the less able-bodied are essential. All of these the parish council endorses together with facilities for parishioners to better enjoy The Green.



It is worth remembering how far we have travelled on this project and Edlesborough Parish Council wishes to recognise the great work that the Steering Group, under the chairmanship of Ken Holloway, has performed in getting us to this point.

Early in 2013 the then chairman of Edlesborough Parish Council, Cllr Kevin Cubbage, invited the sports clubs using The Green and the Pavilion to begin joint discussions on the future policies and costs of using the current facilities and to gain a view on the development of the sports going forward. Part of the discussions considered the possible replacement of the current pavilion that

was considered not fit for purpose, Also the visual and practical usage aspects from both the inside and the outside of the pavilion were discussed. Following a few meetings the group determined that we should put this before the residents of the parish to gain their opinions and input. In June of last year two public meetings were held to share our thoughts with residents. Presentations were made by the parish council and the sports clubs.. Part of the meeting was given over to the recording of residents suggestions. In all over 90 comments and suggestions were received. The positive feedback during the meeting resulted in an immediate

> proposal to form a Steering Group comprising sports club representatives, local residents and some parish councillors to take the ideas forward.

> The feedback from the June meetings took place on The Green during the 2013 July Carnival and the Steering Group set up a website

with further information. The logo for the website was designed following a competition for the pupils of Edlesborough School. Information is available via the Edlesborough Sports and Social Club website www.edthepav.org.uk or via their Facebook page.

All along the journey the parish council has had the requirement to ensure that constant publicity and communications have taken place with parishioners. It has been a standing item on the agenda of every parish council meeting since. Progress also appears via parish council minutes on our website www.edlesborough-pc.gov.

The Steering Group met several times

following its establishment and at the end of November of last year more public meetings were held to update parishioners on the progress made. The Steering Group set up a smaller group with specific roles to apply for a grant to pay for initial work. This was successful and included the costs of a professional architect to draw up specific plans for the new building.

At the end of October this year these plans were put on view in two 'Open House' sessions in Edlesborough Memorial Hall to continue our policy of continuous communications. The sessions were well attended and the feedback was constructive.

There is still a long way to go before these plans can become a reality and the Steering Group will need our help and support

and that of parishioners. They are in the final stages of applying for charitable status. Getting planning permission is another step for them to be able to access the considerable grant funding, from the various sports bodies and other charities, that will be required to make the plans a reality.

We will continue to keep you informed at each step of the way via our website, our Facebook page, through Focus and directly to those who provided their email addresses at the 'Open House' sessions.If you would like to have your email added to our mailing list please let our clerk, Penny Pataky know by email clerk@ edlesborough-pc.gov.uk

≪Alan Williams

Chairman, Edlesborough Parish Council

Community Choir

Onward to a Multilingual Christmas

With a busy Autumn Concert Season safely negotiated and very much enjoyed by audiences and Choir members alike we now must turn our attention to Christmas. We will be staging a **FREE CONCERT OF CHRISTMAS MUSIC at 4:30pm on SUNDAY 7th. DECEMBER at DAGNALL VILLAGE HALL**. Interval refreshments will be provided. We will welcome contributions and the proceeds will go to a Children's Charity.

There will be music for all the family with some really beautiful Christmas songs that most of us had never heard before. They range from a medieval old English song, first published in 1532 and sung partly in Latin, to a song about Father Christmas getting stuck in a chimney. Also in a pitiful effort to curry favour with our Continental Cousins we will also be singing a German Carol.

To be honest, the song that is causing us most difficulty is one that consists of loads of "Dings" and "Dongs". Now you would



be forgiven for thinking that 40 odd reasonably intelligent, fully developed human beings might be able to distinguish between a "ding" and a "dong". Not so! The male members of our choir, much to their consternation, are, not to put too fine a point on it, struggling. There have been discussions as to how best to cope with our incompetence in this area and a compromise suggestion was considered. This was "dung".

We hope that you will take the opportunity to come and listen to the results of our efforts and maybe join in with some of the more familiar Carols. Song sheets will be provided.

Thanks to all who have supported us at various appearances this year and we hope that we may have the opportunity to entertain you in the New Year. Meanwhile we wish you all a very Happy Christmas.

Edlesborough Parish Council News Including Edlesborough, Dagnall and Northall

Councillor Resignation and Vacancy

Cllr Mrs Prys-Jones has resigned from her position as a Councillor for the Edlesborough Ward. Marilyn has served on the Council for more than 12 years. The Council thanks her for her hard work and dedication to the role.

This now creates a vacancy for a new Councillor to represent Edlesborough. Any person wishing to know more about the role should contact the Clerk (details below).

Pavilion

Following the two Parish meetings on the 23rd and 25th October 2014 at which the latest plans for the new Pavilion were presented, EPC will now be making an application to AVDC for planning approval. Discussions will now begin on formulating an appropriate lease. EPC will continue to keep parishioners updated on the progress of the new pavilion.

For more information please follow Edlesborough Community Sports the www.facebook.com/pages/ Club at Edlesborough-Community-Sports-Club/819620651391250?fref=ts

DLP Planning

DLP Planning contacted Edlesborough Parish Council shortly before the Parish Council Meeting on 16th October 2014 asking if they could make a short presentation about a possible development in Edlesborough on the land between Chiltern Avenue and Kingsmead.

- A brief information pack was forwarded to the Parish Council a few days before the meeting.
- At the meeting DLP Planning gave a short presentation on behalf of their client

was to SHARE information, it was not a question and answer session.

- At the time of writing this report no planning applications have been submitted
- McCann Homes have stated that they will be hosting a public meeting to engage with Parishioners before submitting a planning application.

Gadsden Walk, Dagnall

In 2003 Edlesborough Parish Council leased a strip of land in Dagnall with the intention of creating a footpath between the recreation ground and Dunstable Road. Due to many issues predominantly road safety, this footpath has never been opened. On Thursday 16th October at the EPC Meeting Councillors, some of whom have been in the Council for most of the years this project has been live, considered the events during the project, the notes from the public meeting and the votes of the Parishioners in Dagnall and concluded that there was no solid case for proceeding. It was therefore unanimously agreed not to continue with the project and to return the lease and land to Aylesbury Vale Housing Trust.

Summary of the Voting Slips:

Number of names on the Electoral Register (eligible to vote) - 425

Number of forms returned - 71

Number IN favour of opening the path - 36

Number NOT in favour of opening the path - 74

Number with no strong opinion -17

New LED Street Light in Main Road North, Dagnall

A new steel column and light was due to McCann Homes outlining the initial be installed in November between the plans. The purpose of the presentation roundabout and The Red Lion pub. The

light is the LED type which is planned to be used in due course through out the parish. The light is fitted with a special lens to project as much light as possible along the pavement. The Council would welcome any feedback from residents.

