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at the White Horse Sunday Lunch served

> 12 noon till 4pm

Sunday 11th March Mother's day

Fresh and local!

The White Horse is the ideal venue for both

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call now for details of menus and offers!



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

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.

eariffices

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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.

≪Fditor

Focus is online at www.thefocusmagazine.co.uk

Village Diary March 2018

Weekly

(term time)

Fortnightly

Mon-Fri Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468

Mon-Fri Dagnall Under 5's, Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816

(term time) 358342

Mon-Fri Edlesborough Pre-School, Edlesborough School, 01525 220431

(term time) manager@edlesborough.bucks.sch.uk

Mon-Thu Totternhoe Pre-school, mornings, Totternhoe Lower School, Michelle Urbanowicz on

(term time) 01582 668841

Mondays Pilates, 10.45am, Totternhoe Memorial Hall, Lisa: 07799 893489 Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm

Mondays Movement and exercise classes with a dance flavour, Northall Village hall 2-3.30.Contact

(term time) 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 -

Mondays Curtain Call Theatre Group sdtwinkletoes@yahoo.co.uk

Mondays KFPA ISTD Classical Ballet classes, 3+vrs, 4.15pm, Edlesbrough Memorial Hall, www.

kfpa.co.uk

Mondays Cubs (8-10 ½ years old), 6.30pm - 8pm, 1st Eaton Bray & Edlesborough Scout Hut, High

Street, Edlesborough. Contact Liz Coates 01442 842550

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

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

01525 222468 or 07796 265174 or email ruthallen002@gmail.com

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

Northall Village Hall, Sarah Cox: 07765 158182

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

01582 620576

Tuesdays Beginner's Boxercise, 6-7pm Dagnall Village Hall, Josh Thompson 07456 574405 or

jtptinfo@gmail.com

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

Place, Eaton Bray

Wednesdays Pilates, 7.15pm, Northall Village Hall, Lisa: 07799 893489

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

Contact Anna on 07854 230243

Wednesdays Caterpillars Baby and Toddler Group 10am to 11:30am, Grace Baptist Church, Moor End,

(term time) Edlesborough, £1 per family unit, Frances King 01582 475896

Wednesdays Pilates 6.45 & 7.45pm, Dagnall Village Hall, Andrea on 07855 138005 or andrea@

naturalpilates.co.uk

Wednesdays Art of Ju Jitsu martial arts class, Eaton Bray Village Hall, 7 -7.45pm ages 6-15yrs

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

Thursdays Baby & Toddler Group, Salvation Army Hall, Booth Place, Eaton Bray, 9.30-11.30am
Thursdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208

Thursdays Jazzercise, 9.30-10.40am, Eaton Bray Village Hall, Angela Veryard, 01525 715208

Thursdays KFPA Street dance classes 4+yrs 4pm, Edlesborough Memorial Hall, www.kfpa.co.uk

Thursdays Tae Kwon-do, Dagnall Village Hall, 5.45-7.30pm 07813 755785

Thursdays Clubbercise 7.30 - 8.30pm. Eaton Bray Hall - Gina Flitton 07846421756

Thursdays Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High

Street, Edlesborough. Contact: ebebeaverleader@ebescouts.co.uk

Thursdays Explorers Scouts (14-18 years old), 8pm-9.30pm, 1st Eaton Bray & Edlesborough Scout

Hut, High Street, Edlesborough. Contact Simon Betts, lionheartesu@hotmail.co.uk

Thursdays Intermediate Boxercise, 7.30-8.30pm, Dagnall Village Hall, Josh Thompson 07456

574405 or jtptinfo@gmail.com

Fridays Keep Fit class, Edlesborough Mermorial Hall 10 - 11am

Village Diary March 2018

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

01582 620576

Fridays Stay & Play toddler group, 'Musical Monkeys' at the Eaton Bray Village Hall, 10-

11.30am, £4.50 for one adult and child, £1 for extra children/adults, 0-6 months free

Fridays Scouts, 10 ½ to 14 years old), 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout

Hut, High Street, Edlesborough. Contact Mark Owen, 07899 892344, ebescoutleader@

ebescouts.co.uk

Fridays "Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whittemore on 01525

(term time) 376124

Saturdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208

Saturdays KFPA Musical Theatre classes 4+yrs www.kfpa.co.uk, 10am, Edlesborough Memorial

Hall

Saturdays Bootcamp Fitness, 9-10am, Dagnall Recreation Ground, Josh Thompson 07456 574405

or itptinfo@gmail.com

Sundays Sunday Worship at 10:30am and 6pm Grace Baptist Church, Moor End, Edlesborough

(across from the post office). Alister King 07572 395687

Sundays Karate for kids & adults, 4-5:30pm, Eaton Bray Villaage Hall, Contact 07500 007779

Monthly

1st Monday Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except Jan-2nd Monday) 1st Monday Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret

Jones on 01525 220991

1st & 3rd Mon Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather

(ex. Bank Hols) Westwood (01525 839083)

1st & 3rd Tues Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at

8pm. For details contact 01525 222441 or 01582 755147

1st & 3rd Tues TOTS, St Mary's, Eaton Bray, 2pm

1st Saturday St. Mary's Church, Eaton Bray Coffee Morning & Plant Sale, 10:30am - 12 noon 1st Sunday St. Mary's Edlesborough Open Days, 2-5pm, May to September inclusive

2nd Monday SilverLink, 2.30-4.00pm, Grace Baptist Chapel Edlesborough – activities, talks, friendship

& refreshments for the over 60s

2nd Tuesday Dunstable & District Local History Society meeting, 7.45pm, Methodist Church Hall,

Dunstable (opposite Wilkinson)

2nd Tuesday Edlesborough W.I. Meeting, 7.30 pm, Edlesborough Memorial Hall

2nd Wednesday St.Mary's Ladies Guild, 2pm, St.Mary's, Eaton Bray

2nd Wednesday Eaton Bray & Edlesborough Lions Club, 7.30pm, The Coffee Tavern

2nd Thursday CAMEO Coffee, tea & chat, 10am-12noon, Edlesborough Methodist Church 2nd Thursday Sewing & Craft Bee, 7:30pm, Salvation Army, Booth Place, Eaton Bray

2nd Saturday Workshops Dynamic Yoga 9.30-11am £10 Eaton Bray Coffee Tavern, Keira 07936

693696

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

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

Last Saturday Coffee Morning, 10:30-12 noon, Edlesborough Methodist Church

Last Sunday Messy Church, 3-5pm, Salvation Army, Booth Place, Eaton Bray, 07932 057490

Other Regular Events

4th Beds Area Narrow Gauge Model Railway Club Meeting, 11.30am-4.30pm, Eaton Bray

Village Hall

9th Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.

10th Cafe Community, 11am-1pm, Eaton Bray Methodist Church

20th Dagnall and Kensworth Friendship Club meeting, 2pm, Dagnall Village Hall with tea and

Bingo.

Village Diary Merch 2018

One Off/Annual/Irregular Events

3rd Great British Litter Pick, meet 10am at Edlesborough Green Village Sign

8th Coffee Morning, 10-12, Butlers Folly, South End Lane, Northall

9th Northall & District Age Concern Wednesday Club Quiz Night, 7:30pm Northall Village

Hall, Tickets £10, 01525 220868

11th Salvation Army Messy Church Mother's Day Celebration 11am, Booth Place, Eaton Bray

*** STOP PRESS ***



Multi-Award-Winner Chris Wood Announces Appearance at Village Music Festival



I first saw Chris Wood in 2009 on a wet Sunday afternoon in a marquee in Shrewsbury. He was playing to about two thousand people. Many of them already knew what sort of a treat they had in store. For the rest of us - well the magic just unfolded. I laughed. I cried. And ever since, I've seen him as often as I can.

That same year, Chris won the BBC's Folk Singer of the Year award – and the Best Album of the Year. He's notched up six BBC awards since then.

Track - Hollow Point emphatically secured his place as a serious voice of English song-writing. His most recent album So Much to Defend has received further critical acclaim and was awarded four stars by The Guardian, who described it as 'unique', with 'compelling lyrics'. I know of no-one else who could produce an album that includes reflections on minor league football, empty nest syndrome, learning to swim, Cook-in Sauce and, not least, the Gecko as a metaphor for contemporary society. His wry vocals are sometimes humorous, often cutting, and always memorable.

And Wood is nothing if not grounded in everyday life. He is fond of recounting that, '... at art school they said I had a remarkable eye for trivia, like it was a bad thing.' He cites his major influence as 'Anon'.

I suppose I couldn't put it any better than Chris Difford of Squeeze – himself one of the finest songwriters of our generation – who simply says of Chris Wood, "If I had a towel I'd throw it in."

Chris Wood will be performing as part of EdleFest 2018 in the special atmosphere of the Church on the Hill, and it promises to be a very special night. He will be headlining on Friday 15th June, supported by several other great acts.

Saturday night sees the amazing Rob Heron and the Tea Pad Orchestra come to town

for a high energy finale.

You can find out more and buy tickets for the whole event online by searching for Edlefest, or at edlefest.site123.me, by calling Wyn on 01525 221744, or by email to EdleFest@gmail.com. From April 3rd tickets will be on sale locally through Louise at Janes – Flooring, Edlesborough. See you there!

≪Richard Brandon







EDaN Community Transport

Peter Williams: 01442 842506

Village Hall Bookings

To book your local village hall for an event please contact the following: **Northall**: Lorna Cubbage Tel: 07857 318696 Email:northallvhbookings@gmail.com

Eaton Bray: Norman Lee Tel: 07975 7972202

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

Dagnall: Elizabeth Coates Tel: 01442 842550

Edlesborough Memorial Hall: Penny Pataky, Tel: 01525 229358

Email: manager@edlesborough-pc.gov.uk

Police Contact Numbers...

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 Thames Valley Police (Edlesborough, Dagnall & Northall)

PCSO Jackie Dodson Mobile: 07800 703 524 Email: NHPT@thamesvalley.pnn.police.uk

Defibrillator Locations

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

Dagnall: Red Lion Public House Eaton Bray: The Coffee Tavern Edlesborough: Edlesborough Memorial Hall Northall: The Swan Public House



Helpline: 07930987064

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

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

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

We help people of Eaton Bray and adjacent villages

Services at St Mary's Church

HOLY COMMUNIÓN SUNDAYS: 8.00am

> 10.00am PARISH SUNG HOLY COMMUNION

On Third Sunday of each month:

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

WEEK-DAYS:

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

Holy Communion Wednesday: 10.00am

EVERYONE WELCOME AT THESE SERVICES

Have you, or a loved one, been affected by cancer?

