

# Focus



**March 2021**

**The local village magazine just for Us!  
Eaton Bray, Edlesborough, Northall & Dagnall  
Focus is online at [www.thefocusmagazine.co.uk](http://www.thefocusmagazine.co.uk)**

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**The Salvation Army  
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**Sunday**

Footprints (Sunday School) 9.45 - 10.45am  
(Term time only)

Morning Worship 11am

**Tuesday**

Coffee Morning 10 - 11.30am  
(Alternate weeks)

**Wednesday**

Home League 2.30 - 3.30pm  
(Ladies meeting but all welcome)

Champion's Club (Term time only)  
5.30-6.30pm (Ages 5 to Year 5)  
6.45-7.45pm (Year 6 and above)

**Thursday**

Girls' Night Out  
(1st Thursday of the month) 7.45pm

Ladies Fellowship  
(Last Thursday of the month) 7.30pm

**For further details please contact us on  
01525 222087 or email  
eaton.bray@salvationarmy.org.uk**

**NORTHALL BAPTIST  
CHAPEL**

**Chapel Lane, Northall**

(just beyond the 30 speed limit signs on  
the road towards Leighton Buzzard)

Everyone is welcome to our Sunday  
worship each week between 11am and  
12.30pm including tea/coffee and time to  
talk together.

For more information contact:

John Hazell 01525 218142

Email northallchapel@btinternet.com

Web: www.northallbaptistchurch.org

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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Copy for publication to the Editor by the  
**10th of the month**

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

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

*Kindly Note*

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

*≠ Editor*

**Focus is online at [www.thefocusmagazine.co.uk](http://www.thefocusmagazine.co.uk)**

# Village Diary



## 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 Primary Academy, 01525 220431, epamanager@epa-primary.org
- Mon-Thu (term time) Totternhoe Pre-school, mornings, Totternhoe Lower School, Michelle Urbanowicz on 01582 668841
- Mondays Pilates, 10.45am, Totternhoe Memorial Hall, Lisa: 07832 230774
- 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](http://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
- Mondays Yoga, 6:45pm, Edlesborough Memorial Hall, contact 07837 727302
- Mondays Barre, 8pm, Edlesborough Memorial Hall, contact 07837 727302
- Tuesdays Pilates, 10-11 am, 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 Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 07800 518654
- 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 Pilates, 8pm, Northall Village Hall, Lisa: 07832 230774
- 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, Contact Alister 07572 395687
- (term time) Pilates 6.45 & 7.45pm, Dagnall Village Hall, Andrea andrea@naturalpilates.co.uk or 07855 138005
- Wednesdays Art of Ju Jitsu martial arts class, Eaton Bray Village Hall, 7 -7.45pm ages 6-15yrs
- Wed (term time) Art Courses, Whipsnade Village Hall, 9.30am – 12.30pm. Lorna Moore 07896 619660
- Thursdays Yoga, Northall Village Hall, 11.30am-1pm 01525 377542
- 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](http://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 jtpinfo@gmail.com
- Thursdays Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome

**Please get in touch with the relevant organisation to check if sessions are running**

# Village Diary

Thursdays	Retro Line Dance Class. 11.15am to 12.45pm. Eaton Bray Village Hall. Beginners welcome. <a href="http://www.jukeboxjunction.co.uk">www.jukeboxjunction.co.uk</a> info@jukeboxjunction.co.uk 07864212171
Thursdays	Mixed Ability Yoga Class, 11.30am to 1.p.m. Northall Village Hall, Contact Dee Lock on 01525 377542
Fridays	Keep Fit class, Edlesborough Memorial Hall 10 - 11am
Fridays	Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 07800 518654
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, (10½ to 14 years old), 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Mark Owen, ebescoutleader@ebescouts.co.uk, 07899 892344
Fridays (term time)	"Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whittemore on 01525 376124
Fri (term time)	Art Courses, Whipsnade Village Hall, 9.30am – 12.30pm. Lorna Moore 078 9661 9660
Saturdays	Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
Saturdays	KFPA Musical Theatre classes 4+yrs <a href="http://www.kfpa.co.uk">www.kfpa.co.uk</a> , 10am, Edlesborough Memorial Hall
Saturdays	Bootcamp Fitness, 9-10am, Dagnall Recreation Ground, Josh Thompson 07456 574405 or jtptinfo@gmail.com
Sundays	Sunday Worship at 11am and 6pm Edlesborough Baptist Church, Moor End, LU6 2FL Contact Alister on 07572 395687
Sundays	Karate for kids & adults, 4-5:30pm, Eaton Bray Village Hall, Contact 07500 007779
<b>Monthly</b>	
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)
2nd Mon	Film Society, Sep to May, 2pm, Eaton Bray Village Hall, Graham Chappell 01525 220883
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 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. Contact Sue Bingham on 01525 222522
2nd & 4th Tues	Dagnall Church Welcome Club, 2-4pm, Dagnall Church. Contact Catherine Hayden 01525 220527
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, 10:00-12 noon, Edlesborough Methodist Church

**Please get in touch with the relevant organisation to check if sessions are running**

## Dear Focus Business Advertisers

Thank you for your support enabling us to deliver a full colour magazine to the four villages each month which keeps residents up to date with local information and, in 'non-covid' times, events in the villages.

## Dear Readers

When you are looking for businesses and services please check the advertisers in the magazine to support a local business whenever possible.

Sally Taylor and Angela Dunford, Advertising Managers

## Focus distribution

We urgently require a Dagnall representative to take control of the distribution of the magazine within Dagnall village. This would involve onward delivery to 7/8 other distributors. Must be able to lift boxes. Please contact Angela on 07464 621210, 01525 221944 or [angela.dunford29@gmail.com](mailto:angela.dunford29@gmail.com) if you can help.

## Easy Easter Nests

### Ingredients

200g milk chocolate, broken into pieces

85g shredded wheat, crushed

2 x 100g bags mini chocolate eggs

You'll also need cupcake cases

### Method

#### STEP 1

Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.

#### STEP 2

Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.

**Courtesy of BBC goodfood**



# Village Info



**EDaN Community Transport**  
Peter Williams: 01442 842506

## Village Hall Booking Contacts

**Northall:** Lorna Cabbage Tel: 07857 318696 [www.edlesborough-pc.gov.uk/nvh](http://www.edlesborough-pc.gov.uk/nvh)

Email: [northallvhbookings@gmail.com](mailto:northallvhbookings@gmail.com)

**Eaton Bray:** Norman Lee Tel: 07975 797202

Email: [bookings@ebvh.co.uk](mailto:bookings@ebvh.co.uk) Website [www.ebvh.co.uk](http://www.ebvh.co.uk)

**Dagnall:** Bev Way 07875 462128 & Trish Owen 07762 151364

Email [DVH\\_Bookings@outlook.com](mailto:DVH_Bookings@outlook.com)

**Edlesborough Memorial Hall:** Penny Pataky, Tel: 01525 229358

Email: [manager@edlesborough-pc.gov.uk](mailto:manager@edlesborough-pc.gov.uk)

## Police Contact Numbers...

*making neighbourhoods safer together*

**General Assistance (Recommended Number): 101      Emergency: 999**

### Bedfordshire Police (Eaton Bray)

Leighton Buzzard Police Station/Kathryn Horgan: 01582 473411

Typetalk: 18001 01582 473418

Email: [LPT.LeightonBuzzardLinslade&Rural@bedfordshire.pnn.police.uk](mailto:LPT.LeightonBuzzardLinslade&Rural@bedfordshire.pnn.police.uk)

### Thames Valley Police (Edlesborough, Dagnall & Northall)

PCSO Jackie Dodson

Email: [greatbrickhillwingivinghoenhpt@thamesvalley.pnn.police.uk](mailto:greatbrickhillwingivinghoenhpt@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 & Munns Farm Shop

**Eaton Bray:** The Coffee Tavern

**Northall:** The Swan Public House

**Edlesborough:** Edlesborough Memorial Hall & Baptist Church, Summerleys



## 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*

# **Eaton Bray with Edlesborough**

## **Parish News**

**Vicar: Rev'd Joy Cousins**

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

**Curate: Rev'd Stephen Burge**

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

**Reader: Gordon Gray (01525 220136)**

**Website: [www.stmaryseatonbray.org.uk](http://www.stmaryseatonbray.org.uk) Facebook: St Mary's Eaton Bray**

I have a particular fondness for daffodils. They have always seemed to me to be a very cheery sorts of flowers, proud and confident with their bright yellows, contrasting with the deep green of their leaves and stalks. They also remind me of my grandmother, as she used to plant them in her garden, along with varieties that are less well known, like miniature tête-a-tête daffodils, which I don't think I've seen since.

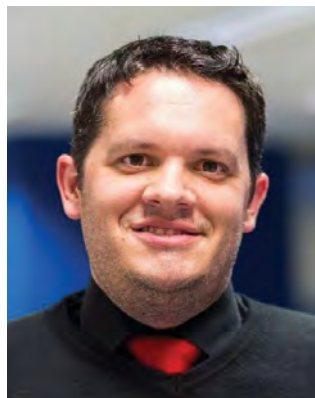
The daffodil is strongly associated with Wales and their patron saint David, but above all I think the daffodil's bright colour brings a sense of warmth and expectancy after the cold dreariness of winter. They bring a splash of colour amid the grey dullness of January and February. Also, like the royal heralds dressed in their splendid robes, they announce loudly that spring is near, that the days are getting longer and the warmth will return again. There are better things to come, just wait!

This made me think of the message of hope that the Bible brings. Jesus's message was one of love and compassion to all people. He often spoke of the Kingdom of Heaven, a place where all are loved and all are at peace. Jesus knew that the world was not always a place of love and compassion. He knew that many people were more interested in wealth, self-interest and were uncaring for others. During his own life Jesus went out of his way to talk to those who thought that they did not deserve God's love, or who had been cast out by the local community. He spoke with lepers, tax collectors and prostitutes, he healed and told them that they too could receive God's love. The Kingdom of Heaven is a place where all feel and experience the love of God and Jesus wanted all people to experience what heaven was like here on earth.

After his death and resurrection, Jesus entrusted his disciples to continue his work, to speak with those on the outside of the community and to show them that they are loved by God. Like the daffodils that herald the coming of better times ahead, Jesus wanted the Church to be heralds of the Kingdom of God too. The Church does that by showing compassion and love to all, and by proclaiming the Good News of Jesus. The question for all of us is how do we play our part in this? How can we act like heralds of better things to come? Are we proud and bold like the daffodils? That is what we should strive to be, so I pray that we may all find our inner daffodil, proclaiming God's love for all and showing people the good things that are to come.

Good bless,

✍️ Rev'd Stephen Burge





## Services at St Mary's Church

**SUNDAYS :** 10.00am PARISH HOLY COMMUNION

**On Third Sunday of each month:**

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

**WEEK-DAYS: Wednesday: 10.00am** Holy Communion

*EVERYONE WELCOME AT THESE SERVICES.*

***NO SERVICES AT PRESENT, PLEASE CHECK WEBSITE FOR UP TO DATE***

***DETAILS: [www.stmaryseatonbray.org.uk](http://www.stmaryseatonbray.org.uk)***

**In light of the current Coronavirus situation the Pastoral Care Team at St. Mary's, Eaton Bray welcomes your assistance in identifying any of our parishioners who might be sick or otherwise benefit from their support during this challenging time. Please contact us at [admin@stmaryseatonbray.org.uk](mailto:admin@stmaryseatonbray.org.uk) in this regard.**

## Dagnall Church Services



The All Saint's Dagnall Sunday service is at 10.30am on the 3rd Sunday of each month only. All welcome.

**No services at present, please check website for up to date details: [www.stmaryseatonbray.org.uk](http://www.stmaryseatonbray.org.uk)**

Any queries please contact Phillip Lee on  
07977234453.