Allotments

We currently have allotments available at our Cow Lane, The Green and Northall sites. If you would like to take on an allotment please contact the Parish Clerk for more information.

Edlesborough Parish Council Meeting

This next meeting will be held at Edlesborough Memorial Hall on Thursday 18th December 2014, commencing at 7:30pm. Minutes of previous meetings can be found on the website www.

edlesborough-pc.gov.uk **Contact Information**

Clerk to Edlesborough Parish Council: Clerk: Penny Pataky 01525 229358 Email: clerk@edlesborough-pc.gov.uk Manager of Edlesborough Memorial Hall, Pavilion, Playground & Green: Penny Pataky 01525 229358 Email: manager@edlesborough-pc.gov.uk Responsible Finance Officer/Planning to Edlesborough Parish Council: Lin Sargeant: 01525 220859 Email: rfo@edlesborough-pc.gov.uk Website: www.edlesborough-pc.gov.uk Facebook: Like us on www.facebook.com/

EDANParishCouncil



EDAN COMMUNICAT IPPONSPORT SCI **Community Car Service for Dagnall, Northall and Edlesborough**

We would like to wish all our volunteer drivers and passengers a verv Merry Christmas and a very Happy

New Year and thank all the drivers for the wonderful work they do throughout Without these people taking the year. the time to volunteer, there would be no Community Transport Service to offer to the villagers who so desperately need it.

I would also like to Thank Peter William's, our co-ordinator, who again, without all the time and effort he puts in on a daily basis, we would not be operating. Thanks must also go to Viv Hill, who took over the job of matching passengers to drivers, for the first few months of this year when Peter took a well earned break, the whole operation ran smoothly and no trips were refused.

At the time of writing, there is no snow forecast, but should we get some in the coming months, it would be really helpful to have some drivers who have 4x4 cars

that can cope with the weather conditions. Even if you could only help out while we have the snow it would be extremely helpful and a lifesaver for the villagers who have medical appointments that they might not otherwise be able to get to.

If you feel this might be something you could help with and you would be willing to go on a reserve list in case of snow, I would love to hear from you. Please give me a call.

If you would like to find out more about becoming a volunteer driver for EDaN or just helping if we get any snow, please give me a call, Kathy, on, 01442 842796 or 0779 0537032.

If you would like to book a trip with Community Transport please call Peter Williams on 01442 842506

*∞*Kathv Bovington On the **EDaN** Community Transport Team - helping in the local community



Letter to the Editor...



Dear Villagers

My husband and I occasionally analyse villages we visit and always come back to the same conclusion. How fortunate we are to have such a lovely variety of local shops. But the reality is we all want a good deal so shop around. I have done this but my time and often petrol is money, so sometimes it may be a bit dearer to shop locally, but actually work it out, is it? I love walking into a shop and they know me and give me an honest opinion, not just see the pounds signs.

We have a fabulous Indian, Chinese and fish and chips, good up to date hairdressers, a garden centre which sells good quality plants and the owners have a wealth of knowledge. Nisa and Premier shops with a post office, which sell an amazing amount of bits, a doctors surgery, pharmacy and dentist! A few estate agents, a florist, a cafe and of course there is Janes. Janes sell almost everything with amazing personal service. I am biased though as I married one of them!

How many know of our local bakery at the top of The Rye. close to Mead Open Farm. It is called Amore Bakeries and is another great place to visit. The bakery does delicious mixed boxes of cakes, as well as cater for cake decorating parties. We also still have village pubs and restaurants and not forgetting all of the local businesses. You just have to look through Focus to see the wealth of what we have, we are so fortunate.

If we don't use what we have locally, we will lose it. So many villages shops have closed, make sure ours are not included.

USE THEM OR LOSE THEM. Laura Janes

Dagnall School

The children of Dagnall School have been thinking about Remembrance Day and have put their thoughts and ideas into making Acrostic poems.

Poppy

Poppies are red On the land. People died. People cried. Young people live.

Bodien Dirks, Year 1

Armistice

Always think of those that died. Remember poor soldiers that fell. Millions of soldiers who will never return. In dark trenches the men would hide. Sore men lay in the battlefields. Thousands of men were taken to prison camps. Infinity number of men lost their lives to protect us.

Crying men screamed and shouted.

Even young men were forced to fight in the war.

Emma Skinner, Year 2

Armistice

All the people that died in the war. Red will always remind us of soldiers. Men who lost their lives. It was really terrible! Solid helmets to protect them. They crawled through trenches. Infinity shooting and slicing. Camouflage suits to keep them safe. Even great great granddads fought. Ash Swan, Year 2









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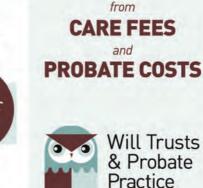
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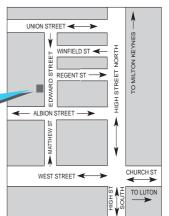


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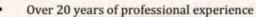
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CHARITY CHRISTMAS PUZZLE 2014

It is nearly time for this year's Charity Christmas Puzzle, the 24th annual Puzzle that Gordon Gray has set. It has a theme designed to help completion and will appeal to people who enjoy doing word puzzles. With entries from around the world, Puzzlers have plenty of time to find the answers and Puzzles should be returned, with a donation, by 25th January.

Four highest scorers will each receive a £30 prize.

Everyone who enters will qualify for one of five £10 prizes. Copies of the Puzzle can be accessed from the web at **www. christmaspuzzle.co.uk**. You can register early to receive a copy on the issue date of 8 December.



Over £57,000 raised for charity £6,000 donated last year



This year's puzzle will support St Mary's Fabric Fund plus four other charities. If you want further details contact Gordon Gray on 01525 220136.



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NEW YEAR CONCERT

10 January, 2pm



Vienna comes to Eaton Bray!

One of the country's top bands – 2013 National Silver Award winners -Aylesbury Concert Band perform New Year favourites including: *Trish Trash Polka*, *The Blue Danube* and the *Radetzky March*.

This will be a popular event so book your tickets early. Tickets priced £7.50 (children free) from the Box Office on 01525 222283.



