

FOCUS

August/September 2018



Photo by John Hockey

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

The White Horse Inn
At Eaton Bray

Market Square
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www.eatonbraypub.co.uk



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Horse**
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at The White Horse*

**St Mary's Church,
Eaton Bray**



**Tuesday, August 14th
11 am - 1 pm**

**Come and learn about Joseph
and his wonderful coat!
Carers and children welcome!
Bring a picnic.
The event is free; just turn
up on the day.**

**NORTHALL BAPTIST
CHAPEL**

Chapel Lane, Northall

(just beyond the 30 speed limit signs on
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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 Aug/Sept 2018



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 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, Sarah Cox: 07765 158182
- 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 jtptinfo@gmail.com
- Tuesdays Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, Booth Place, Eaton Bray
- Fortnightly Pilates, 7.15pm, Northall Village Hall, Lisa: 07799 893489
- 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
- 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
- Thursdays Intermediate Boxercise, 7.30-8.30pm, Dagnall Village Hall, Josh Thompson 07456 574405 or jtptinfo@gmail.com
- Thursdays Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome

Village Diary Aug/Sept 2018

- Fridays Keep Fit class, Edlesborough Memorial Hall 10 - 11am
- 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 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) "Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whitemore 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
- Sundays Karate for kids & adults, 4-5:30pm, Eaton Bray Village Hall, Contact 07500 007779
- Monthly**
- 1st Monday Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except Jan-2nd Monday)
- 1st Monday Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret Jones on 01525 220991
- 1st & 3rd Mon (ex. Bank Hols) Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather Westwood (01525 839083)
- 1st & 3rd Tues Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147
- 1st & 3rd Tues TOTS, St Mary's, Eaton Bray, 1:30pm
- 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 Monday SilverLink, 2.30-4.00pm, Grace Baptist Chapel Edlesborough – activities, talks, friendship & refreshments for the over 60s
- 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 Thursday Sewing & Craft Bee, 7:30pm, Salvation Army, Booth Place, Eaton Bray
- 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
- Other Regular Events**
- 10th Aug Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.
- 2nd Sep Beds Area Narrow Gauge Model Railway Club Meeting, 11.30am-4.30pm, Eaton Bray Village Hall
- 18th Sep Dagnall and Kensworth Friendship Club - Outing to Kingston on Thames for a river cruise to Hampton Court.

Village Diary Aug/Sept 2018

One Off/Annual/Irregular Events

- 30 Jly -17 Aug Eaton Bray Lawn Tennis Club Summer Tennis Club -Tel: 07561 571578
 14 Aug St Mary's Eaton Bray Messy Church, 11am - 1pm
 28-31 Aug Salvation Army Holiday Club, Booth Place, Eaton Bray. To Book: 01525 222087
 6-9 & 13-16 Sep Heritage Open Days at Edlesborough Church, 10am - 4pm
 8 Sep Appledown Open Day & Fun Dog Show, 11am
 21 Sep Northall & District Age Concern Harvest Festival Auction, 7:30pm, The Swan, Northall
 28 Sep Macmillan Cancer Support World's Biggest Coffee Morning, 9:30am - 12 noon, St Mary's Church Eaton Bray



EDLESBOROUGH SURGERY & PITSTONE VILLAGE HEALTH CENTRE 2018 FLU CAMPAIGN

EDLESBOROUGH	PITSTONE
SATURDAY 15TH SEPT 9am – 12.30 Surnames A - M	
TUESDAY 18th SEPT 4 – 6pm 18y to 64y only	TUESDAY 25th SEPT 4 – 6pm 18y to 64y only
SATURDAY 13TH OCT 9am – 12.00 Surnames N - Z	SATURDAY 3rd NOV 9am – 12.00
THURSDAY 8th NOV 12.30 – 2pm	

Following national advice - this flu season we will be offering specific vaccines according to age. This has caused some issues re delivery times; therefore we ask that you check our website or surgery doors for confirmation of the above clinics nearer the time to confirm supplies are available.

Don't forget, when you receive your flu vaccine at your GP surgery, we will also check if you have any other vaccines and checks due.



Patients eligible for Flu vaccine are those who suffer from:

All patients with DOB before 31/3/54

Heart, Respiratory, Liver

& Neurological Diseases & Diabetes

Lowered immunity.

Carers (in receipt of carer's allowance)

All pregnant ladies

All children aged 2 & 3years at GP surgery

Children, in school years Reception & 1 to 5, will be vaccinated at school



We would appreciate it if you could come at the above times in order to MINIMIZE YOUR waiting time. However, if you are unable to come at the allocated time for your surname, please feel free to attend any of the appropriate clinics above

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: 07975 797202

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

Eaton Bray



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, on-line shopping support etc. or if you would welcome our befriending service.

We help people of Eaton Bray and adjacent villages

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

Dagnall Recreation Ground Play Equipment

Dear Dagnall Residents,

As I'm sure you are by now aware, we have sadly had to remove the play equipment from the Recreation Ground. This was because it failed its annual inspection and we had to shut it down and remove it immediately due to health and safety reasons. This was a big shock to us, we were actually looking at ways to re-surface the area, perhaps with rubber crumb or new bark, prior to this disaster.

Luckily our contractor was able to squeeze this job in and remove the equipment very quickly. He took all the metal and wood offsite, but we were left with a considerable heap of bark / soil / weeds residue after the original surface was scraped up. We allowed him to store this in temporary heaps in the Dell, which seemed preferable to leaving a big heap on the Rec itself.

The intention is for the natural woven cloth matting to be removed, then the bark residue will be spread over the far dell and left to biodegrade. This will happen just as soon as he is able to do it. The important thing was to remove the equipment before a child was injured. This clearance task was an unavoidable expense for the DVH committee, but the additional cost for taking the bark offsite was prohibitive.

We felt the money would be better spent going towards new equipment.

We have tried to get word out via various emails, word of mouth, Facebook and the village newsletter. Many thanks to the Focus team for allowing us to include such a late article. Apologies for any distress or upset this has caused, it really was beyond our control. We hope to be able to replace the equipment but will likely need to instigate some fundraising initiatives to do so, and would welcome any input from villagers as what you would like to see in its place,

Thanks and Regards

✉ Trish Owen, Chairperson - Dagnall Village Hall Committee



SAVE THE DATE
Edlesborough Fun Run
Oct 28th

Eaton Bray with Edlesborough Parish News

Vicar: Rev'd Joy Cousins

The Vicarage, 11 High Street, Eaton Bray - Tel: 01525 220261

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

Reader: Gordon Gray (01525 220136)

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

At this time of year, many of us will be going on holiday and that often involves a trip to the seaside. Sun, sea and sand make a winning combination. But there are growing concerns about our marine environment. 100 years ago, the shores of the British Isles teemed with fish. Today fishermen struggle to make a living. Cullum Roberts, Professor of Marine Conservation at the University of York writes: 'Where the bottom [of the sea] was formerly carpeted with sponges, sea fans, hydroids and weed, today it is possible to go diving and hardly see a single living thing.'

Years of overfishing, and the effects of pollution and climate change are leading to a breakdown in the functioning of the world's oceans. Considering that 70% of the earth's surface is water, healthy seas are essential to our wellbeing. But today there are whole areas which are dead or dying. Some of the symptoms include dead zones in which rotting matter has robbed the water of life-giving oxygen, plagues of jelly fish and disease epidemics. In some places, the whole ecosystem has begun to fall apart.

As the world's population increases so will the need for resources to provide food and drink. That is bound to have an impact on fish stocks. In order to preserve the oceans for future generations, it will require countries working together to limit overfishing. A recent report by the Food and Agriculture Organisation (FAO) of the United Nations has highlighted some of the issues. A third of the world's oceans are overfished, causing problems for those communities, often in the poorest regions, who rely on fish to survive. 'There is too much pressure on marine resources,' Manuel Barange, director of the FAO fisheries and aquaculture department told Reuters. 'We need significantly more commitments from governments to improve the state of their fisheries.'

Yet a staggering 35% of fish caught is wasted. One of the root problems is poor refrigeration which means that fish rot before they are able to be consumed. Food waste is a global problem. In the USA, total food waste accounts for around \$218 billion a year. Another major issue is plastic pollution in the oceans. BBC's 'Blue Planet 2' graphically highlighted this. The crew who produced it said there was rarely a time then they were filming and they didn't come across plastic in the sea. 'Some scientists think that entanglement in marine plastic is the most significant welfare threat of human origin in the ocean,' says executive producer James Honeyborne. There is also the problem of tiny plastic particles which could be contributing to high levels of chemical contamination in large predators, such as pilot whales. 'It is now thought that plastics may play a role in increasing the uptake of pollutants into the body,' says Honeyborne.