Dagnall Church, Ringshall Road HP4 1RL

## World Day of Prayer

(Previously Women's World Day of Prayer)

This service would normally have taken place on the first Friday in March. Headquarters have made various alternative suggestions and the suggestion chosen is that we arrange the service later in the year when restrictions have been lifted.

More information will be provided nearer the chosen date.

## St Mary's 100 Club

The lucky prize-winners are:

**January 2021**

**1st prize – John Benness**

**2nd prize – Jennifer Maxwell**

**3rd prize – Mark Rusling**

**February 2021**

**1st prize – Yvonne Ranson**

**2nd prize – Robert Stilliard**

**3rd prize – Victor Courtice**



Dunstable Foodbank  
c/o Christ Church  
West Street  
Dunstable

## Dunstable Foodbank

Dunstable Foodbank is here to supply emergency food parcels to individuals and families who live in LU5 and LU6 postcodes who cannot afford food.

Conventionally clients are referred to us by a number of agencies, but many are not operating normally in the Covid crisis.

People needing our help can approach Dunstable Citizens Advice - telephone numbers:

01582 670003 or 07367 457834.

Alternatively, we can be contacted directly by email: [info@dunstablefoodbank.org.uk](mailto:info@dunstablefoodbank.org.uk) or telephone:

07874 200056.

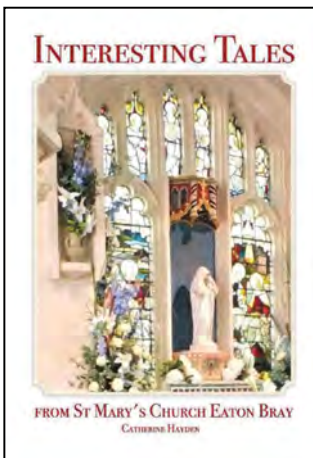
It can be difficult for clients living in the villages to collect food from one of our distribution centres in Dunstable or Houghton Regis. We do have a delivery service that currently operates on Wednesdays and Fridays, although if demand increases we will add extra days.

We remain very grateful for the continued support of our volunteers and donors in this increasingly busy time.

Mike Pittam

Operations Manager Dunstable foodbank

## INTERESTING TALES



Catherine Hayden has written a booklet called "Interesting Tales from St Mary's Eaton Bray". Researched over several years, it contains a number of historical anecdotes with much new information about people and things connected with St Mary's. Some of the stories are light-hearted and might even make you laugh, others are more serious, but it will be of interest to anyone with a connection to our historic, village church. It costs £5, all of which will come to St Mary's, so this is an opportunity to support the church as well as to learn more about it.

Please contact Catherine on 01525 220527 or email her on [churchwarden@stmaryseatonbray.org.uk](mailto:churchwarden@stmaryseatonbray.org.uk). Payment can be made via Give a Little, our online giving platform on St Mary's website <https://www.stmaryseatonbray.org.uk/>



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- R.R*



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- M.B.*

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**Email: [admin@eba.ec](mailto:admin@eba.ec)**

**[www.eatonbrayacademy.co.uk](http://www.eatonbrayacademy.co.uk)**



# St Mary's Village Carnival 2021

This is a letter that I didn't think I would be writing until next year but sadly my circumstances have changed and, as a result, I have found it necessary, after 31 years' service, to step down from the Carnival Committee.

It had been my intention that 2021 would be my last year as Chairman of the Carnival Committee but on 3 January I suffered a minor stroke that has enabled me to reacquaint myself with doctors for the first time in around 35 years. I am told that, fortunately, I should be safe once I have a stable medication plan and as long as I take things easy.

So I want to take this opportunity to say "Thank you" to everyone who has supported the Carnival (and me) over the years. And, most importantly, to introduce you to the next Carnival Chairman, Mark Kilfoyle (left), trusting that residents, businesses and organisations will give him plenty of help and support this year.



So, yes, It is our intention to hold a Carnival once again this summer, on 3rd July subject of course to the success of the vaccine roll-out. It may look a little different this year but hopefully we can all take advantage of a pleasant summer's afternoon and businesses can have a stall to help them reconnect with their customers.

✍ Gordon Gray



## GORDON'S CHRISTMAS PUZZLE 2020

[www.christmaspuzzle.co.uk](http://www.christmaspuzzle.co.uk)

It has been a remarkable year for the Christmas Puzzle.

A record number of 46 new entrants – Welcome to you all

A record number of 375 entrants – Thank you for your continued support.

A record sum of £10,000 raised bringing the total raised by the Puzzle to over £108,000. Five charities each receive £2,000

On behalf of the five charities, "Thank you for your remarkable generosity.

### Winners

I conducted a draw on Sunday 7th February. Winners, receiving a cheque for £50 were: Mary Byrne, David & Ruth Nobbs and Bob Saxton. Four other names were drawn from among all the entries I received. These who will receive a cheque for £10 were: Shiela Brooke, Steve Togneri, Marion & Russell Thomas and Margaret Wadey.



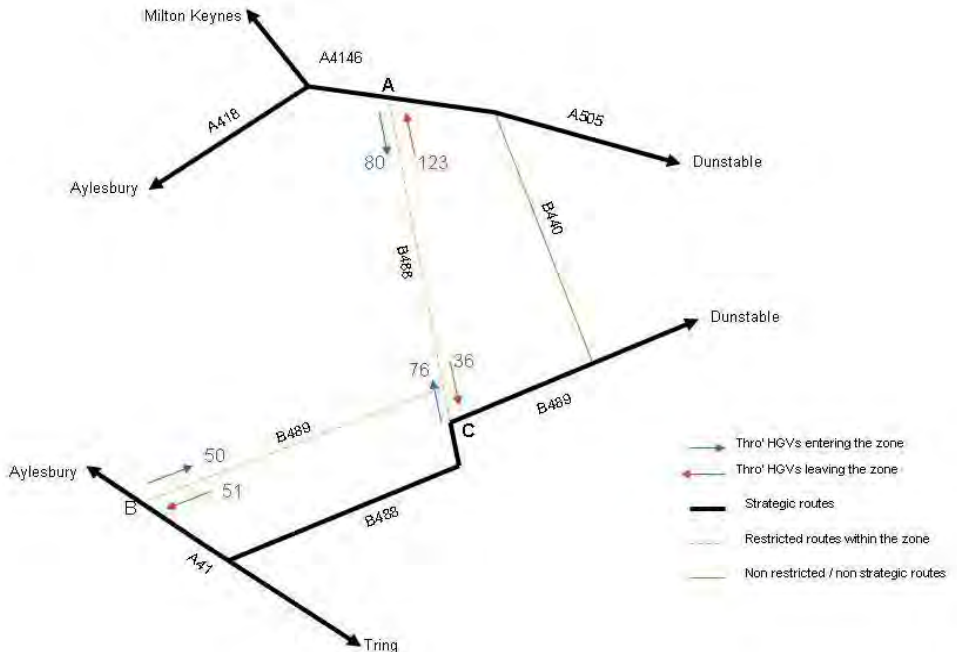
# Edlesborough Parish Council

## The Case Against the Proposed Ivinghoe Area Freight Zone

Buckinghamshire Council are proposing to introduce a freight zone excluding HGVs from using the roads within an area bounded by the A418, A41, B488 and the B440, unless they are delivering or collecting within the zone. This is to reduce the number of lorries rat running through the villages of Ivinghoe, Cheddington and Mentmore. Unfortunately this would result in an increase in the number of HGVs using the B440.

The justification for the proposed freight zone is a traffic survey carried out in November 2019 which established the number of HGV vehicles passing through the proposed zone in a week, that were not stopping to collect or deliver within the zone itself.

The study demonstrated that there are currently two main HGV routes through the proposed freight zone, and they are between points A & B and points A & C on the following sketch.



A total of 254 HGVs were recorded passing through the entire proposed freight zone of which 203 (80%) used the northern stretch of the B488 between Ivinghoe and Grove, entering or leaving at point A.

Of those 203 through vehicles, approximately half also used the western stretch of the B489 between Ivinghoe and Buckland, entering or leaving at point B and the remainder used the continuation of the B488 through Ivinghoe to enter or leave at point C.

It is very evident therefore that the principal beneficiary of the proposed freight zone

would be the northern stretch of the B488 (a reduction just over 200 vehicles), and to a lesser extent the western stretch of the B489 (a reduction of approximately 100 vehicles). The assumption being made by the proposers of the freight zone is that all the traffic between points A & C would use the A418 and A41 via Aylesbury, and all that between points A & B would use the A418, A41 and B488 again via Aylesbury. **THAT WILL JUST NOT HAPPEN.**

Traffic will always find the shortest route. The majority (if not all) of the traffic currently using the northern stretch of the B488 will simply divert to the A4146, B440 and the B489 to reach point C and to the A4146, B440, B489, B488 and A41 to reach point B. The distances between the points using the A418 route and the B440 route are shown in the following table:

	A418 Route	B440 Route
Between Points A & B	13.5 miles	12.8 miles
Between Points A & C	19.1 miles	8.4 miles

It is accepted that there is little difference between the two alternative routes between points A & B and that some vehicles may choose the slightly longer A418 route in preference to the B440 one, especially if they are travelling to or from the Milton Keynes direction. However, it is estimated that at least half would use the B440 route and probably more

**It therefore follows that the introduction of the freight zone would simply transfer somewhere between 60% and 80% of the HGVs currently passing through the entire zone onto the B440. Whilst this would clearly benefit the B488 which is unsuitable as an HGV route, transferring that traffic onto the equally unsuitable B440 through the villages of Edlesborough, Northall and Billington is not an acceptable solution to the problem. Consideration needs to be given to including the B440 in the proposed freight zone.**

Buckinghamshire Council has been notified of Edlesborough Parish Council's concerns regarding the impact of the proposed restriction zone on the B440, but after consideration, they advise that they will not be including it within the zone. They also advise that they intend progressing to the statutory public consultation, commencing mid to late February, prior to the introduction of the scheme. Residents are therefore encouraged to look out for the forthcoming consultation on the Buckinghamshire Council website and write in supporting Edlesborough Parish Council's proposal for the B440 to be included in the proposed freight zone.

## Edlesborough Baptist Church

**Pastor: Alister King**  
**gbcepastor@gmail.com**

**All are welcome to our 11am service every Sunday**

**Keep up to date by visiting:**  
**[www.edlesboroughbaptist.wix.com/home](http://www.edlesboroughbaptist.wix.com/home)**

**Find us on Facebook @gbce2014**

# EATON BRAY PARISH COUNCIL

## EATON BRAY PARISH COUNCIL FOCUS REPORT: JANUARY 2021

### FixMyStreet

Report and track roads and highways problems.

CBC have a new reporting system to make reporting street issues easier, quicker and more accurate. You can now report and track highways and environment problems online, via the FixMyStreet app:

<https://fixmystreet.centralbedfordshire.gov.uk/>

### VILLAGE FLOODING

Eaton Bray Parish Council are aware of the flooding affecting the village. Our councillors have been working with residents and CBC to get help to those who need it. If you experience flooding and need help, we have created a guide for who to contact in an emergency depending on the type of flooding. Information can be found here: <https://www.ebpc.co.uk/flooding-support/>

### VILLAGE CALENDAR 2022

Eaton Bray Parish Council are hoping to produce a village calendar for 2022. The theme of the calendar will be **Historic Eaton Bray** and we are hoping to show our village from different points in history. If anyone has an old photograph of the village that you would like to be used in the calendar please contact us via our website <https://www.ebpc.co.uk/village-calendar-for-2022/>

---

## **MEETING OF EATON BRAY PARISH COUNCIL**

**HELD ON MONDAY 11 JANUARY 2021, 7:30pm via REMOTE/zoom**

Due to social distancing measures, until further notice, all Parish Council Meetings are being held remotely, all are invited to join the meeting through the ZOOM link provided on the EBPC website, [www.ebpc.co.uk](http://www.ebpc.co.uk)

### **CBC CENTRAL BEDFORDSHIRE COUNCIL (CBC)**

**Cllr Philip Spicer - email: [Philip.Spicer@centralbedfordshire.gov.uk](mailto:Philip.Spicer@centralbedfordshire.gov.uk)**

**CBC Website: [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk) - CBC Email: [customers@centralbedfordshire.gov.uk](mailto:customers@centralbedfordshire.gov.uk) -**

**CBC Customer Services: 0300 300 8301**

### **SCHOOL LANE PLAY EQUIPMENT**

The Parish Council are talks with play equipment providers, on design ideas/costs for new equipment.