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Holiday Club Fun

Theatre Trip



Extra-Curricular Clubs



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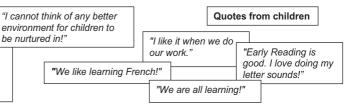
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Third Festive Bingo In memory of Basil Thorne Wednesday 3 December 7.30pm for 8pm start Dagnall Village Hall

Bring Your Own Party Food for the buffet – please bring a plate of sweet or savoury or drink of your choice Raffle Any enquiries please phone Sheila on 01442 842404 or Helen on 07825 778930 Proceeds to Dagnall Village Hall Coffee Morning with Christmas

Fayre Saturday 6th December 10.00 to 12.00 Saton Bray Methodist Church



Dagnall Christmas Fair 6 December Time 1-3pm Dagnal Village Hall Sentes grotto, childrens games & crafts, tombola, rafte, stalls selling books, cards and handmade crafts, Dagnall's thest cardenates, face painting, tattoos

Christmas Eve Candle Services 4.15pm & 6pm St Mary's Church Eaton Bray



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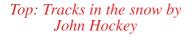


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Middle: The Red Lion Dagnall at dusk by Phil Wood

Bottom: Tree with natural Christmas decoration, Eaton Bray by Richard Woodhead



Coffee Meeting

Edna Moore would like to thank all her family and friends for their help and support at her coffee morning held in aid of both MacIntyre Homes for the Mentally Handicapped and St Marys Church Eaton Bray toilet/ kitchen extension. Taking into





account the generous donations, cake sales, bring and buy sales and raffle the amazing total raised was £3050.03.

Above: Kitchen volunteers Left: Cake stall Below: Team of helpers





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Eaton Bray Academy has Wheels!

There was great excitement this week as our new School mini bus arrived. All the children were out in the playground cheering and waving as Mr Ross from Drivestyle in Dunstable drove our brand new bus into the School grounds.

We managed to hold Mrs Hawkes back for a whole 24 hours before she was taking the children off to





Totternhoe Knolls for a more challenging cross country run. We have many trips planned and hope you will wave to us when we are out and about.

Thank you Mr Ross from everyone at EBA!



Caritas Harmony Are Joined By Ladies from Herts, Beds & Bucks To Gift A Song For Macmillan At Christmas

Christmas Spectacular 6.30pm Sat 13 December 2014 Methodist Church, The Square, Dunstable LU5 4NA

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We now have resident dog groomer, Julie, from Heads & Tails. Phone 07836 240467 for an appointment.

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Ofsted 2013

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Please contact the school on 01525 220431 to arrange a visit.



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Appledown's Rescue Dog of the Month



Golden Girl! This is Candy Southern, she is a boxer cross. At 10-11 years of age most dogs are starting to slow down but Candy is amazingly sprightly for her age.

This playful and affectionate girl loves a game of ball and a good walk! We believe that Candy is house-trained and would cope with being left for short periods once she has settled in. She needs to be an only pet and cannot be rehomed in Luton.

If you feel you could offer Candy, or any of our other dogs, a loving and secure home please call in at the kennels any day between 10 a.m. and 4 p.m. Our staff will be happy to offer advice and information. We have restrictions on rehoming dogs to families with children under 7 years of age, so please ask for details.

Appledown Rescue & Rehoming Kennels, Harling Road, Eaton Bray, Beds LU6 1QY. Call 01525 220383 or e-mail: appledown.kennels@btinternet.com (Reg Charity No. 1116848) You can now follow us on Facebook and Twitter!!!

23; 'The Lord is my Shepherd.....'. Our

Communion service on the fourth Sunday

was led by our Minister, the Rev Nigel

Wright, who examined with us the power of

prayer as a means of keeping in touch with

God, bringing solutions to the world around

us and changing both ourselves and others.

Coffee Morning with Christmas Fayre on

Saturday 6th December 2014, 10.00 – 12.00 Carol Service on Sunday 21st December

Prayer really does make a difference.

Dates for your Diary:

2014 at 10.30 am.

Eccon Bray Methodist Church saw the welcome return of our the reassurances and challenges of Psalm

October saw the welcome return of our Saturday Cafe Community and such was its popularity that by 1.0pm, every available crumb of food had been served.

The Rev Alison Taylor (once a member of our Sunday school !) gave us an inspirational service on the first Sunday of October. She reminded us of the power within us, communicated by Christ, to change the world around us and share God's love with all. This was followed on the second Sunday, our Cafe Worship Day, by a moving and thoughtful study from Greg Obong-Ohotse , who helped us to consider in detail



Edlesborough W.L

All dressed in our glad rags, once again we celebrated the Institute's birthday with

a dinner at Dunstable Downs Golf Club. Before we took our seats grace was said and we remembered absent friends. We were served with a really tasty meal, as is usual on these occasions.

Refreshed, we all settled down to listen to the music provided by Steve Ashwell. This

was just what we ladies love: tunes from the 60s & 70s. Steve sang many of the old songs, and we joined in with our favourites! It was a lovely evening and great to see how much the food and the music were appreciated.

59

Eccon Bray Perfish Council Highlights of the Meeting Minutes of Eaton Bray Parish Council

Highlights of the Meeting Minutes of Eaton Bray Parish Council Held on Monday 6th October 2014 from 7:30pm at the Coffee Tavern

Central Beds Council (CBC)

Website: www.centralbedfordshire.gov.uk -Customer Services: 0300 300 8302 / Email: customers@centralbedfordshire.gov.uk

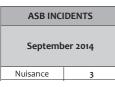
A detailed list of services provided by CBC can be found by visiting:

http://www.eatonbray.com/parish-council/ files/central-beds-a-to-z-of-services-2014.pdf

• <u>Housing Allocations Scheme</u>: A new Housing Allocations Scheme will be rolled out across Central Bedfordshire. The changes introduced will make applying for social housing simpler, fairer and easier to understand. For more information contact the Housing Solutions Team on 0300 300 8302.

Bedfordshire Police:

RECORDED CRIME				
Crime Type	01/09/13 to 30/09/13	01/09/14 to 30/09/14		
Violence against the person	1	0		
Sexual Offences	0	0		
Domestic Burglary	0	2		
Burglary Other	1	0		
Vehicle Crime	2	0		
Other Theft	4	0		
Criminal Damage	1	0		
Drugs	0	0		
TOTAL	9	2		



Three reported antisocial behaviour incidents for September. Dog walking, Motorcycles riding around village, abandoned vehicle.

News from the team

If you wish to contact your Local Policing Team then please call 01582 473411 or email LPT.LeightonBuzzardLinslade&Rural@ bedfordshire.pnn.police.uk

All information is confidential and no names

will be disclosed. Please remember if you need to contact the Police: **Non-emergency** call 101 / All emergencies 999 Village Beautification

If you live in the parish and are interested in the beautification of the village then please contact Eaton Bray Parish Council and join the EB Bloomers.

Speedwatch

The Parish Council STILL NEED volunteers to join the speed watch group to monitor traffic speeds on the parish roads. If interested please contact Cllr. Mark Tomkins on 07810 753878, between 9am-8pm or email *councillormarktomkins@gmail.com*.

Overgrown Trees

The council wished to remind residents that trees situated on private land (not council land) and causing a nuisance to your property are not the responsibility of the Parish Council and that residents need to take the matter up with the land owner direct.

