

Focus



October
2017

The local village magazine just for Us!
Eaton Bray, Edlesborough, Northall & Dagnall
Focus is online at www.thefocusmagazine.co.uk

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Church

Saturday 14th October 2017
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Relax & chat with friends,
coffee/light lunch

All ages welcome (inc. activity area).



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Chapel Lane, Northall

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Everyone is welcome to our Sunday
worship each week between 11am and
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talk together.

For more information contact:

John Hazell 01525 218142

Email northallchapel@btinternet.com

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

The Focus Magazine Committee

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*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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reproduced without permission.*

**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.*

✍️ Editor

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Village Diary October 2017



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 Pilates, 10.45am, Totternhoe Memorial Hall, Lisa: 07799 893489
- Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm
- 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
- Mondays Cubs (8-10 ½ years old), 6.30pm - 8pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Liz Coates 01442 842550
- 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, Sam George: 07748 152379, Tracy Bennett: 07803 123318
- Tuesdays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Tuesdays Beginner's Boxercise, 6-7pm Dagnall Village Hall, Josh Thompson 07456 574405 or jtpinfo@gmail.com
- Tuesdays Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, Booth Place, Eaton Bray
- Fortnightly
- 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 on 07854 230243
- Wednesdays Caterpillars Baby and Toddler Group 10am to 11:30am, Grace Baptist Church, Moor End, Edlesborough, £1 per family unit, Frances King 01582 475896
- (term time)
- Wednesdays Pilates 6.45 & 7.45pm, Dagnall Village Hall, Andrea on 07855 138005 or andrea@naturalpilates.co.uk
- Wednesdays Art of Ju Jitsu martial arts class, Eaton Bray Village Hall, 7 -7.45pm ages 6-15yrs
- 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 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 Tae Kwon-do, Dagnall Village Hall, 5.45-7.30pm 07813 755785
- Thursdays Clubbercise 7.30 - 8.30pm. Eaton Bray Hall - Gina Flitton 07846421756
- Thursdays Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact: ebebeaverleader@ebescouts.co.uk
- Thursdays Explorers Scouts (14-18 years old), 8pm-9.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Simon Betts, lionheartesu@hotmail.co.uk

Village Diary October 2017

- Thursdays Intermediate Boxercise, 7.30-8.30pm, Dagnall Village Hall, Josh Thompson 07456 574405 or jtptinfo@gmail.com
- Fridays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Fridays Stay & Play toddler group, 'Musical Monkeys' at the Eaton Bray Village Hall, 10-11.30am, £4.50 for one adult and child, £1 for extra children/adults, 0-6 months free
- Fridays Keep Fit class, Edlesborough Memorial Hall 10 - 11am
- Fridays Scouts, 10 ½ to 14 years old), 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Mark Owen, 07899 892344, ebescoutleader@ebescouts.co.uk
- Fridays (term time) Kids Club 6:00pm to 7:00pm Grace Baptist Church, Moor End, Edlesborough (across from the post office) Frances King 01582 475896
- Fridays (term time) "Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whittemore on 01525 376124
- Saturdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
- Saturdays KFPA Musical Theatre classes 4+yrs www.kfpa.co.uk, 10am, Edlesborough Memorial Hall
- Saturdays Bootcamp Fitness, 9-10am, Dagnall Recreation Ground, Josh Thompson 07456 574405 or jtptinfo@gmail.com
- Sundays Sunday Worship at 10:30am and 6pm Grace Baptist Church, Moor End, Edlesborough (across from the post office). Alister King 07572 395687

Monthly

- 1st Monday Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except January-2nd Monday)
- 1st Monday Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret Jones on 01525 220991
- 1st & 3rd Monday Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather Westwood (01525 839803)
- 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, 10:30am - 12 noon
- 1st Sunday St. Mary's Edlesborough Open Days, 2-5pm, May to September inclusive
- 2nd & 4th Tuesday 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, 10:30-12 noon, Edlesborough Methodist Church
- Last Sunday Messy Church, 3-5pm, Salvation Army, Booth Place, Eaton Bray, 07932 057490

Other Regular Events

- 1st Beds Area Narrow Gauge Model Railway Club Meeting, 11.30am-4.30pm, Eaton Bray Village Hall
- 13th Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.
- 17th Dagnall and Kensworth Friendship Club, Sausage and Mash lunch in the village hall at 1:30pm

Village Diary October 2017

One Off/Annual/Irregular Events

- 7th Salvation Army Brass Band Concert, 7pm, St Mary's Church, £5 07932 057490
- 8th Edlesborough Fun Run, 1pm, Edlesborough Green, Application form 07747 618825
- 12-14th Front Row production, 7:30pm, Eaton Bray Village Hall, Tickets £7 01525 222283
- 14th Mr Simpson's Little Consort, 7:30pm, St Mary's Church, Edlesborough, tickets £10 from Edlesborough Stores
- 15th Arts & Crafts Experience, 11-4pm, Wilstone Village Hall, £2 under 12s free
- 21st Salvation Army Brunch & Bring & Buy, 10am-12 noon, Booth Blace, Eaton Bray
- 22nd Quiz, 7pm, Eaton Bray Village Hall, £9 per person, Book 01525 221411
- 27 & 29th DAOS Dunstable Musical Theatre Company 'Come to the Caberet', Eaton Bray Village Hall, £12 www.ticketsource.co.uk/daos

Eric Rose

The family of Eric Rose would just like to thank everyone who kindly attended his recent funeral. He would have been so very proud.

We have been truly overwhelmed by all of your heartfelt messages of condolence and the support given to us at this sad and difficult time.

So very much appreciated.
Stella and Family.

Barry Horne

The family of Barry, who passed away on the 1st July 2017, would like to sincerely thank everyone for their cards, flowers and letters of sympathy. They have been a great help at this sad time. We would also to thank everybody who attended the church and after at the Old Palace Lodge. The total donations raised for Diabetes UK was £450.

Jack, Joan, Russell and family.



EATON BRAY PARISH COUNCIL



BECOME PART OF OUR TEAM - BECOME A PARISH COUNCILLOR



We come to each Parish Council Meeting in the Coffee Tavern on the 1st Monday of each month and spend on average around six-eight hours each month advising and helping to run our village. Being a Parish Councillor in Eaton Bray Parish gives you a real opportunity to make a difference to the community.

At present we have vacancies – come *and* join us

If interested, please contact the Parish Clerk – contact details below.

You can also view our website for more details



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



Village Info



EDaN Community Transport
Peter Williams: 01442 842506

Village Hall Bookings

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

Northall: Lorna Cabbage Tel: 07857 318696 Email: northallvhbookings@gmail.com

Eaton Bray: Norman Lee Tel: 01525 222831

Email: bookings@ebvh.co.uk Website www.ebvh.co.uk

Dagnall: Elizabeth Coates Tel: 01442 842550

Edlesborough Memorial Hall: Penny Pataky, Tel: 01525 229358

Email: manager@edlesborough-pc.gov.uk

Police Contact Numbers...

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General Assistance (Recommended Number): 101 Emergency: 999

Bedfordshire Police (Eaton Bray)

Leighton Buzzard Police Station/Kathryn Horgan: 01582 473411

Typetalk: 18001 01582 473418

Email: LPT.LeightonBuzzardLinslade&Rural@bedfordshire.pnn.police.uk

Thames Valley Police (Edlesborough, Dagnall & Northall)

PCSO Jackie Dodson Mobile: 07800 703 524

Email: NHPT@thamesvalley.pnn.police.uk

Defibrillator Locations

These units are registered with the Ambulance Services. To access them, please phone 999. You will be given the access code and the location of the unit will be confirmed. The defibrillator is easy and safe to use. The units can be found on the outside walls of the following locations:

Dagnall: Red Lion Public House

Eaton Bray: The Coffee Tavern

Edlesborough: Edlesborough Memorial Hall

Northall: The Swan Public House



Helpline: 07930987064

**Manned phone hours: 9am to 5pm,
Monday to Friday**

(An answering service is available for out-of-hours calls)

Call us if you want help with getting to the surgery/hospital, collecting prescriptions, minor errands or d-i-y jobs, form-filling, walking your pet etc. or if you would welcome our befriending service.

Services at St Mary's Church

SUNDAYS : **8.00am** HOLY COMMUNION
 10.00am PARISH SUNG HOLY COMMUNION

On Third Sunday of each month:

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

WEEK-DAYS:

Tuesday: 2.00pm TOTS (Tots on Tuesdays) (2nd & 4th Tuesdays)

Wednesday: 10.00am Holy Communion

EVERYONE WELCOME AT THESE SERVICES

Memorial Service at St Mary's

There will be a Memorial Service at St Mary's on Sunday 5th November at 3pm. This is an opportunity to remember loved ones who have died. For more information, see the details on the church web site www.stmaryseatonbray.org.uk



If you are 60+ please come and join us on the second Monday of each month from 2.30pm to 4.00pm where you will find a warm welcome, varied activities and light refreshments.

**Silver
Link**

GRACE BAPTIST CHURCH, MOOR END, EDLESBOROUGH LU6 2HN

Eaton Bray with Edlesborough Parish News

Church Warden & Pastoral Matters: Catherine Hayden (01525 220527)

Reader: Gordon Gray (01525 220136)

Website: www.stmaryseatonbray.org.uk Facebook: St Mary's Eaton Bray

When I was young I had a poetry book which was all about happiness. The poem began: 'Where does happiness come from? What makes happiness start? How does it come out of nowhere and into a person's heart?' It then went on to suggest different ways in which happiness is generated. What is the secret of happiness? This is a question which humankind has been asking for generations. Marcus Buckingham, whilst he was a researcher for the polling group Gallup, asked thousands of women a series of questions to discover the answer. The women polled came from a range of backgrounds- rich and poor, working, retired and full time Mums. He was intrigued to find from their responses that happiness for them was not linked to actual circumstances but was more about attitude.