If so. health and care services Buckinghamshire would like your help to ensure we are delivering the best possible care for our population - which means it is vital we hear from residents who have experienced cancer treatment.

NHS Aylesbury Vale and NHS Chiltern Clinical Commissioning Groups are working with Macmillan Cancer Support to invite people with experience of cancer to give their views in a new online survey.

Everyone's experience of cancer is different. So, for us to give the best possible care and support, we need you to help us understand what that looks like to you and how you think we should provide it.

Because you have been through it, you are best placed to tell us what works, what can be improved, and what specific cancer support should be available to you within the Bucks area.

Things may not change overnight, but if your experiences have left you with ideas of what would be good for patients in Bucks - whether improving an existing service or offering new kinds of support – we want to hear from you.

We know that being given the all-clear does not always mean the end of cancer and returning to normal. It's vital that when

treatment stops you support to get back on your feet, deal



with the consequences of your experience and know how to spot signs if cancer should return.

Whether you are currently undergoing treatment, are now living after treatment, or if you have watched a loved one go through cancer, please let us know your views. Comment boxes have been distributed at a range of locations across Bucks (including GP surgeries, libraries, support group venues and many others) and you can complete the full survey via the link below. All details will be kept strictly confidential.

www.letstalkhealthbucks.nhs. uk/consult.ti/cancerservices/





Eaton Bray with Edlesborough Parish News

Church Warden & Pastoral Matters: Catherine Hayden (01525 220527) Reader: Gordon Gray (01525 220136)

Website: www.stmaryseatonbray.org.uk Facebook: St Mary's Eaton Bray Mother's Day or Mothering Sunday?

Should it be called Mothering Sunday or Mother's Day and is there any difference? Mother's Day is an American invention which was started as a day of prayer and thanks for mothers and all they do for their families. It is held on the same day in May each year. Mothering Sunday, on the other hand, has been celebrated in the UK since the 16th century always on the 4th Sunday of Lent which changes each year depending on the date of Easter.

On most Sundays in the year, churchgoers would worship at their local church or 'daughter' church. Once a year however, on Mothering Sunday, people made a point of visiting their Mother Church, the original church in the area. The visit to the Mother Church would become an occasion for family reunions, especially for children who were working away from home. In times past, children as young as ten would leave home to find work.

Most historians think it was the return to Mother church which led to the tradition of children, particularly those working as domestic servants or apprentices, being given the day off to visit their mother and family. People who had visited the Mother Church were said to have gone a-mothering. As they walked along the country lanes on the journey home, children would pick wild flowers to give to their mother as a small gift, hence the tradition of giving flowers on Mothering Sunday.

Mothering Sunday was also known as Refreshment Sunday, because the fasting rules for Lent were relaxed on that day which falls half way through Lent. The Gospel was often the story of Jesus feeding the Five Thousand and the emphasis was on food. It would be quite common for the house cook where children

were in service to bake a cake for them to take home with them for their mothers. Sometimes they also had gifts of eggs. The cake was often a Simnel cake, a fruit cake with a flat layer of marzipan on top and 11 marzipan balls. The 11 balls represented the disciples, minus Judas who betrayed Jesus. The name Simnel comes from the Latin word for fine and refers to the fine wheaten flour from which the cakes were made. The following Mothering Sunday Carol was written by George Hare Leonard.

So I'll put on my Sunday coat, And in my hat a feather, And get the lines I writ by rote, With many a note, That I've a-strung together.

And now to fetch my wheaten cake
To fetch it from the baker,
He promised me, for mother's sake,
The best he'd bake
For me to fetch and take her.

The boys will all come home from town
Not one will miss that one day;
And every maid will bustle down
To show her gown
A-mothering on Sunday.

It is the day of all the year Of all the year the one day; And here come I, my mother dear, And bring you cheer, A-mothering on Sunday.

Happy Mothering Sunday!

∠Joy, Vicar of Eaton Bray with Edlesborough



St Mary's Village Carnival 2018

www.stmarysvillagecarnival.com

This year the Carnival will be held on Saturday the 7th of July 2018 with the theme of 'Games' Book this in your diary now and don't miss out.

CARNIVAL OUEEN 2018

If you are aged between 8 and 12 years and live in Dagnall, Eaton Bray, Edlesborough or Northall you could be leading the procession in the Carnival Queen carriage. This year's Queen, Princess and Attendants will be chosen by draw on Sunday the 15th of April 2018 at 11.15am in Eaton Bray Village Hall.

For full entry details contact Cheryl Spratt on 01525 222139 or visit the Carnival website.

INFORMATION FOR LOCAL BUSINESSES

The Carnival is the perfect opportunity for businesses and organisations to be part of a local community event which is attracting an ever increasing amount of visitors and gaining a reputation as one of the best rural carnivals around.

In order to make sure you have a presence at the Carnival, the Carnival committee are urging local businesses, schools, youth groups and organisations to make contact and be part of this brilliant event. With visitors attending from all over Bedfordshire, Buckinghamshire and beyond, the Carnival offers the perfect platform for business' to come and meet their customers and potential customers. The committee will work in partnership with a business or organisation to ensure that they get the best out of what the Carnival can offer. Just a few ways the Carnival can help are:

- Advertising in the Carnival Programme, delivered to over 2500 homes locally.
- Advertising in the Carnival arena, offering prime exposure within the heart of the Carnival.
- Having a stall at the Carnival. Prices unchanged from last year.
- Donating a prize towards either the grand draw or the silent auction.

To book a stall, arrange advertising, offer prizes or for a chat about how the Carnival can work for your business or organisation, visit the Carnival website: www.stmarysvillagecarnival.com

Material Wanted

Do you have any bright or floral dress material spare? The carnival tea tent committee would love to make some new bunting to hang inside and outside the tent. If you can donate or want more information please contact Sue Brown on 07976 772959. Thank you.



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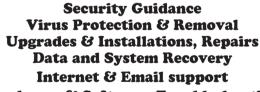
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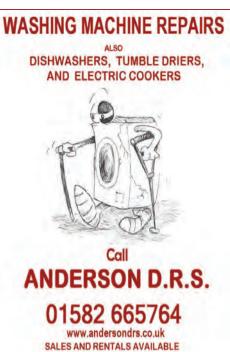
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Dagnall Village Fete - June 16th 2018

A massive thank you to everyone who supported Dagnall Village Fete last year. It was wonderful to see everyone come together to revive a village tradition, and in particular we would like to extend our thanks to the local businesses and individuals who contributed raffle prizes, equipment or their time to help make the fete a success. Despite being exposed to what seemed like every type of weather (the hailstones were a particular surprise!), we raised in excess of £2,700 in aid of village good causes. This year's fete has already been earmarked for June 16th, so make sure

to save the date in your diary. See you all in summer!









Northall Baptist Church 200 years and still going

Welcome to our first Focus article. It has taken a long time for us to get an article into the magazine considering that Northall Baptist Church was started over 200 years ago in 1802! It all began with William Johnson who maintained his right to preach anywhere, anytime rather than in a Church or Chapel at set times. This was seen as rebellious, being not long after the French Revolution and the shadow of Napoleon concerning. He seems

to be our first rebel with meetings initially starting in a house. A leased meeting place then continued until 1805. They found a property for £200, extending it with a vestry, initially as an independent Methodist Chapel, until 1807. There were many more rebels along the line - the minutes showing some leaving and causing pain, an illegitimate child, drunkenness, being intoxicated and one member, Ann Ashpool, who was 'set aside' for marrying a 'carnal' man – described as he was not a committed Christian. However, today we are sinners saved by grace and if you'd like to join us, our Sunday morning service is at 11am.

The building you see now was built in 1869. This and more histories are recounted in our booklet entitled 'Rebels in Green Pastures'. A very apt title as we can often hear the sheep bleating during a service. For those interested a free copy of the booklet can be supplied or downloaded from our website: http://northallbaptistchurch.org/

January 2018 has brought in a new leadership team of John Hazell, Rob Kirkman and Ruth Cox and we hope to bring you more in the future.

Ruth Cox Tel: 07791 425625

Grace Baptist Church Edlesborough What's in Our Name?

Many churches are named after people from the Bible or from church history. So who is this 'Grace' the church is named after? First some history!

Providence Chapel on the corner of Summerleys and Moor End has been the meeting place of a Baptist Church in Edlesborough since 1835. In 2006, on the retirement of the

then pastor, Trevor Rimes, Eaton Bray Baptist Church, as it was known, closed and the congregation went to other churches.

The church that now meets in the chapel was formed in March 2014 with Barry King as its pastor. In 2017 Barry moved to Dunstable Baptist Church and Timothy Reynolds became the pastor in Edlesborough.

Why was this new church called Grace Baptist Church? The name does not come from a person. We are called Grace Baptist Church because we are a group of Christians who rejoice in what the Bible calls God's grace.

Grace means that God not only treats us mercifully (not as our sins deserve) but graciously (far better than we deserve). In particular this is what the Bible teaches

about how we receive forgiveness. It is God's free gift to all who turn away from wrongdoing and believe in Jesus Christ his Son.

Sam disobeyed his mother, kicked his football in the sitting room and broke an expensive vase. He was in trouble! But his mother decided not to punish him; that was mercy. When she paid for it herself and still gave him his pocket money, that was grace.

Paul, the great 1st Century Christian missionary, wrote: "It is by grace you have been saved through faith. And this is not your own doing; it is the gift of God." (Ephesians 2:8, The Holy Bible)

We are 'Grace Baptist Church' because God's grace to us is one of the most important and precious things the Bible tells us about him. You're welcome to join us at our Sunday services as we learn more about him each week.

Grace Baptist Church Edlesborough

Pastor: Timothy Reynolds gbcepastor@gmail.com Secretary: Alister King gbcesecretary@gmail.com Facebook: @gbce2014

Weekly Activities Sunday Services

10.30am Morning Worship 6.00pm Evening Worship*

2nd Monday

2.30pm SilverLink for over 60s

Wednesday

10.30am Caterpillars Toddler Group 7.30pm Bible Study & Prayer Meeting *25th March, 3pm Church Anniversary

The Opposite Sex by David Tribitan

A fun, lighthearted night out!

This very funny comedy with adult themes revolves around two couple with less than happy marriages and the events of a couple of nights in suburbia.

Disillusioned husband and wife, Mark & Vicky, have a very eventful dinner party with two mere acquaintances - or so they think. What should have been a friendly night at home turns into a social nightmare as the pasts of Mark, Vicky, Judith & Eric come back to haunt them.