Bonfires

There have been a spate of bonfires in the parish recently, it is important to note that although there is no legislation banning bonfires: smoke from bonfires can constitute a statutory nuisance and possible action if the bonfires are lit on a regular basis. Central Bedfordshire is not in a smoke free zone and only garden waste should be burned. Instead of having a bonfire, CBC recommend that waste material be taken to a civic amenity site for disposal, or if practicable, composted or recycled. If a bonfire is being lit on a regular basis, for example every Tuesday at 6.00pm then it does constitute a statutory nuisance and possible action will be taken. If this is the case then you can contact the CBC Environmental team on 0300 300 8302 and they will take the appropriate action.

Future Eaton Bray Parish Council Meeting Dates

- 1. Parish Council Meeting: Monday 1st December 2014 from 7:30pm at The Coffee Tavern (1st floor)
- 2. Parish Council Meeting: Monday 5th January 2014 from 7:30pm at The Coffee Tavern (1st floor)

Parish Council Website: *www.ebpc.co.uk* For full detailed copy of the minutes for Eaton Bray Parish Council please visit the Parish

Council website.

A hard copy of minutes can also be viewed on the Parish Council's notice board at The Coffee Tavern.

≤ Heidi Head, Parish Clerk & RFO

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

Emilie Sanders Expedition

Emilie Sanders is climbing Mount Kilimanjaro in support of Childreach International in August 2015. A variety of fundraising events are being organised



so watch this space! In the meantime, if you'd like to donate, her fundraising webpage is:



https://mydonate.bt.com/fundraisers/ emiliesanders1, or to donate £3 text: UNLOCK to 70007. Thank you!



Eaton Bray Bell Tower Update

During the past year a bell ringing team has been formed at St. Mary's Church, Eaton Bray. This is largely due to the comittment and support from our friends/ tutors/mentors at All Saints Church in Marsworth. The Eaton Bray team now rings regularly for Sunday services, for weddings and has a monthly, Eaton Bray based, practice evening - usually on the 3rd Wednesday.

Sincere thanks to an Anonymous Benefactor who is supporting the planned renovation of our lovely bells. They are in need of some structural alteration to both optimise them and to improve

their handling, which is currently very challenging and difficult. This work is scheduled to get underway in January 2015. A special thanks to acknowledge the efforts of Richard Stroud. Richard has done a great deal of 'behind the scenes' work to facilitate this renovation project. In closing, our collective thanks to both our church and our communities for all your ongoing support and enthusiasm. *Æ*Gaye T. Soule

On behalf of John Plater (Tower Captain - 01525 221095) and the rest of the Eaton Bray ringing team.



Eaton Bray Lawn Tennis Club

Well the clocks have gone back, it's dark when I go to work and

it's dark when I come home from work, and those lazy, balmy summer afternoons of sunshine, blue skies and tennis are but a distant memory. In fact I'm quite pleased to have forgotten most of the games I took part in. Nonetheless, our more hardy players continue to frequent the courts, often under the floodlights (well it would be quite difficult to play over the floodlights), taking part in Tuesday, Thursday and Sunday social games, not to mention the Mike Venn Trophy tournament which takes place annually over the winter months. Last winter we even avoided any snow on the courts, so we really were open for business all year round. This year, in case of snow, we have invested in a snowplough for court clearance duties, which will be kept under a makeshift canopy adjoining the clubhouse. It's quite old and coughs and splutters a bit when you start it up, but so do many of our members. Chairman Stuart has been on a 'how to drive a snowplough' course and is now fully versed with what levers to pull in which direction to raise and lower the, err, well the bit that goes up and down at the front. All the snow cleared will be dumped in the skate park which will then become a ski slope, thus avoiding the need for residents of Eaton Bray to spend thousands of pounds on one of those ridiculously expensive ski holidays. Just bring your gear to the skate park together with a thermos flask and a pair of goggles and do your stuff there. See, we think of everyone at EBLTC.

You'll have read here last month (well I hope you did...) about our recent Final's Day where no less than thirteen finals were played out to determine the elite of the elite from our little club. It got me thinking that

those finals were in their 25th year, our first competition having been held in our first full year, 1989, the year that the Berlin Wall came down and Germany was finally reunited. That was a year that we shouldn't forget in a hurry. It was the year Tim Berners-Lee, a British scientist studying at a research facility in Switzerland, invented a method of organising information which he called the world-wide-web (www). Where would we be without that? A gallon of petrol cost £1.68 (that's 37p per litre), a Chinese protestor took on a tank in Tiananmen Square and a British Midland Boeing 737 crashed on the M1 killing 47 people. In shipping, the Marchioness went down in the Thames with the loss of 51 lives, and the Exxon Valdez spilt 11 million gallons of oil after running aground. Then, of course, there was the terrible football disaster at Hillsborough where 96 people perished. Happier events included the end of the Angolan civil war, new primeminister F.W. de Klerk started to dismantle apartheid in South Africa, and Sky TV was launched, enabling me to while away my Sunday afternoons watching Oxford United being beaten again. It was also the birth year of Sir Bob's daughter Peaches Geldof, who passed away in such tragic circumstances last April. We may not live in an ideal world, but things weren't always better a quarter of a century ago... And can vou remember who won Wimbledon in 1989? It was, rather appropriately, an all German affair, with Boris Becker and Steffi Graf taking the singles titles. Tim Henman didn't play there until 1992, and it was 1994 before he reached Round One. Finally some news of our club's success in the South Beds League in 2014. We won four trophies over the course of the year - our Senior Mixed Division 2 team.

together with the Boys under 14s and the Girls under 16s all won trophies in the Summer, and the same Girls under 16 team also won the Winter trophy. Our Juniors are leading the way in South Beds, so if you, family members or friends would like to get involved in our success, just give us a call! We'd be delighted to hear from you.

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 Stuart Adolph on 07773 816320, Coach Sara Leavy on 07561 571578, or if they're all out and I'm not taking the snowplough for a spin, then me, Andy Cross, on 07783 667338.

Edlesborough School

Year One are very lucky as they have been provided with a fantastic new playhouse. Our topic for this half term is Toys so we are busy making the playhouse into a toy shop. It has quite a few toys already, which have been donated by some of our class. A big thank you to all the parents. The new play opportunity has been helping us learn about money and everyone has enjoyed taking part. We are working hard to make sure it stays in good condition ready for another exciting day.