We can become immune to such doomsday scenarios. After all, things are often exaggerated. But for Christians, one of our priorities should be to care for the earth and to protect God's creation for future generations. So what can we do? Although our contribution will be tiny, like a drop in the ocean, the ocean is made up of drops. We can make a difference, however small. We can ensure that the fish we buy is from sustainable sources. We can lobby politicians to ban the discarding of unwanted fish when it is caught up in fishing nets. We can be responsible in our use and disposal of plastics. Our concern for God's creation can inspire us to prayer and action to work to protect the future of our beautiful planet.

✠ Joy, Vicar of Eaton Bray with Edlesborough



Volunteers Required - Dunstable FoodBank

**We have an urgent need for a regular Driver or Assistant.
One, two or three days per week.**

To assist in the FoodBank Warehouse where donated food is Collected, Checked, Sorted, Stored and Dispatched to the various distribution points in Dunstable.

Specific help is needed to collect food from supermarkets and to deliver food boxes to our 3 distribution centres. Currently we have 3 van runs per week (each with a Driver & Assistant) which typically cover
Monday 10:30 am to 1:30pm
Tuesday 12:00 pm to 3:00 pm
Thursday 8:30 am to 11:30am

Please note some lifting of boxes (up to 15 kg) will be required. Standard driving licence.

**If you are able to help, please contact:
info@dunstablefoodbank.org.uk 07874 200056**

Sing with the Danesborough Chorus this Autumn

Good news for local singers! The Danesborough Chorus is keen to recruit you, whether you're soprano, alto, tenor or bass.

Our popular amateur classical choir is midway through rehearsals for Karl Jenkins' inspirational work, *The Armed Man : A Mass for Peace*. Come and join us on Wednesday 5th September when we resume rehearsals after the summer break, or hear us sing this piece at the concert which we're performing jointly with Bedford Choral Society and Milton Keynes City Orchestra on Sunday 14th October in Milton Keynes Theatre.

Then it's nearly Christmas - yes, really! Starting Wednesday 17th October, the choir will be rehearsing new music, including a varied programme of Christmas music, with some traditional carols we've loved since childhood, and some less familiar songs, with perhaps a touch of 'classical' as well. If you haven't sung for a while, and you're feeling rusty, what better way to start exercising those vocal cords than singing carols with us? Our Christmas concert takes place in Woburn Parish Church on the evening of Saturday 15th December.

The Danesborough Chorus meets each Wednesday in Aspley Guise Village Hall from 7.45 - 9.50 pm. You can talk to our membership secretary, Carol Yirrell, by phoning 01296 680328 . You can also find out more about the choir and our next concert by visiting www.danesborough.org.uk.





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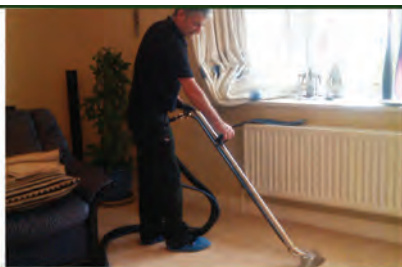


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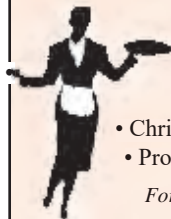
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It is astounding to think that our scheme has already been running for two years and we are shortly to hold our second AGM. Our quarterly review reveals that our service is in good health, our activities are both growing significantly and diversifying. Indeed the number of completed tasks has risen by 16%. Health transport still

forms the backbone of our work but the collection of prescriptions has increased by over 50%, while 'social transport' (e.g. lifts to shops / clubs/ hairdressers / friends) has risen too. We have done much more 'pet care' and have introduced new types of assistance e.g. on-line shopping support. Client numbers have also increased slightly with 6 new individuals approaching us for help. We are proud to say that during this quarter there has been no-one whom we have been unable to help if given the required notice. The Befriending team continues to be especially active; the main focus is on home visits for a chat or perhaps a table game like dominos but during the warmer weather we occasionally accompany our 'Friends' for walks in the local area. Sometimes people prefer a telephone call rather than a visit and this is an increasing area of support. A small group meet up regularly for a lunch of soup and rolls and from time to time a day trip takes place. In June we took a group on an outing to Rushmere Park.

The scheme would fail without the kind help of our strong cohort of volunteers (currently 44) and we are grateful that the telephone help-line team now has an additional member although we would welcome still more assistance in this respect. Holiday periods are difficult to cover when several members are away at the same time and we would not have managed if we had not had generous support of Claire Giblin and her team at the Estate Agency. Most volunteers are very busy people so finding a date when we can socialise is a tall order. However, a very pleasant summer social took place in early June at the home of our Chairman, Kay Griffiths.

Appledown's Rescue Dog of the Month



Striking Diarmuid Gavin is a husky/pomeranian cross who was born in 2016. Due to the two breeds in the mix Diarmuid is a high energy lad! Very playful and friendly with an amazing coat that will require regular grooming. He can be quite vocal so needs lots to keep him occupied. He would love to be part of an active adult only home with owners willing to commit to training classes. Diarmuid would need careful introduction to other dogs. He cannot live in Luton.

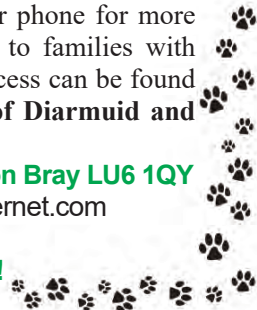
If you can offer Diarmuid or any of our other dogs a forever home, please call in at the kennels any day between 10 am and 4 pm, or phone for more details. Please note that there are restrictions on rehoming dogs to families with children under seven years of age. Full details of the rehoming process can be found on our website. **Join our Facebook group to see more photos of Diarmuid and other dogs awaiting homes.**

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EATON BRAY - NOW & THEN

Many of you will remember the book written by our village historian, Peter Mayne, for the millennium entitled "The century of change", (now out of print). In 2019 we have a major local anniversary to celebrate – 800 years since the construction of the stone building we know as St Mary's Church, Eaton Bray.

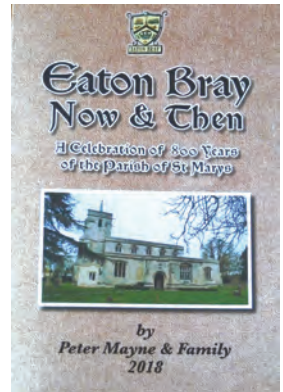
To celebrate this anniversary Peter and his family have prepared two follow-up books. The first to be published is entitled "Eaton Bray - Now & Then" and is filled with descriptions and old photographs of the village from Peter's personal collection alongside photographs of how the village is today, plus photographs taken from the St Mary's Church Archives illustrating the dilapidated state of the church and its repair in the late nineteenth century.

Many of the photographs illustrate the significant change in the village over the years whilst some reflect the apparent timelessness of life in rural England.

A second book by Peter is planned for publication later in the year describing the remarkable contribution of the Wallace family to the life and prosperity of the villages.

St Mary's is very grateful to Peter Mayne and his family for the work and years of knowledge and research that has gone into these publications; especially so since the income from "Eaton Bray - Now and then" will be donated to St Mary's.

You will want to know how to get hold of copies of these publications (which will make ideal Christmas presents). They will be on sale, priced £5, from the NISA village stores in Eaton Bray or from St Mary's Church at monthly Coffee Mornings (10.30-12 on the first Saturday each month), at Music@ St Mary's concerts, or after the 10am service on any Sunday or Wednesday morning.



Nostalgia (Was it really like this?)

We met, we married a long time ago,
We worked long hours, wages were low.
No telly, no radio, no baths, times were hard,
Just a cold water tap and a walk up the yard.
No holidays abroad, no carpet on the floor,
We had coal on the fire and never locked doors.
Our children arrived (no 'pills' in those days),
And we brought them up without state aid.
No valium, no drugs, no L.S.D
We cured our pains with a nice cup of tea.
If you were sick, you were treated at once,
Not fill in a form and come back in a month.
No vandals, no robbings, we had nothing to rob,
In fact, you were rich with a couple of bob.
People were happier in those far off days,
Kinder, more caring in so many ways.
Milkmen and paper boys would whistle a tune
And a night a the flicks was a wonderful thing.
Oh we had our troubles, we had our strife,
But we just had to face them, that was our life.
But now i'm alone, I look back through the years,
I don't think of troubles, bad times and tears.
I remember the blessings, our home, kids and love,
We shared them together and thank God above.

Anne Thompson's Young Peoples Cup for Excellence

The Anne Thompson Young Peoples Cup for Excellence is an award presented by EPC to a young person in the Parish who has come to the attention of the Council. The cup may be awarded for excellent achievement, raising awareness, contributing to the local community or for another reason that makes the young person stand out to the Council. This year EPC awarded the Anne Thompson Young Peoples Cup for Excellence to Millie Stansfield.

Millie is an 11 year old Edlesborough resident who was diagnosed with Type 1 Diabetes in October 2016. Despite the immense impact this has had upon Millie's health and life she continues to approach every aspect of her life with a smiley positive attitude.