As it starts to become clear what the common denominator between them is, the air becomes thick with insults, black eyes and broken china.

Tickets on sale now. Buy online via www.lbdg.org.uk or Box Office 0300 300 8125.



Leighton Buzzard Theatre

12 - 14 April

Box Office 0300 300 8125 www.lbdg.org.uk









Eaton Bray Methodist Church

On the first Sunday in 2018 we were delighted to welcome back our

own Jaque Stamp after several years of residence abroad. Her message focused on Epiphany – that 'moment of sudden realisation', when the kings bearing gifts arrived to acknowledge the arrival of the greatest king of all. Jesus shook the world and Jaque asked us to take up the challenge, to use the gifts Jesus gave us on God's behalf. The following Sunday was a special one too as we were privileged to welcome Rev Dr David Chapman, Chair of District, to lead our Covenant Service. In the context of new beginnings, the anticipation and the fear that they inspire, he reminded us that the people of God, turn back to God and the hope we have because of his steadfastness. He encouraged us to stay close to Jesus and the sound of his voice from which we draw strength and nourishment. It was with real pleasure that we heard Steve Rodgers had successfully completed his trial period and we enjoyed his visit on the third Sunday when he spoke vividly of Jesus's calling the disciples to work with him. He reminded us that, difficult though it may be, all Christians are called to trust God's plan for them and carry it out. On the last Sunday of the month, Peter Baker came to lead our worship and gave us a meaningful and inspiring sermon which focused on the powerful authority of Christ. We were reminded of the many times Jesus spoke and acted with quiet but compelling authority and in death acted as a 'human bridge' to make a new life available for all. We must claim this power to reach out in to all in His Name. The preacher who was due to take our service on the first Sunday in

February was prevented from doing so by a sudden knee problem. Our own Geoff Joels stepped in and led us with verve, involving the whole congregation in an interesting and thoughtful interactive session contemplating 'the Kingdom of God'. We are fortunate to have versatile and skilled members who are prepared to respond in emergencies.

Dates for your Diary: Cafe Community and Craft Stall

Saturday 10th March 2018 11am - 1pm. We will be delighted to see you if you come to join us for a cup of tea/coffee and/or a light lunch.

Social Afternoons

Weekly on Thursdays 1.30 - 3.30pm Chat, meeting friends, games, refreshments. All Welcome.

Coffee Morning

in aid of St Mary's Flower Fund
Thursday, March 8th
10 am - 12 noon

Butler's Folly, South End Lane, Northall

Bring and Buy, Raffle, Cake Stall

Please contact Sally Taylor on 01525 221576 for more details



Edlesborough Parish Council News

Including Edlesborough, Dagnall and Northall

Pebblemoor Car Park

The car park at Pebblemoor is a public car park. Currently the only restrictions on the use of this car park are the operating hours which state that the car park must not be used between the hours of 11pm and 6am. The drivers using the car park are parishioners as well as customers of the garage. Placing any further restrictions on the use of the car park is not currently possible as the EPC do not have the resources to enforce parking restrictions. EPC requests that all users of the car park park considerately and do not use the disabled space unless they are able to display a registered disabled parking badge.

Cow Lane Surgery Car Park

EPC are opening discussions with Edlesborough Surgery looking at ways to improve the parking situation at the Cow Lane Surgery. EPC are also working with AVDC to exploring the possibility of utilising the utility land between Wren Walk and the Surgery to help alleviate the parking issues on Cow Lane.

OPPS IN BUCKS

District Cllr Chris Poll has asked EPC to share the following information about a new website which is aimed at tying in schools, colleges, workplaces, parents and young people. The aim of the website is to prepare our young people for career choices & help them to develop skills for the workplace.

There is a huge resource on the web page including things like the October skills show and opportunities for young people to learn about the world of work. https://oppsinbucks.org/

Grass Cutting & Weed Spraying in the Parish

Following almost two years of EPC successfully cutting the grass verges within the 30mph sections of the Parish EPC have decided to extend the grass cutting to include the 40mph sections and some stretches on national speed limit roads. The intention is to have the same high standard of grass cutting throughout the Parish. EPC's contractor will cut the verges fortnightly throughout the growing season. To help our contractor carry out his work and to ensure high standards are maintained EPC asks that parishioners do not park on the grass verges in the Parish.

The additional sections to be included in the grass cutting schedule are:

- The verges and traffic islands at the Travellers Rest roundabout.
- From the Travellers Rest roundabout to the right of way that leads to the RAF houses.
- From the Travellers Rest roundabout to Pine Road.
- The vision splay at the top of Cocks Close/Pebblemoor and the B440
- Northall B440 from the 30mph sign to the national speed limit sign heading towards Leighton Buzzard
- B440 from Edlesborough to Northall (Sparrowhall Farm to Northall)
- Northall Eaton Bray Road from the 30mph to the village boundary by the right of way.
- Northall Chapel Lane the full length.
- Northall South End Lane full length to the cattle grid.
- From Pine Road to Ivinghoe Way include in the siding out, weed spraying & verge cutting.
 ADDITIONALLY
- The Council will increase the kerb side weed spray from two sprays per year to three.

• Taskers Row pavement opposite the Taskers Row bungalow is severely neglected by Bucks CC, this will be treated with a spray to remove the excessive build-up of moss.

EPC would also like to praise our contractor MW Agri Ltd. on the exceptional work carried out cleaning the numerous road signs and white gates in our Parish helping to keep our village looking good and well cared for.

Dog Bins & Litter Bins

Concerns have been raised about the emptying of the dog bins and litter bins. EPC would like to clarify who is responsible for which bins and the frequency of the empting.

- Dog Bins AVDC are responsible for emptying these bins, once a week during the winter months and twice a week throughout the summer. Overflowing bins should be reported to AVDC on 01296 585235 or via the website https://www.aylesburyvaledc.gov.uk/general-reports
- Litter Bins there are several litter bins in the three villages, AVDC are also responsible for
 emptying these bins once a week. Any unemptied or overflowing bin should be reported to
 AVDC at https://www.aylesburyvaledc.gov.uk/general-reports Dog waste bags may be placed
 in these bins.
- Litter Bins on Edlesborough Green EPC is responsible for emptying these bins and this is carried out once a week. Overflowing bins should be reported to the Parish Clerk (details below). Dog waste bags must NOT be placed in these bins.

If you find that a litter bin or dog bin is overflowing please take your waste home or place it in another bin. Please do not place it on top of the bin or on the ground near the bin.

EdleFest 2018

The EdleFest dates for 2018 have been confirmed as 15th and 16th June. More information and tickets are available via the EdleFest website https://edlefest.site123.me/

Champing

Edlesborough Church has been approved for 'Champing - a new phenomenon in camping - enjoy a break in England's treasured country churches'. "Champers" can 'enjoy an overnight experience in a historic church, with the building to themselves, surrounded by rural simplicity, the natural world and hundreds of years of history. More information can be found at https://www.champing.co.uk/

Potholes, Road Issues & Rights of Way

EPC and County Cllr Anne Wight have continued to press TfB to carry out the following outstanding repairs within the parish:

- Damaged lighting at Dagnall Roundabout.
- Travellers Rest Roundabout including lack of bollards and poor & hazardous condition of traffic islands. EPC have been informed that there are plans to remove existing bollards on the islands and to paint the islands white, and to clear the vegetation from the traffic islands.
- Travellers Rest Bus Stop winter landscaping works will be raised to clear the kerbing and hard standing at this stop.
- Leaning 30mph sign on Church End, Edlesborough

Should parishioners have concerns about any Highways issues these should be reported via the Bucks CC website: www.buckscc.gov.uk/services/transport-and-roads/report-a-problem/tell-us-about-a-highways-problem/

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.

Speedwatch

The EDaN Traffic Management team are looking for volunteers to help with their new Sentinel device. If you have an interest in slowing down traffic in the villages or are concerned about Road Safety, please contact Cllr Alan Williams 07928 398371.

EPC Meetings

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

- Edlesborough Memorial Hall, Thursday 15th March 2018
- Edlesborough Memorial Hall, Thursday 19th April 2018

The meetings will commence at 7:30pm.

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

To keep up to date with the latest information in the Parish please visit the Edlesborough Parish website and visit our Facebook page.

Edlesborough Parish Council Contact Information:

Clerk: Miss Penny Pataky Office hours Mon – Fri 11am – 3pm (Excl. Wed)
Email: clerk@edlesborough-pc.gov.uk 01525 229358 Website: www.edlesborough-pc.gov.uk
Facebook: www.facebook.com/EDANParishCouncil



Appledown's Rescue Dog of the Month

Kane is a big handsome Rottweiler who was born in December 2014. This poor lad was just discarded on the streets by his previous owner. He now needs to find someone who really appreciates him and has experience of his breed. Kane needs to be an only pet in a home where there are no children. He walks well on the lead but can be strong. Kane cannot live in Luton

If you can offer Kane or any of our other dogs a forever home, please call in at the kennels any

day between 10 am and 4 pm, or phone for more details. Please note that there are restrictions on rehoming dogs to families with children under seven years of age. Full details of the rehoming process can be found on our website, or please contact the kennels. Join our Facebook Group to see more photos of Kane and other dogs awaiting new homes.

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

Call 01525 220383 or e-mail: appledown.kennels@btinternet.com

Website: www.appledownrescue.co.uk

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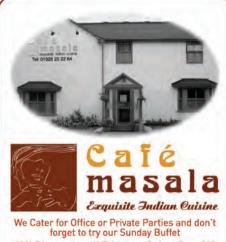
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Dagnall Community Choir

With Spring just around the corner, choir members are looking forward to heading out to choir on a Monday evening in daylight!

Hopefully some warmer weather will also mean a welcome end to all the coughs and colds that can sometimes prevent us from enjoying our favourite pastime of singing... We are currently busy learning a wealth of new songs for our 2018 concert programme and are making great progress with these. New additions to our repertoire include classical pieces by Vivaldi and Elgar, and for these, we are having to brush up on our Latin (or rather, for most of us, learn to sing in a completely different language!) As usual, our accompanist, James, impresses us all with his piano skills and both he and Michelle, our Musical Director, guide us expertly through these more challenging pieces.

We do enjoy quite a range of different musical styles though, and are also looking forward to perfecting and performing a favourite number from the musical "Oliver", which is also new to us this year. No doubt there will be more new music to get our teeth into as the year progresses.