All Sames' Church, Dagnall Services in December 2014 & January 2015

Sun.7th Dec.	9.00 am	Eucharist	
	10.30 am	Morning Service	
Sun.14th. Dec.	4.00 pm	Dagnall Village Carol Service	
Sun. 21st Dec.	10.30 am	Family Communion	
Christmas Day	9.00 am	Eucharist A	
	10.30 am	Family Service	
Sun. 28th Dec.	10.30 am	Carol Praise	
Sun. 4th Jan.	4.00 pm	Covenant Service	
Sun. 11th Jan.	10.30 am	Morning Service	
Sun. 18th Jan.	10.30 pm	Family Communion	
Sun. 25th Jan.	10.30 am	Family Service with Holy Communion	
	3.00 pm	United Service for the Week of Prayer for	
		Christian Unity at Edlesborough Methodist Church	
Sun. 1st Feb.	9.00 am	Eucharist	
	10.30 am	Morning Service	

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



Chiming Compensation & Out of Pocket Expenses

Jonathan Vernon Smith is the Sony Award winning mid-morning show presenter for BBC Three Counties

Radio. During his consumer hour he helps listeners with their consumer problems and now shares his advice with you.

I HATE compensation! There, I said it! I hate it! In fact, I have made it my mission during the last 13 years that I've been presenting a consumer show on the radio, to put people off making such claims. If this shocks you then please read this article through to the end and you may understand my thinking.

To me, compensation in its real sense is when people look for a financial payment even though they have not suffered financially. For example: you buy a sandwich from the supermarket, get home and find a plaster in it. Most of us would simply take the sandwich back and expect not only a heartfelt apology for the mistake, but also a replacement sandwich. There are however, an increasing number of people who would also want the supermarket to PAY them an amount of money for 'emotional stress'. What a load of old greedy codswallop!

Why am I so against compensation? Well, it's really very easy, it ends up costing everyone else money. Every time someone receives a compensation pay-out, somebody else has to pay for it - normally other customers. It's not free money! If a company has to pay $\pounds 2$ million pounds a year in compensation claims, then it will charge its other customers $\pounds 2$ million pounds to recoup the costs.

Sadly, loads of people are after it now. I get lots of calls every week from people saying 'can JVS help me get compensation out

of such and such'? Thankfully my team know my feelings and these callers rarely get on air.

You only have to observe the increase in the 'no win no fee' solicitors and those ghastly adverts that start with 'Have YOU had an accident?', to see what a thriving business claiming compensation is. Sadly, I think it will only get worse and before you know it, everyone will be suing everyone else for each simple mistake made in life. Incidentally, many of the 'no win no fee' solicitors charge an absolute fortune for the service they have provided you with in the event of a successful claim. You should always read the small print and understand exactly what you're getting involved in before you sign a contract with them. A successful pay-out of £1000 doesn't seem so good when the solicitor takes £800 and you find you're liable for other charges.

So what SHOULD you claim for? Out of pocket expenses are, in my opinion, totally justifiable. But what's the difference between out of pocket expenses and compensation? It's very simple - when a company makes a mistake which has a detrimental effect on you financially, I think it's reasonable for them to pay for this. For example if you have to pay £20 for phone calls to a company to deal with a problem they have caused you, it is in my opinion totally reasonable to ask the company to reimburse you the cost.

If I was having a new boiler installed and the plumber dropped a spanner on my tiled kitchen floor, then I would expect him to pay for the cost of replacing the tiles. To me this is obvious and utterly understandable. Most importantly a judge would probably feel the same if it went as far as court. Why is it important that we understand the difference between compensation and out of pocket expenses though? I'll tell you why, because using the word 'compensation' very often antagonises companies. They have a keen radar waiting to sniff out greedy little consumers desperate to make a quick buck and are often quick to dismiss such claims even though there may be a justifiable complaint. My advice is to

always ensure that you are only claiming for reimbursement of costs rather than looking to make a profit out of a problem and ALWAYS use the phrase 'out of pocket expenses' rather than the dreaded C word!







Here are the 62 boxes Eaton Bray Academy and St Mary's Church have produced between them for Operation Christmas Child. They are now on their way to underprivileged children in time for Christmas.

Thank you to all who contributed and please save your shoe boxes, start knitting if you can, and keep your eyes open for bargain or free toys, toiletries and stationery items ready for next year.

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Eaton Bray Academy

Eaton Bray Cricket Club			
100 Club Winners			
October 2014			
£25	Jackie Meakins	No.8	
£10	Sofie Alder	No.113	
November 2014			
£100	Eileen Roberts	No. 112	
£25	Andy Norris	No. 52	
£10	Chris Hawkes	No. 102	
£10	Stephen French	No. 77	
£10	Yvonne French	No. 95	
£10	Isabel Pearson	No. 50	
£10	Steve Hill	No 43	
£10	Gary Newey	No. 86	
Eaton	Bray Cricket Club	is kindly	
sponsored by Meadow Marquees,			
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Edlesborough Book Group I Claudius by Robert Graves



In 1929 Robert Graves was already an established poet in Britain, but after the success of his autobiography, Goodbye to all That, he moved with American poet Laura Riding to live in Majorca, where he remained for the rest of his life. It was during his early years there that he wrote the 'Claudius' books. 'I Claudius' was published in 1934 and its sequel 'Claudius the God' the following year. Told in the first person, Claudius, now an old man, looks back on his life and his extraordinary rise to power, recording the horrors and savagery of those times.

Livia, Claudius's grandmother, the widow of Caesar Augustus, manipulates the Imperial succession through poisonings, marriages, murders and secret plotting. Tiberius, her son, is bloody and corrupt, keeping his honourable brother, Drusus, abroad until he can be assassinated. Tiberius is followed by his grandson,

Caligula, whose insanity plunges Rome into even more decadence and debauchery. When Claudius inherits the throne, he is regarded as somewhat of a joke. Always sickly from boyhood, he stutters badly, has a pronounced limp and is not seen as a threat to the imperialists. In spite of his disabilities, his mind is sharp and years of observing the machinations of those around him, have given him the advantage of intellect.

This is a difficult book to read at first as there are myriad characters with similar names, but the tales of battle, intrigue and debauchery soon grip the attention. Although written over seventy years ago, the story of an Empire's internal power struggles has quite a contemporary feel. All the group found the start of the book quite intimidating, but we felt it was well worth the effort to continue reading.

Edlesbray Leisure Fellowship (ELF)

Hello Everyone,

There is a definite chill in the air and some beautiful Autumn colours to enjoy but some plants are also still colourful and giving us pleasure.

Halloween and Guy Fawkes nights are gone but Christmas will soon be here.

There are decorations to be seen and enjoyed. It is hard to resist the temptation to buy all you see to add to your own personal collection.

On October 27th, the walking group enjoyed a lovely sunny day as they

began their walk at Slapton Village They walked along the banks of the River Ouzel towards Leighton Buzzard, crossing over the River to join the Grand Union Canal at Church Lock. They continued along the Canal Tow Path to return to the start at Slapton, The walk was around 41/2 miles. The R.A.F. Museum at Hendon visit arranged by Graham on October 30th was a great success and everyone agreed that the visit was well worthwhile with many very interesting exhibits to see. The group met for a light lunch and then continued their visit. Thanks to Graham for arranging this very enjoyable outing.