Frederick William Harvey was a prisoner of war during the First World War. Whilst in the Holzminden camp in Germany, he wrote the humorous poem, 'Ducks'. His whimsical observations were prompted by discovering a fellow inmate had drawn a picture of ducks in a pool of water at the camp. He discovered beauty and humour even in the most difficult of circumstances.

'All God's jokes are good-even the practical ones!

And as for the duck, I think God must have smiled a bit

Seeing those bright eyes blink on the day he fashioned it.

And he's probably laughing still at the sound that came out of its bill!

(Extract from 'Ducks' F.W.Harvey)

Taking delight in the natural world and the wonder of the moment is something which Christian teachers of prayer have advocated for centuries. The theory is that if we take time each day to notice the present moment rather than worrying about the past or fretting over the future, we will be more content. So, to go for a walk and notice the wonderful array of colours in the fallen leaves is a moment of wonder. A few moments sitting and listening to a favourite piece of music without doing anything else can be uplifting. Appreciating the aroma of a meal cooking, or relishing the feeling of getting into a warm and comfortable bed at the end of a busy day can be moments of delight.

All these are small instances which can easily be missed if we are too busy to take notice. And yet, they only take a few minutes of our time to appreciate them. That has a knock on effect of helping us feel more thankful for all the good things we enjoy. And this in its turn makes us feel happier and enables us to have a more positive approach to life. Cherishing the moments when we are happy helps us to face the times when it is very difficult to rejoice.

When people came to Jesus he taught them to trust in God. 'This is why I tell you not to be anxious about food and drink to keep you alive and about clothes to cover your body. Surely life is more than food, the body more than clothes. Look at the birds in the sky; they do not sow and reap and store in barns, yet your heavenly Father feeds them. Are you not worth more than the birds? Can anxious thought add a single day to your life?' (Matthew chapter 6 verses 25-27)

The Lord's Prayer also encourages us to take each day one at a time, to give thanks for what we have, to ask God for what we need and to trust in him. Perhaps that really is the secret of true happiness!

Every blessing, Joy





FOES
Friends Of Edlesborough School

Presents:

Firework's Night

Friday 3rd November

Doors open at 6pm

Lighting of bonfire at 6.30pm

Fireworks display blasts off at 7.30pm

There will be a DJ and disco, competition for best dressed Guy Fawkes, hot and cold food, licenced cash bar
It promises to be a fantastic night for all the family!

Tickets £5 per ticket if purchased before 20th October,
£7.50 per ticket after (under 3s go free)

Please contact Emma on 07811 117099 to purchase your tickets or email chairoffoes@gmail.com

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Pop in and see us we are always on hand to offer advice and assistance and if you can't find what you are looking for just ask and we will do our best to get it for you

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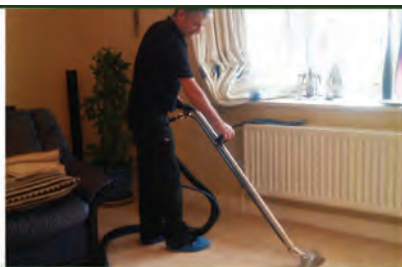
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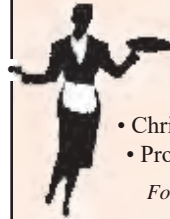
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Front Row Theatre Group

Front Row are delighted to let you know that our next performance in October will be a great comedy by Derek Benfield entitled "Look Who's Talking!"

You may have been expecting to see a production of "Secondary Cause of Death" by Peter Gordon as previously advertised but this is now being performed next year to fit the availability of cast members.

In Look Who's Talking, when two unexpected guests, Jane and Brian, drop in on Sheila and Andrew, a devoted middle-aged couple, what ensues is a complicated and hilarious series of misunderstandings and mistaken identities as Sheila and Andrew begin to weave an elaborate web of lies and half-truths to hide their own possible infidelities.

The Box Office (01525 222283) is now open and we look forward to seeing you at Eaton Bray Village Hall between 12-14 October. Performances begin at 7.30pm, with the bar open from 7.00pm. Tickets are £7.00.

The 24th ! Yes Really!

Village Hall Quiz

Saturday 22nd October

Come and help us celebrate another momentous occasion

This fabulous quiz with quizmaster Keith Blackburn will still include a **Free** supper with the questions. Bring you own glasses and drink.

7.00pm for 7.30pm

Just £9 per person. Teams of up to 8 people
Fabulous prizes!

This event is organised jointly by Eaton Bray Village Hall
Fundraising Committee and Eaton Bray Tennis Club

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ross.bagni@btinternet.com

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Brass Band Concert

Saturday 7 October

7.00pm

at St Mary's Church



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The band undertake a number of engagements and this year will be touring Sweden and performing in the grounds of Windsor Castle.

Tickets are priced at £5

Obtained from Hilary Chadwick 07932 057490; 01525 222087
or Graham Knightley 0791 9542463.



Brunch & Bring & Buy

Saturday 21 October

10am - 12 midday

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Eaton Bray Parish Council Christmas Market



We are looking for market stall holders from the Eaton Bray Parish to come forward if interested in having a stall on the Market Square this Christmas.

Please contact the Parish Clerk on clerk@cbpe.co.uk



The Salvation Army presents

Community Carol Concert

Sunday 3 December

4pm

Eaton Bray Village Hall

Community Band Children's nativity
Carol singing

Tickets £1 (Available from Hilary
see below)

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For more information and to order tickets please

contact: Hilary Chadwick (Envoy)

hilary.chadwick@salvationarmy.org.uk

Tel: 07932 057490; 01525 222087



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Mr Simpson's Little Consort

Saturday 14th October, 7.30pm

Tickets: £10, concessions £8, U18 free

Tickets from Edlesborough stores or on the door

Website: mrsimpsonslittleconsort.wordpress.com



The award winning local early music group, Mr Simpson's Little Consort, present a fundraising performance at Edlesborough Church with a programme of readings and period music about the life and times of William Shakespeare. The group give us a unique perspective on what little is known about the life of Shakespeare.

We describe our performances as being, "a bit like Lucy Worsley, only with music". We like to explore the more interesting aspects of social history, so as well as a few quotes from the great bard himself, you will learn about the eating, drinking and toileting habits of Elizabethan London theatre goers, as well as a smattering of local history. The idyllic voice of Cate McKee will bring tears to the eyes, while the dulcet sound of the Crumhorn trio may send you running for cover!

Mr Simpson's Little Consort are well known for their outstanding period performances and have performed at St John's Smith Square, the Tilford Bach Society, Claydon House, Eyam (the Plague village) and the East Anglia Academy, and won an award at Buxton in July 2017 with their performance of Cupid and the King.



All Saints' Church, Dagnall

Services in October 2017

Sun. 1st Oct.	9.00 am	Eucharist
	10.30 am	Morning Service
Sun. 8th Oct.	10.30 am	Morning Service with Holy Communion
Sun. 15th Oct.	10.30 am	Family Communion
Sun. 22nd Oct.	10.30 am	Family Service
Sun 29th Oct.	No service at Dagnall (United Service at St Mary's, Kensworth at 10 am)	
Sun. 5th Nov.	9.00 am	United Service for the Festival of All Saints

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



Edlesborough Parish Neighbourhood Plan

Edlesborough Parish Neighbourhood Plan was prepared by Edlesborough Parish Council, a Steering Committee and public consultation, but the Council has to remain neutral during the Referendum period and cannot campaign for a particular outcome.

Make sure you have your say and vote on the 5th October!

The Neighbourhood Plan is to be the subject of a local referendum on Thursday 5th October 2017 and every Edlesborough/Dagnall/Northall resident on the Electoral Register will be entitled to vote.

Christmas Wreaths In Edlesborough

Paulette Taylor has kindly agreed to organise the sponsorship and hanging of the Christmas Wreaths in Edlesborough this year. Last year's sponsors will be offered the opportunity to sponsor a wreath again. If after that there are any wreaths still available these will be advertised on Facebook.



The Great Edlesborough Fun Run

The Great Edlesborough 5k Fun Run will be taking place on Sunday 8th October at 1.00pm. It will start at Edlesborough Village Green. The Fun Run will raise funds for the building of the new Edlesborough Green Pavilion. A kids fun run is also being organised too!

Places on the Fun Run are limited to 75, so be quick. Suggested voluntary entry donations:

Adults: £10 Children £5 Family tickets £25 Kids Fun Run £2

Please note no new entries will be accepted on the day, this is a pre-registration event only

For more information about participating or being a volunteer please contact the organisers on: 07747 618825 or edlesboroughrunners@hotmail.com

Hedge Cutting

The parish council asks parishioners to ensure that the planting around the boundaries of their properties does not cause a danger or inconvenience to others.

Hedges, trees and shrubs must not overhang a highway or any other road or footway to which the public has access to so as to endanger or obstruct the passage of vehicles or pedestrians, or obstructs or interferes with the view of drivers or vehicles or the light from a public lamp, overhangs a highway so as to endanger or obstruct the passage of horse-riders.



Remembrance Day Service

The Act of Remembrance will take place at Edlesborough War Memorial 10:30am – 11:30am on Sunday 12th November.

Streetlights

Please report failed streetlights in Edlesborough, Dagnall and Northall to the Clerk for repair. When making a report please ensure you provide the Clerk with the information displayed on the lamp post.