Socially, March is going to be a busy month www.dagnall-community-choir.co.uk.

for the choir. Some of us will be enjoying a fun weekend away at the beginning of the month, at Potters Resort near Great Yarmouth. Last year's trip was a great success and all who went appreciated great evening entertainment and of course wonderful company! We also have our Barn Dance at Dagnall Village Hall later this month, which is guaranteed to be a fabulous knees-up with great food and music.

Our concert schedule starts in May with an appearance at Leighton Buzzard Theatre on Saturday 12th May. This is a charity concert in aid of Macmillan, and we will be appearing alongside an Elvis tribute band, so a rockin' good night is in store, all for a great cause! Tickets can be booked through the Leighton Buzzard Theatre Box Office.

Or of course, you could come and join us! We are always keen to welcome new members, and particularly need more male voices. If singing in a choir is something that you have always wanted to do, please do come along on a Monday evening – we meet at 7.45pm at Dagnall Church. We would love to see you!

For more information about the choir, to get in touch, or to see the full listing of our concerts, please take a look at our website www.dagnall-community-choir.co.uk.

S

St Mary's Village Carnival

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

Are you aged between 8 and 12 years?

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

To take part all you have to do is complete and return an entry form (details below) and come along to Eaton Bray Village Hall on

Sunday 15 April at 11.15am when a draw to select the Queen, Princess and two Attendants will take place.

How to Enter

Please telephone Cheryl Spratt on 01525 222139 for an entry form, or download a form from the Carnival website:

www.stmarysvillagecarnival.com

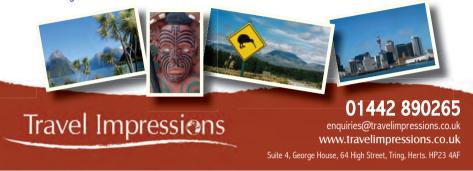
Entry forms should be returned to Cheryl by 12th
April

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Musical Monkeys

Eaton Bray Village Hall 10-11.30am on Fridays

£4.50 for one adult and child £1 for extra children/adults 0-6 months free





Get those muscles working! Tone and strengthen arms, legs, bums and tums – you'll look and feel great.

Why not give it a go? Only £5 per week for one hour of fun fitness. Pay-as-you-go, come when you can.

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What: Fitness4Fun with Kay

Where: Edlesborough Memorial Hall When: Every Friday, 10:00-11:00 am



EATON BRAY PARISH COUNCIL





HIGHLIGHTS OF THE MINUTES

A full/detailed copy of the minutes for Eaton Bray Parish Council can be found on our website. A hard copy of the minutes can also be viewed on the Parish Council's notice board at The Coffee Tavern.

Meeting of Eaton Bray Parish Council

Held on Monday 8th January 2018 from 7:30pm at the Coffee Tavern Central Bedfordshire Council (CBC) – Councillor Ken Janes email kwjanes@hotmail.co.uk / 07767-496823

CBC Website: www.centralbedfordshire.gov.uk / CBC Email: customers@centralbedfordshire.gov.uk / CBC Customer Services: 0300 300 8301

• <u>Motorcross</u>: Cllr Janes informed the Council that the track cannot be used until the bund/sound fence buffer is completed, and a Sound Management Plan is produced. The Parish Council enquired as to whether the use of the track would therefore revert back to the old planning use, summer period, however Cllr Janes informed the Parish Council that this was not so. The Parish Council agreed to contact CBC Planning for clarification on this matter.

Bedfordshire Police:

- Eaton Bray Police contact: PC Konopka email Slav.Konopka2@Bedfordshire.pnn. Police.uk
- For general Police contact/enquiries: Non-emergency call 101 / All emergencies 999 Outline Planning Application (CB/17/05645/OUT); Land Adjacent to Eaton Park Concerns were raised regarding new developments from CBC on their draft Local Plan Consultation, the proposal for development at Eaton Park is featured within the draft plan. The Parish Council will be writing to Cllr Nigel Young, CBC and Andrew Selous MP with their concerns regarding this inclusion within the Local Plan, a development proposed on green belt land.

Neighbourhood Plan

Residents, keep your eyes on the Parish Council web site/facebook, and read the Focus report - for updates. Parish Council website: https://eatonbray.com/news/tag/Neighbourhood-Plan

Burial/Cemetery Land - Feedback required

To all residents: a reminder to forward your views/comments to the Parish Clerk.

Village Signs/Posts

Many of the sign posts in the parish are becoming rusty and require some general maintenance repair. The Parish Council are to look into the options available, one being a plastic sleeve which would cover and protect the posts.

Market Square/Electric Supply:

A breakdown of the costs supplied by CBC to install an electric supply at Market Square was presented to the Parish Council who has agreed for the work to be implemented.

Work To Trees In The Parish:

Work to trees in School Lane recreation ground was approved by the Parish Council with the aim of carrying out much needed maintenance. The work approved included

removing/cutting back overgrown and diseased trees, opening up the space to make it more useable area for dog walkers/recreation ground users.

Budget/Precept 2018:

The Parish Council reviewed the spend for 2017-2018 and proposed spend for the 2018-2019 financial year; it was unanimously agreed to accept the proposed budget, increasing the precept for 2018-2019 from £87,500 to £93,407.

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

- *Monday 5th March 2018
- *Monday 9th April 2018



Heidi Head, Parish Clerk & RFO

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

Follow Eaton Bray Parish Council on Facebook and Twitter Keep up to date with what is going on in the parish

GORDON'S CHRISTMAS PUZZLE

Thank you to everyone who supported this year's Christmas Puzzle. As a result of entries from throughout the UK and overseas entries including from Australia and New Zealand I am able to donate £7,200, bringing the total sum donated to charities as a result of the Puzzle to £84,500. The five charities supported this year - Designability, Silverlinings, Princess Alice Hospice, Esher, Yarl's Wood Befrienders and St Mary's, Eaton Bray – will each receive £1,440.

This year's Puzzle attracted 337 entries and a draw to select winners took place at St Mary's Church, Eaton Bray on Sunday 4th February. Four winners who each scored full marks each win £30; they were Jill Butler, Carolyn Chapple, Anne Chippindale, and Margaret Westwood. A further five entrants each receive £10, namely: Meryl Brooks, Trevor Gibb, Isobel Goforth, Pam Grant and Maureen Webb.

A number of locals feature in the 20 Year Roll of Honour for the Puzzle. Liz Constable leads the table having dropped just 6 marks in 20 years. Other locals include:

Roger & Helen Wilkinson in 8th place Barbara Gillion in 17th place Vivienne & Mel Grundy in 23rd place Rosemary Shackcloth in 28th place Lorna Cubbage in 29th place



The Trials & Tribulations of Modern Technology - Backing Up Your Data

Hopefully people found the last article interesting. Future articles I will cover a number of key areas, providing a viewpoint and information about the topics covered.

In this article I will cover the pros and cons of each backup mechanism, give you an outline and some considerations.

Backups – This is a process or processes for the copying and archiving of digital data so that it may be used to restore the original if lost, or to provide the ability to go back to the data at a particular point in time and reinstate.

What do you need to backup?

As a minimum you should back up your personal files, such as photos, home videos and other personal documents. Consider capturing years of photos of your family only to lose it all because you did not have a backup or effective backup process.

You can also consider backing up all the files on your hard drive (disk copy or creating an imaging) to enable you to get your PC or laptop running again after a hard drive failure. This requires specialist software but is not necessarily expensive.

What should I backup to?

This depends upon what data you are backing up and what access you need to it. There is no point in making a backup of your device if you need that device to recover it. Make sure whatever backup solution you use, you can gain access to that data to recover the data. An example could be that to recover a PC you need the operating system only, then once the operating system is functioning, you then have an inbuilt or additional application that then allows you to recover your data.

Most devices these days provide a mechanism for you to backup your data.

CDs/DVDs/Blu-ray

Whilst these used to be the preferred method and allow easy off-site storage, they are now considered time-consuming and expensive and some laptops/PCs do not include a CD/DVD/Blu-ray drive.

External Drives

These are easy to use and with software can be used to schedule backups. They are easily stored off-site and they come in a range of storage sizes. However, they can run the risk of hard disk drive failures and can be expensive for large amounts of data.

USB Flash Drives

Whilst these are inexpensive and portable, they can be easy to misplace and have limited capacity. Some may not be durable.

The Cloud

The cloud is a generic name used for storage of data somewhere in the world. These are very large computer systems that have very large amounts of digital space to hold data. Services like Amazon Cloud Drive, Dropbox and Microsoft One Drive provide you the ability to store your data on their systems. In most cases (but not all) it is their responsibility to ensure that your data is secure and accessible and they **may** also provide some form of backup for this data. There are a number of considerations in using the cloud.

- Are you happy with someone else potentially having access to your data? (Always consider what it is you are handing over to someone else).
- What happens if the supplier is compromised and your data is accessed by someone else?
- Does the cloud supplier backup your data? This is particularly important if the cloud is your primary data storage rather than a backup of the data you hold locally.
- Where is the data stored? A concern with Cloud storage companies is that the data may not be stored in the same country that you reside. The laws that apply to the data and its storage are those of the country where the data is stored. These laws may be very different to the UK and European laws. In some countries

governments can, if they deem it necessary, enforce access to your data. It is important that in using the cloud you understand where your data will be held and the laws that apply. You can then take an educated view deciding if you want to use the service.

- Cloud Storage is now very popular and can be used for backing up your data. There are companies offering specialised back-up services, which for a fee automatically backup to their web storage and are designed to backup large amounts of files. Depending upon the amount of data, you may need a fast Internet connection to use these.
- Some people use standard cloud storage as a back-up facility using automated synchronising. This method is easy but unless you only have a few files to back-up you will need to pay for additional storage space and it does not always provide historical back-ups.
- The cloud provides off-site storage and is accessible from almost any device, computers smart TVs, tablets, mobile phones and smartwatches but requires the internet to access the data.

Network Attached Storage (NAS)

NAS drives/systems are normally a separate physical device that is located in your location and holds all of your data. This means that it is under your control and you are responsible for its security and backup. The benefit of a NAS is that all devices in the house can access and update the same data via a local network and you do not need to back-up data on multiple devices. In some scenarios you can also access that data outside of your location, but that is dependent upon the functions of the NAS drive.