Millie had been really thirsty and tired and had been losing weight despite eating more than ever. She had also been needing the toilet much more frequently. Her parents Becca & John now know these are 'classic' symptoms of type 1 diabetes - a lifelong condition whereby the body mistakenly attacks its own insulin producing cells in the pancreas (which control blood sugar). As a result, blood sugars can become dangerously high and cause damage to the body and, if left undiagnosed can be life threatening.

- Type 1 Diabetes is an entirely different condition to Type 2 Diabetes - which classically presents later in life and is more strongly linked to diet, lifestyle and family genetics.
- Type 1 Diabetes is usually diagnosed in childhood or teenage years (the average age of diagnosis being age 11). The cause is unknown and there is currently no cure. It is in no way linked to diet or lifestyle.

Millie has a daily regimen of at least four injections. She injects herself with synthetic



insulin every single time she eats and at bedtime. She has to closely monitor her blood sugar - day and night - using her 'finger pricker' which draws a drop of blood to test her blood sugar with a monitor. She has to be incredibly disciplined in order to keep her blood sugars under control. She has to count the carbohydrate value in every single meal and calibrate her insulin to cover it. Any slight mis-calculation could have catastrophic consequences. Not only this, but her blood sugar levels can be influenced by what she eats, the air temperature, hormones and exercise. Adding all these factors together means that Millie's life is not that of a typical 11 year old. She sometimes has to sit out during sports activities if her blood sugar has dropped too low and sleep overs with friends are logistically too tricky to contemplate.



Despite all of this, Millie is a happy and healthy child and takes it all in her stride. She loves playing football with her friends for both Edlesborough School and E.B Lions and recently competed at district sports and also represented her school in cross country. She is a 'Sports Leader' at the school - helping younger children with sports by supporting them in the playground at lunchtimes and also on sports days.

When she had been diagnosed for six months, Millie decided that she wanted to become a JDRF Junior ambassador and help other children who had been newly diagnosed with the condition. The charity JDRF are unique in that they are a charity that solely raises money for Type 1 Diabetes. The money raised funds for research into the condition, in the hope that one day there will be a cure.

In October 2017, to help raise money for the charity, Millie single-handedly organised a 'Type-One-sie day' for Edlesborough School. All of the children really embraced the idea and came to school wearing their

'onesies' (of varying design and colour) in exchange for a donation to JDRF. Millie stood up in assembly - in front of the entire school - to explain about her condition and what she has to do on a daily basis. The pupils at the school really were incredibly supportive and generous and helped Millie raise over £200 for the charity.

Millie has also signed up to a new programme at Luton & Dunstable hospital, which means she can go and visit newly diagnosed children in hospital and offer them support and advice when they need it the most.

The Council believe Millie is an incredible young person and a credit to the community. Should any parishioner wish to nominate a young person from the Parish to receive this award in 2019 please contact the Clerk.

The Silent Soldier

The Silent Soldier stands as tribute to those who didn't return home and those whose lives would never be the same again.

When the soldiers got back to England they were given a railway ticket to their home station. From there they were on their own, and would be seen across the country, walking back home, down the roads and across the fields, returning to their families.

EPC made a donation in support of the Royal British Legion to mark the 100th anniversary of the end of the First World War. Three Silent Soldiers are displayed within the Parish, one for each village. The Silent Soldiers will be displayed from now to the end of December 2018.

Traffic Calming in the Parish & 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 Cllr Alan Williams 07828 398371.

EPC continue to work with BCC and the Local Area Forum with the intention of carrying out a Traffic Calming Feasibility Study at the following locations in the Parish:

- Junction of B440 and the top of Pebblemoor.
- The bend in Pebblemoor near the road to The Ford.
- The B440 throughout the length of Dagnall, in particular near Dagnall School.

Bus Service Changes

Arriva have informed Bucks CC that they are withdrawing the following commercial bus service:

- **Service 61 (Aylesbury – Tring – Pitstone – Edlesborough – Dunstable)**

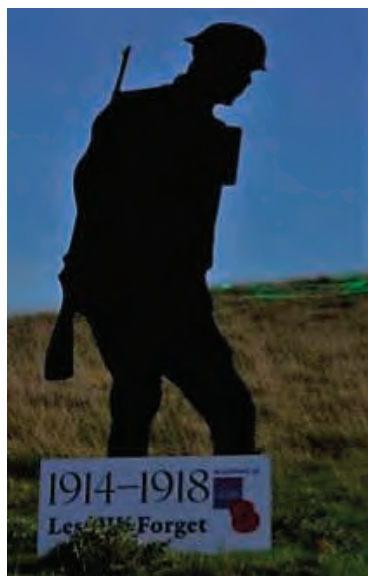
From 29th July 2018 route 61 will be operated by Red Eagle instead of Arriva. Red Eagle are based in Aylesbury and a sister company of Redline Buses who run Service 164 to Cheddington.

There are also some minor timing changes to most journeys.

Some buses will operate as service 61A. These will divert between Aston Clinton and Aylesbury to serve Elm Farm (where Arriva have also withdrawn the service) instead of operating directly along the Tring Road, with some minor timetable adjustments to allow for this.

Within Aylesbury, in line with other services, buses will operate direct along Exchange Street and Friarage Road towards the bus station instead of operating around the town centre via High Street, New Street and Oxford Road – buses leaving Aylesbury will follow their current route.

The new full timetable is available to view on the Bucks CC website www.buckscc.gov.uk/services/transport-and-roads/buses-and-trains/bus-timetables/





Changes to Bin Collections

From Monday 3rd September AVDC will be making significant changes to their Recycling and Waste service.

The number of collections will not change but the collection days for up to 85% of households will change. AVDC will be writing to all homes over the summer advising residents of their new collection days.

Further information on the changes coming into effect from Monday 3 September can be found on the AVDC website www.aylesburyvaledc.gov.uk/section/recycling-and-waste

Allotments

The annual allotment rent for 2018/19 is due to be paid at the start of October 2018. The rent due is £2 per pole.

EPC requests that rents are paid by internet banking or cheque (made payable to Edlesborough Parish Council). Should any tenants require the Council's bank details please contact the Clerk.

In order for the Parish Council to save on administration expenses it would be very much appreciated if tenants could pay either by internet banking or send a cheque to the Edlesborough Parish Clerk. Please ensure rent is paid by 11th October 2018, late payments will incur a £10 administration fee.

County Cllr Anne Wight

County Cllr Anne Wight continues to provide EPC with comprehensive reports which include information about:

- Brownlow Bridge closure & repairs
- Healthwatch Bucks
- Bucks CC Rural Bus Survey.

Anyone wishing to read the full report can find it on the EPC website.

Potholes, Pavement & Road Issues

Any parishioners that have concerns about a Highways issue should report their concerns to Transport for Bucks via the Bucks CC website.

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

EPC Meetings

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

Edlesborough Memorial Hall, Thursday 20th September 2018.

Northall Village Hall, Thursday 18th October 2018

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 in the Parish 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

From Eaton Bray to Espana... Never too Old (or too Young!) to Learn Spanish

In view of our frequent Spanish holidays spent in a resort where very little English is spoken, John and I decided that we would like to start learning the lingo.

We got googling for a local course suitable for complete beginners and discovered exactly what we were looking for at West Herts College. Enrolment was simple and, before we knew it, we were signed up for the 'Introduction to Spanish' class last January.

Our lessons were to take place on Tuesday mornings at the Hemel Hempstead campus, a short journey from Eaton Bray. Since we are both retired, it suited us perfectly so we turned up on the day, keen to get started.

We were delighted to find a class of mixed ages, from early 20s up to late 60s (I suspect we were the oldest!), and similar ability, namely zero! Amongst our classmates were housewives, other retired people, couples, mums and those fitting the lessons in around work commitments. We really gelled straight away thanks to our tutor Geri who was very friendly and immediately found a level that suited the whole class. Nothing to be nervous about, the learning is at a gentle pace and Geri soon spots where extra help is needed so that we all progress similarly.

It's amazing how much we have learned in just two terms. We can now, among

other things, confidently order food, talk about the weather and tell the time. We can even sing the 'Happy Birthday' song in Spanish!

And there is another important benefit to our classes. They now say that learning a foreign language is one of the most effective and practical ways to keep your mind sharp. Looking ahead, we are potentially doing much more for ourselves than just ensuring we get the right *vino* when we're next in Spain!

So, if you want to do something which is fun, functional and where you can meet new friends, forget *mañana*...sign up at West Herts College today!

¡Hasta luego!

✍️ Linda Doughty

Sign up by visiting westherts.ac.uk or calling 01923 812525.



Linda and John

Ploughman's Lunches

The ploughman at All Saints Church, Dagnall raised £913.46 to be divided between Dagnall CoE School and All Saints Building Fund. Thank you very much to those who attended, those who helped, those who gave generously and of course for all those delicious cakes. A lovely time was had by all and it was good to see young and the not so young happily chatting together on such a sunny day.