Allotments

Edlesborough Parish Council currently has vacant allotments at the Cow Lane site. Anyone wishing to take on an allotment should contact the Clerk. Fees are £2 per pole and plots range in size from 5 – 10 poles.

Speedwatch

The EDaN Traffic Management team are looking for volunteers to help with their new Sentinel device. If you have an interest in slowing down traffic in the villages or are concerned about

Road Safety, please contact Ivor Thorne on ivorthorne25@gmail.com

Potholes, Road Issues & Rights of Way

It is possible to upload pictures of potholes and road surfaces directly to the BCC website. On the main webpage click “Tell Us About A Problem”, and then follow through to “Report a Pothole”, “Report a Right of Way”, or “Tell TfB” for any other highway issue. This allows BCC to log potholes and other issues and provide you with a tracking reference number so that you can see what progress is being made on the issue you reported. The website address for this is below:

www.buckscc.gov.uk/services/transport-and-roads/report-a-problem/tell-us-about-a-highways-problem/

Vision Splays – Under Bucks CC Devolution EPC are responsible for cutting the grass verges within the 30mph limit. Any vision splays outside the 30mph limit are the responsibility of Transport for Bucks and should also be reported to the website above.

The next Edlesborough Parish Council Meetings will take place as follows:

- Northall Village Hall, Thursday 19th October 2017
- Edlesborough Memorial Hall, Thursday 16th November 2017

The meetings will commence at 7:30pm.

All Parishioners are welcome to attend all Ordinary Parish Council meetings and may ask questions, raise issues and give suggestions during the Open Forum before the formal start of the meeting. The full minutes of the Parish Council meetings are available to view on the website or from the Parish Clerk.

To keep up to date with the latest information on the Neighbourhood Plan, Planning Applications etc. please visit the Edlesborough Parish website and visit our Facebook page.

Edlesborough Parish Council Contact Information:

Clerk: Miss Penny Pataky *Office hours Mon – Fri 11am – 3pm (Excl. Wed)*

Email: clerk@edlesborough-pc.gov.uk 01525 229358 Website: www.edlesborough-pc.gov.uk

Facebook: www.facebook.com/EDANParishCouncil

ARTS & CRAFTS EXPERIENCE!

Sunday, 15 October Wilstone Village Hall 11am ~ 4pm
£2 entry, under 12s free

Come and meet our amazing group of talented local artists. Watch them demonstrate their skills in ceramics, wax painting, taxidermy and wood carving.

Maybe take the opportunity and have a go yourself at one of our workshops on pottery, felting, painting and other crafts. We'll also be running a children's workshop to encourage them to learn and create their own special items. All the workshops will incur a small charge to cover materials.

Take the time to browse and enjoy the wonderful paintings, artwork and jewellery on display – it's also a great opportunity to buy some unique early Christmas gifts.

Need to chill? Why not try one of our mini reflexology or Indian head massage sessions? Plus to round off a perfect day there will be a tempting selection of light refreshments for lunch and afternoon tea for you to enjoy.

See you there!





EATON BRAY PARISH COUNCIL

Neighbourhood Development Plan



Hi from the Parish Council Neighbourhood Plan Steering Group.

Work on our Neighbourhood Plan (NP) has continued this summer, we held our first village “drop in” meeting on Monday evening 14th August 2017 and the second on Saturday 16th September 2017. We chose an evening and weekend about a month apart to give as many people as possible an opportunity to attend.

An advertising flyer was delivered to every home in the village along with a short questionnaire. Response so far has been very good with over 130 attending our first drop in meeting and 206 questionnaires completed so far. The Steering Group would like to say a big thank you for your support. We are currently analysing the questionnaires, plenty for our little steering group to do.

Central Bedfordshire issued the Draft Local Plan and we responded to their consultation in August. The most notable proposal in the Draft Local Plan is that CBC do not propose to revise the Green Belt in and around Eaton Bray.

To conclude we have had a successful summer with good attendance at our meeting and plenty of comments to help form and direct our policies in our NP. The next steps are to analyse this new information and start writing the NP. As always we will do our best to keep everybody informed through the Parish Web site and in Focus.

Keep your eyes on the Parish Council web site and Facebook page for more information. If you feel you can offer any support please come along to our meetings. However support doesn't need to be attending monthly meetings, perhaps you have the time to help with data collection/research. Contact the Parish Clerk at www.ebpc.co.uk

Please feel free to attend the next Steering Group meeting which are planned for the last Monday of the month, 19.30 at the Coffee Tavern, Eaton Bray. Please contact us on glennwigley@hotmail.com if you would like to come along.



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]

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Dagnall Community Choir

Calling all music lovers!!!



Do you like to sing in the shower? In the car with the windows up and your music turned up loud? Or perhaps in the pub after a few drinks with friends, and the occasion demands it...?

If so, you will know the absolute joy of singing. Filling your lungs with air and using your voice to make music, really does create a wonderful feeling of well-being, in just about everyone. Singing has consistently been shown to have a positive effect on one's quality of life, improving physical and mental health, reducing stress levels, and boosting happiness. Singing with a choir, even more so!

Dagnall Community Choir is looking for more members to enjoy the amazing health benefits of choral singing. So please come and join us on a Monday evening from 7.45pm at Dagnall Church. Don't be shy - give it a try!

We welcome all age groups from 16 years and upwards and at present are particularly looking for more male voices to join our ranks. We welcome new choir members of all abilities, so don't worry if you can't read music, or if you haven't lifted a songbook since your schooldays! Our friendly and

expert musical team are here to help and guide you. There is a wide range of musical influences reflected in our repertoire – from classical to pop music, show tunes and light opera, traditional and contemporary songs – so we really think there is something for everyone. And it's also worth mentioning that the cost of singing with DCC won't be a huge burden on your finances – just £2.00 a week, and a small annual membership fee of £10.00.

As you read this, we are well into our Autumn concert programme, so hopefully many of you will have had the opportunity to hear us sing, perhaps at Stanbridge Church at the beginning of September, or at Eaton Bray Village Hall at the end of the month. Our next performances are at the Poppy Prom at Eaton Bray Church on **Saturday 11th November** and our Christmas concert on **Sunday 3rd December** at Dagnall Village Hall. For more information about the choir and our forthcoming performances, please visit our website at **www.dagnall-community-choir.co.uk**.

We look forward to seeing lots of music lovers at Dagnall Church on a Monday night!

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HIGHLIGHTS OF THE MINUTES

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

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

MEETING OF EATON BRAY PARISH COUNCIL

HELD ON MONDAY 3RD JULY 2017 FROM 7:30PM AT THE COFFEE TAVERN

Central Bedfordshire Council (CBC) – Councillor Ken Janes

Email kwjanes@hotmail.co.uk / 07767-496823

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

Bedfordshire Police:

- Eaton Bray Police contact : PC Konopka - email Slav.Konopka2@Bedfordshire.pnn.Police.uk (all information is confidential and no names will be disclosed).
- For general Police contact/enquiries: **Non-emergency call 101 / All emergencies 999**

Vacancies - Parish Councillors

There are vacancies for Parish Councillors on Eaton Bray Parish Council.

Eaton Bray is a great place to live and its residents have the opportunity to shape its development by contributing towards the ongoing activities overseen by the Parish Council. Whether it's protecting the environment, improving the facilities or traffic and parking issues that interest you - we need your views. There is a place available on the Parish Council that we would like a resident to fill and help contribute to the villages continued development. If you think there's something you can contribute please have a chat with any of the existing Councillors or contact the Parish Clerk.



Visit the Parish Council website <https://eatonbray.com/parish-council/parish-councillor/> to find out more on becoming a Parish Councillor.

Eaton Bray – Neighbourhood Plan

Keep your eyes on the Parish Council web site/facebook, read the Focus report - for updates. If you feel you can offer any support please come along to our meetings. However support doesn't need to be attending monthly meetings, perhaps you have the time to help with data collection/research.

Contact the Parish Clerk at clerk@ebpc.co.uk .

PARISH COUNCIL MEETING DATES:

Held in The Coffee Tavern / 1st floor, from 7:30pm (unless otherwise notified)

- Monday 2nd October 2017
- Monday 6th November 2017



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]

Follow Eaton Bray Parish Council on Facebook and Twitter

Keep up to date with what is going on in the parish

Come to the 
CABARET

DAOS - DUNSTABLE'S MUSICAL THEATRE COMPANY

An evening of song, dance, comedy and food! The songs will include excerpts from Rent, Avenue Q, Book of Mormon, A Slice of

Saturday Night, and a rousing finale from Les Misérables.

These will be interspersed with other songs, sketches and variety acts along with a platter of comestibles served during the interval.

The dates for Eaton Bray Village Hall are - Friday 27th - 7:30 pm & Sunday 29th October - 7:00 pm

Tickets £12 a person or a table of 8 for £80 and may be booked at: www.ticketsource.co.uk/daos

The Orchards at Edlesborough

As you will no doubt have seen, construction has now started on the exciting new housing development by Careys New Homes in Edlesborough.

Whilst still in the early days, it will not be too long before you can see the outline of what will be The Orchards – 20 executive but traditional 3,4 and 5-bedroom homes. The exciting opportunity to purchase a limited number of these beautiful properties off-plan, will present itself in this coming autumn whilst the show house will be ready for viewings in early 2018. The total completion of all the homes is scheduled for spring 2019 and Careys New Homes has an excellent track record when it comes to timing.

As anyone who lives locally will know, Edlesborough offers a peaceful rural location with road and rail links as well as easy access to both Luton and Heathrow airports. Prices are expected to start at around £400,000, which is highly competitive for such an outstanding location. Sales will be handled by the local agents Household, a name probably familiar to many readers.