Most NAS systems provide you an application called RAID (Redundant Array of Independent Disks). This is an inbuilt application on the NAS that uses more than one disk to secure your data. In its simplest form you have "mirroring". To achieve this, you have a minimum of two disks and as data is placed on one, it is automatically duplicated on the other, but delete a file from

one, it deletes the file from the other. The benefit is that if you lose the first disk due to a failure, the second disk should still be working and you can recover from it by replacing the first disk. More extensive RAID options use multiple disks and the data is spread across those disks, meaning that if you lose a disk in most cases you just put in a replacement disk and the NAS automatically recovers all the data that was on the faulty disk. You will also need to consider a backup of the NAS data so that if you delete files by mistake, you have a snapshot in time to recover back to. NAS drives these days are also becoming media centres from which you can deliver (stream) music, videos, pictures, downloaded files and TV series to any device capable of connecting to it.

Storing your Backups

Don't keep backups in the same location as the original device i.e. a PC in the lounge with the backup sitting underneath it. If you have a fire, flood, theft, all will be lost. Ideally back-ups should be stored in a different location.

Historical Backups

Make sure that you backup on a regular basis and not to the same mechanism/location overwriting the previous version, i.e. "take a snapshot in time" so you have a historical path, so if by chance you delete a picture and don't realise for several weeks, you can go back to that snapshot in time prior to deleting the picture and recover it. Backing up to a removable disk and having several of them is an ideal way to backup your data, for example, 3 disks which you use once a month over a three-month period. In this way you can go back as far as three months to recover files.

How often should I backup?

This is very much dependent upon how often your data changes and how long it would take you to recreate any lost data. If you backup once a month you can lose up to a month's data.

The next article I will be covering is Security. Steve Moren, support@morenassociates.co.uk 01525 229695

St Mary's Garage Sale Trail Saturday 21 April 2018 TIME FOR A CLEAR OUT?

Could your house do with a clear out?

Do you have a New Year's resolution to clear your excess 'stuff' this Spring?



If so, we can help you - simply sign up for St Mary's Garage Sale Trail, which will take place on 21 April 2018.

For a donation of £5 (more if you wish) we will include your address on a map so the public know where to find you. Members of St Mary's, Eaton Bray, will deal with all the advertising, create maps listing all the properties where items are for sale and sell these maps to the public. All you need to do is set up your stall in your front garden and sell, sell, sell!

On the day, St Mary's will

sell maps to the public from Eaton Bray Village Hall where delicious lunchtime refreshments (including our legendary bacon butties!) will be on sale. In addition, there will be a cake stall, raffle, bric-a-brac, books and plants for sale.

Be on the map! - contact Barbara Morton (01525 852368); or Email her on barbara.morton1@gmail.com.



The 2018 Great British Litter Pick Saturday 3rd March

I don't know if you have had a chance to look around your villages recently, but with the bad weather and high winds, there seems to be a lot more rubbish accumulating on our verges and pavements than usual. I really don't know where it all comes from! Some obviously blows

around on bin days, especially recycling days, but I am afraid that most of it is thrown down, or out of cars, by those in our community – and from elsewhere - who just don't care about the environment we live in. How else to explain the used disposable nappies which arrive with depressing regularity on the verges of Eaton Bray Road, Northall, or the cans and bottles – some appear to be high-energy drinks dropped by runners and cyclists, often not empty!...

Well your intrepid Litter Picking Team has already been in action despite the unreliable weather to make a start tidying up. We have managed a couple of picks in between the showers but there is still a lot to do – and of course it is unfortunately a never-ending job.

On **Saturday 3rd March** we are hoping to join in the Nationwide Drive against Litter known as the "Great British Litter Pick". Last year we took part and collected the amazing – but not surprising – total of 30 black bags of assorted rubbish. An embarrassing amount, really, for a village that prides itself on its appearance!

So, if you feel like us, and want to see your Village looking its best, why not join us on 3rd March. We will meet at 10am at the Village Sign on Edlesborough Green and depending on Numbers will spread out to tackle various parts of the village. You will need strong boots, wellies or shoes, hi-vis jackets if you are planning to do the main road or anywhere with traffic, and rubber gloves to protect your hands. I have a few litter pickers, but if you have your own please bring that too.

Obviously, if it rains (and it usually does when I organise a litter pick!) I will send round a message postponing or cancelling as it is difficult to collect wet litter and the ditches can be slippery when wet. If you would like to join us – and we would love it if you did! – but you are not a member of our group, it would be helpful if I had your email address so that I can contact you in the event of rain.

So, put Saturday 3rd March at 10am in your diaries, pray for a sunny morning, and let's get out there and tidy the place up a bit!!

Thanks for your support – and for reading this!! «Lorna Cubbage lornacubbage@btinternet.com





EATON BRAY PARISH COUNCIL



Hi from the Parish Council Neighbourhood Plan Steering Group.

Neighbourhood Development Plan

Work on our Neighbourhood Plan has gone backwards over the past month. We will explain what has happened.

Central Bedfordshire Council (CBC) issued their Draft Local Plan in July last year. We analysed the documents and the main issue from Eaton Bray's stand point was that the Green Belt would remain unaltered around Eaton Bray. We commented on this in our Article in September's Focus. This Draft Local Plan was positive news as the majority of Eaton Bray residents wanted to maintain the Green Belt on its current boundaries.

On 11th January 2018 CBC published the next iteration of the Local Plan but unfortunately there was a surprise, CBC had allocated land behind Eaton Park for development! 49 houses in the Green Belt. Residents throughout Eaton Bray are dismayed, we wrote to the Head of Planning at CBC and to our Local MP Andrew Selous, but we appear to have little or no influence. Pressing on, we will comment upon the Local Plan, we have make our objections known, and will attend the Planning Committee meeting that can pass or refuse the Planning Application at Eaton Park. The NP Steering Group is supporting the wishes of the residents of Eaton Bray and we should know the result over the next month or so.

Meanwhile drafting our NP continues, the majority of the Draft NP is written but we need to add some historical details and make minor improvements.

As always we will do our best to keep everybody informed through the Parish Web site and in Focus.

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

Please feel free to attend the next Steering Group meeting which are planned for the last Monday of the month, 19:30hrs at The Coffee Tayern, Eaton Bray.

Please contact us on glennwigley@hotmail.com if you would like to come along.

St Mary's 100 Club

The lucky prize-winners are: **January 2018**

1st prize - Florence Jeater 2nd prize - Paul Robinson 3rd prize - Jennifer Maxwell

Eaton Bray Cricket Club 100 Club Winners February 2018

Mary Jarrett £2.5 No.4 Michael Jarrett £10 No.1 Eaton Bray Cricket Club is kindly sponsored by Meadow Marquees and Houghton Insurance.





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LOCAL HERALDRY BY JOHN HOCKEY

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

ROYAL ARMS

The Royal Arms can be found in almost every village somewhere - often in the church but more prosaically even on a jar of marmalade or golden syrup where the manufacturer is 'By Royal Appointment'.

The current arms have evolved over the years and it might be useful to look at one or two interesting features of the arms we see every day but probably take for granted. For example, are you aware that the harp in the 3rd quarter is for Ireland and not



Sovereign's Coat of Arms

Henry VIII's Coat of Arms

Wales? Apologies to any Welsh readers but Wales has never been on the royal coat of arms because technically it was a principality. Not that that noble region was overlooked though, because whilst the current arms have a unicorn as a supporter on the sinister (RH) side and have done since the Act of Union with Scotland in 1706, in Henry VIII's time he had a red dragon, which his father Henry VII had also used as a nod to his ancestry via Cadwalader, the Welsh ruler from whom he claimed descent.

In heraldry there are many rules that govern the inheritance of arms – generally those of the father were passed down to the oldest son (or daughter if she was an heiress). With Royal arms however, things are different. If they were not, Prince Charles would inherit the Duke of Edinburgh's coat of

arms, but he does not - he inherits the arms of the sovereign, Queen Elizabeth II - and note these are not her arms but those of the United Kingdom.

In addition, in normal heraldry the eldest son often marked his place in the pecking order by use of a mark of cadency, using what is called a label – i.e. a white bar with three smaller bars descending from it. Whist Prince Charles has such a mark on his arms, it is also used by female members of the royal family such as Princess Anne - proof it were needed that Royalty and we mere mortals are as far apart as ever!

Next time: SOULBURY



Princess Anne's Coat of Arms

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Sunday

Footprints (Sunday School) 9.45-10.45am Morning Worship 11am Messy Church 3-5pm

(Last Sunday of the month)

Songs of Praise 4pm

(3rd Sunday of the month from May to Dec) **Tuesday**

Coffee Morning

(Alternate weeks) 10-11.30am Music practices (all welcome) 7.30-9pm

Wednesday

Home League 2.30-3.30pm

(Ladies Mtg but all welcome)

Champions Challenge Club (term time)
(Ages 5-10 years) 5.45-6.45pm

Thursday

Parent and Toddler Group

(*Term time*) 9.30-11.30am

Girls' Night Out

(1st Thursday of month) 7.45pm

Sewing & Craft Bees

(2nd Thursday of month) 7.45 pm

Ladies Fellowship

(Last week of month) 7.45pm For further details please call Envoy Hilary Chadwick. T:01525 222087 / 07932 057490

E: hilary.chadwick@salvationarmy.org.uk



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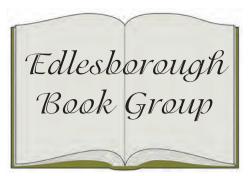
Wed 7th March 7:45pm

The Victorians, Churchyards, Black Feathers to Black Underwear

A look at the influence of Queen Victoria on trade after the death of Prince Albert.

Salvation Army Centre, Bull Pond Lane, Dunstable Guests are welcome at £3

For further information phone 01582 696193



Felicia's Journey by William Trevor

Felicia's Tourney is not a happy story. Its heroine, Felicia is seventeen and has been led astray by a handsome young man who is briefly in the small Irish town where she lives, visiting his mother. He tells her that he works in a factory near Birmingham, which makes lawn mowers. Being very innocent and naive, Felicia falls desperately in love. After Johnny leaves town, Felicia discovers that she is pregnant. Unable to face the shame that unmarried pregnancy inevitably brings in her community, she makes up her mind to go to England and find Johnny.

book follows her trials tribulations as she arrives in England describing her attempt to cope with very strange landscapes and people, all very much in sharp contrast to the quiet little town where she has lived since her birth. Her information about Johnny is sketchy, and although people in various factories that she approaches try to help, she doesn't get very far in her search. In one of these factories, she is befriended by Mr Hilditch, the catering manager. Although good at his job and respected by his colleagues, as we learn more about Mr Hilditch and his lonely private life, we discover a very dark side to his character and fear for Felicia as she becomes more involved with him, trusting him to help her find her sweetheart. Mr Hilditch is a very damaged, sinister man, who has many

things troubling his conscience; the book draws us in very gradually as Felicia's innocence and Mr Hilditch's insinuating evil collide. We are anxious about the outcome and hope that somehow, good will overcome evil and the story keeps us in suspense until the very end.