### **SPEEDWATCH**

Due to lockdown guidelines, there is currently no Speedwatch, hoping the resume March 2021.

### **ALLOTMENT RENEWALS**

The Parish Clerk has sent out final payment reminders for outstanding allotment payments (deadline, 1 February). After that available plots (if any) will be released to those on the waiting list.

### **BUDGET 2021-2022**

The Parish Council agreed to the draft Budget/spend for 2021-2022.

### **PRECEPT 2021-2022**

The Parish Council agreed not to increase the precept and keep it at the 2020-2021 amount.

### **PARISH COUNCIL WEBSITE**

To keep up to date with what is happening in your parish, you can get all Parish Council news and updates from the Parish Council website. The website has all Parish Council meeting agendas, minutes, financial documents and contact information as well as official sponsored events/initiatives and is the official council communications website. Visit it here: [www.ebpc.co.uk](http://www.ebpc.co.uk)



**Heidi Head, Parish Clerk**

Email: [clerk@ebpc.co.uk](mailto:clerk@ebpc.co.uk) – Telephone/Text: 07931 479663 – Website: [www.ebpc.co.uk](http://www.ebpc.co.uk)

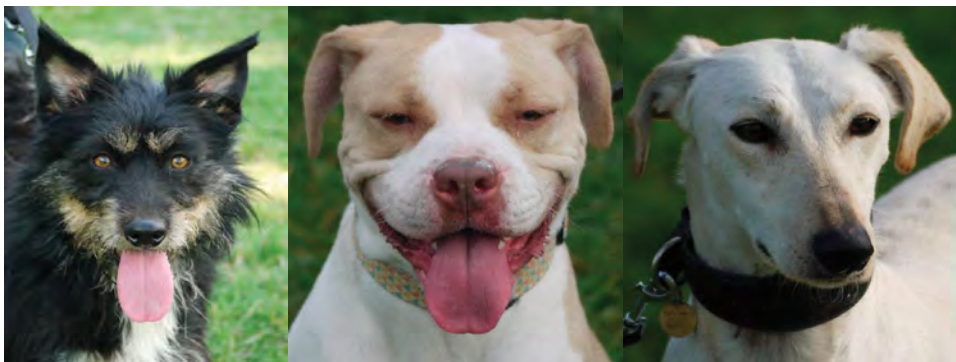
Office Hours: Tuesday/Thursday/Friday 09:30-13:30hrs

Follow Eaton Bray Parish Council on Facebook and Twitter

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



## Update from Appledown Rescue and Rehoming Kennels



During lockdown there has been no rehoming taking place, but abandoned and unwanted dogs still continue to arrive. It's a very challenging time for a small charity that relies on donations and fund-raising, especially as we have been able to hold our usual events. We need to ask generous dog lovers and supporters to help us get through this difficult time and to continue to provide the high level of care our dogs deserve. It's easy to make a one-off donation of £3 simply by texting APPLE to 70111, or donate via Paypal using the 'DONATE Support a Cause' option and search for Appledown Rescue. Donations by cheque are very welcome too. Thank you from Gypsy, Lola, Mark and all our dogs!

If you are interested in offering a dog a loving home when we reopen, all the relevant information and an application form can be found on our website. Viewings are now by appointment only.

**Appledown Rescue & Rehoming Kennels, Harling Road, Eaton Bray, Beds LU6 1QY**

01525 220383 (10am-1pm & 2-4 pm) e-mail: [appledown.kennels@btinternet.com](mailto:appledown.kennels@btinternet.com)

Website: [www.appledownrescue.co.uk](http://www.appledownrescue.co.uk)

**Follow us on Facebook, Twitter & Instagram!**

### **EATON BRAY GOOD NEIGHBOURS**

The Eaton Bray Good Neighbours scheme continues to provide help and support to our village. Our mobile phone which we operate on a daily basis, has been busy with requests for help in collecting medication and lifts to doctor's appointments. We will be helping with transport arrangements for the vaccine clinics.

Some of our volunteers continue to help with our "In Touch" programme. We aim to telephone anyone in our community who would like a friendly telephone call, especially during Lockdown 3.

You can contact us by calling 07930 987064 when a friend will answer your call.

Keep strong, warm and safe.

Eaton Bray Good Neighbours



### Ivinghoe & Wing Freight Strategy

At the time of writing this report it is anticipated that the Buckinghamshire Council public consultation on the Ivinghoe & Wing Freight Strategy will have begun. All homes in the Parish should have received a flyer from Edlesborough Parish Council outlining the Council's concerns about the B440, Leighton Road, not being included in the Freight Zone. EPC urges parishioners to participate in the public consultation.

Any parishioner who requires a further copy of EPC's flyer can find it on the EPC website [www.edlesborough-pc.gov.uk](http://www.edlesborough-pc.gov.uk) or may contact the Clerk for an electronic copy.

### Dogs in the Parish

EPC once again reminds dog owners to ensure they pick up after their dogs. EPC provides 22 dog waste bins in the Parish, these are emptied weekly by Buckinghamshire Council. Dog fouling is unpleasant for all parishioners, currently there has been a noticeable increase in dog mess on Dagnall Rec, Edlesborough Green and the pavements around the Parish.

Additionally EPC requests that owners ensure their dog is "Under Control." If your dog does not have good recall please keep it on a lead to help prevent breaches in social distancing.

Remember **"It's ok my dog is friendly" is NEVER OK. Not all parishioners or dogs want attention from other dogs.**

### New Pavilion

Unfortunately the Council is currently experiencing issues with the services companies being less than cooperative in supporting the project and carrying out the

necessary works.

At the time of writing this report it is anticipated that the outside cladding has been completed, along with the underfloor heating, floor screeding and installation of the lift.

ECSC have published their January newsletter on their website [www.edthepav.org/](http://www.edthepav.org/) and all homes in the parish should have been leafleted inviting parishioners to become a members of the ECSC.

### EPC Projects Update

Despite the ongoing challenges of the Coronavirus (Covid-19) pandemic EPC continues to work to make improvements to the parish. Below is a brief summary of the Council's current projects.

#### Outdoor Gym Equipment

– led by Cllr Mrs Owen

At the time of writing this report it was anticipated that the installation of the gym equipment on Dagnall Rec would have been completed. However the current weather conditions are not conducive to the installation of equipment. The Council contractor will proceed with the installation in the Spring once the weather improves.

Once installed the equipment will be available for the use of all parishioners. Users will be expected to follow Covid-19 guidelines and are reminded that the equipment will not be cleaned by the Council or Dagnall Village Hall Committee.

#### Edlesborough Green Children's Play Area

– led by Cllr Mrs Booth

The first meeting of the Edlesborough Green Children's Play Area Working Party has taken place via Zoom. Cllr Mrs Booth and the volunteers will initially be focusing on discussing the process in more detail, assigning actions for example looking at proposals for siting of new equipment and investigating potential suppliers etc.





### EMH Redecoration

– led by Cllr Mrs Thomas

The internal decoration is almost complete. Council have agreed to explore replacing the curtains with new more modern window dressings and to investigate hanging images of the village on the walls.

### EMH Toilet Refurbishment

– led by Cllr Mrs Thomas

It has been confirmed that the minimum requirement for toilets is four “pans”. The Council has asked Commercial Washrooms to provide a design for the available space incorporating two female pans, one male pan plus one urinal, and one disabled pan. Once Covid-19 restrictions become more relaxed further site meetings will take place.

### Conservation Project

- led by Cllr Mrs Owen and Cllr Miss Wells.

It is hoped that Dagnall School will be able to commence using the wooded/copse area of Dagnall Allotments for their Forest School from late March/early April onwards.

Cllr Mrs Owen and Cllr Miss Wells are looking for other sites/pieces of land in the Parish to use for their re-wilding ideas.

### **Buckinghamshire Council**

Buckinghamshire Cllr Anne Wight and Cllr Chris Poll attended the January Council meeting and reported on the following items:

#### Buckinghamshire Cllr Anne Wight

- Covid Business Grants
- Covid Vaccination Centres
- An open letter from Neil Macdonald, CEO, Buckinghamshire Healthcare NHS Trust to our communities, patients and colleagues
- Further Support Information links and contact numbers
- Buckinghamshire Council Budget Proposals
- Night Flight Restriction Consultation

A copy of the full report can be found on the

EPC website at [www.edlesborough-pc.gov.uk/media/2140/buckinghamshire-council-january-2021-report-provided-by-cllr-anne-wight.pdf](http://www.edlesborough-pc.gov.uk/media/2140/buckinghamshire-council-january-2021-report-provided-by-cllr-anne-wight.pdf)

### Buckinghamshire Cllr Chris Poll

Cllr Chris Poll reported that Buckinghamshire Council is determined to have all people in the top four vaccination groups vaccinated by Government deadline. He informed the Council that resources from other areas who are ahead are being diverted to Buckinghamshire to ensure this deadline is met.

Finally he urged residents to correctly recycle small electrical devices and batteries in order to prevent fires in the refuse trucks. More information on this can be found at [www.recycleforbuckinghamshire.co.uk/electricals](http://www.recycleforbuckinghamshire.co.uk/electricals)

Cllr Poll also informed the Council that he will be pushing for evidence of where the figures used in the Ivinghoe and Wing Freight Strategy were derived from.

### **Community Board for Ivinghoe and Wing Ward**

Buckinghamshire Cllr Anne Wight reminds residents that they are welcome to Like and Follow the Wing and Ivinghoe Community Board Facebook page [www.facebook.com/Wing-and-Ivinghoe-Community-Board-104964671378244/](http://www.facebook.com/Wing-and-Ivinghoe-Community-Board-104964671378244/)

Here residents can request invitations to any of the subcommittees if they are interested or have any views they wish to raise.

The latest round of subcommittee meetings will be happening over the next few weeks. Katrina Kelly the board coordinator will post the information on the main page as to when those will be held.

### **Fly-tipping, Potholes, Pavement & Road Issues**

Should you notice or witness **fly-tipping** in Edlesborough, Dagnall or Northall please report this to Buckinghamshire Council using the following link [www.fixmystreet.com](http://www.fixmystreet.com).

[buckscc.gov.uk/](http://buckscc.gov.uk/)

Issues with **roads & pavements** should be reported to Bucks CC using the following link [www.fixmystreet.buckscc.gov.uk/](http://www.fixmystreet.buckscc.gov.uk/)

**IMPORTANT:** If you consider the issue to be dangerous or an emergency, please call Transport for Bucks on: 01296 382416 (09:00 – 17:30 Mon-Thurs, 09:00 – 17:00 Friday) or 01296 486630 (out of hours and weekends).

Posting about it on Facebook can be useful to Parishioners but this does not, however, lead to roads/pavements being repaired or fly-tipped items being removed.

### Speedwatch & EDaN Traffic Management

The EDaN Traffic Management team needs more new members and volunteers to help with their new Sentinel device. A few parishioners have volunteered but we need more to set up training to operate the video speed camera. If you have an interest in traffic management in the villages or are concerned about Road Safety, please contact Cllr Alan Williams at [Alan.williams@edlesborough-pc.gov.uk](mailto:Alan.williams@edlesborough-pc.gov.uk) or 07828 398371



### Allotments

Do you have a keen gardener in the family? We currently have plots available at our Dagnall 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.