Careys New Homes prides itself on not just building homes but creating communities and to this end, have made some significant contributions to the area under the Section 106 Agreement. An amazing £245,548 has been donated to Buckinghamshire County Council for Education purposes and a very 'healthy' £122,640 to Aylesbury Vale District Council for Sports and Leisure. We can therefore expect to see some positive changes in our schools and parks as well as maybe welcoming some new faces to the area!

Any local residents who have any queries relating to the construction or sale of these exciting new properties should contact Household Estate Agents on 01582 477077.



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or visit www.house-hold.co.uk

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Christmas Coffee Morning



Saturday 9th
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10.30am - 12.30pm

All Saints Church
Dagnall

All Welcome to visit to
buy cakes, cards and gifts
and meet new people

St Mary's Christmas Fair

Saturday 18 November 2017, 12.00 - 3.00pm

Eaton Bray Village Hall 50p admission adults
Children free!

Come and visit

Santa and Mrs Claus

with their elves in their
Christmas grotto at this
year's Christmas Fair!

With lots of other stalls to browse for your Christmas
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2017

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New Housing Developments in Edlesborough, Dagnall and Northall You get your say on October 5th

Just when you thought we were done with referendums, along comes another one! But this one is just for us, affecting the residents of Edlesborough, Dagnall and Northall. It will determine the future development of the villages until 2033. The referendum gives you the chance to vote for, or against, the Edlesborough Neighbourhood Plan, on October 5th.

Neighbourhood plans are a recent government initiative that give local communities some input into new developments within their areas. If a neighbourhood has an approved plan, then the local district planners must work within its recommendations, rather than consider every new planning application that they receive. The Edlesborough Neighbourhood Plan was developed over the last two years after several consultation phases with residents of the village. It limits developments in the village until 2033, and also makes some provisions for expansion of the school and the surgery sites.

Aylesbury Vale District Council has a target for new housing, set by the government. It divided up its total requirements and decided that our parish must accommodate 184 new homes. But recently approved developments - opposite the school, in Cow Lane and Dove House Close, for example - are already included in that number, leaving a requirement for about 60 additional new homes, which are all provided for in the Neighbourhood Plan.

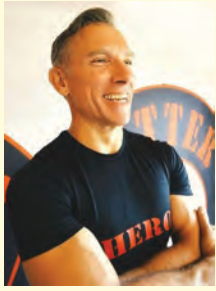
Graham Neill is a village resident and chairman of 'Yes for Edlesborough Parish Neighbourhood Plan', an independent group of residents hoping to protect the character of Edlesborough and the surrounding villages. "Of course, new homes will add to pressure on local services," explains Mr. Neill, "so we're concerned people may vote against the plan because they think it will mean fewer new houses. But voting yes to the plan is the best way to prevent even more houses being built in Edlesborough, Dagnall and Northall."

Graham Neill has worked as an architect for many years and is very familiar with the attitude of commercial developers. "If we vote no," he adds, "then commercial developers will be free to propose new builds for as long as they want to, with no provision for school or surgery expansion, and no concerns for local needs. It's important to remember that we don't have the option of getting a lower number of houses than the plan. That's why we're encouraging everyone to vote YES on October 5th, to limit new building until 2033."

So, it's no use complaining once the diggers move in! You have the opportunity to control new development in Edlesborough, Dagnall and Northall, by voting in your very own referendum. YES to approve the plan and limit development until 2033, NO to leave new building in the hands of commercial developers.

You can see the Edlesborough Neighbourhood Plan at the AVDC offices, or on their website www.aylesburyvaledc.gov.uk. And for more information you can contact the group Yes for Edlesborough Parish Neighbourhood Plan through Graham Neill, at Yes2edlesboroplan@gmail.com





ANDY JUST DO IT

To quote a famous sports brand “Just do it!”... Just do it?? Easier said than done isn't it?

Let's start with why. Not enough time? Work getting in the way? Family commitments? Not knowing what to do or how to do it? The excuses that we convince ourselves are valid? And then there is the small matter of motivation or the lack of it?!

Many of us are struggling to find balance; balance between forging a career and a home life, between prioritising fitness and responsibilities.

To live a long, happy & healthy life, fitness in whatever form, along with good nutrition and the right foods in the right quantities is key. But you know that already!

There is much truth in the statement that food is the most abused anxiety drug and exercise is the most underutilised anti-depressant. So why is it that so many of us are digging our graves with our own knife and fork? Why is it that so many of us can't or won't make time for daily exercise? We've been led to believe that fad diets are what we need for that “beach body” and that complex training regimes are necessary for fitness or only for the super fit.

In conforming to this mass deception we compromise our health and wellbeing and cheat ourselves out of the genuine pleasure of food and exercise. So how do we take control of our health, nutrition and fitness? Knowledge.

It's clear having the right information will assist us in making informed decisions and ensuring we do what is right for US and OUR body.

As an experienced Master Trainer, and Nutritional Guidance coach, Andy Little who is used to the bright lights and busy lives of Londoners is bringing all of his experience right home to Edlesborough and is putting back into the community. Andy says “The more I explore the area, the more I discover, we are so fortunate to live in such a special place, nature has provided a wealth of tools, I have performed exercises on anything from tree stumps to turn styles, every time I step outside the door there is always something new to see.”

Through utilising our beautiful local area and a local gym or even your own space in the familiar surroundings of your home, Andy is assisting people just like you to make the life saving and life enriching choices that make a genuine difference to our long term health and well being. He will assist you to make the right decisions and importantly develop excellent, long term habits that can benefit you for the rest of your life. Those who have benefitted from Andy's coaching include a multinational model who has changed her relationship with food and found herself growing in strength and confidence - the 64 year old man who has reduced his dependence on insulin injections for Type 2 diabetes through correct exercise and nutrition choices, as well as the 38 year old man who has lost 5 stone in weight and made life saving changes as a result of the application of the knowledge and motivation he has developed with Andy.

No matter how busy your life is, what your stumbling blocks are and whatever the reasons that hold you back, Andy is committing to the residents of Edlesborough and neighbouring areas over the coming months, to give you what you need to change your life for the better. Don't you think it's time for you? Of course there are limits to the availability of Andy's time so act today and make a call that your future self will thank you for!! Visit www.fasterfitterleanerstronger/edlesborough fill out the simple contact form and take your first step to a better you.





Eaton Bray Methodist Church

On the second Sunday family.

of August Martin Wallis **Dates for your Diary:**

made a welcome return to our church to lead the Cafe Service. He focused on the theme of trust, illustrating particularly with the well-known New Testament passage where Jesus walks across the Sea of Galilee to meet the disciples while they are fishing. Peter steps onto the water to meet him and then starts sinking as his doubts take hold. We discussed how we might have reacted and recognized that we need to put complete faith in God. The service was a reflective and comforting one, which we valued considerably as we had just heard of the death of a much-loved member of the congregation.

The final service in August was Communion, led by our minister, Rev Nigel Bibbings. He considered the question of identity, commencing with Jesus' question "Who do you say that I am?" This leads to us asking ourselves as Christians about our own identity and faith. For example, who do others think we are? Are we able to communicate our faith to others and what is the use of our church activity if non-Christians do not know what we stand for?

As is usual in August we shared these services with our friends from neighbouring congregations and on the other August Sundays were made very welcome in their churches.

The loss mentioned above was the sad news of the death of Mike Homewood, who had served for many years in our chapel in a variety of capacities, particularly in the Sunday school. We shall miss him badly and our thoughts are with Margaret, Sam and Simon, Olivia and Tom as well as the rest of the

Cafe Community

Saturday 14th October 2017 11am–1pm
We will be delighted to see you if you come to join us for a cup of tea/coffee and/or a light lunch.

There will be a craft table at church on Cafe Saturdays and Sundays in October and November. Come and do your Christmas shopping early!

Social Afternoons

Weekly on **Thursdays** 2pm – 4pm
Chat, meeting friends, games, refreshments. All Welcome.

The Salvation Army, Booth Place, Eaton Bray Weekly Activities



Sunday

Footprints (Sunday School)	9.45-10.45am
Morning Worship	11am
Messy Church	3-5pm
<i>(Last Sunday of the month)</i>	
Songs of Praise	4pm
<i>(3rd Sunday of the month from May to Dec)</i>	

Tuesday

Coffee Morning	
<i>(Alternate weeks)</i>	10-11.30am
Music practices (all welcome)	7.30-9pm

Wednesday

Home League	2.30-3.30pm
<i>(Ladies Mtg but all welcome)</i>	
Champions Challenge Club <i>(term time)</i>	
<i>(Ages 5-10 years)</i>	5.45-6.45pm

Thursday

Parent and Toddler Group	
<i>(Term time)</i>	9.30-11.30am
Girls' Night Out	
<i>(1st Thursday of month)</i>	7.45pm
Sewing & Craft Bees	
<i>(2nd Thursday of month)</i>	7.45 pm
Ladies Fellowship	
<i>(Last week of month)</i>	7.45pm

*For further details please call Envoy Hilary Chadwick. T:01525 222087 / 07932 057490
E: hilary.chadwick@salvationarmy.org.uk
W: www.salvationarmy.org.uk/eaton-bray*

St Mary's Village Carnival 2017

Huge thanks to all who contributed to the success of this year's Carnival. This year the Carnival Committee will be able to distribute a remarkable £15,000 bringing the total raised by the Carnival Committee since the millennium to £207,450. This is a record total, so congratulations to everyone involved

A meeting was held on 5th September and in response to various commitments and requests the following distribution was agreed:

St Mary's Fabric Fund	£7,500	Hearing Dogs for Deaf People	£1,875
Macmillan Cancer Support - Leighton-Linslade Fundraising Group			£1,875
1st E Bray & Edlesborough Scout Group	£250		
Ataxia UK	£150	Curtain Call	£125
Dagnall School	£200	Dagnall Under Fives	£100
Dagnall Village Hall	£200	Downs Heart Group	£100
Dunstable Air Cadets	£100	Dunstable ladies Choir	£100
East Anglia Air Ambulance	£200	Eaton Bray Methodist Church	£100
Eaton Bray Parish Council	£200	Eaton Bray Academy	£200
Edlesborough Parish Council	£250	Edlesborough School	£200
Friends of the church on the hill	£200	Good Neighbour Scheme	£150
Leighton First Responders	£200	Pitstone and Ivinghoe Museum Society	£150
Salvation Army	£100	Sparx	£150
Taskers Row Social Club	£125	Totternhoe Lower School	£200

Next year's Carnival will be on 7th July. Our principal charity will be "Stoke Mandeville Cancer Care and Haematology Unit" the theme will be "Games". We are looking for someone who could help us promote the Carnival on Social Media. If you would like to contribute in any way to the Carnival Committee for 2018 then please speak to Gordon on 220136.