We wish you all a VERY HAPPY CHRISTMAS AND A GOOD NEW YEAR. Whatever plans you have ENJOY. **DECEMBER DATES**

THURSDAY 11TH DEC. LUNCH AT THE COCK INN WING.



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Nicola Fowler



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Whether your dog needs a one off walk, extra exercise over the weekend or a regular walk, I'm happy to help. I can pick up, walk and drop off your dog on a daily, weekly or ad-hoc basis. I also offer dog running for dogs who need more energetic excercise.

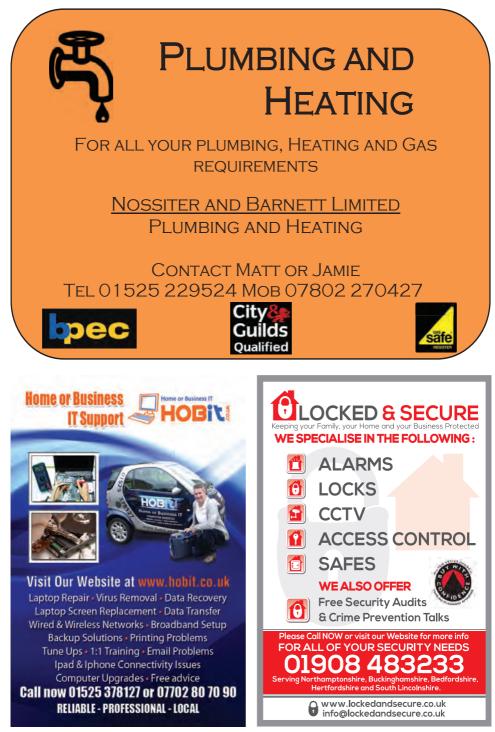
Dog Home Boarding

Have your dog come and stay with me in my homely cottage in Edlesborough, where they'll get long walks with lots of love and attention and will be looked after as if they were my own.



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Come for Coffee at St Mary's

For a warm welcome and a cheering cuppa on the first Saturday each month in St Mary's Church Eaton Bray 10.00am – midday



Are you an elderly or housebound resident ?



Would you enjoy a monthly (free delivery) fish and chip supper ?

If you answer is 'yes' to either of the above questions then please do get in touch.

We run this scheme on the last Friday of every month but need your orders no less than 48 hours prior to this. We have a voicemail facility on our phone if we are not there to speak to you directly. All messages will be confirmed back to you so you know your order has been received.

Please call on 01525 229 656 to place your order

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Some comments from our recent Ofsted report:

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 2 to school age.

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



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- Snooker room with full size table
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17 Good Intent, Edlesborough

Take a Walk

Markyate - Kensworth - Holywell - Studham - Studham Common - Roe End

7 Miles 3¹/₂ Hours

Location and Parking Markyate is on the A5 trunk road, south east of Dunstable at the junction of the B4540 from Luton. There is a small car park on Hicks Road, between the village centre and the A5.

Grid Reference TL062164

Ordnance Survey Explorer Map no 182. Landranger Map nos 165/166.

Facilities No toilets. Shops, pubs and other facilities all close by in the village.

Start The crossroads in the centre of the village

Description An easy walk with some stiles and gates; good, well marked paths and few slopes.

The Walk

1 Leave North West along the High Street to Cavendish Road (close to the 'Red Lion'). Turn left upslope for 280yds to the footpath signpost and turn right along the path between hedges passing right of the village hall. Keep on the right hand side of the playing fields hedges to the right, go through the gap in the corner and continue on the field edge with the hedge still right.

2 Walk through the wide gap at the end and bear left over the corner of the field which may be under cultivation although a path should be well marked within any crop. Go through the narrow gap marked by a yellow topped post, bear right across the field (a track should be visible) to the right hand corner of the trees ahead. Keep direction past the wood and carry on over the next section of field.

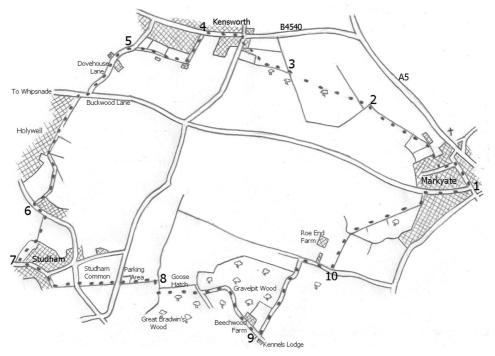
3 Pass through the metal kissing gate and continue with the hedge to the left, towards the far corner. At an unmarked point, bear right across the field and go through the metal gate under a crude metal frame. Keep direction over the field corner, out of the gate and along the gravel drive to the road in Kensworth village. Turn right to the crossroads and left along Common Road to the signpost at the end of the driveway.

4 Turn left through the narrow white pinch stile marked by a yellow disc up the driveway and bear right at the yellow top post, keeping direction up the narrow hedged path parallel to the drive. Follow this path as it swings right, between the hedge and the fence, then through trees. Carry on along the track and the wider hardcore access road to Dovehouse lane at a corner.

5 Continue left/straight on, through the dip and carry on to the Tjunction at Buckwood Lane. Turn right for 85yds to the signpost; take the track to the left and fork left at the marker post up the path through the trees with the houses to the right. Keep direction on the field edge and between the fences and the trees, follow the path left between fences and down through the trees to the road.

6 Turn left for 160yds and right through the kissing gate, uphill on the right hand field edge with the trees to the right. Keep ahead past the first marker post and step over the stile at the second marker post; bear right up the wide fenced path to the road.

7 Follow the road left into Studham village, down to the corner and turn right, towards the school. At the bottom turn left onto Studham Common and bear right on the path



through the trees on the right hand edge of the common. Keep ahead over the road and the footbridge; maintain direction still on the right hand edge of the now open common, with the trees to the right. Continue over the next road through the parking area to the boundary at the far corner.

8 Turn right, through the gap and up the field edge with the trees to the left for 180yds to the signpost. Turn left between the gateposts, through the trees of Goose Hatch. At the signpost keep direction along the more substantial track bearing right then left, passing right of Beechwood Farm.

9 At the three way signpost on the junction next to Kennels Lodge, turn left and carry on along the road. Continue through the dip and up the slope to the signpost at Roe End Lane. Turn right up the narrow tarmac road past Roe End Farm to the signpost.

10 Turn left through the kissing gate and go up the field edge to the far corner. Bear right through the gap along the grass path between fields, and continue with the hedge and the trees to the right all the way to the road. Take the road right, back into Markyate and the starting point.