### Salt Bins

The responsibility for filling these bins is with Transport for Buckinghamshire. When



supplies are running low a refill request should be submitted via their website [www.fixmystreet.buckscc.gov.uk/](http://www.fixmystreet.buckscc.gov.uk/) It is more appropriate if a parishioner living close to the salt bin makes the request but in practise anyone can make the request.

### 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.

### Ordinary Council Meetings

EPC will continue to hold their Ordinary Council Meetings via the Social Media Platform, Zoom until it is deemed safe to resume holding physical public meetings.

Any parishioner wishing to attend the Ordinary Council meetings should visit EPC's website for more information.

The next Edlesborough Parish Council Meetings will take place on:

- Thursday 18th March 2021
- Thursday 22nd April 2021

The meetings will commence at 7:30pm.

Please check the Council website for any changes in any of our current 'virtual' meeting plans via Zoom.

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.

All the hyperlinks in the information above can be accessed through the Edlesborough Parish website.

### Edlesborough Parish Council Contact Information:

Clerk: Miss Penny Pataky *Office hours Mon – Fri 9am – 12pm (Excl. Wed)*

Email: [clerk@edlesborough-pc.gov.uk](mailto:clerk@edlesborough-pc.gov.uk) 01525 229358 Website: [www.edlesborough-pc.gov.uk](http://www.edlesborough-pc.gov.uk)

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## EDLESBOROUGH METHODIST CHURCH BRENDA SHIELDS AND IRIS FOUNTAIN

The church family are greatly saddened to have lost two of our longest serving members in a short space of time.

Brenda died suddenly just after Christmas and Iris just after New Year.

Brenda had worshipped at Edlesborough for over forty years and Iris for over sixty.

Brenda was Church Steward for more than thirty of those years and Iris will be remembered by many village families as Sunday School Superintendent for more than forty years. Iris also worked tirelessly as Cradle Roll Secretary and JMA secretary.

Brenda and Iris were known by many other churches and denominations throughout the villages and the wider church circuit.

The absence of both from church life and family and friends lives will be felt keenly.

## Your Photos

*Taken by Andy  
Gibbons just  
outside the village  
on his morning  
run to Ivinghoe  
Beacon*

*More photos on  
page 81*





## Welcome to Thames Valley Alert: Community Messaging

Thames Valley Police are committed to involving the community in the policing of Berkshire, Buckinghamshire, Oxfordshire and Milton Keynes. We believe that by improving the flow of information between the community and its police we can all make a greater impact in the prevention and detection of crime and anti-social behaviour.

This site provides an invitation for you to participate in the exchange of information with Thames Valley Police, Neighbourhood Watch and other community groups.

As a registered recipient you will not only benefit from two way messaging but may also learn about those in your community subject of anti-social behaviour orders, help identify suspected or wanted criminals or learn about community groups, events or meetings in your area.

You are invited to become a registered recipient of messages of information, crime alerts or witness appeals local to the area in which you live or work by email, text or telephone by registering at <https://thamesvalleyalert.co.uk/>

There is now also a free smart-phone Alert app which provides the latest local policing news straight to your phone. The app can use GPS data to send you targeted messages according to your current geographical location and messaging preferences, sending you instant notifications to your mobile phone about specific information, warnings and advice relevant to that location.

Whether you live or work in Thames Valley, or are simply visiting the area, you can now receive alerts on the policing news you need to know about, locate your closest police station and view feeds via Twitter, so you'll never miss those important updates and breaking news. To download the app, visit the Apple store or Google Play and search 'Thames Valley Alert'.



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# Eaton Bray Village Hall Fundraising Update!

Time marches on and back in March 2020, we decided we must cancel the 29th Eaton Bray Hall Quiz and a bit later the 17th Annual Beer Festival went the same way. So what did we do? Well, what anybody else might do, we booked the 29th quiz for October and the Beer Festival for June 2021. The October quiz had to be cancelled and we booked this April, in November we thought that should be alright, but then..... Well you all know what happened.

So fast forward to January 2021 and the roll out of the vaccine. Would it be fast enough and in all honesty who would want to sit down with 149 other in the hall in April (assuming it would be allowed)? So, there goes the April Quiz and now with some confidence we have booked 27th November and are pretty hopeful we will be back to our old ways by then. If you require tickets they are £9 each and available from me.

That leaves the Beer Festival booked for early June. Now the problem there is, that the upfront costs are large and it's dependent on people just turning up. So sadly after much thought, we have reluctantly decided to postpone it until 2022. We regret missing two years but as a charity, the Village Hall cannot make a loss at these events.

That certainly has the been the year that wasn't, in Fundraising terms.

✉ Ross

Tel 07974715222 or email [ross.bagni@btinternet.com](mailto:ross.bagni@btinternet.com)



## SPACE HOPPER

By Helen Fisher

Our February Book of the Month is Space Hopper by Helen Fisher. Referred to as 'A nostalgic, time-travelling romp' by the independent...

This is a story about taking a leap of faith And believing the unbelievable. They say those we love never truly leave us, and I've found that to be true. But not in the way you might expect. In fact, none of this is what you'd expect. I've been visiting my mother who died when I was eight.

And I'm talking about flesh and blood, tea-and-biscuits-on-the-table visiting here. Right now, you probably think I'm going mad. Let me explain...

Although Faye is happy with her life, the loss of her mother as a child weighs on her mind even more now that she is a mother herself. So she is amazed when, in an extraordinary turn of events, she finds herself back in her childhood home in the 1970s. Faced with the chance to finally seek answers to her questions - but away from her own family - how much is she willing to give up for another moment with her mother? Space Hopper is an original and poignant story about mothers, memories and moments that shape life.



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# Easter Simnel Cake

By Cassie Best (BBC goodfood)

## Ingredients

250g mixed dried fruit (a mixture of sultanas, currants, raisins and candied mixed peel)

1 orange, zested and juiced

500g pack marzipan

250g pack butter, softened

200g light brown soft sugar

4 eggs, plus 1 beaten to glaze

175g plain flour

100g ground almonds

1 tsp baking powder

1 lemon, zested

2 tsp mixed spice

1 tsp vanilla extract

100g glacé cherries, halved

3 tbsp apricot jam

## Method

### STEP 1

Put the mixed dried fruit in a bowl with the orange juice and zest and 2 tbsp water. Cover and microwave for 2 mins, then leave to cool completely. Alternatively, heat gently in a pan, stirring now and then until the liquid has been absorbed and leave to cool.

### STEP 2

Heat oven to 150C/130C fan/gas 2. Roll out a third of the marzipan and use the base of a deep 20cm cake tin as a template to cut out a circle. Wrap any offcuts and the remaining two-thirds of marzipan and set aside for later. Butter and line the cake tin with a double layer of parchment. Beat the butter and sugar together until creamy. Add the eggs, flour, almonds, baking powder, lemon zest, mixed spice and vanilla (all in one go) and mix until well



combined. Mix in the cooled soaked dried fruit and fold in the cherries.

### STEP 3

Scrape half the cake mixture into the tin. Top with the disc of marzipan, then the remaining cake mixture, and level the top with a spatula. Bake for 2 hrs. Check it's cooked by inserting a skewer to the centre of the cake, if any wet mixture clings to the skewer, return to the oven for another 10 mins, then check again. Cool in the tin for 15 mins, then turn out onto a wire rack and leave to cool completely.

### STEP 4

Brush the top of the cake with apricot jam. Roll out half of the remaining marzipan and use the base of the cake as a template to cut out another disc. Place it on top of the cake and crimp the edges, if you like. Roll the remaining marzipan into 11 equal-sized balls for the apostles. Brush the marzipan with beaten egg and arrange the apostles in a circle on top around the outside, and brush them with a little egg too. Put under a hot grill for a minute or two until just starting to caramelize – be very careful as the marzipan will burn easily. Leave to cool and wrap a ribbon around the cake, if you like. Will keep for up to a week in a sealed tin.



Ashridge Decorative and Fine Arts Society invite you to join them to listen to interesting lectures that are being presented via Zoom.

On Wednesday 31st March 2021 at 10.30

Timothy Walker will present *The Subtle Science and Exact Art of Colour in English Garden Design*.

The lecture looks at how to apply colour when designing a border and looks at the work of artists such as Monet, Rothko, David Hockney and others, evolved in parallel with ideas of what a garden should look like.

For further information please contact

Harriet Maisey Tel: 01442 825647

Each lecture will cost £5

## **The Gardens at Ashridge House Now Open for Local Walks Every Thursday-Sunday**



The beautiful gardens at Ashridge House are now open every Thursday, Friday, Saturday and Sunday for local walks for those wishing to exercise in the fresh air. The gardens open at 9am and last entry is at 2pm, with gates closing at 3pm. Tickets to the gardens are available to purchase on the day from The Courtyard Café at Ashridge House, open Thursday - Sunday from 9am-3pm. The Courtyard Café will be

serving takeaway hot drinks and delicious takeaway savouries and treats perfect for your winter walk.

Once a royal residence to King Henry VIII and home to his daughter, Princess Elizabeth I, Ashridge House is a hidden gem in leafy Berkhamsted and surrounded by 190 acres of quintessentially English grounds and gardens. For those who live locally, the gardens provide the perfect outdoor location to enjoy a walk in beautiful surroundings.

For more information, please visit our website <https://www.ashridgehouse.org.uk/the-courtyard-cafe>.

Wishing you all a safe and Happy 2021, Ashridge House

A group of people, many wearing red t-shirts with the Pace logo, are walking along a grassy path. Some are carrying backpacks. The background shows trees and a clear sky.

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The 2021 Pace BIG Walk routes will be circular routes taking in part of the Ridgeway Trail.

All routes start and finish in Wendover at the John Colet School. There is a choice of 18m, 12m, 6m or The Superhero Mile routes.

There is something to suit all ages and abilities. This is a great opportunity to set yourself a challenge for 2021 and have some outdoor fun.

By taking part in the BIG Walk, you will not only have the opportunity to explore this beautiful countryside in a completely unique way, but you will also be helping us to provide life changing support to the children and young people who access Pace services.

To sign up visit <https://thepacecentre.enthuse.com/cf/bigwalk2021>



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## **CHURCH OF ENGLAND (Anglican Communion)**

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Monday in Holy Week, 29 March	7.30pm	Service at St Mary's, Eaton Bray
Tuesday in Holy Week, 30 March	7.30pm	Service at St Mary's, Kensworth
Wednesday in Holy Week, 31 March	7.30pm	Service in St Giles, Totternhoe
Maundy Thursday, 1 April	8.00pm	Solemn Eucharist of The Lord's Supper
Good Friday, 2 April	2.00pm	'An hour at the Cross' (Devotional Service)
	6.00pm	'The way of the cross' service of reflection All Saints' Dagnall
Easter Day, 4 April	10.00am	Parish Eucharist

Please go to <https://www.stmaryseatonbray.org.uk/> for more information.

## **BAPTIST CHURCH NORTHALL (Chapel Lane)**

We will be meeting on Zoom for the duration of Lent and Easter.

Our website: <https://northallbaptistchurch.org/> holds all the details of the Lent Sundays and Wednesday study evenings and how to join if you would like to.

Lessons for the Sundays are:

7th March, LENT 3	John 2:13-22
14th March, LENT 4	John 3:14-21
21st March, LENT 5	John 12:20-33
28th March, PALM SUNDAY	Mark 11:1-11

On the Wednesday following each Sunday in Lent, we will continue to study the same passage as the Sunday, but in more depth, conversationally and in a more relaxed way. We hope all will feel able to contribute in the smaller break-out groups and feel uplifted by sharing experiences together.