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Excellent condition, black cast iron, cost £164, Dogs 22ins tall, depth 14ins. Grate height: 560mm, depth: 360mm width: 620mm plus 240mm if you want the legs to go inside a chimney breast too but some people will sit the legs outside against the wall. We also have a cast iron back plate for sale if required.

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Nigel's Thoughts

Methodist Minister



Dear Friends,

John Keats in his poem 'Autumn' wrote of this "Season of mists and mellow fruitfulness" of which many of us are so fond.

The autumn light and mellow days together with the gorgeous colours in tree and hedgerow, conspire to allow one long, last glorious fling before the coming chill of winter.

This could allow some of us to become downcast, perhaps because of what we are losing. Surely however, that is just the way of things, as Exodus 8 v 22 reminds us

"As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, will never cease".

It is God, who through Jesus' self-emptying love accompanies us, now grants us reassurance for the journey.

Not only this, he promises also that we ourselves will be found fruitful if we stay close to Him.

Keats wrote "Who hath not seen thee oft amid thy store?" It is as we look for the signs of God at work in His world whilst remaining faithful ourselves that we shall bring a harvest 'home'.

St Paul wrote "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not lose heart." (Galatians 6 v 9)

So, lift up your hearts, lift up your heads and lift up your voices in preparation for what God has in store for us as his people.

If we allow him, now and always he will be using us to change the world!

God bless us all!

✍️ Nigel



Eaton Bray Good Neighbours has been one of the most successful Central Beds schemes in its first year, according to Simon Patterson, the BRCC organizer responsible for setting up these projects. The AGM took place on 12 July with a relatively small but lively attendance of enthusiastic members. The

Chairman's report noted that in its first year the number of clients had reached 45, the scheme had attracted 44 volunteers and some 465 jobs had been undertaken. The existing honorary officers all agreed to stand again and were duly re-elected. Three weeks later a Members' Summer Social and Supper Party took place at the home of the Chairman, Kay Griffiths. It was a very pleasurable event with a wonderful array of delicious food and drink brought by all the participants.

The Befriending Group has been very active too. In addition to the normal individual visits there have been some happy and interesting outings. A group of clients and volunteers enjoyed a lovely visit to Ashridge in July and there was a very successful trip to (and on!) the Leighton Buzzard Steam Railway in August. Very warm thanks to all concerned, especially Bob and Liz Burton who are shortly leaving us to live in Scotland. Their kindness, commitment and support for the Good Neighbours will be very much missed.

LOCAL HERALDRY

BY JOHN HOCKEY

In this series, we take a look around local towns and villages to find interesting and unusual heraldry.

WING

All Saints Church, Wing is much visited by historians because it has an Anglo-Saxon apse and crypt – architectural features occurring in only a few churches in the country. It also has a number of magnificent monuments to members of the Dormer family who lived at nearby Ascott House.

The smaller memorial to Anna Sophia Dormer (who died of smallpox aged 22 in 1694), situated in the nave has a shield which is a text book exercise in good heraldry. It is clear, unambiguous and attractive.

The first thing you would notice, without reading the inscription on the monument, is that the shield is lozenge or diamond shaped, rather than the normal design you might expect. This is because a lozenge shape is reserved for a woman – it being unthinkable

in mediaeval times that a woman would fight in battle and hence she would have no need of the traditional shield shape born by a knight. Sometimes this makes for a rather messy design as different *charges* as we call the lions, crescents, stars and the like that decorate a coat of arms are crammed into a space which is not really big enough for them. But here, the design fits nicely. The background or *field* is *azure* (blue) with ten *billets Or* (rectangular bars, in this case coloured gold). Above, coming out of the bottom of the *chief Or* – i.e. the top third of the shield, here coloured gold, is a *demi-lion*, which I think is self-explanatory. He is ready for battle (*rampant*) and is of *Sable* or black tincture, with a red tongue and claws. In heraldry we say *armed and langued Gules*. The adjective *langued* coming from the same root that gives us the word ‘language’, and *Gules* of course means red. The full description or *blazon* would therefore be:

Azure ten billets four, three, two and one Or. Issuant from a chief of the last a demi-lion rampant Sable, armed and langued Gules. Simple enough?

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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.
www.dagnallunderfives.co.uk

THE FOCUS ON FILM SOCIETY

We started our thirteenth season on Monday 11th September.

We meet in Eaton Bray Hall at 2pm on the second Monday of each month between September and the following May.

This season, members have chosen the following programme.

Sully	A Cat Named Bob
Hidden Figures	La La Land
The Time of Their Lives	The Light Between Oceans
Beauty and the Beast	A United Kingdom
Lion	

New members are always welcome and can be assured of a warm welcome, if you think you might like to join us, you can come for a trial visit for £4 which will be deducted from your membership fee if you join us.

More information and a brochure can be obtained from Graham Chappell on 220883 or visit our website at: <http://www.eatonbray.com/cinema/>

Or, just come along to one of our films. It makes a nice afternoon out and we serve Tea and Biscuits after the film with time for a chat.

Doreen Dean

Doreen Dean would like to thank family, friends and neighbours for all the telephone calls and visitors. Also for the wonderful surprise party that made her "special" birthday so enjoyable and unforgettable. Thank you all.



Appledown's Rescue Dog of the Month

Dominic is a Staffordshire Bull Terrier who was born in 2008. He may be a more mature gentleman but he is still full of life, loves his walks and, as you can see from the photo, he is a very happy boy. He has a friendly and affectionate nature with people but would prefer to be an only pet. Dominic can be left for short periods if well exercised first. He cannot live in Luton.

If you can offer Dominic or any of our other dogs a loving and secure home, please drop in at the kennels or call us any day between 10 a.m. and 4 p.m. Please note that there are restrictions on rehoming adult dogs to families with children under seven years of age. Full details of the rehoming process can be found on our website or please contact the kennels.

Appledown Rescue and Rehoming Kennels Harling Road, Eaton Bray LU6 1QY

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CORPORAL WILLIAM HENLEY DCM, MM

William Henley was born in 1886 at the top of Gammons Lane (later to become School Lane) Eaton Bray to John Henley an Eaton Bray man and Sarah Jane Henley nee Boarder born Ivinghoe Bucks. The family like many in the area were Duck breeders. William was the third and last child being a brother for Fred born 1880 and Rose born 1882.

Not an easy start for young William and the family as in 1890 father John died at the age of 37. Two years later Sarah Jane married Harry/Henry Varney 15 plus years her junior still living on what was now known as School Lane.

William on leaving school became a Duck breeders help and later was employed at Wallace's Fruit Farm.

There is a reference to him in Maurice Sanders' book "Wood Wurlitzer and Wesley" driving a horse drawn cart up Lancot Hill with 40 bushels of apples on board.

In 1911 William was boarding in School Lane with Alfred and Mary Fountain and grand daughter Mary Nichols who later on that year he married in Eaton Bray.

At the outbreak of war while still working at Wallace's it is thought that he volunteered and joined the 24th Battalion Royal Fusiliers London Regiment and was posted to France in 1915. His regiment fought in some of the fiercest battles of the war including

Loo's, The Somme and Cambrai.

During his service he was awarded the Distinguished Conduct Medal (being mentioned in dispatches 3 times*) and the Military Medal.

Being demobbed in 1919 he returned to the village and his job at Wallace's where he continued to work until his death at Three Counties Hospital in Stotfold on 2nd September 1935 aged only 48.

He was buried in Bower Lane on 7th September 1935



William and Mary Henley nee Nichols

London Gazette January 10th 1920
G/60813 Cpl. W. Henley, M.M., 24th Bn., R. Fus. (Eaton Bray, Beds.). In the operations against the enemy's trench system east of the Oanal-Du-Nord, on the 12th September, 1918, he led the bombing, attack along the support line by which the enemy were driven out of their positions. The fighting at close quarters lasted for 12 hours, when the trenches were cleared and 12 machine guns captured.