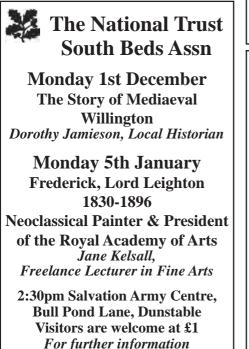
Background Information

The legend of the 'Wicked Lady', a female highwayman of the 17th century, has its origins at Markyate Cell. The Cell is a country house built on the site of a 12th century Benedictine Priory founded by the nun Christina of Markyate. The legend tells of a daughter of the house, Lady Katherine Ferrers (1634-1660), who actually existed but that is all that is known about her. She is reputed to have become a highwaywoman after she was forced into marriage and her inheritance frittered away by her father-in-law during the Civil War. She supposedly teamed up with an accomplice Ralph

Chaplin, they terrorised Nomansland Common for some time before a robbery went badly wrong. Chaplin was caught and later hanged; Katherine shot and badly wounded. She managed to get to the gates of her house but died there; her body was picked up by loyal servants and spirited away for burial. The legend has been fuelled by the 1945 and 1983 films, the first was very popular, the second bombed badly at the box office. In reality Katherine Ferrers' stepfather, Simon Fanshawe married her off to his nephew Thomas Fanshawe in 1648 (Simon did then sell off a lot of her property). Markyate Cell was sold in 1657 so it couldn't have been the scene of her death. Nomansland Common is a long way from Markyate (about a mile south of Wheathampstead) to travel for a night's thieving and get back again by dawn. There is no record of Ralph Chaplin ever existing. Records do confirm that Lady Katherine Fanshawe died in 1660 and was buried on 13th June 1660 in Ware on the other side of Hertfordshire. A young

woman dying at 26 was not unusual in those days; it may have been in childbirth or any number of other causes.

Stories of women dressing up as pirates, soldiers and highwaymen have always been popular; this is possibly a story that sounded good at the first telling and has aged well.



phone 01582 527790

St Mary's 100 Club

Congratulations to the following winners: December

1st prize Paul Robinson 2nd prize Joan Horne 3rd prize Gordon Gray If you would like to join the 100 Club please collect a form from www. stmaryseatonbray.org.uk/Groups/100club or from St Mary's Church, Eaton Bray.

London Luton Airport

With an increase in aircraft in the area and in particular when the wind is from the East, we are getting some aircraft flying directly over the village to join the flight path into the airport. If you are disturbed by the traffic flying over the village, there is a complaints hotline number: 01582395382. This is an airport number where you can register your concerns. It is important to do this if we are to reduce these disturbances over our village.

If you need to complain about Heathrow

flight noise the number is 0800 344 844. Email: noise_complaints@ heathrow.com



Filesborough Grigket Glub

New 100 Club launched to support reintroduction of cricket Colts Section

It's hard to imagine a traditional English country village without a cricket club.

A cricket club is often at the heart of a village community - offering not only a team to represent the village on the sporting field, but also to provide a social focus point for villagers of all ages. And with plans to build a new pavilion on the Green advancing steadily, the cricket club is presented with a great opportunity to leave a tangible legacy for the whole village - to ensure that Edlesborough Cricket Club will be an active part of the community for future generations.

Consequently, over and above supporting the new pavilion project, our focus for the foreseeable future is on the reintroduction of a Colts Section - to not only teach youngsters how to play and enjoy this wonderful game, but also to give them the opportunity to enjoy this very socially-orientated game and to make life-long friendships.

But in order to help create a new Colts Section we need to raise funds:

- To send people on ECB training courses to acquire the necessary coaching qualifications
- To ensure all coaches comply with all **CRB** requirements
- To buy the appropriate equipment for all age groups
- To re-introduce permanent (and vandal-proof) cricket nets on the Green

Therefore we are creating this Colts Section 100 Club, and 100 per cent of the money raised from this venture will be put towards the Colts Section project.

How it works

To sign up for the Colt Section 100 Club, "Despite all the training, walking 128

just give us your email details and create a monthly £5 standing order to the cricket club with your bank, starting 1 January 2015. If we fill the 100 available slots this will raise £500 every month - which will be shared 50/50 between the club and the monthly Prize Fund.

1st Prize - £125 2nd Prize - £75 3rd Prize - £50

On the last day of each calendar month an independent draw will be made, and details of the winners will be announced by email to all and winnings will be transferred electronically.

If you'd like to join the 100 Club or would like more details then please email us at 100club@edlesboroughcc.co.uk.

Cricket dinner and great fundraising effort

Saturday 11 October saw Edlesborough Cricket Club have their annual Presentation Evening, this year held at Tilsworth Golf Club.

The highlight of the evening was the presentation of a cheque for £1,400 to the Cystic Fibrosis Trust - money raised by three players, Jamie Blackford, Nick Blackford and Damian Blow, together with Philippa Barclay and Claire Atkin, by completing the grueling three-day 200km (128 mile) Nijmegen March in the Netherlands.

In fact the intrepid five raised of grand total of $\pounds 2,400 - \pounds 1,000$ of which they have donated to the cricket club to support the proposed reintroduction of a Colts Section, to encourage youngsters in the village to take up and enjoy the game.

"We are very pleased to be able to make this donation," explained walker and second team captain Jamie Blackford.



Claire Stubbs (left), whose daughter suffers from Cystic Fibrosis, collected the cheque for £1,400 on behalf of the Cystic Fibrosis Trust from walkers (L to R) Nick Blackford, Damian Blow, Philippa Barclay, Jamie Blackford and Claire Atkin. Far right is club Chairman Geoff Rawson.

miles in three days in the heat of July was a massive ask. But it's a big annual event in Holland and there were hundreds of other walkers taking part. And the support we got from the locals was truly amazing, it really kept us going even though we were completely spent by the end of each day.

"But we were determined to finish it, not just for all those who'd kindly sponsored

us, but knowing that the money we'd raise would be going to such worthy causes."

Claire Stubbs, who's daughter Scarlett suffers from CF was full of admiration for walking the team, "All five of them are wonderful and I know how much they suffered physically and mentally in Nijmegen because they told me all about it when they got back! But as far as Scarlett and I are concerned they are

genuine heroes."



1st XI Captain Graham Simpson (left) presents Ben Tye with his bowling award

On the field both First XI and Second XI narrowly missed out on promotion in the Four Counties Cricket League, but first team captain Graham Simpson was pleased nonetheless.

"Both teams have done remarkably well this season and we've definitely made progress on the field of play. Significant progress is also being made with off the field activities.

"The club continues to support the Edlesborough Community Sports Club's efforts to develop a new sports pavilion on the Green, and we are working hard to develop our coaching workforce and practice facilities so that we can bring back a Colts Section. It has also started working towards the

ECB's Clubmark award.