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Contact us on enquiries@etctennis.org or look at our website www.etctennis.org or our facebook page

Eaton Bray Village Hall Management Committee Chairman's Report for 2017

This year has seen the last major development of our hall. Namely, the extension of the entrance hall and total refurbishment along with electric doors. I think that now completes our required redevelopment which has taken us 18 years to complete. Obviously there is a "wish list" of developments that hopefully can still be undertaken and continued repairs and replacements, but the trustees have raised and spent nearly £400,000 in that time. I can only say that has been a magnificent achievement by the trustees, many of whom have served throughout that time. I feel I must mention Norman Lee who saw us through the major redevelopment of the first years (until 2009) and has continued to be a major part of our team.

One must not overlook the efforts of the fundraisers who oversaw the application for grants plus many fundraising events, which are still on going. Katrina Hurley led us very ably until recently and Paul Hurley, who is stepping down as a trustee this year after many years, but has agreed to continue of the fundraising committee. We also have 2 new members of the fundraising committee, which is another step towards ensuring we can carry on the good work.

We have another new trustee, Robert Taylor join us, so the average age of trustees is coming down slightly and I feel that we now have the basis for the next generation of trustees.

The year on the financial side was mostly as planned, with a slight drop in total income, but the regular users were up whilst casual (one off hirers) were down slightly. We shall see where this goes over the next year, but the hall still has an operating profit before the planned expenditure is taken into account.

This is my last chairman's report as I am stepping down after 9 years, but Phil Noble has agreed to stand for the position at the AGM. Should he be confirmed, I am convinced he will do an excellent job for the Charity.

✍️ Ross Bagni, Chair Eaton Bray Village Hall Management Committee

St Mary's 100 Club

The lucky prize-winners are:

July 2018

1st prize – John Plater

2nd prize – Paul Robinson

3rd prize – Joan Fossey



Games

7th July 2018

St Mary's Village Carnival 2018

www.stmarysvillagecarnival.com

A VERY BIG THANK YOU TO EVERYONE, on the Carnival Procession route, who decorated their houses this year. They made a really colourful sight with all the bunting and flags. To qualify for the cup or a gold, silver or bronze medal, the houses had to be decorated in the theme of "Games". Competition was fierce in both Villages and the judges had difficult decisions to make on Saturday morning.

It was a joy to meet the entrants and present the medals as follows:

Edlesborough

Cup and Gold Medal - Rose Cottage, 29 Brownlow Avenue
Gold Medals 30 Pebblemoor and 44-46 High Street
Silver Medals 3 Pebblemoor, 31 Brownlow Avenue, 1 Eatongate Close,
21 Eatongate Close
Bronze 7 The Green, Janes, Edlesborough Flowers,
Town and Country

Eaton Bray

Cup and Gold Medal 9 High Street
Gold Medals 27 Moor End, 130 High Street, 11 High Street
Silver Medals 42 Moor End, 25 Moor End, 81 High Street,
92 High Street, 8 High Street
Bronze Medals 21 Moor End, 3 Corners House, 2a Moor End,
97 High Street, Hines The Butchers

Many thanks to Pat, Celia and Heather for their help and support with the judging. Not an easy task this year!!

I am sure we would all like to say a big thank you to Gordon Gray and the Carnival Committee for all the work they put in during the year. It is an enormous undertaking, and I know that much of the responsibility falls on Gordon's shoulders.

✍️ Margaret Jones



Karen, Julie, Cheryl and Sue would like to thank the generosity of those who donated material which gave the tea tent brand new bunting for 2018 - we thought it looked fabulous.

We would also like to express our thanks to everyone who donated cakes, volunteered their time to serve as well as everyone who dropped in and brought the goodies on offer. It was tough this year as the combination of hot weather and the quarter finals of the world cup were tough competition. However we still raised £861.00 which is amazing.

Let's do it all again in 2019 - see you there!



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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 4th June 2018 from 7:30pm at the Coffee Tavern

Vacancy – Parish Councillor



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. If you are able to contribute and have an interest in the parish roads/speeding/Speedwatch, then please have a chat with any of the existing Councillors or contact the Parish Clerk.

Central Bedfordshire Council (CBC)

Cllr 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 8301

Bedfordshire Police:

Eaton Bray Police contact:

Sergeant Liam Mitchell, Community Policing Team/Leighton Buzzard -

Email: liam.mitchell@bedfordshire.pnn.police.uk

For general Police contact/enquiries: Non-emergency call 101 / All emergencies 999

CCTV/Speed Cameras:

The Parish Council are looking into two options for the parish:

- Installing CCTV cameras at the entrance points to the village, to help identify suspect vehicles and record average speeds through parish.
- To install speed cameras, located in problem areas within the parish.

Parish Council Meeting Dates:

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

*Monday 3rd September 2018

*Monday 1st October 2018



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



Eaton Bray Methodist Church

We are always delighted when Joan Gregory comes to preach to us; she came on the third Sunday in June and based her sermon on the parable of 'The Sower', in Mark Chapter 4. She explained that the Kingdom of God is like a farmer who scatters seed on the ground. Night and day while he's asleep or awake the seed sprouts and grows but he does not understand how it happens. The seed grows in the ground silently but all the time the Holy Spirit is working in the world without being noticed to produce a harvest. We need to be faithful followers of Christ throughout our lives - there will be times of sowing, times of waiting and times of harvesting or reaping. On the 4th Sunday we joined our fellow churches in the South Beds Methodist Open Air Circuit Celebration Service in the sunshine on Dunstable Downs. It was a truly joyful occasion with hearty hymn-singing, dramatized readings, prayers and a powerful address by Rev Nina Johnson of The Square

Methodist Church, Dunstable. July opened with a stirring service led by our minister, Rev Nigel Bibbings. He focused on two of Jesus' miracles: the resurrection of Jairus' daughter and the healing of the woman who suffered haemorrhages. He showed how these acts were enabled by the utter faith of those seeking help and reminded us that when we come for help, God knows what we need.

Dates for Your Diary

Harvest Festival

Sunday Sept 23rd: Service at 10.30am. Non-perishable food gifts welcomed. Harvest Lunch after the service. Details to be confirmed

Café Community

Saturday Oct 13th 11am – 1pm
We will be delighted to see you if you join us for a cup of tea / coffee and/or a light lunch.

Social Afternoons

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



Film

Sherlock Gnomes 13-17 Aug
Jurassic World: Fallen Kingdom ~ 13-14 Aug
Show Dogs ~ 15-28 Aug
Book Club ~ 15 Aug
Ocean's 8 ~ 16-17 Aug
Patrick ~ 16 Aug
Isle of Dogs ~ 20 Aug
Mary Shelley ~ 20 Aug
Tully ~ 26-27 Aug
Mary and the Witch's Flower ~ 27 Aug
Incredibles 2 ~ 27-31 Aug

August at the Grove

On Chesil Beach ~ 27 Aug
The Happy Prince ~ 28-29 Aug
Ghost Stories ~ 30 Aug
Whitney ~ 31 Aug

Encore Screening

Andre Rieu: Maastricht Concert 2018 ~ 19 Aug

Live Music

West End Goes Wild ~ 18 Aug

Theatre

Sleeping Beauty A New Musical ~ 22-25 Aug

Ticket prices vary; for more information or to book, call the Box Office on 01582 60 20 80 or visit the website at www.grovetheatre.co.uk.

Back in March I made a slightly crazy prediction that there might be dancing in the aisles at this year's EdleFest music festival. To be honest, even I didn't *actually* expect it to happen. But as Saturday night drew to a close, Rob Heron leapt from the stage to join the dancers in the crowd and left the Tea Pad orchestra playing *High Speed Train* for accompaniment. I could only smile (rather smugly, I confess) as I saw him lead his own train of festival-goers around the church. Now, maybe the generous bar takings were related to the spontaneity, I'm not sure. But even if, like me, you remained seated throughout, then I hope you enjoyed the weekend of music half as much as I did.



Rob Heron & The Diceman

And that was after a Friday night that had been closed by the multi-award winning *Chris Wood*. You could have heard a pin-drop (in between the applause of course) as he gave us songs full of wit and wisdom and tales of second-hand sofas. It's no surprise that his recent album 'So Much to Defend' has received such wide critical acclaim and was given 4 Stars by THE GUARDIAN. I shouldn't forget the other acts of course – our traditional piping-hot start from *Regina Whyatt, Vick and Mick* from Stroud and *The*

Dicemen. Saturday also brought us local folk duo *Starlight Barking* and more virtuosic music from *Emily Noithip*, before *Rob Heron and the Tea Pads* wrapped it all up with that huge close.