Eaton Bray Lawn Tennis Club

Well what happened to that summer? No sooner had the sun eventually seen fit to peek its little orange head through the clouds in mid July, it decided that it had had quite enough of that, thank you, and would retire to the cooler comfort of hiding behind thick grey nimbostratus, leaving us mere mortals down here in Bedfordshire to suffer the consequences of its unwarranted six week long hissy-fit. As such, the amount of tennis played on our three courts in School Lane was somewhat curtailed, as although we're pretty much an all-weather bunch, even our more amphibious-minded members drew the line at playing under six inches of water. Balls don't so much bounce, as go 'plop' under these circumstances, requiring the use of a snorkel and mask to effect any return shot. And those flippers don't half make moving around the court a long and cumbersome affair. So with our 29th Club Final's day set for last Saturday (last year's having been rained, or rather monsooned off...) it was with some trepidation that the participants peered out of their bedroom windows that morning. Hissy-fit sun was still sulking, but the clouds were a whiter shade of pale. To a man, they skipped the light fandango, did a few cartwheels across the floor, and imagined the huge crowd later, calling out for more. I thank you, Procol.

The first final of the day saw Father and Son Ben and Tom Noithip, take on Darren Kerins and Ross Bagni in the Men's Doubles. I happen to know that Tom is a multi-talented individual, who also excels at Rugby, Fives, and playing the trombone. Would this plethora of excellence be enough to take victory over 33 times champion Darren (yes you did read that right...) and one time champion and club founder member Ross? Sadly it wasn't, with the more elderly err, experienced pairing winning 6-2, 6-2. Ross therefore took his second Championship, following on from his 2006 Mixed Doubles

victory with Jenny Baines. The trophy will sit nicely alongside the several he has recently acquired from his newfound skills on the croquet lawns. Darren commenced his winning streak nearly 25 years ago, back in 1993, and along the way has collected 17 Singles, nine Men's Doubles & six Mixed Doubles titles (one of those Men's Doubles being with yours truly, proving that anyone can win a title if they can persuade Darren to play with them). I clearly recall the moment just after our victory a few years ago, when Darren, who had positioned me at the net throughout the game with the instructions just to hit anything that came straight at me whilst he did everything else, said to me 'Andy, you played like a rock. You never flippin' moved'!!

There is no doubt that Ben & Tom will feature in future finals. Congratulations to them for a stunning comeback in the semi-final against Dave Hillman, the tournament organiser, and his son-in-law Nick Browne. The four of them must have been listening to Sly & the Family Stone's record 'It's a Family Affair'. They all went off afterwards to record an episode of the Generation Game.

Our Ladies Singles title had not been contested since Alison Lowe won her third in a row in 2013. This year, however, six ladies entered and the final was between Laura Williams & Kirsty Glynn. Laura won a very entertaining match with Kirsty certainly playing her part. Well done to all of the ladies who entered the competition, it was great to see it back on the order of play.

The final of the Men's Singles was keenly anticipated. The combatants were young Ben Johnson (young? I remember him at the 1988 Olympics...) who had benefitted greatly from the tutoring of our 'super coach' Sara Leavy, and a newcomer, Ryan Collins, who only joined our club earlier this year. The length of some of the rallies, and games lasting 10 minutes or more, led to calls of 'Hurry up, I've got to

go to work in the morning'! Ryan eventually emerged a 6-4, 6-4 winner, by which time the crowd had aged considerably and sea levels had risen six inches. It was a well deserved victory though, with Ryan having beaten Ben Noithip, Darren Kerins and Max Freebairn en-route to his meeting with Ben.

The Ladies Doubles final was played out between pairs Sara Leavy and Georgia Griffiths, and Laura Williams and Lauren Smith, and was won in two very captivating sets by Sara and Georgia. It was 'keeping it in the family' again for the Mixed Doubles, with Sara and her partner (in more ways than just tennis) Adam Bamford, up against father and daughter David and Lauren Williams. David had been a previous winner in 2012, but that was not to be repeated this time, as Sara and Adam engaged top gear to take a narrow 6-4, 7-6 victory. And so ended an excellent day of tennis. Thanks and congratulations must go to all the players

(particularly for keeping each match down to two sets which makes remembering the scores so much easier for the likes of me), to tournament organiser and veteran board-treader Dave 'moving on' Hillman, and last but by no means least, to Peter Hale, for providing the match reports with a stroke-by-stroke account in triplicate, which would fill Focus for the next several years. Now that's something to look forward to.

Well that's it for another month. 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 any committee member – names and numbers on the website - Coach Sara Leavy on 07561 571578, or if they're all out and I'm not feeling kinda seasick, then me, Andy Cross, on 07783 667338.



Eaton Bray Lawn Tennis Club offer a Free Trial Tennis Session for Kids!!!

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Wednesday 4-5pm under 9 year olds
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Saturday 10-11am under 16 mixed
Saturday 11-12pm 8-10 year olds
Saturday 12-1pm under 12 boys

Join at any time for 1 free session! (Usual cost £60 for 10 sessions)

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Edlesborough School



The beautiful grounds of Edlesborough School positively lent themselves to the introduction of the Forest School initiative last year and this is proving to be a great success.

Forest School is an inspirational process that offers ALL learners opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees. This is a long term process run by qualified Forest School practitioners and aims to promote holistic development of the child, fostering resilience, independence and creative thinking as well as offering opportunities to take risks appropriate to the environment and to themselves.

The children of Edlesborough School are approaching their outdoor learning with enthusiasm whatever the weather. As Cerys (Y6) says "... it's so cool and you are never bored. Even if it's raining Forest School is on."

The children are clearly relishing this way of learning because as Jamie (Y6) points out "It gave me and my peers freedom to do whatever we like (within reason)." Maggie (Y4) says "I enjoyed the mud pit and making dens. I am looking forward to bringing my teddy in and playing with it at Forest School." They learn new skills such as whittling, sawing and making a fire and the importance of cooperation. "Forest School is very enjoyable as we have to work together to make or build something. It also makes you get outside more instead of using technology." Phoebe (Y6) Kian, Matthew and Josh (Y6) had these comments to make:

"Forest School is a great activity to be able to do."

"I enjoyed finding things and building dens. Also being able to do what you want; amazing!"

"I would love to do it more as it was different and enabled us to use our creativity and imagination.

It got us to approach new things using nature."

Lucas (Y6) says "It is so much fun I wish I could do it again. I think the school should do it in future." While Alfie (Y5) says "I liked Forest School because you learn whilst having fun. I am looking forward to it next year and to whittling."

This school year will see every child from Reception to Year 6 having the opportunity to experience Forest School and without doubt having a great time while learning important life skills.



School Governor Opportunity

Edlesborough School has always been well supported by an active team of Governors. We currently have two vacancies on the Governing Board. If you think you have experience to offer and would enjoy being involved in guiding this important part of our local community towards even greater success, please contact the school on 01525 220431 or contact via email: manager@edlesborough.bucks.sch.uk

Eaton Bray Village Hall Management committee

Chairman's statement AGM July 10th 2017

Again the hall had a good year in 2016 with an increase in lettings, allowing the trustees to continue with the improvement of our facilities.

Our hall depends on the goodwill and help of all its trustees, especially those who take on continuing tasks such as treasurer, booking clerk, maintenance and fundraising. Along with those who help in a myriad of other ways. I would like to express my thanks to all those who have put in so many hours over the last year to ensure our hall is well maintained and improved.

We welcomed Richard Stroud as a new trustee, whilst it is incumbent of me to also mention Katrina Hurley who continues to be a leading light in our ongoing fundraising efforts.

Our new website, launched at the start of the year, seems to be having a positive effect on our bookings but with the uncertainty facing the economic outlook of the country

in general, we must ensure that our efforts continue, as in times of downturn this will, without doubt, affect the bookings.

In 2016 we replaced our window blinds with electrically operated ones, along with better ventilation from our windows. We also had a new fire alarm system fitted, which again ensures our hall is as safe as it can be.

Going forward, it is hoped the refurbishment of the entrance hall will be carried out this summer along with the regular repair of the carpark.

Most of the trustees are of a certain age and we need younger people to bring fresh ideas and enthusiasm to the committee. May I ask you to consider giving a little time to help your village hall to continue to serve our village, long into the future.

Again my thanks to our trustees and thank you for continuing support that you have all given me over the last year.

✍️ Ross Bagni, Chairman

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ROSE HAWKINS CHANNEL SWIM UPDATE



1st September 2017, 6.45am Rose was taken to the Samphire hoe beach from the Viking Princess by dingy. With the sun rising in the sky, the Viking Princess sounded its horn to indicate Rose's swim had begun. Her parents Marian and Jim Hawkins, sister Sarah and Cousin Lizzie were on board to supply drinks, food, support etc. The tides were working in Rose's favour and the conditions were near perfect up to hour eight.

Also on the boat was an official channel swimming association observer, and two pilots, brothers Reg and Ray Brickell. The observer had to record Rose's stroke rate every hour and test her with simple questions to ensure hypothermia or disorientation had not set in. Whilst treading water Rose had hourly drink and snack breaks, refuelling with water, Ribena and peaches.

We kept Friends and family up to date via Rose's channel swim

Facebook page where they could leave messages for Rose and we could write them on a white board and show Rose as she swam! They could also track her on the channel swimming association website which highlighted her exact crossing.

The weather changed from hour 8, the winds picked up and the swell was greater. When we got to hour 12, the pilot informed us that although Rose was going at a good pace she needed to speed up to enable her to reach the closest land Cap Gris Nez. A flood tide was pushing us around the coast and if Rose missed it she could be

swimming for a further three hours to reach land. Rose had researched so many previous Channel Swims so she knew when we started shouting at her to increase her pace that it was about beating the flood tide.

She was swimming against it for nearly two hours. After 14.5 hours continuous swimming Rose's knees hit the rocks at Cap Gris Nez, in her words she flopped onto a rock and hoped it was France. The observer told her to climb clear of the water and then he radioed the boat to say she had been successful, so to the sound of the boat horn all on board cheered noisily. When Rose returned to the boat she was extremely cold, very hungry but ecstatic that she achieved her dream to swim the English Channel. She can be quoted as saying "she would not have given up, if she had missed the Cap Gris Nez."