## **THE SALVATION ARMY** (Eaton Bray, Booth Place)

A Lent course, Head, Hands and Feet, will be held on Monday evenings as detailed below with a Good Friday meditation, linking everything together

Monday, 1 March	7.00pm	Head, Hands and Feet – at the meal
Monday, 8 March	7.00pm	Head, Hands and Feet - Judas
Monday, 15 March	7.00pm	Head, Hands and Feet in confusion
Monday, 22 March	7.00pm	Head, Hands and Feet in Gethsemane
Monday, 29 March	7.00pm	Follow me again
Good Friday, 2 April	10.30am	Worship together on Zoom
Good Friday, 2 April	7.00pm	Jesus, Head, Hands and Feet

For more details contact Allison Gaudion – 07779 939794

Email: [Allison.Gaudion@salvationarmy.org.uk](mailto:Allison.Gaudion@salvationarmy.org.uk)

## **EATON BRAY METHODIST CHURCH** (Totternhoe Road)

Good Friday, 2 April	10.30am	Zoom Service
Easter Day, 4 April	10.30am	Zoom Service led by Rev Nigel Bibbings

If you would like to join either of the above services,  
please contact Ed Syrett on 07814 624628

## **EDLESBOROUGH METHODIST CHAPEL**

Good Friday, 2 April	10.30am	Worship together on Zoom
Easter Day, 4 April	10.30am	Service of Worship (If we are NOT in lockdown <b>OR</b> join the Zoom service at Eaton Bray as above)

Please contact Ed via [edward.syrett@gmail.com](mailto:edward.syrett@gmail.com) for the links to the Zoom services or for more information

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TO ATTEND TO FIND OUT MORE INFORMATION**

# Easter

Easter is the most important and joyful Christian Festival.

It celebrates Jesus Christ's resurrection from the dead - three days after he died on the cross.

## **The Easter story is at the heart of Christianity**

On Good Friday Jesus Christ was executed by crucifixion. His body was taken down from the cross and buried in a tomb.

The tomb was guarded and an enormous stone was put over the entrance, so that no-one could steal the body.

On the following Sunday some women visited the grave and they found that the stone had been moved and the tomb was empty.

Jesus himself was seen that day and for days afterwards by many people. His followers realised that Jesus had risen from the dead.

## **This Means:**

That no one is outside of God's love. Everybody can begin again and can experience new life in Christ through faith in him and by the power of the Holy Spirit.

## **Churches Together in Eaton Bray, Edlesborough, Dagnall and Northall**

is a visible sign of the Churches' commitment to the communities of which they are a part and to each other.

# Photography in Focus

In this series, John Hockey shares some tips

## STORYTELLING...

...By which I mean telling stories with your photos, not telling fibs!

A picture is worth a thousand words they say, but you'll have to make do with a few hundred this month.



I got marked down by a photo judge for this picture as it was 'just a record of a sculptor's work'. I thought that a little unfair as I deliberately manoeuvred myself into position twenty feet below the statue and then zoomed in to get the action shot I wanted - but that's judges for you. This war memorial image from Bridgenorth tells a story that we are all too familiar with and to me the bright blue sky was in stark contrast to the darkness this soldier was about to experience. Hopefully it makes you think, which is the whole point of taking a picture that tells a story.

The next picture, taken in black and white for greater effect, shows the carelessness of the person sitting on the bench sometime before. In addition, the plastic bag and the metal can are often demonised as bad materials, especially when they are thoughtlessly discarded. But look at the bench – it has a strong metal frame and smooth, warm, recycled plastic seat struts that will last for years – right material, right place, so maybe the materials are not so bad after all and it is just what we do with them that matters. Discuss!





These shoes were carelessly discarded too, but this time thrown up high in Stockholm, to get caught on a wire, never to return to earth. I could just imagine a young lad absent-mindedly strolling along the street throwing his shoes up and the ensuing astonishment, laughter and perhaps horror at having to explain to his parents where his trainers had disappeared to.



This marble monument at Haddon Hall, Derbyshire, is to Robert Manners who died in 1894 aged just nine. He was the son of the 8th Duke of Rutland. There is an obvious story of poignancy here, all the more remarkable when you know that the memorial was sculpted by his mother.



A popular spot to take a portrait of Stourhead garden in all its glory. What made this interesting for me was that the photographer striding away in the bottom right of the picture had just finished taking the same shot from a closer vantage point. We saw this couple in lots of locations and each time his long-suffering wife stood by while he composed the shot and then she dutifully walked after him to the next vista. So this is a picture of Stourhead with a photographer who has taken a picture...of Stourhead.



To end with, here is a picture that you can put your own interpretation on. These girls at Ascot racecourse on 'Ladies' Day' seemed oblivious to all that was going on around them. Perhaps they were watching a video of a horse race?

Next time: Quirky Photographs

# ZSL Whipsnade Zoo Welcomes 'Undertaker Bird'

## Marabou Storks Arrive at ZSL Whipsnade Zoo as Part of Conservation Breeding Programme

Zookeepers are fluttering with joy over the arrival of ZSL Whipsnade Zoo's newest residents, two marabou storks, known as the 'the undertaker bird'.

Unlike most storks – commonly associated with delivering babies and bringing new life – these so named undertakers gained their unfortunate nickname because of their huge, dark, cloak-like wingspan and penchant for rotten carcasses.

While perhaps not traditionally attractive, the 5ft tall marabou storks can be identified by their huge 9ft wingspan, bare throat sac and hunch - but despite their morbid moniker the two latest arrivals to the UK's biggest zoo have already won over zookeepers.

Jamie Graham, Head Bird Keeper at ZSL Whipsnade Zoo said: "Marabou Storks may not have a very pleasant-sounding nickname but they are a vitally important species for their eco-system and need recognition for that. These two will help us share the importance of the species and hopefully help a few more people see past their gloomy demeanour."

"Their wild cousins living in Africa eat a wide variety of foods including meat from carcasses and food waste, often left by humans, helping to avoid the spreading of pathogens, which is essential to our environment."

Amongst the largest of any bird alive today, the Zoo has welcomed the two males as part of the European breeding program (EEP) to help protect the species and are hoping to find two females to join the pair soon.

Famed for their appearance in Disney's original The Lion King opening sequence, the pair of marabou storks arrived at ZSL Whipsnade Zoo in December and have yet to greet any public due to the Zoo's third closure.

Jamie Graham continues: "The last time Whipsnade Zoo was home to marabou storks was in the 1970s and we are so pleased to welcome them back. We are looking forward to our newest arrivals greeting our visitors when we are able - with our Zoo closed once again and our vital source of income cut off, we're facing a difficult start to 2021 and ZSL needs the public's support more than ever."

Reliant on income from ticket sales to care for the animals and fund their global conservation efforts, months of enforced closures have put ZSL's charity zoos under huge financial pressure. Vets and zookeepers will continue to provide the highest level of care for their animals, working throughout the lockdown. ZSL, the international conservation charity behind the Zoos, is calling on the public to help ensure they remain open by donating to ZSL at [www.zsl.org/donate](http://www.zsl.org/donate)





# Eaton Bray Methodist Church



Our Zoom services continue to provide us with a safe and friendly place to come together for worship with people from across the Circuit. On our first January Sunday, our Covenant Service, we were delighted to welcome Rev Nina Johnson of The Square for the first time. As we rededicated ourselves to serving God, we heard her speak with huge conviction about the wonderful way God helps us to endure difficulty and the liberating changes this brings. Ivor Michelmore led our service on the second Sunday. Citing the many examples of second chances in the Bible, he showed us in a very refreshing way how lockdown can give us a chance to stop and reflect, to think about our communities and to reprioritise. Rev Wallace Edwards, a dear friend of our church, visited us on the third Sunday. In a reassuring sermon he reminded us that God knows us better than we know ourselves; He does not change but our concept of him can grow. Our own Minister, Rev Nigel Bibbings was with us for

our fourth Sunday service, recalling with interest how Christ's manifesto was utterly at odds with what his disciples expected. The 1st century Jews of Israel believed the Messiah would free them from Roman rule but Jesus came to free mankind from damaging behaviour towards each other, and bring justice, peace and healing. On our final January Sunday Catherine Roots gave us fascinating insights into 'authority' and what it means. Showing how Christ's authority impacted on the people around him, she encouraged us to remember that words are not enough; if we claim God's authority, our actions must reflect our words.

## A Warm Invitation

**Our short online Zoom Sunday Service takes place at 10.30am. If you would like to join in, please contact our Zoom Service Host, Ed Syrett on 07814624628. You will be most welcome.**

## Nigel's Thoughts

Dear Friends,

I'm writing at a time of bitter cold. I am not sure what the temperature is out there, but the bird bath in our back garden certainly took some de-icing this morning!

Many of us will be encouraged by the slowly lengthening days and the beginnings of signs of new life around us. The snow drops have been delighting us for a few weeks now and were recently joined by the first of the crocuses.

This is being a particularly hard winter for many. I am not, of course, thinking primarily of the weather but of those who have or are experiencing ill health, or supporting loved ones who are unwell. This might be because of Covid or any of many other serious infections. In addition there can be few of us who have not known the pain of loss – either in our immediate family or among our friends, which has caused us very real distress.

In times such as these I invite you to turn again

with me to our Christian hope that Resurrection life is an ever present experience as it is, in the Churches' calendar, just around the corner at Easter.

At this time of year I find this best expressed in J M C Crum's wonderful hymn "Now the green blade rises" (Hymns and Psalms 204) sung to the lilting, wistful tune 'Noel Nouvelet'.

The final verse reminds us that:-

*"When our hearts are wintry, grieving, or in pain,  
Then your touch can call us back to life again,  
Fields of our hearts that dead and bare have been:  
Love is come again, like wheat that springs up green."*

May we praise God that he surrounds us and all his children with the knowledge of his love coming to us afresh every moment in Jesus. May God bless you as you look to Him in these days,

✍️ Love Nigel



# LOCAL HERALDRY

## BY JOHN HOCKEY

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

### SIXES AND SEVENS – THE GUILDS OF LONDON

Not strictly local, but I haven't been out much lately!

This is a nice tale, even though some say that chronologically it doesn't really stand up. No matter, why let truth get in the way of a good story?

Many of the Guilds of London or Livery Companies were formed in the early part of the 14th century in order to protect the skills that their members possessed and to prevent just anybody claiming that they were (for example) a saddler or weaver. There were apprenticeships of many years length until, having served your time, you could become a member of the relevant guild.

The armorial bearings of two such guilds are shown here, the Merchant Taylors and the Skinners.

The former has arms described or blazoned 'Argent a pavilion imperial purple garnished Or lined ermine between two mantles also imperial purple lined ermine, on a chief Azure a lion passant guardant Or'.

The Skinners arms are: 'Ermine on a chief Gules three ermine caps tasselled and enfiled with crowns Or'.

Apparently both guilds believed that they were formed at almost the same time in 1327 and as the original documents were no longer in existence, the relative position in that most important of events, the Lord Mayor of London's Show was in dispute. The matter was settled in 1484 by the then mayor who ruled that both companies should entertain each other to dinner annually and that the Skinners should precede the Merchant Taylors in that year's procession in sixth place, with the Taylors in seventh. The following year they were to swap places and this to continue 'forever more' - and so the phrase 'to be at sixes and sevens' entered the language.

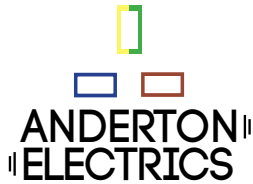


*Merchant Taylors*



*Skinners*

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# What To Do in the Garden in March



*Photo by Mylene2401 from Pixabay*

**By mid-March, we're ready to welcome the start of spring — a hopeful, happy time for us gardeners.**

There's lots to be done outside, now the slower winter months have passed. Read about this month sowing and growing tasks here. Or find what other gardening jobs there are to do in March:

## **Timely Tips**

This month's timely tips are all about getting a head start in the garden.



*Clear your garden paths before the plants really start to grow*

*Photo by Nancy Buron from Pixabay*

1. Fertilise your beds. Once your soil is workable, dig a 5cm (or more) layer of compost or well-rotted manure into your beds to prepare for the growing season ahead. You can also work in a general-purpose fertiliser, such as pelleted chicken manure, or fish, blood and bone.
2. Put supports in. If any of your garden plants need supporting this year, put

them in now, so plants can grow up through them. Adding supports afterwards is trickier and often looks unattractive.