Felicia's Journey is one of William Trevor's later novels and was published in 1994, his first having been published in the 1960s. He found fame in 1964, with "The Old Boys" and continued writing almost up to his death in 2016. Although born in Ireland, he spent most of his life in England, eventually settling in Devon. The book group, on the whole, were unfamiliar with William Trevor's work and were pleasantly surprised by the excellence of his writing. Although the story of Felicia was not very uplifting and we could not say it was enjoyable, it was fascinating, beautifully written and we all said that we would read more of William Trevor.



Dunstable & District Local History Society 13 March, 7.45pm John Benet's Chronicle

John Benet, a local clergyman in the 15th century, produced a diary of events which is now an invaluable source for historians. Stephen Williams screens pages from the original manuscript and also talks about Benet's famous local contemporaries who included composer John Dunstable, and church ambassador John of Wheathampstead.

Methodist Church Hall, Dunstable Visitors always welcome £2





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Ea

Eaton Bray Lawn Tennis Club

Ooh it's cold. As pen goes to paper (or finger to keyboard..) the mercury in my outside thermometer appears

to be struggling to reach the dizzy heights of zero degrees centigrade. I say appears to be, because I really can't be bothered to dress up like the Michelin man to go outside and accurately check it. Instead, I'm relying upon regularly peering at it through my binoculars from the bedroom window, and as it's a good 20 metres away, and my binos are only 7x35, it's not an easy call to make. However, I've clearly made new friends with the two houses opposite, because the occupants keep coming into their gardens and manically waving their arms at me. I assume they must want me to pop round for a lunchtime drink, as they all appear to be indicating '2' with their fingers, which must mean 2 o'clock. In my opinion that's a bit early for a beer, but I know that they all do enjoy a drink at lunchtime, because I've seen them opening wine in their kitchens when I'm taking photos of the daffodils at the bottom of my garden from the same window, through my 500mm telephoto lens. Number 34 have lovely kitchen tiles, but number 36 could do with dusting under their fridge.

What I'm trying to say is that only our most hardy members have ventured onto the courts this last week or two, and a good set of thermals has been the order of the day. Hopefully by the time you read this in early March, the sun will be out, the birds will be singing, the new-born lambs will be joyfully skipping across their freshly-mown fields, and President Trump will be best mates with Kim Jong Un. Oh well, three out of four ain't bad (to misquote Mr Loaf). What we can guarantee though, is that our members will soon be playing on 'sparkling clean courts' (patented marketing term devised by committee member Glenn Wigley), as we are having them professionally cleaned, as soon as he can find a clean rag and a bottle of Windowlene. If he fails (as is widely expected) then we'll get some

real professionals in, so prepare to be dazzled by the mirrored surface as you line up for your backhand topspin from behind the tram-lines!

Here's a reminder that junior coaching runs Monday and Wednesday after school and not forgetting our adult coaching sessions as well!

Juniors:

Monday 5-6pm - mini green

Monday 5-6pm - U14 mixed yellow ball

Monday 6-7pm - U16 mixed yellow ball

Wednesday 4-5pm - mini red

Wednesday 4-5pm - mini orange

Wednesday 5-6pm - U18 performance

Wednesday 6-7pm - U16 girls yellow ball

Adults:

Monday 7-8pm - adult drills

Monday 7-8:30pm - adult beginners

For all coaching enquiries contact Sara Bamford on 07561 571578

Finally, on Saturday and Sunday 12th -13th May, British Tennis are holding a National Play Tennis weekend. We're not sure entirely of our intentions or available dates at this stage, but keep your eyes peeled on this column for details of whatever it is that we organise – it will certainly be a 'play tennis day' at some stage in May, which always offers free tennis for everyone, loan of racquets, free coaching, a good natter and a few refreshments. All ages and abilities are always welcome, so stay tuned for details!

Well that's it for another month. For any further information about the club, including when we get together for our social tennis sessions up at the School Lane courts, or our various activities, you can visit our website at www.ebltc.org.uk; Alternatively please call any committee member – names and numbers on the website - Coach Sara Bamford on 07561 571578, or if they're all out and I'm not polishing my binoculars, then me, Andy Cross, on 07783 667338.

Membership renewals for EBLTC are due from 1st April. Existing members will be receiving their forms very shortly, but if you're a potential new member, then here is the form together with details of what information is required, and who to return it to. Should you not wish to destroy your Focus magazine, then photocopies are especially welcome (as long as there's a cheque with them)!!

Eaton Bray Lawn Tennis Club Membership Form April 1st 2018 to March 31st 2019

Please complete your details and return the form to Maggie Kerr; 96A High Street Eaton Bray LU6 2DP alternatively email to eatonbraylawntennisclub@gmail.com

Personal Details

Name:	Address:
E-mail:	
Home Phone:	
Mobile Phone:	Postcode:
Spouse/Partner's Name: (If applicable to membership))
Details of children (for Junior, Child or Family member	ership only):
First Child:	Date of Birth:
Second Child:	Date of Birth:
Third Child:	Date of Birth:
Any other relevant E-mail address or telephone number	er (please identify):

Membership Fees

Please complete the following box:

Category of Membership	Rate	With BTM discount	Please tick
	£210	£170	
	£165	£145	
	£105	£95	
Citizen	£88	£78	
loyed	£88	£86	
ered Disabled	£88	£78	
(in full time education)	£55	£45	
(u16 on 01/04/17)	£55	£45	
u10 on 01/04/17)	£38	£28	
	£15	£15	
able key deposit (new members only)	£10	n/a	
			£
L FEES FOR 2017-2018			

Please note: in order to reduce the time taken in the past to complete the renewal process, existing members will only be eligible for the BTM discount if they renew membership by **16**th **April**. After that date the full fees will be required



Payment can be made in the following ways:

 Post or drop in a cheque to Maggie Kerr, Membership Secretary (address at the top of this form). Cheques payable to EBLTC.

By BACS: A/c No: 21251821

A/c Name: Eaton Bray Lawn Tennis Club (PREFERRED OPTION)

Sort code: 40-08-39

Please use your surname as a reference and let me know if you have paid using this method.

New adult members only: Please add £10 deposit if you would like a set of keys to the courts and the clubhouse. This is refundable, should you not renew your membership in future, when the keys are returned to the Membership Secretary.

Wimbledon

EBLTC receives an allocation of tickets for the Wimbledon Championships. This ballot is only available to British Tennis Members who Opted In by 23rd February 2018 and who have paid their membership fees by 16th April 2018. If you wish to be included in the draw for a pair of tickets, please indicate below.

I would like my name to be entered in the draw: Yes / No

Website and Facebook

Important: from time to time we will seek to publish news of our latest events, results of matches and generally keep members informed of club activities. Therefore if you do not wish us to use photos of you or your family members on our website and on Facebook please tick here:

Club Tournaments 2018

Please enter your name against each section in which you wish to participate and the name of your partner for Men's doubles. (The Mixed Doubles and Ladies' Doubles pairings will be decided by means of a draw.)

Senior Event	Your Name	Partner's Name
Ladies' Singles		N/A
Ladies' Doubles		N/A
Men's Singles		N/A
Men's Doubles		
Mixed Doubles		N/A

Please note; Finals Day is scheduled to be held on Saturday 8th September 2018; If you are unable to play on this date at a time specified by the Tournament Organiser please DO NOT enter the tournament.

We are also planning to hold a tournament for the juniors at the end of the Summer Term. All juniors will be invited to participate. Round Robin events and the Mike Venn Trophy will also run throughout the summer and winter for all members wishing to play.

South Bedfordshire League

Senior members only: Would you like to be considered for matches against other clubs? Yes / No Senior members only: Would you be interested in playing in a veterans' team (over 50's) for the summer season? Yes / No Junior Members only: Would you like to be considered for matches against other clubs? Yes / No

Comments

If you have any comments, suggestions or questions about our tennis club please contact a member of the committee. A list of committee members is on our website: www.ebltc.org.uk

Eaton Bray Cricket Club

Winter nets have started with very good numbers reported for so

early in the year. Senior nets are on Wednesdays from 8pm with all ages and abilities welcome. Junior nets 6-7 for under 11 on Tuesdays and 7-8 for under 13 and under 15 on Wednesdays. Work will be starting in March to open the ground and clubhouse and again all are welcome to help and see the facilities that the club offer. Fixtures for the 3 senior sides have been released and published and hopefully by next month we will have the Junior fixtures as well. In addition we again will be hosting some fixtures for the county at Junior level. Please follow us on Facebook and Twitter for more up to date information.

We would like to thank Meadow Marquees Houghton Insurance and the Focus for their continued support.

Enjoy your cricket with Eaton Bray in 2018

Saturday Fixtures Eaton Bray 1st X1 FCCL Div1

April 28th Westcroft Home May 5th Thurleigh Away May 12th New City Home May 19th Elstow Home May 26th Olney Town Home June 2nd Westcroft Away June 9th New Bradwell Home June 16th Great Horwood Away June 23rd Thurleigh Home June 30th Milton Keynes Away July 7th North Crawley Home July 14th New City Away July 21st Elstow Away July 28th Olney Town Away August 11th New Bradwell Away August 18th Great Horwood Home August 25th North Crawley Away September Milton Keynes Home Eaton Bray 2nd X1 FCCL Div 6

May 5th Eggington Home May 12th St Andrews Away

May 19th Westcroft Away May 26th Ivinghoe & Pitstone Away June 2nd Caddington Home June 9th Amptill Town Away June 16th North Crawlev Home June 23rd Eggington Away June 30th West Oxley Home July 7th M K Stallions Away July 14th St Andrews Home July 21st Westcroft Home July 28th Ivinghoe & Pitstone Home August 4th Caddington Away August 11th Amptill Town Home August 18th North Crawley Away August 25th M K Stallions Home September West Oxley Away

Sunday Fixtures

Beds Sunday League Division 6 Fixtures

May 6th Lutonian 3rds Away May 13th Langford 2s Home May 27th Luton Town & Indians 4ths Home June 3rd Wolverton Away June 10th Caddington Away June 17th Amptill Town 3rds Home June 24th Wolverton Home July 1st Langford 2nds Away July 8th Blunham 2nds Home July 15th Lutonian 3rds Home July 22nd Queens Park 4ths Home July 29th Luton Town & Indians Away August 12th Amptill Town 3rds Away August 19th Caddington Home August 26th Blunham 2nds Away September 2nd Queens Park 4ths Away

Peggy Bearton

The club were deeply saddened at the news of the passing of Peggy Bearton. Peggy was a great supporter of the club and served as a valued member of the "Tea Ladies" team for many years.