The next day Rose and the family visited the White Horse in Dover, where she signed her name on the wall among other successful channel swimmers. She wrote, Rose Olivia Hawkins 14.5 hours 1st September 2017. Best and worst day ever.

Rose has raised over £14000 for four charities Marie Curie, British Heart Foundation, Medical detection dogs, and Willen Hospice.

Rose would like to thank everybody for there support and sponsorship, she has been overwhelmed by people's generosity and interest.

<https://www.mariecurie.org.uk/blog/channel-swim/163501#sz6Kq6PQOQs08eP.9>
interviewed Rose and this is the link

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Dagnall & Kensworth Friendship Club

The October meeting is our Sausage and Mash lunch in the village hall on October 17th at 1:30pm, followed by entertainment from The Jolly Jazzers. Recently we mourned the loss of one of our founder members Eric Rose. He will be greatly missed.

Our November meeting welcomes back Hugh Granger, to speak on The Art of Deception in WW2, at 2pm in the village hall. New members are welcome to come along. Our annual subscription is £4 only. Telephone Rosemary Holt 843202.

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September 2017

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Dagnall Village Hall 100 Club Winners, August 2017

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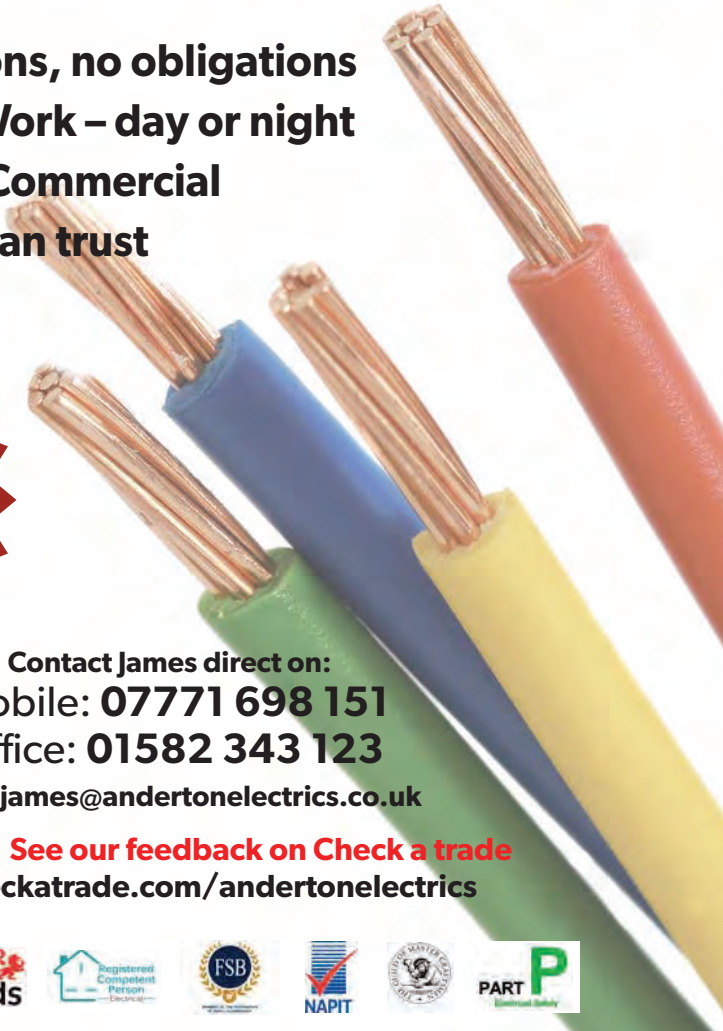


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Chickpea Fattet, Iced Salad, Cumin and Fennel Seed Yoghurt

We've had a run of desserts in this series of recipes so it is time to redress the balance with this brilliant vegetarian dish. A fattet is a Lebanese spiced stew, made up of complex sweet flavours and spices. It's a really wonderful dish, which will satisfy vegetarians and meat eaters alike. This version was created by Alfie Smith, a very talented young head chef at the Rump & Wade in Stevenage. He finishes off the stew with a very contrasting crispy iced salad. This dish may look like a winter warmer but it is surprisingly refreshing and satisfying even in the hotter months.

400g chickpeas in water, drained & washed
1 spanish onion, finely chopped
2 cloves of garlic, finely chopped
5g Fresh mint, finely sliced
1 cinnamon stick
½ tsp chilli flakes
½ tsp ground mixed spice
1tbsp pomegranate molasses
1 tin of chopped tomatoes
1 vegetable stock cube
200ml water
10ml vegetable oil

Iced Salad

1 khol-rabi, thinly sliced
1 red pepper, thinly sliced
½ small white cabbage, thinly sliced
5g corriander

Cumin yoghurt

100g Greek yoghurt
15g ground cumin
1 lemon juiced
5g fennel seeds

Serves 2-3

Take a medium heavy based sauce pan and place it on a medium heat. Put the cinnamon stick, chili flakes and mixed spice into the pan.

Dry roast the spices on the medium heat for 2-3 minutes.



Add 10ml of vegetable oil, onions and garlic. Sweat for 3-4 minutes until softened.

Now add the chickpeas, chopped tomato, stock cube, pomegranate molasses and water. Leave to simmer down for 40-45minutes stirring frequently.

Take thinly sliced, kohlrabi, cabbage and red pepper and place in iced water (you want about 1/3 ice to 2/3 water).

Pick the leaves from the coriander and add them to the ice water

Leave for 5-10minutes to crisp up in the iced water.

In a dry frying pan roast off the cumin for 2-3minutes take off the heat and squeeze the juice of one lemon. Add cumin and lemon paste to the yoghurt and the fennel.

Serve the fattet with the iced vegetables and the yoghurt. You can also serve it with couscous or bulgur wheat too.

Hear wonderful recipes on Nick Coffey's Weekend Kitchen every Sunday morning on BBC Three Counties radio at 11am.

You can also join Nick every weekday afternoon at midday for brilliant local guests with great stories to tell and all the music you want for your early afternoon.



Vale Lottery Helps Good Causes

Since Vale Lottery launched almost two years ago it has been a great way to support local good causes - by about £77,095 a year so far - while offering the chance to win up to £25,000.

Tickets cost £1, with 60p making a difference to the community and the

balance going to running costs and prizes. Go to valelottery.co.uk to buy a ticket – you could be a winner and local good causes will definitely win.

Local good causes can also join up at the same web address.

Smiling

*Smiling is infectious, you catch it like the flu
When someone smiled at me today I started smiling too
I walked around the corner and someone saw me grin
When he smiled I realised I had passed it on to him
I thought about that smile and then realised its worth
A single smile like mine could travel round the earth
So if you feel a smile begin don't leave it undetected
Lets start an epidemic and get the world infected*

These Fit so Well They Should Be in a Dictionary

ADULT:

A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR:

A place where women curl up and dye.

CHICKENS:

The only animals you eat before they are born and after they are dead.

COMMITTEE:

A body that keeps minutes and wastes hours.

DUST:

Mud with the juice squeezed out.

EGOTIST:

Someone who is usually me-deep in conversation.

HANDKERCHIEF:

Cold Storage.

INFLATION:

Cutting money in half without damaging the paper.

MOSQUITO:

An insect that makes you like flies better.

RAISIN:

A grape with a sunburn.

SECRET:

Something you tell to one person at a time.

SKELETON:

A bunch of bones with the person scraped off.

TOOTHACHE:

The pain that drives you to extraction.

TOMORROW:

One of the greatest labour saving devices of today.

YAWN:

An honest opinion openly expressed. And MY Personal Favourite!

WRINKLES:

Something other people have, but mine...character lines.

Eaton Bray W.I.

Our September meeting was well attended on an Autumnal evening. Our President, Deirdrea, welcomed everyone to the meeting and thanked Margaret for taking the meeting in her absence. Our meeting opened with our Speaker, Dr Wilf Power, who is Chairman of the Bedfordshire Natural History Society. There followed a very interesting talk on The Beauty of Butterflies. Locally we have some 31 butterflies on the chalk downs of Dunstable Downs. Britain boasts 59 different butterflies. Dr Powell showed slides of the life cycle of the butterfly. The most popular British Butterfly is the Red Admiral, followed by the small tortoiseshell, the Peacock and the Brimstone Butterfly. Origins of the name butterfly could possibly be from the Brimstone Butterfly which is the colour of butter and is the first butterfly you see in the Springtime. Many of the butterflies have quite bright distinctive markings but they will often sit with their wings closed to blend into their surroundings.

Everyone had been asked to bring something butterfly related and we took it in turns to speak about their item.

We enjoyed our tea before the notices, when butterfly cakes were served.

An Afternoon tea in a member's garden had raised a good sum, a donation would be made to the British Legion poppy wreath.

Two members had enjoyed the Group Outing to Stratford upon Avon. It had been a good opportunity to meet WI members from other groups.

Ideas for future outings for Eaton Bray WI were discussed, and good ideas were put forward.

Our Secretary gave a listing of the dates for further gatherings, including Craft Fairs, shoes sales, outings to Covent Garden, and plans in December for various festive occasions.

Our next meeting will be on Monday 2nd October when Anna Conti will give us a talk on stained glass making.

Meetings are always on the first Monday of the month (except Bank Holiday when it is the second Monday). The Meetings commence at 7.30 pm and are held in Eaton Bray Methodist Hall. The contact for Eaton Bray WI is: Margaret Jones, on 01525 220991.