3. Move deciduous trees or shrubs. Now is the time to do this task, provided the soil isn't frozen or waterlogged.
4. Resurface paths before plants start to grow and smother them.

## **In the flower garden**

Here are your main tasks in the flower garden this month:

- Feed trees, shrubs and hedges with a slow-release fertiliser by lightly forking it into the soil surface.
- Feed roses with special rose feed or balanced fertiliser as they come into growth.
- Prune roses now to encourage strong new growth - follow our guide on how to prune roses for guidance.
- Prune clematis - prune early-flowering varieties once their flowers have finished and summer-flowering ones before they start into active growth. Check our clematis pruning guide for more detailed instructions.
- Finish cutting back cornus and salix cultivars, and other shrubs grown for their colourful winter stems. Cut them right back to their bases to encourage new stem growth for next winter.
- Cut out the top rosette of leaves from mahonia shrubs after they have flowered, to encourage branching.
- Finish cutting back dead foliage from perennials and ornamental grasses to make way for new growth.
- Prune overwintered fuchsias back to one or two buds on each shoot. This will encourage a bushy growth habit.
- Prune winter-flowering jasmine (*Jasminum nudiflorum*) after

flowering, to encourage new growth for next year's blooms. Cut back the previous year's growth to 5cm from the old wood.

- Trim winter-flowering heathers as the flowers disappear, to prevent the plants becoming leggy.
- Keep an eye out for slugs as the weather warms. Pay special attention to soft, new growth, which slugs love. Use nematodes for an effective organic control. Read our helpful guide on how to beat the slugs for more advice.
- Cut the old leaves off hellebores to remove any foliar diseases and make spring flowers more visible.
- Continue to deadhead winter pansies to stop them setting seed. This will encourage flushes of new flowers throughout the spring.
- Deadhead daffodils as the flowers finish and let the foliage die back naturally.
- Deadhead hydrangeas before new growth appears. Cut to about one third of last season's growth.
- Plant native hedges to encourage wildlife.

### In the vegetable garden



*Photo by Summa from Pixabay*

Here are your vegetable garden jobs for this month:

- Dig in green manures grown over the winter. Do this while stems are still

soft.

- Dig compost, well-rotted manure or green waste into your vegetable beds to prepare for the growing season ahead. Dig in a 5cm (or more) layer when the soil becomes workable. Weed vegetable seed beds before adding the layer.
- Cover prepared soil with sheets of black plastic to keep it drier and warmer in preparation for planting.
- Weed and mulch asparagus beds. Asparagus has shallow roots so weed by hand to prevent damage.

### In the fruit garden

Trim, feed and protect plants in the fruit garden:

- Cut autumn-fruiting raspberry canes to the ground to stimulate new canes, which will fruit in the autumn. Cut the tips of summer-fruiting raspberry canes that have grown beyond the top of their supports; cut just above a bud.
- Feed blueberry plants with ericaceous plant fertiliser.
- Protect the blossoms of apricots, peaches and nectarines from frost with a screen or horticultural fleece.
- Mulch fruit trees with well-rotted manure or garden compost. Take care not to mound mulch up around tree trunks.
- Cover strawberries with a cloche to encourage earlier fruiting.
- Mulch rhubarb with a thick layer of well-rotted manure to keep it healthy and reduce moisture loss through the soil. Take care not to cover the crown, as this is where the growth happens.

### Looking after your lawn

Here's how to look after your lawn this March:

Recut any lawn edges if necessary.

Install lawn edging to make future maintenance easier.

Mow your lawn if it needs it. Choose a dry day and set your blades higher than usual. Lay new turf if the ground isn't frozen or waterlogged.

Prepare soil for growing new lawn from seed. Doing this now allows it time to settle before sowing.

### **Other jobs about the garden**

Here are the other jobs to be getting on with this month:

- Install a new pond or water feature. Read up on how to plant up a pond to create a successful and attractive garden feature.
- Remove any pond netting left over from the autumn/winter.
- Get rid of slimy patches on patios and paving by scrubbing with a broom or blasting with a pressure washer.
- Install water butts for the season ahead. Position them under a downpipe to make the most of rainfall.
- Scrub watering cans with hot soapy water to prevent fungal diseases.
- Build a compost bin before the growing season gets underway. If you already have one, check to see if there is any compost ready to use on vegetable beds. Move bags of compost into the greenhouse to warm up for a week or two before using for sowing.
- Create a comfrey bed to make your own organic fertiliser. Sow into a seedbed in an unused corner of the garden.
- Invest in a soil-testing kit if you don't already know what type of soil you have. It will help you choose the right plants for your garden.
- Top up veg planters and raised beds with compost and good quality topsoil.
- Begin weeding as the weather warms — it's easier to control weeds if

you remove them while they're still young.

- Check containers to ensure the soil hasn't dried out.
- Top-dress containers by removing the top 2.5cm (1") of soil, and replacing it with fresh compost.
- Start ventilating greenhouses and cold frames on warm sunny days. Don't forget to move plants from the greenhouse to a cold frame for at least 7 days before planting out into the garden. This allows them to harden off.

### **From your armchair**

- Order annual bedding plants now, ready for beautiful containers and hanging baskets this year.



- Order fruit trees for planting this spring. If space is limited in your garden try growing dwarf fruit trees.
- Buy vegetable plants for a hassle-free start to your vegetable garden.
- Sort your seeds by sowing date, month by month. Start a sowing and growing diary to keep track of which seeds you are sowing and when they were sown - it really helps later in the year.
- Consider using green waste to improve your soil; visit your local council's website for information.

**Information courtesy of  
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# Becoming a Beekeeper

I didn't set out to be a beekeeper but as often happens in life, circumstances conspired that I should become one.

In 2016 we offered the Bedfordshire Beekeeping Association (BBA) a spot in our paddock for a learner beekeeper to keep first one and then the following year two hives. By the spring of 2018 this young man had found the bees too time consuming and wanted to find someone else to take them on. We couldn't find anyone to look after the hives here and we wanted them to stay with us so it ended up being a case of "Ok, We'll have to do it!"

I was definitely thrown in at the deep end. The beginner's beekeeping course which is run by the BBA at the start of every year in Luton had finished so I began with little idea of exactly what beekeeping entailed. Fortunately I had got to know Jennie Tysom the BBA district advisor for Leighton Buzzard who had been supporting the previous learner. She was happy to take me under her wing and has provided help and encouragement throughout.

Jennie arrived one day in early April with a spare beekeepers all-in-one suit and we went to open up the hives for the first check after the winter. As Jennie patiently instructed me and directed the proceedings I was immediately hooked. The bees seemed to be going strong despite the Beast from the East in March that year which had killed many colonies. I put that down to two things. No honey had been taken from them the previous year so they had plenty of their own stores to see them through and the fact that the hives were in a relatively sheltered position. On that first look through the two colonies I could immediately tell that the bees in one hive were very quiet and calm and that those in the other hive were much more "buzzy". I was fascinated and determined to carry on

looking after them.

At the moment the bees are tucked up for the winter. I insulate my hives to help protect them during the winter by wrapping them in the foil insulation material that you can use in your loft. People often ask me what happens to the bees in the winter and whether they hibernate. They don't. During the summer worker bees only live for about six weeks but the workers born later in the autumn are slightly different to summer bees and their lives are extended for several months. They are known to beekeepers as "winter bees". When the temperature starts to drop these bees cluster together around the Queen and any brood in the hive and use their bodies as insulation. As the temperature drops further the bees squeeze tightly together to form a tight ball. The bees can maintain a temperature of 21°C if there is no brood and as high as 35°C at the centre if there is. Their stores of honey are their fuel for this central heating system.



It's best to leave the bees undisturbed during the winter months. The only intervention is to feed the bees fondant sugar if they run short of supplies. Hefting the hives, lifting them slightly on one side to feel the weight, should give you some clue about the amount of stores on the hive. However, this is a skill acquired with experience so to be on the safe

side I have offered my bees a pack of fondant around February time.

Winter is the time for cleaning and preparing hive parts ready for the next season, a messy and time consuming job. The wax from old honeycomb frames can be rendered down in a wax extractor and exchanged for new wax sheets. These are fixed into the wooden frames as a base upon which the bees can build honeycomb for their brood and for storing honey.

Contrary to popular belief there is a lot of work involved in looking after bees and it's not simply a case of collecting their honey. There is a lot to learn and unfortunately the bees haven't read the book so there are surprises along the way. While I often worry if I'm doing things right to keep my bees healthy and happy, I can say that so far I have found beekeeping very rewarding and despite the odd sting most enjoyable.

---

## Down the Lane

I have fallen in love with Houseleeks (*sempervivums* – meaning always alive) and grow them in small pots in a hanging basket outside my back door so I see them every time I go outside. The photograph was taken in February when I realised that I should have tidied the plants in the autumn. Once a Houseleek has flowered it produces shoots and dies leaving blackened leaves at its centre. I also grow them in a sink and some troughs. They are so easy to grow; they like full sun and well-drained soil and don't need watering.

In March I start thinking about summer hanging baskets. Last year there was a wonderful display of baskets around the villages so I hope everyone will be inspired again this year. Over the years I've tried using different plants in my baskets but with varied success. I now only have one and hang it where it can be reached comfortably for watering and line it with an old compost bag with some drainage holes to help water retention. It will be planted with lots of geraniums, trailing and upright, which have attractive foliage as well as flowers and are tolerant of some neglect! My geraniums are overwintered in my frost-free garage, away from the window where, one year, they were scorched and died. When I dismantle the basket I trim the geraniums to a few shoots and pot them up in soil. If I was organised I

would take cuttings in August.

Last year I decided that I would like to grow a hedge of Rosemary. There are several Rosemary bushes in the garden but I have one special one. A friend, called Rosemary, died several years ago. At her funeral her family gave all the members of the congregation a Rosemary plant each in her memory. Feeling thrifty, I decided to take some cuttings from it which are all growing well and will keep her memory alive. I never used to have much success with cuttings but I now know where I went wrong thanks to Monty Don! He mixes compost with perlite because the cuttings need air as well as water to form roots; I used to use just compost. That's why seeds germinate so well in our gravel drive, they have air as well as moisture around them.

I now have a few weeks to think about what to write in April.





# Northall Baptist Church

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## The March winds will blow and we will have snow

I do hope that this saying will not come true this year. However, I have noticed that it often snows, having a last blast on my brother's birthday on March 6th. We'll see what happens this year.

In the Church calendar, though, Lent is to be a feature this month. Lent starts on Ash Wednesday 17th February right through until either Maundy Thursday on 1st April or Easter Day on 4th April. So during March many Christians may be part of a fasting, prayer and penance regime.

So why do we celebrate Lent? At the very beginning of Jesus' public ministry, we read about Jesus being baptised in the River Jordan by John the Baptist who preached a baptism of repentance for the forgiveness of sins. Why therefore did Jesus need to be baptised? He was sinless! But Jesus was both God and human – he underwent baptism and death as a human, identifying with the people he had come to save. Then, he needed to prepare himself for his teaching and preaching, over the next few years, which led to his death and resurrection.



## Now some 2000 years later – baptism in the Jordan today

After Jesus baptism, the Spirit led him into the desert on his own, where he was wholly dependent on his Heavenly Father. He was kept safe by angels, although there were wild animals keen to attack him. The Devil tempted him with riches and glory – all the kingdoms of the world. He resisted. We are also told that Jesus fasted for 40 days and 40 nights. As a human, that would have been really difficult but he was strong enough to resist when the Devil suggested he as God could quite easily turn stones into bread.

In recognition of this sacrifice Christians try to fast or give up some of our good life for the 40 days of Lent. Giving up chocolate, meat, alcohol etc. for this period may be a test but nothing in comparison. Satan tried to get Jesus to sin, but was unsuccessful. Again, Satan is unsuccessful in thinking that Jesus death was the end.