All that's left is to say thank you to all the people and organisations that made this year's festival a record-breaker for us, with near capacity tickets sales for both nights. So, a huge 'thank you' to:

Louise & Tracy from Janes Flooring selling tickets

The Pratt Family – The Field Car Park

The Burghope Trust

Town & Country Estate Agents – Signage/advertising

Giblin Estate Agents – Signage/advertising

Café Masala – Raffle Prize

Oakman Inns – Raffle Prize

Angela Gray – Raffle Prize

Eaton Bray Nurseries – Raffle Prizes

Phrena Wilkinson for FlowerFest

Edlesborough Flowers for donating blooms

Richard Brandon - Technical Support ++

Eaton Bray Academy – Lending the staging

Friends of the Church on the Hill - Raffle Prizes

Edlesborough Village Stores

Edlesborough W.I.- Yarnbombing Team

Bob & Sharon Stilliard

EDaN & all of Christine's helpers

And Edlesborough Parish Council

And if you missed it, next year's EdleFest dates are already in our calendar – **June 14/15th, 2019** – put them in yours!

More info at the website edlefest.site123.me

Follow & 'Like' us on Facebook – 'Friends of the Church on the Hill, Edlesborough'

Or by calling 01525 221744

✉ Richard Brandon



Flower Fest



The Dicemen



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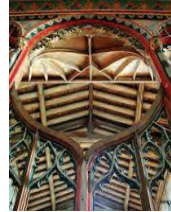
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Find out about the history of the Village and Villagers

This year, Heritage Open Days nationwide are celebrating 'Extraordinary Women'.



Find out about 4 women who were significant to Edlesborough:

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Bridget Talbot

Helen Frazer Rock

M.E.Aldrich Rope



Plus on Sunday 9th :

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www.edlesboroughchurch.org.uk



Friends of the Church on the Hill



All photographs courtesy of Victoria Johns

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Dagnall Community Choir

Picture the scene: it's Monday evening, mid July, the height of the summer

2018 heat-wave. Temperatures are soaring into the high 20s daily. Shops have run out of cold drinks, ice creams, electric fans. At Dagnall Church, choir members take their seats, fanning themselves with sheet music to keep cool, open their music files, and start to sing... Christmas carols!

Yes, with just a few short months to go, we are now thinking ahead to our autumn/winter concert schedule, and ensuring that we are word perfect, note perfect, and all round perfectly prepared for our Christmas concert on Sunday 16th December. It's never too early to begin rehearsals, even when we are all sunburnt, sweltering and still looking forward to our summer holidays!

In the meantime though, we have forthcoming performances at Stanbridge Church on the evening of Friday 14th September, and at Little Gaddesden Village Hall, on Saturday 13th October. On the programme will be a mixture of popular favourites, classical pieces, show tunes, traditional songs and

contemporary musical numbers. For more information please take a look at our website www.dagnall-community-choir.co.uk.

In addition, in November we will be doing our bit to commemorate the centenary of the end of the First World War, taking part as usual in the magnificent Poppy Prom at Eaton Bray Church on 10th November, then in a special "Battles Over Britain" concert at Tilsforth on the 11th. This event will include participation from a number of different community groups, so do keep an eye out for further information nearer the time.

So a busy few months ahead for the choir, but as always, lots of enjoyment, fun and laughter in store for all us, both at our Monday evening rehearsals, and whenever we perform. And we're always on the lookout for new members, so if you love to sing, and want to be part of our welcoming and friendly group, please don't hesitate to come along to Dagnall Church on a Monday evening, 7.45pm. All are guaranteed a warm welcome... no matter what the temperature is outside!



Eaton Bray W.I.

On a very warm summer evening in July, the members of Eaton Bray WI gathered in the welcome coolness of Eaton Bray Methodist Hall. We welcomed Anne Murphy, along with her guide dog Carl, to the meeting. She was accompanied by her friend and assistant Marlene Thomas.

After the main notices, our Chairman invited everyone to some events in the coming months. Eaton Bray WI celebrate their 96th Birthday this year. A celebration Birthday lunch is organised for Monday 13th August at a local hostelry. A Dinner will also take place on Tuesday 9th October. A clipboard

was sent round for members to complete.

Members were invited to a Day Trip to Southend on Thursday 6th September. Other groups within Eaton Bray will also be invited and this should be an exciting Day Out.

Several members had completed their stitched leaves depicting Eaton Bray WI in preparation for the Bedfordshire Centenary Tree Banner. A vote was taken for the one to be sent to Bedford. The money raised in the voting process was donated to the Guide Dogs for the Blind.

Our President read us details of the New Data Regulations which she had received

from Bedford House. A shorter version had been included with the WI Magazine this month.

Our next Group Meeting will be held on 24th September at 10 am at the Luton Baptist Church when the speaker would be talking on the Clothing Industry.

Our speaker, Anne Murphy, who was partially blind, gave us a very moving talk on life with her Guide Dog, who was called Carl. She explained how she was introduced to Guide Dogs for the Blind when she started to lose her sight some 16 years ago. She explained all the training involved, and how ultimately the three dogs, who had been her constant companion over the years, meant

so much to her. A Guide Dog had opened up her new life. Carl wandered around and introduced himself to the members, a very friendly beautiful dog. We were all very warmed by Anne's talk, an inspiration to us all.

The meeting had some social time with tea and cakes.

The next meeting of Eaton Bray WI will be on Monday 3rd September when Sherry Scott will be speaking on the Burma Forces Association. Meetings are always the first Monday of the month (except Bank Holiday when it is the second Monday), commencing at 7.30 pm in Eaton Bray Methodist Hall.

Front Row Theatre Group

Front Row are pleased to announce their next production, a comedy by Peter Gordon, entitled "Secondary Cause of Death", the sequel to our previous performance of "Murdered to Death".

It is now 1939, and storm clouds are gathering over Europe. Having inherited Bagshot House, Colonel Charles Craddock has converted the property into a hotel for the discerning visitor. Soon Inspector Pratt arrives once again at Bagshot House, bearing grim news for Colonel Craddock. And where does the flamboyant thespian Cardew Longfellow fit into the picture? When Joan Maple's sister Cynthia arrives to stage a murder mystery evening, it's long not before Pratt's visit turns into a chaotic nightmare as the bodies pile higher than ever!

If you thought that Murdered to Death was funny, just wait until you see this one!

The production will run from Thursday 22nd November to Saturday 24th November. Box office opens 1st October. Call 01525 222283 to book your tickets.

By kind permission of Josef Weinberger
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A Comedy
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Opens : 1st October

LOCAL HERALDRY

BY JOHN HOCKEY

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

A WADDESDON TABLE

I think we all know that the ‘sign’ of the Rothschild family at Waddesdon is five arrows – indeed there is the Five Arrows Hotel just outside to remind us before we enter the palatial grounds.

This symbol was chosen to represent the five sons of Mayer Amschel Rothschild, who were born between 1773 and 1792 – i.e. Amschel, Salomon, Nathan, Carl and James. Each one settled in a different country to pursue their banking interests. Five centres of power were established with each son resident in a particular city – Frankfurt, Vienna, London, Naples and Paris.



Rothschild Table

Austria, because Nathan had settled in England. The the arm should only hold four arrows and this design was accepted in 1817. In the next few years there were various re-workings of the arms (one can only imagine the heated discussions behind the scenes!) and eventually, in 1822 when the Austrian Emperor made all five brothers Barons, the arms were changed to include an arm clutching **five** arrows and that design stands today. Perhaps sensitive to the battle that had taken place, Nathan who was in London, did not use the title Baron and remained ‘plain’ Mr Rothschild.

If you go into the Smoking Room off the Armoury Corridor, open at Christmas, you may see as I did a small inlaid table dated between 1817 and 1822. It has the Rothschild coat of arms – but crucially with only **four** arrows clutched by the arm and I am grateful to the Senior Curator at Waddesdon for her explanation as to why this should be.

Next time: Great Gaddesden

In order to cement their relationship in a tangible graphic way, the brothers set upon establishing a coat of arms, under the jurisdiction of the College of Heralds. The proposed design was suggested by Salomon, resident in Vienna and included an eagle, a leopard and a lion plus an arm clutching five arrows to show the unity of the brothers. Then as now, the motto was to be ‘Concordia, Integritas, Industria’ referring to the qualities that led to their success.

All did not go smoothly though. The first design was rejected by the granting authority, the College of Heralds suggested that



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Ofsted 2016

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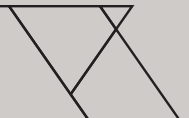


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Kay Gobby - Headteacher
Toni Godbold - Office Administrator



Shrimp Burger

So let's be clear, this is basically a delicious prawn cocktail, slathered onto a light and perfectly formed thick prawn fish cake, served in a brioche burger bun. What's not to like? And my word it works! Layers and layers of flavour and texture make this a perfect alternative to a traditional burger. And its creator, Tom Bainbridge, a regular guest on my Weekend Kitchen programme, is no traditional chef. He taught himself how to cook when he took over the Tilbury in Datchworth and now holds two AA Rosettes there. He loves playing with the classics and usually cannot resist a sweet twist to his dishes. Here he recommends using sweetened brioche buns to do exactly that... This will make up to 6 burgers

Ingredients

500g raw king prawns (shelled)
100g diced raw cod
100g sweet brioche (failing that just use good quality white bread)
1 x jalapeno chili
50g fresh coriander
Zest and juice of 1 lemon
2 large banana shallots
2 garlic cloves
Salt, pepper and a squeeze of honey to season

For the shrimp cocktail:

200g cooked small prawns
50g mayonnaise
25g ketchup
Splash each of brandy, Worcestershire Sauce, Tabasco and Lemon, to taste

To Serve:

Brioche Buns, iceberg lettuce, sliced tomato, crème fraiche

Dice up the brioche and toast it under the grill until lightly brown.