"All-in-all a lot of good work is being done to secure a healthy long term future for the club."

The main awards on the evening went to: Batting: **Chris Kimpton** (1st XI) 556 runs and **Tehmoor Abbas** (2nd XI) 502 runs Bowling: **Ben Tye** (1st XI) 30 wickets and

> Peter Bignall (2nd XI) 18 wickets Young Player of the Year: Ali Thorne Performance of the Ehtisham Season: Dar's debut for the 2nd XI at home to Ivinghoe and Pitstone. He scored valuable 30 runs a batting at No8, then took 6 wickets for 9 runs in a devastating 7 over spell to win us the game. Furthermore Tehmoor

Abbas also won the FCCL Division 7 Leading Batsman Award.

Dagnall Weather Station ((AONB)) Weather Conditions for October 2014

Elevation: 450 ft - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West After a very dry September, October started calm and warm but then turned unsettled. Our weather systems coming from the South and South-West brought warm and wet weather.

October was moderately wet but it was average for the time of the year with 85mm of rain. Who would forecast that the temperature on the 31st would reach 21.2°c breaking all the records? That's English weather!

Dagnall weather now has an app for

Station News: -

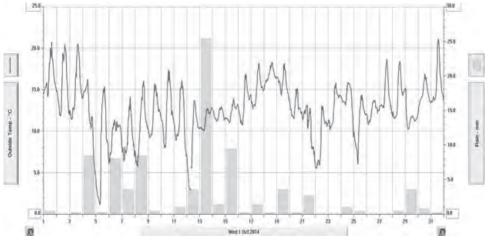
your ipad & iphone! Just go to the apple store, search for Wunderstation and follow the instructions to Dagnall Weather Station. Now updated every minute.

For weather data 24 hours a day, updated every 15 mins, visit: www.dagnallweather. co.uk and http://bit.ly/weather_dagnall this site forecast and much more

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

	High	Date/Time	Low	Date/Time	
Temperature:	21.2°c	31 Oct 14.00	1.1°c	5 Oct 07.30	
Mean Temperature	12.6°c				
Dewpoint:	16.0°c	18 Oct 15.00	0.6°c	5 Oct 07.30	
Humidity:	100%	14 Oct 02.30	58%	5 Oct 16.00	
Barometer:	1028.0 mb	2 Oct 05.30	991.5 mb	8 Oct 16.00	
Wind Speed	41 mph NW	22 Oct 15.30	Months avg.	6.4 mph	
Wind Chill:	20.7°C ENE	1 Oct 15.00	1.2°c	5 Oct 07.00	
Dominant Wind:	S				
Rainfall * T= total rain days and moisture. R= Actual rain					
*Rain Days: 25 (T),	25(R) Wet	test Day 15 Oct	25.4 mm	1.000 ins	
Monthly Rain:	Total	Oct 2014	85.0 mm	3.346	
Yearly Rain:	Total	10 Month	739.2 mm	29.102 ins	

This shows the temperatures and rain fall



Stressed Out? - Massage can Help

With Christmas fast approaching you may be feeling particularly stressed at this time of year. You cannot always avoid stress but the healthiest and most productive people are those who learn to relieve and manage stress - taking time out for yourself is one way that can prove very beneficial.

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

Did you know massage has all the following effects:

Helps remove waste products like lactic acid and encourage the muscles to take up oxygen and nutrients aiding a quicker recovery.

Stretching - massage can stretch tissues that cannot be stretched in the usual method which releases tension and pressure buildup.

Break down scar tissue - this is the result of previous injuries or trauma and can affect muscle, tendons and ligaments.

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.

A sports massage is a deep form of massage designed for active or sportspeople to stretch out and relax specific muscle groups or areas of the body. It can help:

Maintain the body and generally keep it in better condition.

Prevent injuries and loss of mobility.

Improve range of motion and provide greater joint flexibility.

Boost performance and improve recovery times following exercise. Relieve muscular aches and pains and reduces postural tension.



So why not treat yourself or a loved one to some well-earned TLC and reap the benefits of a therapeutic massage.

At St Judes our massage treatments are carried out by Chartered Physiotherapists. With their vast knowledge of anatomy and physiotherapy experience, you know you are in safe hands.

Special Christmas Offer:

Save £5 when you buy a 45 minute massage voucher and as an added treat we will give you a £5 reward voucher! Offer ends 31.12.14 Ts & Cs apply.



St Judes Clinic, 26 Lake Street Leighton Buzzard LU7 1RX 201525 377751 C www.stjudesclinic.com enquiries@stjudesclinic.com

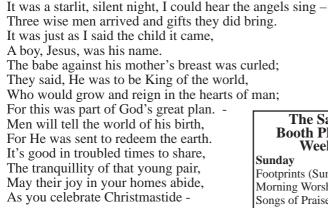
Dunstable & District Local History Society Tuesday 13th Jan, 7.45pm The Great Train Robbery

A television documentary featured Andrew Cook talking about his new discoveries about the famous robbery near Cheddington. No one has ever been charged with providing the gang with vital information about where to strike. Dr Cook has had access to investigation files. Now the society will hear more. **Methodist Church Hall, Dunstable** Visitors always welcome £3

Salvation Sound

"The Star – Bethlehem."

I'm a publican, 'for my sins', I own this inn – I provide rooms, casks of water, jars of wine, Shelter for animals, donkeys, asses, kine, It's all due to the census you see – A man came with his wife on a donkey." "No" said I; "There's no room, within." "No, not even were you Herod, the king"! "What's that – what do you say? "Let her sleep with the animals on the hay." "Well, she looks like her babe might be born Soon enough, perhaps e'en before dawn".



Happy Christmas everyone, and best wishes for the New Year. God bless you. Maureen





The Salvation Army, Booth Place, Eaton Bray Weekly Activities



Sunday				
Footprints (Sunday School)	9.45-10.45am			
Morning Worship	11am			
Songs of Praise	4pm			
(3rd Sunday of the month from May to Dec)				
Tuesday	•			
Coffee Morning				
(alternate weeks)	10-11.30am			
Music practices (all welcome)	7.30-9pm			
Wednesday	-			
Home League	2.30-3.30pm			
(Ladies Mtg but all welcome)	-			
Champions Challenge Club (term time)				
(Ages 5-10 years)	5.45-6.45pm			
Thursday				
Parent and Toddler Group				
(Term time)	9.30-11.30am			
Haberdashers' night				
2nd Thursday of month	7.45 pm			
Ladies Fellowship				
(Last week of month)	7.45pm			
For further details please call Envoy Hilary				
01525 222087 / 07932 057490				
E: hilary.chadwick@salvationarmy.org.uk				
W: www.salvationarmy.org.uk/eatonbray				





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