Lent in the Christian calendar is a time of preparation for Easter. Easter is celebrated as Jesus died at that Passover weekend 2,000 years ago and 3 days later rose out of the grave – the pivotal point for the believer. Jesus is alive today. Jesus says in Revelation 1 'I am the Living One; I was dead, and behold I am alive forever and ever!'

**We are having Zoom Lent sessions on Wednesdays 24th February to 24th March inclusive at 8pm. You are welcome to join us. Please contact me on the number below for the link.**

We are continuing our Sunday services on Zoom for the foreseeable future at 11 am. If you would like to join in the worship, music and song, you'll get a very warm welcome. Please ring the number below or contact us via our website.

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/>

✉ Ruth Cox Tel: 07791 425625



# It's Cold Out There but Don't Stop the Warm Down!

It's debateable whether stretching after a workout will stop you getting muscular soreness or help prevent injuries, but it's undeniable that muscles are warmer and more pliable therefore after a workout.

Keeping one's flexibility is important at any age but becomes more so as we get older and potentially stiffer. Therefore, after a workout/walk "make hay while the sun shines" and make sure you get those stretches in.

Stretches should relate to the muscles you've just used in a workout/walk but these are useful for the lower limbs:

Quads stretch



Hip flexor stretch



Calf stretch



Gluteal stretch



Hamstring stretch



Don't forget to also stretch your upper body; arms, upper back, neck and shoulders as well as your chest all need a good stretching too. How long and how many? Again, there is some variability in opinion but relaxing and breathing into a stretch to make it effective is going to take about 30 seconds, give or take. You need to spend about 60 seconds per stretch for optimal results so depending on how long you hold the stretch, you should be doing 2 – 3 repetition.

The added benefit of doing all this after a workout is that you can feel particularly virtuous, you've ticked all the boxes and you are going to feel good. So, it's a win, win!

Happy stretching – if you need further advice or have niggling aches or pains, contact your local physiotherapists at:

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# Eaton Bray History

## Crime and Violence in Eaton Bray from the Bedfordshire Archives

This piece is taken from a document drawn up by Bedfordshire and Luton Archives and Records Service staff for a lecture or exhibition on Eaton Bray.

Although life in Eaton Bray was probably quiet and peaceful most of the time, the village has had its share of disturbances in the past. Among the husbands and wives whose squabbles came to the attention of the courts were Sarah Fowler and her husband Thomas, who threatened in 1813: “If I once get you into my arms you will never get out alive”. Similarly, John Noah, a labourer, in 1792 declared he would murder his wife and son and “burn her up like a coal”, whereas Thomas Waldock did more than threaten and assaulted his wife Elizabeth with an ash stick in 1785. He was bound over to keep the peace towards her.

Other disagreements could cause trouble. In 1818 Richard Bates of Eaton Bray met Joseph Mead of Northill and as they had “had some trifling misunderstanding a few days previous ... held out his hand, asking him to shake hands ... Mead immediately struck him violently with a scythe”. Bates was cut several times and as a result was unable to work for a fortnight. Violent outbursts were not limited to the men of the parish as can be seen in the attitude of Sarah Crawley who threatened to kill a widow, Mary George, in 1733 and in that of Elizabeth, the wife of Joseph Whinnett, a yeoman of Eaton Bray, who used a knife to attack Richard Atkins, a gentleman from Flamstead [Hertfordshire] in 1729. Perhaps, too, there may have been some women party to the anonymous letter which Mr. Macnamara [the Lord of the Manor] received in the summer of 1881. This communication threatened that he would be shot if he took the rent due from his farm tenants and five of his tenants were warned of a similar fate if they paid the money. “Hunger is a sharp thorn” claimed the writers “and revenge is sweet”.

Perhaps poverty was the cause of some of the petty thefts which occurred during the nineteenth century. In 1813 William Osborne, described in one place as of Eaton Bray and in another as of Edlesborough, was caught after stealing a flock bed (mattress) and a pair of sheets. In the next year a labourer called John Faulkner, but known to some as Jonathan Sculthorpe, was also taken to court after stealing two linen shirts which were hanging on the line to dry.

“Robberies by servants were always bad and must be punished severely” claimed the Leighton Buzzard magistrates in 1874. They were hearing the case of William Gadsden of Eaton Bray who worked at Frederick Simmonds’ mill. While delivering flour to customers he had taken out about half a bushel in a sack, removed it from the cart and hidden it in a field. There were several witnesses of his action and he admitted his guilt. The magistrates sentenced him to three months in prison with hard labour. Another labourer from the parish was in trouble in 1875. On 17th May Joseph Foster stole a duck and ten eggs, valued at 3 shillings and sixpence from Mr. Buckmaster’s farm. He probably took the food because he was hungry, for he took the duck home, cooked it and ate some of it. When P. C. Edmunds arrived to search the house soon afterwards, he found the ten eggs and part of the cooked duck. By then the thief had left the village, heading for London. The policeman must have had a good idea of his destination, for he started out in pursuit, caught up with him and apprehended him on the same day at Turnham Green near London.



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# Living with Birds and Dogs

Many of our birds have been with us since they were chicks as we work on the principal that if we choose to have them it is for their entire life. This also goes for all of our dogs as well. For 365 days a year, twice daily, the birds are looked after together and twice a day, dog walking is a must for our energetic boys. At present we have to be very aware of Bird Flu which has hit several collections of birds.

In normal years we are very busy throughout the season attending events and giving talks to various groups from the very young to the older generations on why and how we keep Birds of Prey and conservation together with different aspects about different species. It is amazing when you find out how very little people know about our feathered friends

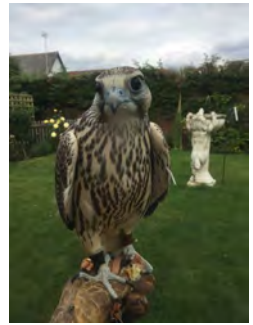


so it gives us great pleasure to explain the smaller details. When visiting schools which are spread from very local to as far as the other side of Guildford and into London it is very satisfying to see the children absorb information. In London in particular, the faces of the children when they quietly enter the school halls, totally unaware that there will be live birds sitting in front of them is really a special moment, as the majority have never seen a bird of prey close up. Some of their eyes are the size of saucers. Normally we have photos taken by the teachers where they are able to hold a bird on a falconer's glove. I always stand nearby for reassurance but make sure I do not get in the photograph. Those that are apprehensive quickly come round as they do not want to be left out in front of their friends. The birds that are taken are very used to children and that sort of environment i.e. sitting in front of an excited class does not stress them in any way. In fact, several of them stand on one leg which is a sign that they are relaxed. Art sessions are part of the fun with the birds sitting in the middle of the table with children getting their heads round the different forms and plumage to put on paper. I am sure the many people in the village who have seen them on a talk will tell you they are very laid back and comical on occasions. Our Tengmalm Owl, weighing in at just 124gms has piercing yellow eyes that she flutters slowly if any men are sitting front row as if to say "hellooooo". They are all so different with different personalities. The children are always fascinated about the more gruesome side of keeping birds of prey and just love my box of owl pellets that contain skulls and thigh bones etc of various animals that have been eaten. The feedback has always been positive and we have been asked to return year after year. We even get phone calls from new schools on recommendation from heads of schools visited previously.



We also visit Special Needs children and adults who

immediately light up at the thought they have had a visit from our Owls. I am unaware of anyone who is not in awe of them. One of our owls, Moss, is a firm favourite with young and old alike. At 24 years of age, he is well seasoned to travelling and experiencing the delight that he and his friends bring. He really enjoys doing the photos and obliges us by allowing his head to be turned towards the camera. He is told to smile and that in turn makes the handlers face light up and in turn smile.



All of our birds are rung with a breeder's ring, plus a IBR ring (Independent Bird Register). We pay for this upfront for three years for each bird, which in a worst case scenario gives additional information and a phone no and a peace of mind that should a bird fly off we have a good chance of getting it back. A couple of them are also microchipped which pings when the scanner is passed over them.



This was the case when a couple of years back when 'The Beast from the East' hit Eaton Bray. We went out one morning to find that the American Kestrel, weighing only 135gms, was missing. Searching through the strong wind and snow we were unable to find him and returned home very worried about his survival chances. The next day we had a call to say he had been sighted at Park Farm where he had spent the night, we think hunkered up in the stables. On arrival he was sitting up a tree so very cold he could hardly move. We managed to climb the ladder in a blizzard and get him down. He was very poorly.

On arrival home we put him in a quite downstairs room that was not over heated and tubed him with electrolytes and left him quietly to recover. Half an hour later he did not look good but we kept our fingers crossed. One hour later he had started to eat and remarkably he made a full recovery. In those sorts of temperatures he would have lost a large amount of weight in a very short time.

We visit hospices and nursing homes with a couple of our birds under normal circumstances together with one of our dogs as they are all 'Pets As Therapy' registered as well as being Blood Donors for the Pet Blood Bank. They all bring a huge amount of pleasure with all that they engage with. At a summer fete a couple of years ago we attended a Hospice Fete in Berkhamsted and took several birds including our very laid back big Eagle Owls with us. She was 21 years old at the time and very people friendly. A daughter and her 92 year old father came to see us and asked if he could hold one of our birds. Willow was a prime candidate as she was so reliable. So we put a falconer's glove on his left hand and rested it on the arm of the wheelchair. His face beamed as Willow settled down to being admired. He grew quite a crowd comprising of other residents and older lady friends.

I soon realised he had a sense of humour so asked him "when did you last have a 21year old bird on your arm"? With a wry smile and a twinkle in his eye he replied "Before the war, in fact before the first world war" This certainly made everyone laugh and to be honest it made us feel that the hard work we put in certainly pays off.



©Chris and Sue Mitchell, Birds of Bray

# Cooking with Herbs



## MINT

Mint is one of the most famous herb used in cooking. It's fresh, it can have some kick, sometimes it's even a bit peppery or lemony but it leaves a cool after-taste. There are many subspecies of mint, but the most common version has tough stems and bright green, oval and pointy, slightly dented leaves. It can be a very powerful herb and must be used with caution. It is widely present in the Mediterranean countries and has obviously contaminated its cuisine as well as the North African and Middle-Eastern one. What pairs with mint? Lamb, couscous, tabbouleh, zucchini, feta cheese, garden peas, yogurt, strawberries and even chocolate.



## CORIANDER

Coriander, also known as cilantro, is a very fragrant herb. So much so that some people even have issues with it, considering it a bit « soapy » and off-putting. I personally love its citrusy accents which remind me of lemon grass. Coriander leaves look like dented clover leaves. They are fragile and they perish rapidly. Coriander stems are edible and more suitable than their leaves for slow cooking purposes. This herb is often associated with South Asian cuisine as well as Latin American. Use it with confidence on: chicken, curries, avocados, corn, onions, or even chilis.



## BASIL

Basil is perhaps the most easily recognized herb in cooking. It's delicate and fragrant. It has beautiful and smooth pointy leaves, with a shape that recalls a water drop. Although it's definitely an iconic flavor of Italy, you might also consider its Asian brother called Thai Basil which has a more "anise" flavour to it. Basil goes perfectly with: tomatoes, strawberries, shrimps, mozzarella, pasta and even beef.



## PARSLEY

Parsley might very well be the most widely common herb for cooking. It's not surprising considered how easy it is to use it. It's quite mild, it doesn't overpower easily a dish, not as much as mint for example. To identify parsley on a market, look either for curly parsley which has a distinctive frilly appearance, or for flat leaf parsley which looks like coriander but with longer, thicker and pointier leaves. It's really versatile and it's featured in many dishes all around the globe. Pair it with : garlic, (think of garlic bread) lemon, mussels and fish, blue cheese, lentil or even ham.