Roughly chop the shallot, garlic and chili then place all the burger ingredients into a food processor and blend until smooth. Take a small piece of the mixture and fry it to check for seasoning. Adjust the seasoning if it needs more.

Form the mixture into six individual patties and place them in the fridge to allow them to firm up.

Once firm, fry them in a little oil on a medium heat for 6 minutes, turning every minute.

Meanwhile make the shrimp cocktail sauce. Squeeze any excess moisture from the shrimp, then place all the cocktail sauce ingredients, except the shrimp, in a bowl and mix well. Once mixed, add the shrimp back in.

To build the burger, first toast the brioche buns. Once toasted, place some shredded iceberg lettuce at the bottom, then add the shrimp cocktail, followed by the burger and a thin slice of tomato on top. You can finish the burger with a spoon of lime zest crème fraiche, but this is optional.

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.





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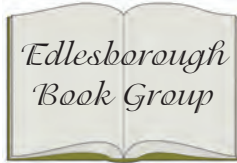
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"The Power" by Naomi Alderman

This is the fifth and latest book by Naomi Alderman, an Oxford graduate whose work has won many prizes, this book winning the Bailey's Women's prize for fiction. She is currently Professor of Creative Writing at Bath Spa university.

In "The Power" Naomi Alderman uses a very original device to tell her story. Our present, with its wars and gender inequality issues, is told from the distant future by an author from that time. The age-old problems of the female of the species of being subjugated by the male, become solvable by the discovery of electrostatic power in young women. Girls find that they have the ability to generate electric shocks from their bodies, enabled by "skeins", special muscles from which they can deliver sensations, ranging from mild stinging to lethal shocks of electricity. The power varies, but apparently all women have it and can harness it to some degree.

In the novel, four main characters are used to show how the power can be used. Tunde, a young Nigerian man, records the first known use of the power, after witnessing a young girl



defend herself against assault. He becomes a reporter, chronicling the changes in the world as they happen. Margot is a U.S senator, who pretends not to have the power at first, in order to ingratiate herself with male voters. Then she realises the strength of power and uses it in a different way. Allie is a foster child who kills her abusive foster father in self-defence and Roxy who, after watching her mother's death in a gangland killing, uses the power for revenge. The women's lives become linked as the world evolves to a new order. Gradually the power is used carelessly and indiscriminately, bringing society to full circle. Although the story is part dystopian, part science fiction, it fits well with the zeitgeist of our present time and serves as a warning to the "me too" generation before they go too far in their battle for equality.

This was a good choice for a book group as it engendered a lot of discussion. Most people liked the book, but some found it difficult to get into because of the plot device. Some also thought that the violence described was distasteful and rather gratuitous. But that is purely personal taste.



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Services in August & September 2018

Sun. 5th Aug.	9.00 am	Eucharist
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Sun. 12th Aug.	10.30 am	Morning Service
Sun. 19th Aug.	10.30 am	Family Eucharist
Sun. 26th Aug.	10.30 am	Family Service
Sun. 2nd Sept.	9.00 am	Eucharist
	10.30 am	Morning Service
Sun. 9th Sept.	10.30 am	Morning Service
Sun. 16th Sept.	10.30 am	Family Eucharist
Sun. 23rd Sept.	10.30 am	Morning Service
Sun. 30th Sept.	10.30 am	Family Harvest Festival Service
Sun. 7th Oct.	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



Northall Baptist Church

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A little Church with a Big Reach

From Death To Life – Jesus said just after he had raised Lazarus ‘I am the resurrection and the life’ in John 11 v 25.

We were reminded of this in a recent funeral service – a real celebration of life. We believe that physical death is not the end as did 99 year old Molly Llewellyn.

Molly arrived in the area in 1995 when she moved from Devon to be nearer her family following the death of her husband, a talented Jazz musician. Initially Molly attended Hockliffe Street Baptist Church and then Northall Baptist Church until after several falls she moved into the Knolls Care Home. She was very happy there, described by those who

looked after her as a ‘big character’. While at the Knolls, Molly continued to enjoy Communion, taken to her by her friends from Church.



Those who knew her well over the last 23 years said she was a gracious Christian lady, with an infectious giggle, had pride in her appearance which matched her smile and had not a bad word about anyone. She was always very positive especially about her faith. Molly wrote a couple of poems, one of which was read at a Carols by Candlelight service.

So we were pleased to celebrate the faithful Christian life Molly had led over 99½ years who is now alive with her friend in Heaven – we sung at her request ‘What a friend we have in Jesus’.

Our Sunday morning service is at 11am. Come and join us, you’ll get a warm welcome.

For those interested in the history of Northall Baptist Church, a free copy of the booklet, *Rebels in Green Pastures* can be supplied or downloaded from our website: <http://northallbaptistchurch.org/>

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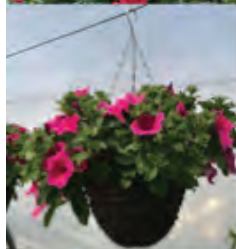
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Grace Baptist Church Edlesborough



My name is Alister, and for those of you who might not know me, I'm still a relatively recent addition to the village. I am currently serving as a Pastoral Trainee at the Grace Baptist Church, and this is my story of how I became a Christian. I was born in the Mid-South of the United States in the state of Arkansas, home to Bill Clinton and Johnny Cash. My parents were both committed Christians, and my father was pastor of a church. When I was born, things seemed to be ok, until various tests were run. These tests revealed that there was something wrong with my heart, that it wasn't beating properly. Arrangements were made for me to be transferred to another hospital, and it looked as though I might not make it very long. My parents and family and our church were praying for me. My parents in particular prayed for peace, regardless of the outcome. Every time my mother heard my dad's footsteps going through the hospital corridor, she was prepared for bad news.

The next morning, however, the nurse reported that 'there was a different baby in my place.' The problem was gone, and I would be able to go home very soon. God had done a miracle.

Life carried on, and then my family (at the time I had 3 siblings) moved to London, where my father became pastor of a church in Stamford Hill. Although my parents and brothers were Christians I was not, and although I believed in God, had never done anything about it. I remember when Dad asked me about it, and my parents talked with me about the Bible, and the good news of Jesus that we call the Gospel. It was a few weeks later that I publicly decided to follow Christ. Even though I was young, I knew

that I needed Jesus Christ to save me from sin, and even then I wanted to serve Him somehow. I was baptised after I professed faith, because baptism is a picture of the change in a person's heart. So here I am now—some of you know me and what I do. I am working towards a degree in Theological Studies and am hoping to go into Christian ministry. My hope is that if you have not yet done so you will open up your heart to learn more about Jesus and come to know him for yourself. Come along to the church sometime and hear more about the Good News and meet people who have been changed by this Good News—you can be assured of a very warm welcome

✍️ Alister King (Pastoral Trainee)

Grace Baptist Church Edlesborough

Pastor: Timothy Reynolds
gbcepastor@gmail.com
Secretary: Alister King
gbcesecretary@gmail.com

Weekly Activities

Sunday Services

10.30am Morning Worship
6.00pm Evening Worship

2nd Monday

2.30pm SilverLink for over 60s

Wednesday

10.00am Caterpillars Toddler Group
7.30pm Bible Study & Prayer Meeting

Find us on Facebook @gbce2014



Eaton Bray Cricket Club

9/6/18

A good day for the 1st XI. Batting first we scored 235-9 with James Flecknell

hitting 97 and being caught on the boundary with 3 balls to go. It was always too many for New Bradwell who were bowled out for 194. James capping off a fine all round performance taking 3-34.

The 2s struggled big time at Amptill scoring only 112. Bright spot was 35 for veteran stalwart DK. The opposition knocked off the runs to win by 4 wickets. Phil Spicer getting 3-14.

10/6/18

Lots of leather chasing at Caddington on Sunday who scored 239-6 with Spice again in the wickets with 3-34. A well made 51 from Joe Braddon and 44 from Scotty Hemming gave us hope but we were always behind the rate and ended on 187-4.

16/6/18

Against bottom of the table Gt Horwood we had an absolute mare. Batting first we could only manage 129-9. Short story is we lost by 8 wickets.

The mare continued with the 2s at home to North Crawley. We somehow fell from 44-0 to 59 all out. Crawley picked them off in 12 overs to win by 8 wickets.