We send our thoughts prayers and condolences to her son Lee and her family.

One, Zoo Three...

Keepers complete the Annual Stocktake at ZSL Whipsnade Zoo

ZSL Whipsnade Zoo's keepers have finally completed the mammoth task of counting every animal for their annual stocktake.

Home to more than 3,500 animals, zookeepers at the UK's largest Zoo dusted off their clipboards and calculators, and took stock of each invertebrate, bird, fish, mammal, reptile and amphibian.

Keepers have had the challenge of counting everything from seven curious squirrel monkeys to 281 deer of eight different species. The Zoo's colossal Southern white rhinos have been counted, as well as invertebrates, including ghost mantises and emperor scorpions, and over 60 species of birds, such as white-faced whistling ducks.



2017 saw Zookeepers hip-hippohooraying at the birth of Hodor, a baby common hippopotamus, as well as celebrating the birth of a tiny Père David's deer fawn, a species declared extinct in the wild in 2008. The UK's largest Zoo also welcomed a new Southern white rhinoceros named Bertha, and, thanks to some other new arrivals, is now home to the largest group of Northern rockhopper penguins in Europe.

The annual audit takes keepers

almost a week to complete and the information is shared with other zoos around the world via a database called Species 360, where it's used to help manage the worldwide conservation

breeding programmes for endangered animals.

With more than 3,500 animals to see, ZSL Whipsnade Zoo is a fantastic day out for the whole family, and this half-term, children can put their animal care skills to the test with the fascinating role-playing experience, Vets in Action. Book online now at www.zsl.org



No Need to Alpaca Your Lunch

New River Cottage Kitchen and Deli opens at ZSL Whipsnade Zoo

Feeding time at the Zoo has become a mouth-watering experience for our visitors as River Cottage Kitchen and Deli opens its doors at ZSL Whipsnade Zoo. The exciting new collaboration with Hugh Fearnley-



Whittingstall and his River Cottage team, sees the food writer and campaigner bring his River Cottage restaurant to the UK's largest Zoo.

At the unique restaurant visitors can enjoy delicious lunches where the finest seasonal ingredients, ethically and locally-sourced, are at the heart of delightful new menus. The experience doesn't stop with delicious food; the rustic restaurant overlooks the picturesque



Chiltern Hills on one side and the Zoo's herd of white rhinos on the other side, a truly unique experience.

Guests can graze on an appetising menu of grilled flat-bread, organic hummus and hemp seed dukka for starters. Roast spiced cauliflower, split peas and crisp onions; baked lamb meatballs with pickled lemon and yoghurt, are just some of the meals available. Deserts provide the perfect finish, guests can opt for

hazelnut pavlova with roasted apples and custard, and much more.

Kathryn England, ZSL Head of Commercial, whose role oversees the hospitality team at ZSL Zoos, said: "We are passionate about the quality of our visitor experience and as a result are in the middle of a £1m investment programme of our catering options at Whipsnade. Underpinned by our shared ethos and commitment to ethically-produced food, River Cottage is the perfect catering partner for ZSL"

"Our new River Cottage Kitchen and Deli is the first phase of this transformation and so, alongside the 200 different animal species people can see at the Zoo, visitors can also go wild for the unique experience at this River Cottage restaurant. It is truly an experience like no-other, giving diners the chance to refuel with delicious meals while enjoying a remarkable view of our incredible herd of white rhinos on one side and overlooking the Chiltern Hills on the other. It is the perfect addition for any foodie exploring the UK's largest Zoo."

Widely-known for his unwavering commitment to environmental sustainability and conservation, Hugh Fearnley-Whittingstall is no stranger to ZSL, having partnered with the international wildlife conservation charity in the past.

ZSL runs more than 50 conservation projects worldwide and many of these are aligned with the environment champion's commitments, such as his

influential mission to combat the elephant ivory trade.

Another of Fearnley-Whittingstall's recent hard-hitting campaigns was aimed at drastically reducing levels of consumer waste. Similarly ZSL's commitment continues through to reducing levels of consumer waste proudly sending upwards of 99.74% to be reused or recycled.

To find out more about ZSL Whipsnade Zoo's new and exciting catering partnership, and to book tickets ZSL Whipsnade Zoo, visit www.zsl.org.





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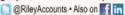
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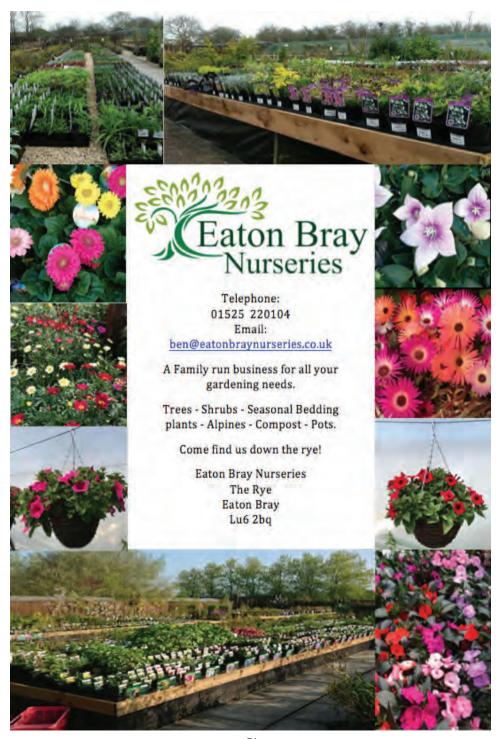
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March at the Grove

Live & Encore Screenings

Cat on a Hot Tin Roof - 4 Mar Carmen – Encore Screening - 11 - 13 Mar

Julius Caesar - 26 Mar

Live Screenings

Bernstein Centenary - 27 Mar

Theatre

Forbidden Nights - 1 Mar Psychic Sally: Kisses to Heaven - 2 Mar Superslam Wrestling Live - 3 Mar Champions of Magic - 30 Mar

Live Music

G4 Live - 07 Mar Women in Rock - 8 Mar Fastlove: A Tribute to George Michael - 10 Mar

Jackson Live in Concert - 12 Mar Seven Drunken Nights - 16 Mar Arrival: The Hits of Abba - 17 Mar Beyond the Barricade - 24 Mar The Illegal Eagles - 29 Mar

That's Life: The Frank Sinatra Story - 31 Mar



Film

Darkest Hour (PG) - 5 Mar Three Billboards Outside Ebbing, Missouri (15) - 6 Mar

The Greatest Showman Sing-a-Long - 8 Mar The Greatest Showman (PG) - 14 Mar The Post (12A) - 26 Mar

Comedy

Live at the Grove – Comedy Night - 9 Mar Tim Vine: Sunset Milk Idiot - 15 Mar

Musical

Menopause the Musical - 22 - 23 Mar

Dance

Dancemania 2018 - 18 Mar An Audience with Ian Waite & Oti Mabuse: Rhythm of the Night - 21 Mar

Talks

Alan Gardner – The Autistic Gardener on Tour - 6 Mar

Beyond the Barricade

has delighted audiences throughout the UK and mainland Europe for more than a decade, with its exciting concert portrayal of the greatest songs in musical theatre, all performed totally live! It now comes to the Grove Theatre, Dunstable on Saturday 24 March at 7.30pm.

Recreating original West End / Broadway musical hit songs with amazing authenticity, this cast of past principal performers from Les Miserables, present a blockbusting two hour show, and is now established as the nations favourite musical theatre concert.

Starring Andy Reiss, David Fawcett, Katie Leeming and Rebecca Vere, together with their own ensemble of talented musicians, Beyond the Barricade features songs from The Phantom of the Opera, Jesus Christ Superstar, The Jersey Boys, The Lion King, Blood Brothers, Miss Saigon and many others, climaxing with a spectacular finale from, of course, Les Miserables



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

Traditional Prawn Cocktail with Marie Rose Sauce

As well as all the great recipes my show • provides for my listeners, I do love the fact that it puts hard working local businesses into the public eye. Restaurants are the result of lots of blood, sweat and tears from the owners and their staff and I feel it's really important that we recognise the key role they play in our small local communities and support them. As I always say on air, if we don't use them, we will lose them! Recently I had a guest on my show called Denise Wright. She is finally fulfilling her lifetime's ambition, and opening a traditional pub and restaurant in Little Brickhill (near Woburn) early this year, called the George and Dragon. She really loves traditional food and she went all retro with the 1970s classic, prawn cocktail. Apparently the recipe was one of the first things she learnt in catering college in 19... okay, I won't give you the actual vear! The Marie Rose sauce here is perfect – fresh, cool and zingy – and it makes the ideal accompaniment for the sweet prawns and crunchy salad. A really great, classic starter.

Ingredients

• 1 bag mixed salad leave

• 1 lemon (cut into 4 slim wedges, then juice the rest of the lemon)

• 1 orange, juiced

• Small handful flat parsley leaves, finely chopped

- 4 small sweet tomatoes
- Cucumber for slicing
- 1 tbsp tomato ketchup
- 4 large tbsp quality mayonnaise
- 1 tsp Worcestershire sauce
- Salt and ground black pepper
- 200g fresh peeled prawns
- 4 optional fresh, unpeeled whole king prawns for decoration

 Cayenne pepper (optional) to sprinkle on top

Serves 4

Preparation time less than 30 minutes

For the sauce, mix together the mayonnaise, ketchup and Worcestershire sauce. Add in a little drizzle of lemon juice and a good drizzle of orange juice. It is really important to taste as you go and to stop adding the citrus fruits as soon as you feel the sauce has enough. If it gets too bitter, add a little mayonnaise. Season with a little salt and pepper.

Take four large martini glasses or glass bowls and pop a small handful of leaves into the base of each one. Top the leaves with your peeled prawns.

Generously spoon over the Marie Rose sauce, sprinkle with a small amount of cayenne pepper and add in some chopped parsley for extra colour and flavor.

Quarter the tomatoes, pop those on top, as well as some thinly sliced cucumber. Finally, hang the unpeeled king prawn from the side of each glass and finish with a wedge of lemon.

Lovely served with some toasted rustic bread.