## CHIVE

Chive is an herb with some proper attitude. As soon as you bite into it delivers a very distinctive garlicky flavor. It's very easy to identify with its smooth, long, straight and tubular pointy stems. This herb is commonly used in Northern Europe, is very present in French and Swedish cultures. Being the smallest species of the onion genus, its flavour is hot and garlicky but at the same time is very fresh and not as overpowering as raw garlic or onion. Its flowers are perfectly edible. Chive goes very well with: eggs, fresh cheese, butter, salmon, blinis, cream and potatoes.



### **DILL**

Dill has an incredible delicate flavour and a fresh and clean aroma. Its leaves are very light and soft and it's very popular in Northern and Eastern Europe cuisine: Sweden, Russia, Poland... Dill is a perfect match with cured fish like salmon, green soups, cucumbers, cream, beet root and of course pickles.



### **THYME**

Thyme should belong in every kitchen. It's incredible how its tiny leaves smell so good: lemony, earthy and pungent at the same time. Thyme leaves are distributed into sprigs, which are long woody stems. It's best to remove the leaves from the stem when cooking. Mediterranean and Middle Eastern countries use this herb a lot and for a good reason: it goes particularly well with eggplants, grill bbq meats, chicken, mushrooms and roasted vegetables like bell peppers, tomatoes, zucchini and even goat cheese.



### **OREGANO**

Like Bay leaves, oregano is more flavourful when used in its dry form, otherwise it's pungent and also a slightly bitter. Its leaves look like mini mint ones but the sprigs are not dissimilar to thyme's. Again, it's a very common herb in Mediterranean cuisine, definitely a Greek and Turkish favourite, not to mention Italy. It works great with lamb, tomatoes, olive oil, kebabs, yoghurt and pizza.



### **ROSEMARY**

Rosemary is a very powerful herb with a green, tangy and woody smell. To identify it, look for tough woody stems with needles leaves, usually green on top and silver-ish underneath. It's strong flavor might overpower easily. Its natural complements are: roasted chicken, roasted potatoes, garlic, apricots (especially apricots jam) and game.



### **SAGE**

Sage is often an underestimated herb in the kitchen. It might be very pungent, minty and musky. To spot it look for softly hairy and pale green leaves. Sage is quite common in the Italian and Balkan cuisine. It's wonderful when fried with a light batter and goes heavenly with bacon, sausages and pork in general, rabbit, butter, gnocchi and fresh stuffed past, eggs (you should try it in a frittata, the Italian version of an omelette).



### **TARRAGON**

Tarragon is the perfect blend of anise and vanilla, mint and celery. It has soft, long and narrow green leaves with green stems. The best Tarragon variety is the French Tarragon, by far the most aromatic. This herb is ideal to enhance the saltiness of savoury dishes. It's a perfect match with white fish, mustard, eggs, mushrooms, cream, poultry and vinegar.



### **BAY**

Bay is technically a tree but its leaves are treated along the same lines as the other culinary herbs. Its leaves release the best flavour when dried. Bay leaves are a great start for any stock or broth or any slow cooked dish but you should always remember to remove them before serving the dish or the soup since they don't get any softer during cooking time and might result a bit stodgy.

# Dagnall Weather Station (AONB)

## Weather Conditions for January 2021

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

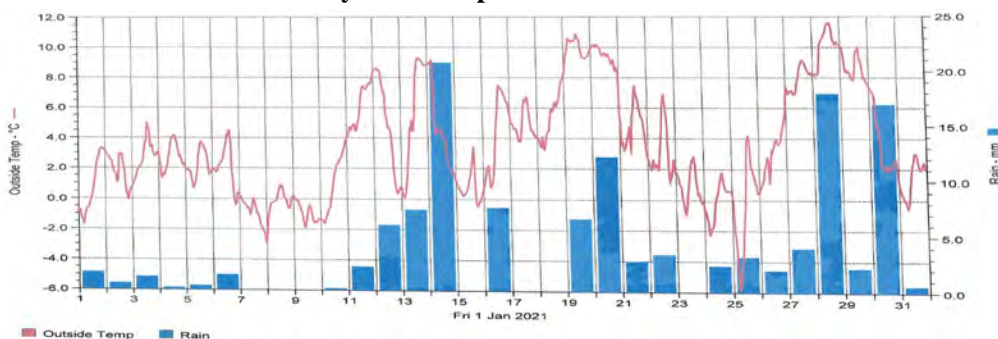


January was wetter, duller and colder than recent years. We started the month on a cold note and this continued for the first nine days. On the 10th, the temperature rose and remained mild for a few days, although this brought with it showers and, on the 14th, the wettest day of January with 20.80mm of rain. There was a brief dry spell on the 17th and 18th before we returned to showery weather. On the 23rd, it turned even colder and started to snow. This continued into Sunday and, by the 25th, the temperature dropped to -5.9°C in the mid-afternoon; making the paths and roads, where the snow was still laying, very dangerous. After that, the temperatures quickly rose and, by the 28th, we had reached 11.8°C. However, by the 31st, we were down to below zero again.

Rain was 167% of the average at 124mm. We recorded rain on 24 days and, along with it being cloudy and dull, this made for a dismal month. There were eleven days when the temperature fell below zero for a monthly total of 169 hours.

	High	Date/Time	Low	Date/Time
Temperature:	11.8°C	28 Jan 15.30	-5.9°C	25 Jan 14.30
Mean Temperature	3.6°C			
Dewpoint:	9.9°C	28 Jan 09.30	-6.6°C	25 Jan 05.30
Humidity:	96%	11 days	75%	22 Jan 14.00
Barometer:	1031.2mb	15 Jan 10.30	973.3 mb	22 Jan 02.00
Wind Speed	38mph SSW	20 Jan 22.00	Months avg.	5.8mph
Wind Chill:	9.6°C	28 Jan 15.30	-6.2°C	25 Jan 07.30
Dominant Wind:	W			
<u>Rainfall</u> * T= total rain days and moisture. R= Actual rain				
*Rain Days: 24(T), 24(R)		Wettest Day 14 Jan	20.80 mm	0.819 ins
Monthly Rain:	Total	January 2021	124.00 mm	4.882 ins
Yearly Rain:	Total	1 Month	124.00 mm	4.882 ins

### January 2021 Temperatures and Rain Fall



For weather data 24 hours a day, updated every 15mins, visit: [www.dagnallweather.co.uk](http://www.dagnallweather.co.uk) and [http://bit.ly/weather\\_dagnall](http://bit.ly/weather_dagnall) including this site forecast and much more. If anyone has a question, comment or wishes to contact me please email: [david@dagnallweather.co.uk](mailto: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.



# Your Photos



*Swans in Edlesborough  
by Steve Munday*



*Castle Hill Rd looking down to Eaton Bray by Dani Howes*





# Salvation Sound

## Eaton Bray Salvation Army Wonders!



We are now in a new year and already one month has come and gone. Where does the time go to?

Life is very different from this time last year in so many respects and I think for all of us we hope that very soon life will return to some form of normality and we will be able to see each other again socially.



However, this last month has been a month of ups and downs, of changeable weather. We have seen the sunshine, the rain and people have experienced leaving their homes due to flooding. We have seen snow and saw how everything seemed so different with the fields and houses and roads covered with the snow. Looking out of my window on that day children were squealing with delight as they used their sledges on the road outside my house and built huge snowmen.

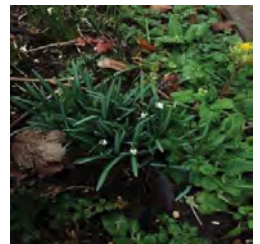
What is amazing is that we do not have to do anything to make the seasons come and go. They just do! Even though as a nation and the whole world is experiencing difficult circumstances, nature still continues, and continues to surprise us.

Just like the little crocuses and snowdrops that I found in my garden, so we as people will come through this time hopefully stronger and wiser. Each day is a new day. In Lamentations 3:23 which is in the Old Testament we read these words written thousands of years ago but are still up to date today.

*'God's mercies and his love are new every morning, great is your faithfulness.'*

These spring flowers remind us of the faithfulness of God which is new every morning. Here are some words that remind us of this for us today and for the future.

*'Summer and winter and springtime and harvest  
Sun, moon and stars in their course above,  
Join with all nature in manifold witness  
To thy great faithfulness, mercy and love.'*



*Great is thy faithfulness! Great is thy faithfulness!  
Morning by morning new mercies I see;  
All I have needed thy hand hath provided  
Great is thy faithfulness, Lord, unto me.*

*(Thomas O. Chisholm) (1866-1960)*

**Keep looking each day for the wonders that God provides for us and remember His faithfulness to us.**

✍ Major Allison Gaudion (The Salvation Army)

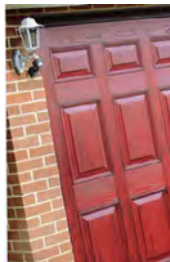


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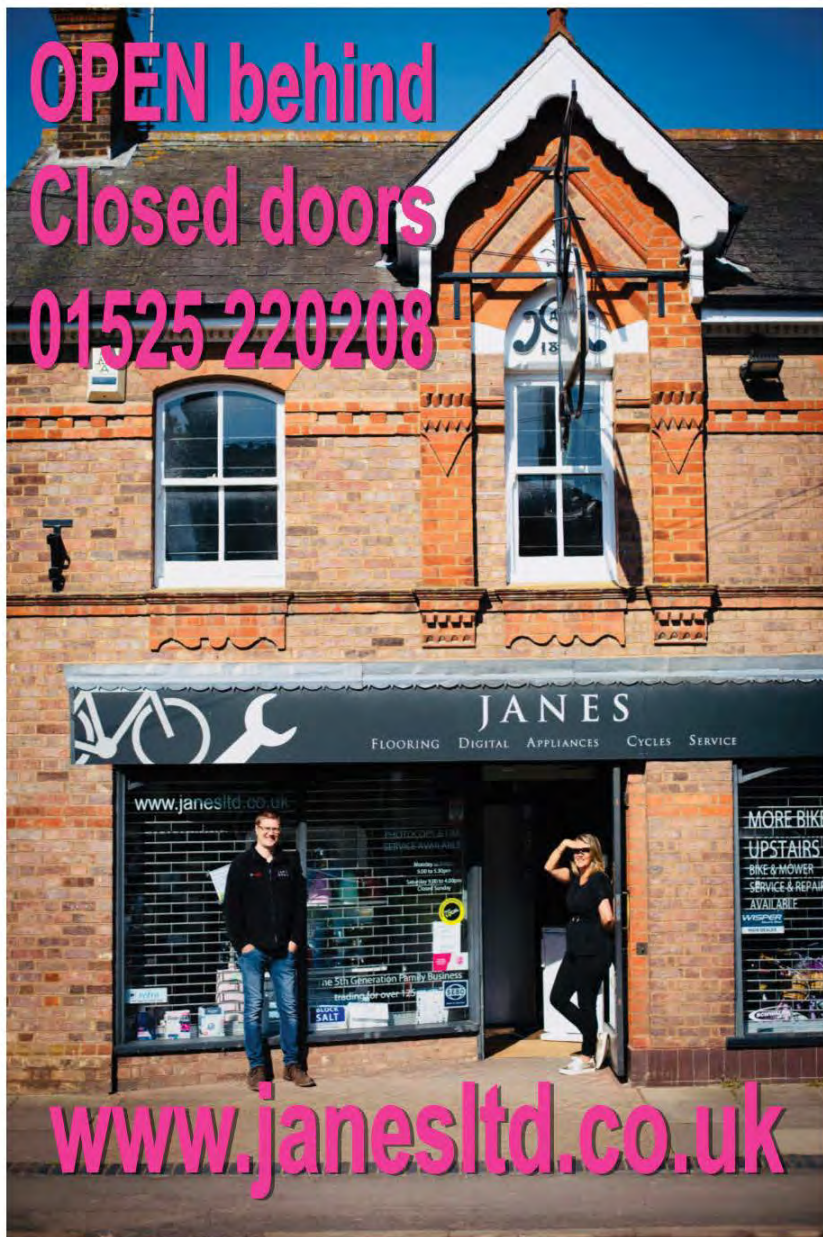


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