17/6/18

It was down to the Sunday team to salvage some pride at Amptill Town and they did it rather well bowling out the opposition for 154 with Neil Scott taking 3-35. 50 not out for Junaid and 47 for Joe Braddon saw us home by 6 wickets.

23/6/18

A cracking weekend with the 1st XI scoring 215-9 with an ever improving Joe Braddon scoring 59. In reply Thurleigh were never in it being bowled out for 175.

Aaron Gauntlett taking 4-48.

The 2s made it a double over Eggington making 167 with 30s from Joe Roff Lee Gauntlett and DK. Some very tight bowling from Chris Maynard 3-27 and Ollie Sirett 3-19 gave us a 75 run win.

24/6/18

A low scoring affair against Wolverton on Sunday made it a perfect weekend for the club. Wolverton could only muster 96. Aaron Gauntlett 4-16 and Jamie Osborne 3-14 the pick of the bowlers. It was a bit of a struggle in the heat but we made it home by 2 wickets.

30/6/18

188-6 was never enough at Milton Keynes but a return to form for ex-skipper Josh Peacock with 73 was most welcome. In reply the runs were knocked off for the loss of 6 wickets. Robbie Oakes 3-20 and Andy Norris 3-38 bowling well.

2nd XI again found it hard to win at home against West Oxley Kings. Bowled out for 114 there was a glimpse of hope when the oppo were 68-5 but that was about as good as it got.

1/7/18

The Sunday team are on fire. At Langford they picked up their 3rd win in a row. Bowling first we dismissed the home side for 150 with all 8 Bray bowlers taking a wicket. An unbeaten 57 from Junaid saw us victorious by 4 wickets.

7/7/18

Due to availability (England in Russia) we were only able to put out a weakened 1st XI. Batting first we posted 225-8 with a welcome return to form from Jaco Jacobs with 81. Was a good chase by North Crawley who made the runs to win by 7 wickets.

8/7/18

Its 4 wins in a row for the Sunday team.

Losing the toss and bowling we had Blunham 214-5. After the loss of an early wicket we cantered home by 9 wickets with Russ Bennett 120 N/O and DK 57 N/O.

August Fixtures

FCCL Div 1 1st XI
11th New Bradwell Away
18th Gt Horwood Home
25th North Crawley Away
FCCL Div 6 2nd XI
11th Amptill Home
18th North Crawley Away
25th MK Stallions Home
Beds Sunday Div 6
12th Amptill Town Away
19th Caddington Home
26th Blunham Away

September Fixtures

FCCL 1st Div 1st XI
1st Milton Keynes Home
1st West Oxley Kings Away
2nd Queens Park Away
Eaton Bray Cricket Club are always on the look out for new players any age ability or gender. We run 2 senior teams in the FCCL on Saturdays and a senior team in the Beds Sunday League. Junior teams are run at age U9 U11 2XU13 and U15. For more information please follow us on Facebook and Twitter @eatonbrayCC. We would like to thank Meadow Marquees Houghton Insurance and the Focus for their continued support. Enjoy your cricket with Eaton Bray in 2018.

From the Methodist Circuit Lay Worker

Dear Friends,

At the start of the lengthy heatwave in June, the Bibbings family went on holiday to Dorset, to the Jurassic Coast. For the first time, our dog Tilly accompanied us, this being her first summer as part of our family. She made some surprising discoveries – that when sitting in a railway carriage, the world had a habit of sliding past the window (which amazed her greatly), and even more unnerving, that when you walk to the end of the beach, a vast amount of undrinkable water comes surging round your paws!

Tilly really didn't know what to make of the sea. She backed away (who says spaniels like water?) and tried a taste, didn't like it, and backed away again and again as this lively water came to play with her.

Eventually, we started the old family game of throwing pebbles in the sea, and then she was so interested in trying to catch them she didn't notice her paws were wet!

Being afraid of the unknown is not restricted to spaniels. We all fear what we do not

understand. We fear being out of control. It's a very human emotion.

When we are young, we look forward to change – many children will be looking forward to new schools, new teachers, new subjects to learn. When we are older, we get more apprehensive, and like things to be the same, as much as possible.

Yet sometimes God calls us out of our comfort zones – and when he does, he assures us that he will always be with us, he goes ahead of us into the experience, he is never far away (even if we don't sense his presence). Then often we can discover that the new experience, the new home, the new school, gives us fulfilment and freedom in a way the old never did.

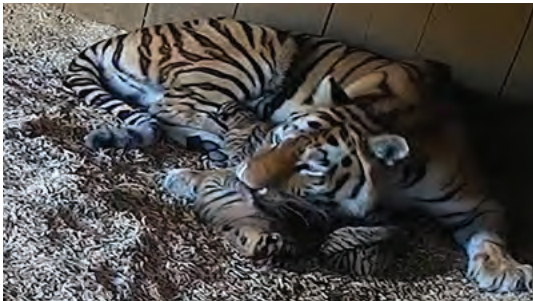
And if the experience is not a good one – he is still there, never leaving us, always there to be talked to, questioned, and even shouted at! So this summer, dip your toes in the water – and relax in the sunshine of God's love and care for you, no matter what the weather!

Blessings and love from

Elisabeth Bibbings

Endangered Tiger Cubs Born at ZSL Whipsnade Zoo

Four endangered Amur tiger cubs have been born at ZSL Whipsnade Zoo, with zookeepers capturing their first moments on hidden cameras. The as-yet unsexed cubs were born to seven year-old Amur tigress Naya on Saturday 23 June, after 108 days of pregnancy and only 121 days (four months) after meeting dad Botzman. Naya and her cubs are getting to know each other in a birthing den in the middle of the Zoo's large tiger enclosure, with Naya only venturing away from her babies occasionally to have a drink.



Sea Lion Pups make a Splash at ZSL Whipsnade Zoo

Two California sea lion pups born at ZSL Whipsnade Zoo

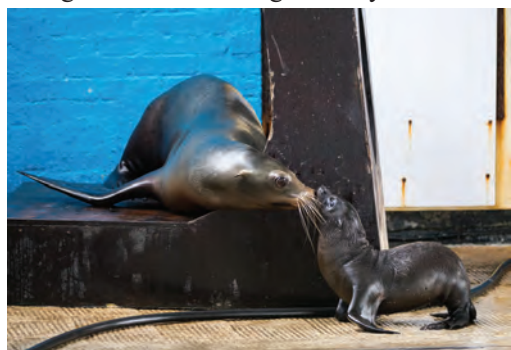
ZSL Whipsnade Zoo's keepers have a couple of exciting new additions to care for, with the arrival of two California sea lion pups.

Adventurous male pup Hanno was born to first-time mum Lara on Sunday 10 June, while the more laid-back male pup Oakley was born to second-time mum Bailey on Saturday 23 June.

After giving birth at the UK's largest Zoo, ten year old Lara and eleven year old Bailey have taken to motherhood swimmingly, and are already proving to be doting mums to the lively pups.

Team Leader Tim Savage is overjoyed at the new arrivals and said: "The first pup was immediately so curious and adventurous, we decided to name him Hanno, after the fifth century oceanic explorer. At night he goes on little missions and explores the sea lion house!"

"Lara's always been the cheekiest member of the group, but she's so attentive with Hanno, never letting him out of her sight. Every time Hanno tries to go near the water, she pulls him back.



Bailey & her pup Oakley



Lara & pup Hanno

This isn't Bailey's first pup, so she's much more confident and relaxed. She leaves Oakley to snooze while she goes off for a swim.

"They've both had a little splash in the pool, but neither of the pups are strong swimmers yet. Over the next month they will learn to dive, and practice holding their breath, and soon visitors will see them confidently swimming around the pool with their mums, and dad Dominic."

Summer visitors to ZSL Whipsnade Zoo will be able to see Hanno and Oakley learning to swim alongside the rest of the sea lion clan. Visit www.zsl.org to find out more.



Superhero Academy at ZSL Whipsnade Zoo

Kids put on their capes and train to be superheroes this summer at ZSL Whipsnade Zoo - Saturday 21 July to Sunday 2 September 2018

Do you know a wannabe superhero? This summer, kids can learn to be mighty planetary protectors at ZSL Whipsnade Zoo's Superhero Academy, an adventure for the whole family. Junior recruits will be able to train in animal strength, agility and speed at ZSL's special Superhero Academy and then use their new knowledge and skills to save the world. After collecting their mission pack and mask, children of all ages will learn how to harness the superpowers of the world's wildlife in a series of superhero training zones. Young caped crusaders can unlock the ability to see in the dark, using incredible night vision goggles to hunt food like an owl. Next, kids will gain the power of super speed, racing against the world's fastest land animal, the cheetah, before mastering the leafcutter ant's super strength in time to lift a three tonne car safely out of the way. Finally, the super-students will master their toughest skill yet, defying gravity by crawling across a ceiling like an incredible climbing gecko, before having their graduation photo taken, and receiving their Superhero Academy certificate.