Sugar-Free Chocolate Cake with Date and Chocolate Frosting

"Free From" recipes are increasingly popular on the Weekend Kitchen. Dairy-free, glutenfree, fat-free... but can a cake, a proper tasty cake, be sugar-free? With no added sugar, sweeteners or honey? Well, it turns out it can. Cynthia Stroud, who runs a cake shop in Hertford, is a sugar free baker (www. sugarfreebaker.co.uk). She started to make sugar free cakes to help her young daughter, who doesn't do too well on sugar. And this chocolate cake is a firm favourite at home. As well as providing sweetness to cakes, sugar also acts to help make a sponge fluffy and aerated. So, without the sugar, this cake is a little heavier than usual, perhaps with a consistency more akin to a fruit cake. But it • tastes wonderful, and with the only sweetness coming from the dates, is very suitable for anyone who has to carefully watch their sugar intake. If you prefer, you can simply replace the coconut oil with butter.

To make the cake:

- 250 g dates (stoned, soaked in hot water for 10 minutes, drained and pureed)
- 150g coconut oil, melted
- 4 eggs
- 100g self-raising flour
- 50g ground almonds
- 50g corn flour
- 1 teaspoon of vanilla essence

Pre-heat your oven to 180C/ Gas Mark 4 (160C for fan-assisted ovens) and line 2 x 6 inch tins.

In a large bowl, mix all ingredients together with a hand whisk, scrape down the sides, whisk again until smooth, and pour equally into the two tins.

Bake for 45 minutes, or until a skewer comes out clean, and leave to cool on a wire rack.



To make the frosting:

- 150g dates (stoned, soaked in hot water for 10 minutes, drained and pureed)
- 100g softened (but not liquid) coconut oil
- 2 tablespoons evaporated milk
- 2 tablespoons cocoa powder

Mix all of these ingredients with a hand mixer until they go light and fluffy.

Spread the frosting between the two fully cooled cake layers and then spread it on the top layer. Decorate with berries of your choice (and a little edible gold spray for added effect if you wish).

Hear wonderful recipes on Nick Coffer's Weekend Kitchen every Sunday morning on BBC Three Counties radio at 11am. You can also join Nick every weekday afternoon at midday for brilliant local guests with great stories to tell and all the music you want for your early afternoon.



the WI

Edlesborough W.I.

Our meeting was held in the Memorial Hall on 9th January

with a slight change to the programme. Owing to the inclement weather in December the WI committee had to cancel the WI Christmas party, the first time in many years, and postpone the WI Resolution and AGM. Therefore, our AGM took priority at the beginning of the evening, when the president (Jenny) and the committee, were reelected. Following the AGM, the WI ladies voted on the 'Resolution' which is to be forwarded to the WI Bucks County Office. The meeting then went ahead as planned, with our visiting speaker Graham Horn, who gave his 'world premier' talk on, 'Anniversaries in 2018'. This involved explaining world events which had occurred in the years ending in 18. Graham's list of anniversaries was long. However, a condensed version starts here with the end of the Siege of Constantinople in 718. Constantinople was the capital city of the Byzantine Empire and was held by the Muslim Arabs. However, in July 718, the Islamic side retreated. Apparently, 'Greek Fire' had been used to set light to the enemy ships. 'Greek Fire' was the name given to a poisonous and flammable phosphine gas, which combusted when contact was made with water.

Moving away from S.E. Europe, Graham proceeded to talk about a locality a little closer to home—to the kingdom of Mercia in the year 918 and spoke of Aethelflaed, Lady of the Mercians. Aethelflaed was the daughter of Alfred the Great and she was one of the earliest female rulers, who ruled for between eleven and twelve years. She was a warrior queen and captured Derbyshire and Leicestershire from the Danes. Graham believes that Aethelflaed was a powerful figure and that she deserves to be better known.

Moving on to 1018 saw the completion of Buckfast Abbey, which will be celebrating its 1000th anniversary this year. In 1318, owing to severe crop failures which led to cattle and pigs dying in vast numbers resulted in one quarter

of the human population in England dying and the remaining population left weakened which enabled the Black Death to take such a strong hold.

Two hundred years later in 1518 saw for the first time the symbols + and – written down. These symbols appeared in the book entitled, 'A New Study Book' by the German mathematician, Henricus Grammateus. Also in the same year, in Strasburg, a phenomenon known as the Dancing Plague of Strasburg made its appearance. It began with one lady who started to dance in the street and within six days about four hundred people were dancing. The consensus now is that people in those days had very little control over their lives owing to hardships and so in order to make their lives bearable, they danced.

Fast forward to 1618, Walter Raleigh was imprisoned and then beheaded by James 1stand 1718 saw the implementation of the Transportation Act, which led to forty five thousand felons being deported to North America. The same year saw the birth of Thomas Chippendale of furniture making fame and the appearance of the first sandwich which came about when John Montague 4th Earl of Sandwich, a renowned gambler, did not want to waste time away from the gambling tables so he ordered meat to be put between two slices of bread for his meal.

1818 saw the publication of Percy Bysshe Shelley's famous poem, 'Ozymandias' and his wife, Mary Shelley's novel, 'Frankenstein'. Karl Marx, Emily Bronte and George Palmer (of Huntley and Palmer biscuits) were born and on Christmas Eve in Austria, music was set to the words of the famous carol, 'Silent Night'.

The final anniversary year was 1918 which saw the Spanish 'Flu pandemic, which began in the USA army hospital in Kansas and spread to kill five million people worldwide. On 6th February of that year an important act came into being which allowed females aged thirty and over to vote. However, these women also had to own property and prove residency. In November of that year the First World War's cease fire was declared.

In conclusion here is a list of some well known people whose centenary birth we can celebrate this year: Ray Charles, Kenneth Connor, Rita Hayworth, Nelson Mandela, Harry Corbett, Muriel Spark, Leonard Bernstein, Betty Ford and Spike Milligan.

This was a very interesting and enthusiastic talk which was appreciated by the WI ladies.



All Saints' Church, Dagnall

(02)·	Services in Iviaich 2010				
Sun. 4th Mar.	9.00 am	Eucharist			
	10.30 am	Morning Service			
Sun. 11th Mar.	10.30 pm	Morning Service			
Sun. 18th Mar.	10.30 am	Family Communion			
Sun. 25th Mar.	10.30 am	Family Service			
Fri. 30th Mar.	6.00 pm	Good Friday Service			
Faster Day					



Sun. 1st April

9.00 am Euc 10.30 am Mo

Eucharist Morning Service

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



Dagnall Weather Station (AONB) Weather Conditions for January 2013

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

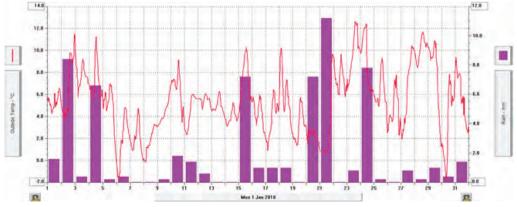


The year started unsettled but mild with temperatures into double figures for 3 days by the 5th we were back into a colder spell frosty mornings then for the rest month it was milder. Over all January was slightly milder than the average, we only recorded 5 days in the month when the temperature dropped below zero. Winds were higher than normal it turned very windy overnight into the 18th, gusts reaching 53 mph. Although we recorded rain some of it being snow on 24 separate days totalling 62.8mm this was 20% below the 10 year average. For those who follow us on the web apologies for the loss of data this was due to Window updates. This has been rectified, the weather station will automactly reconnect to the web after any updates.

	High	Date/Time	Low	Date/Time	
Temperature:	12.8°c	23 Jan 14.30	−1.8°c	6 Jan 03.30	
Mean Temperature	5.4°c				
Dewpoint:	10.9°c	24 Jan 10.30	− 2.6°c	7 Jan 22.30	
Humidity:	97%	21 Jan 20.30	69%	17 Jan 14.30	
Barometer:	1030.9mb	30 Jan 02.00	986.9 mb	3 Jan 02.30	
Wind Speed	53mph W	18 Jan 05.30	Months avg.	7.2 mph	
Wind Chill:	10.4°c	23 Jan 14.30	−4.0 °c	17 Jan 03.30	
Dominant Wind:	W				
Rainfall * T= total rain days and moisture. R= Actual rain					
*Rain Days: 24(T), 2	4(R) We	ttest Day 21 Jan	11.20 mm	0.441ins	

Rainfall* T = total rain days and moisture. R = Actual rain*Rain Days: 24(T), 24(R)Wettest Day 21 Jan11.20 mm0.441insMonthly Rain:TotalJanuary 201862.8 mm2.472 insYearly Rain:Total1 Month62.8 mm2.472 ins

This plot shows the mild temperatures and rainfall during for January 2018



For weather data 24 hours a day, updated every 15 mins, visit: www.dagnallweather.co.uk and 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 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.

Marathon Mania

It's that time of year again, the London Marathon or maybe that 10k race, is just around the corner and runners are pounding the pavements. Running or walking improves our physical and mental fitness as the feel-good chemicals kick in.



Feet first - when it comes to running, your feet are the most important asset for your success, in more ways than you think. Your big toe, for example, likes to have the freedom to bend up and down against the long bone just behind it. When it doesn't, it can contribute to back ache and leg pain. Inside the ankle is a bone that takes all the twists and turns of the foot and passes them up the leg. It too can get stuck and make us feel that things are a bit stiffer or may lead to muscles not working how they should. They all affect smooth running.

Call in the experts - a Podiatrist or Physiotherapist can check your running/walking pattern to make sure you are using your feet correctly. They can advise on appropriate exercise, mobilise stiff joints and tight muscle tissue or suggest and offer customised insoles/orthotics to help your running become smooth and injury-free. Of course, corns, callouses, nail problems and blisters can create havoc with your running and Podiatrists can help with that too.



Need help? The friendly Podiatrists and Physiotherapists at St Judes offer professional advice and treatment. Book an initial physio assessment before 22 April and get 10% off when you quote "marathon Focus"



St Judes Clinic 26 Lake Street Leighton Buzzard LU7 1RX XX 01525 377751

*\text{\text{\text{www.stjudesclinic.com}}} enquiries@stjudesclinic.com

London Luton Airport

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

If you need to complain about Heathrow flight noise the number is 0800 344 844. Email: noise complaints@heathrow.com





The Salvation Army Booth Place, Eaton Bray

Come and join our

Mother's Day Celebrations
Sunday 11 March
At 11am

Crafts, Worship, Gifts for Mums and lots of fun!



Easter Breakfast & Scavenger Hunt



Easter Sunday 1st April

10am -12 midday

Full English Cooked Breakfast followed by Scavenger Hunt & Celebration





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