A warm and friendly welcome awaits new members. At each meeting there is an interesting speaker or demonstration, followed by social time and refreshments.

Edlesborough W.I.

After the business part of our September meeting and the news of members had been concluded, we enjoyed a return visit and humorous talk by Josie Jeffery about the many and various jobs she had undertaken prior to her, eventually becoming a store detective.

Some of these 17 jobs (no less) she had loved and some she hated. Mostly they had been in shops and offices (and one garage) in and around London, Watford And Stevenage with some only lasting a couple of weeks and others a lot longer. Josie was obviously a keen "watcher and listener" of people in general and saw humour in

the way people reacted and behaved and what they said at the time. She also had a great recall of names and places and there were many amusing anecdotes in her talk which made us all chuckle. I particularly noted that whatever job she did she seemed to be the person that made the tea, this being an essential part of all office culture of course.

Her interest and observations of people and their respective character and her own quick repartee and reactions aided her significantly in her expertise as a store detective, which was her final job mentioned in this particular talk.

✍️ Sue Parker

Baby hippo born with 'tiny socks' at ZSL Whipsnade Zoo

Zookeepers celebrate arrival of baby common hippopotamus calf at UK's largest Zoo

Zookeepers are hip-hippo-hooraying at the arrival of a baby common hippopotamus (*Hippopotamus amphibius*) at ZSL Whipsnade Zoo.

The tiny male hippo calf weighed approximately 30kg at birth – about the same as an adult Labrador – and is dwarfed by his mother, Lola, who tips the scales at a mighty 1.5 tonnes.

Following an eight-month gestation period, keepers – inspired by Game of Thrones – have named the newborn calf Hodor after the loveable gentle giant from the hit TV series.

The calf was born on July 21 and becomes the third offspring for parents Lola, 13, and 16-year-old male, Hoover.

The baby hippo sports the exact same pink skin markings – a natural variation in pigmentation – on its legs as his mum, giving the appearance that the calf is wearing a tiny pair of socks. Zookeeper Angela Robinson said: “I was lucky enough to be working on the day Lola gave birth, which was an incredible moment to witness and I’m thrilled that the calf is doing so well.

“The calf and mother are both progressing exactly as we would hope and it won’t be long before we see the pair venture outdoors and explore the outside part of their home for the first time.

“Hodor seems to be a very confident and playful young hippo and, like any youngster, he has taken a liking to winding up his mum by chasing and play biting at her tail.

“Lola is a very attentive and doting mother; she never takes her eyes off him and often allows the calf to rest on her in the water and will help nudge him onto land when getting out of the pool.”

The new calf is part of the European Endangered Species Programme (EEP), which helps ensure the survival of endangered species in Zoos across Europe.

Common hippos are classified as Vulnerable on the IUCN’s Red List of Threatened Species, but their populations are in decline due to threats including hunting and habitat loss.

To see Hodor making a splash in his pool with the other common hippos this summer, book tickets to ZSL Whipsnade Zoo now at www.zsl.org.



Dagnall Weather Station (AONB)

Weather Conditions for July & August 2017



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

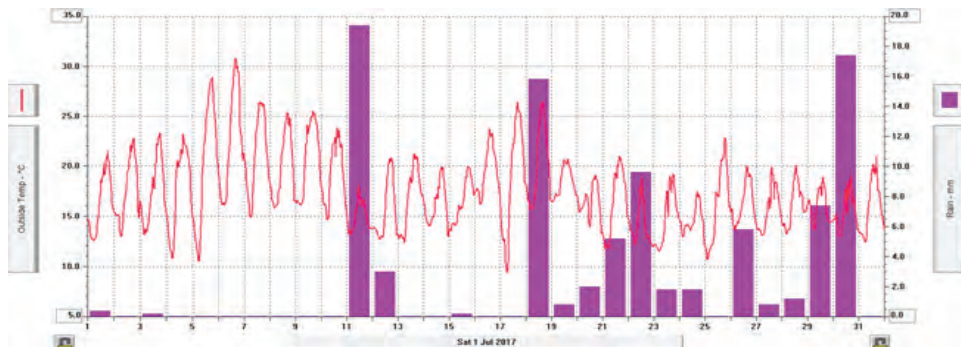
July



July: The month started dry, sunny and warm reaching 31.1°C on the 6th. Then the weather changed with the 11th being the wettest day of the month with 9.41mm of rain. The rest of the month the temperatures stayed below average for most days not reaching 20°C, the rain continued which resulted in rainfall of 151% the monthly average for July.

	High	Date/Time	Low	Date/Time
Temperature	31.1°C	6 July 15.30	9.3°C	17 July 06.00
Mean Temp	17.4°C	Dominant Wind:		W
Humidity:	96%	12 -23 -30 July	38%	17 July 17.00
Barometer:	1024.0 mb	17 July 09.00	1001.1mb	11 July 05.00
Wind Speed	35mph SSW	21 July 11.00	Months avg.	5.0 mph
Wettest Day	11 July		19.41mm	0.559 ins
Monthly Rain:	Total	July	92.80 mm	3.637 ins

The plot shows the temperature drop after 11th and the rain in the second half of the month

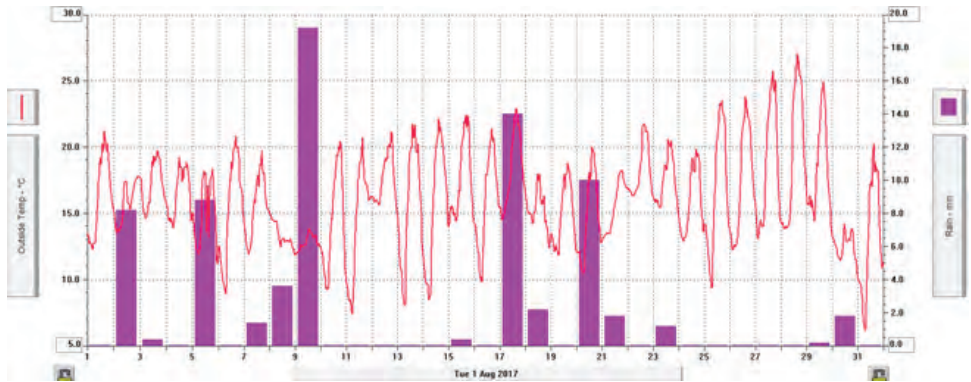


August 2017

August: The start of August saw a continuation of the generally westerly flow which had been in place through the second half of July bringing cooler temperatures and showers. It wasn't until the 26th that the temperature rose giving a high of only 27.3°C. average rain fall for the month. As the month ended the temperature dropped to 6.2°C, not what we expect in August.

	High	Date/Time	Low	Date/Time
Temperature	27.3°C	28 August 15.00	6.2°C	31 August 06.30
Mean Temp	16.0°C	Dominant Wind:		W
Humidity:	96%	8 days in August	44%	13 August 11.30
Barometer:	1024.1 hPa	10 August 14.30	1003.6 hPa	3 August 07.30
Wind Speed	36 mph S	2 August 12.00	Months avg.	4.4 mph
Wettest Day	9 August		19.2 mm	1.756 ins
Monthly Rain:	Total	August	73.2 mm	2.882 ins
Yearly Rain:	Total	8 Months	455.4 mm	17.921 ins

Plot shows Temperature & Rain



Station News: For weather data 24 hours a day, updated every 15 mins, visit: www.dagnallweather.co.uk and http://bit.ly/weather_dagnall for 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. Dagnall weather now has an app for your ipad & iphone! Just go to the apple store, search for Wunderstation and follow the instructions to Dagnall Weather Station. Now updated every minute.

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Nowadays, many of us spend a great deal of time driving. A study found that people driving over 25,000 miles a year averaged just over 22 days a year off work with a 'bad back'.

Here are few tips to improve your posture and help your back when driving:



1. Ensure the controls are within easy reach.

Bring your seat forward so that you can easily reach the pedals without over-stretching, which can cause increased strain.

2. Your backrest should provide adequate support.

The driver's seat should provide good support to the lower back, both lengthways and sideways. Many cars have a lumbar support which you can adjust. If not, consider purchasing a lumbar roll which can be attached to the backrest by a strap.

3. Ensure the headrest is in a comfortable position.

Comfortably rest your head on the headrest with your neck and shoulder muscles relaxed. Avoid sitting with your chin poking forwards.

4. Take care getting in and out the car.

To avoid twisting, slide your seat

backwards. To get out of the car, turn your whole body towards the door, lower your feet to the ground and then stand up. To get in the car, sit on the edge of the seat first and then rotate your whole body into position.

5. Be careful loading or unloading items from your vehicle.

Be careful lifting items in and out of the boot. Minimise stretching and lifting by placing loads nearest to the bumper edge.

6. Keep calm and carry on.

Don't grip the wheel too tightly - this can increase muscular tension. In a traffic jam, take some deep breaths, lift your shoulders to your ears and then relax. Take regular breaks on long journeys. Get out of the car and have a short walk round and do a few gentle stretches.

For further information on posture or back care, contact your local Chartered Physiotherapist:



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Nearly half of us suffer from some form of back pain each year. National Back Care Awareness Week runs from 2 - 6 October and is a promotional campaign by BackCare, the charity for healthier backs. This year the campaign focuses on teenage back care.

St Judes Clinic in Leighton Buzzard, will be holding free 10 minute back screening sessions for all 10-19 year olds during this week. If you are worried about your child's back, or your back, and would like some free advice, please contact us on: 01525 377751 to make a booking.

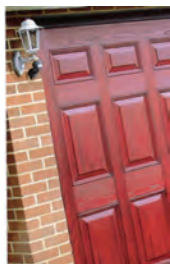


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