New recruits will then need to use all their new super-skills to help ZSL's superhero Captain Z tackle the bewildering maze – a tricky series of obstacles created by his arch nemesis, Plastico: a fiendish villain made powerful by the mountains of discarded plastic being dumped into our oceans. All activities are FREE with Zoo entry. Book online now at www.zsl.org.



EATON BRAY PARISH COUNCIL



VACANCY



Are you concerned about traffic issues in the Parish?
How about helping to co-ordinate a Speedwatch group?
Would you like to get involved in making a safer environment for everyone?

BECOME A PARISH COUNCILLOR

The Parish Council is nine members of the public

Being a Parish Councillor in Eaton Bray Parish gives you a real opportunity to make a difference to the community



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]



Dagnall Weather Station (AONB)

Weather Conditions for June 2018

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

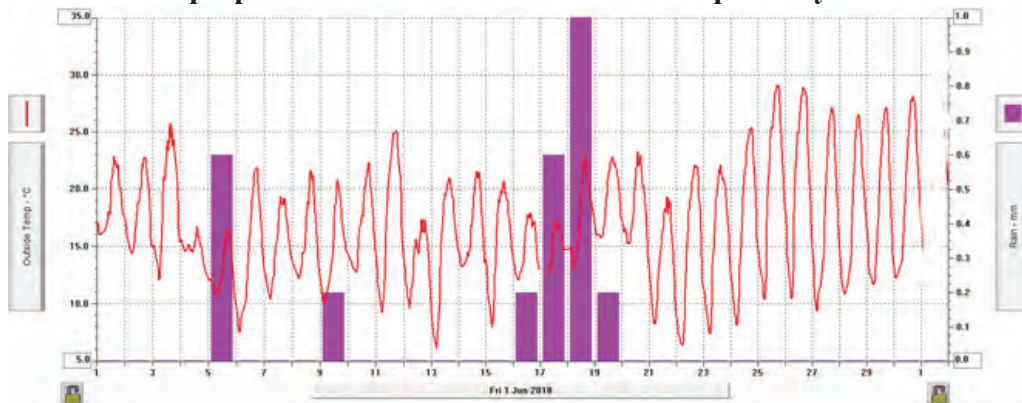
June was warm, sunny, settled and dry. It was a month of records as, in various parts of the UK, they were reaching record temperatures of 30+ degrees. But here in Dagnall, at the end of the month, we had six days with temperatures in the mid to high 20s, peaking at 29.3°C, with a monthly mean temperature of 16.7°C. It may have felt unusually hot, but it was only last June (2017) when we had temperatures even hotter at 30 degrees for four consecutive days. The mean temperature was also higher at 17.1°C. I didn't remember that until I looked at the stats.

With a monthly rainfall of 2.8mm, it was unbelievably dry. In old measurements, that's less than 1/8 inch of rain. The average for June over the last ten years has been 51mm of rain, so we had just 5% of the average. In fact, in June 2012 we recorded a monthly rainfall of 154mm. With British weather so unpredictable, who would be a weather forecaster?

	High	Date/Time	Low	Date/Time
Temperature:	29.3°C	25 June 18.00	6.0°C	13 June 04.30
Mean Temperature	16.7°C			
Dewpoint:	17.7°C	20 June 14.00	4.8°C	22 June 03.30
Humidity:	95%	1st – 3rd June	26%	25 June 17.30
Barometer:	1030.5 mb	22 June 08.30	1004.3 mb	14 June 09.00
Wind Speed	29mph SW	14 June 0730	Months avg.	3.7 mph
Wind Chill:	29.1°C	25 June 18.00	6.1°C	13 June 04.30
Dominant Wind:	NE			
*Rain Days: 6 (T), 6 (R)				
	Wettest Day 18th June		1.00 mm	0.039ins
Monthly Rain:	Total	June 2018	2.8 mm	0.110 ins
Yearly Rain:	Total	6 Months	349.4 mm	13.756 ins

Temperature and Rain June 2018

The purple column on the 18th looks a lot but equals only 1mm



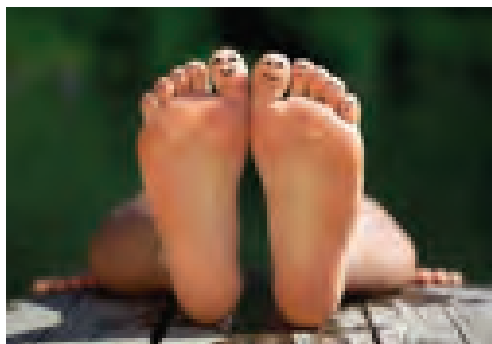
For weather data 24 hours a day, updated every 15 mins, visit: www.dagnallweather.co.uk. If anyone has a question, comment or wishes to contact me please email: david@dagnallweather.co.uk or telephone: 01442 843883. Dagnall weather now has an app for your ipad & iphone! Just go to the apple store, search for Wunderstation and follow the instructions to Dagnall Weather Station. Now updated every minute.



Put Your Best Foot Forward

Tips by St Judes Clinic

It doesn't matter how old you are - everyone benefits from good foot care.



Cracked heels are caused by dry skin, prolonged standing or mal-alignment of the foot or walking pattern. Use a pumice stone to reduce the hard skin and apply a suitable foot cream. Avoid wearing thin-soled or open-backed shoes and choose a good shock absorbing sole.

Corns are thickening of the skin usually on top of the toe, the sole or between the toes caused by pressure of the shoe. These may be swollen and painful to direct pressure. Often caused by ill-fitting shoes, you should avoid tight shoes and hosiery. Use a pumice stone to remove excess skin and moisturise with a good foot cream. Don't use corn plasters as these can destroy healthy skin.

Sweaty and smelly feet can be caused by hormonal changes such as hyperhidrosis (excessive sweating) and being on your feet all day. Wear cotton socks and rotate your shoe usage. Wash and dry your feet carefully every day. Surgical spirit or witch hazel between the toes may help.

Blisters are painful, fluid-filled lesions, often caused by friction and pressure from ill-fitting footwear and socks and excessive moisture between the foot and the sock. To help prevent them:

- Wear comfortable, good-fitting footwear.

- Choose moisture wicking socks that are the right size - specialist dual layer socks can be useful for walkers and runners and change your socks daily.
- Keep your toenails trim and regularly check your feet for signs of rubbing. If you have a blister, do not pop it - cover with a breathable plaster.

For further information on foot care contact your local HCPC registered Podiatrist.



St Judes Clinic
26 Lake Street
Leighton Buzzard
LU7 1RX

☎ 01525 377751

🌐 www.stjudesclinic.com
✉ enquiries@stjudesclinic.com

The Salvation Army, Booth Place - 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

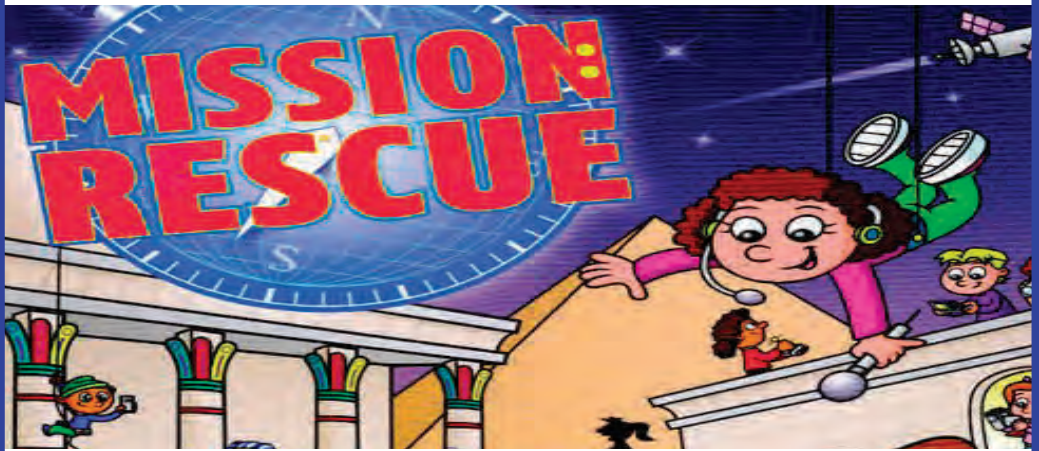
Thursday

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

Holiday Club

Tues 28 - Fri 31 August



**Activities, games (indoor and out),
crafts, cooking, Bible stories and
much, much more for
Children aged 5+**

The Salvation Army, Booth Place, Eaton Bray

For more information and to book a place contact:

**Hilary Chadwick (Envoy) Tel 01525 222087;
07932 057490;**

hilary.chadwick@salvationarmy.org.uk



Church and Registered Charity no 214779

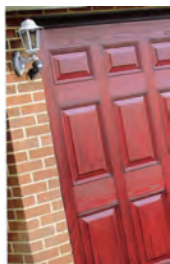


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