

FOCUS



July 2018

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

The White Horse Inn
At Eaton Bray

Market Square
Eaton Bray
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www.eatonbraypub.co.uk



7th July 2018

**Join us at the pub from 11:30am
to be first to see the carnival
procession leave The Orchards
and make its way to the
showground**

Carnival after-party

**It's party night at The White Horse
following the carnival. Admission is free
see**

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Cakes and stalls,
Games and fun
All welcome

**Saturday
14th July**
11.30—2.00 pm
All Saints Church,
Dagnall

Supporting:
Dagnall C of E School
and
All Saints Building Fund

The Focus Magazine Committee

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August Focus will be a joint issue for August & September. Don't forget to send in your August & September entries by 10th July

Kindly Note

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

✍️ Editor

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.

Focus is online at www.thefocusmagazine.co.uk

Village Diary July 2018



Weekly

- Mon-Fri (term time) Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468
- Mon-Fri (term time) Dagnall Under 5's, Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816 358342
- Mon-Fri (term time) Edlesborough Pre-School, Edlesborough School, 01525 220431
manager@edlesborough.bucks.sch.uk
- Mon-Thu (term time) Totternhoe Pre-school, mornings, Totternhoe Lower School, Michelle Urbanowicz on 01582 668841
- Mondays Pilates, 10.45am, Totternhoe Memorial Hall, Lisa: 07799 893489
- Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm
- Mondays (term time) Movement and exercise classes with a dance flavour, Northall Village hall 2-3.30. Contact Jan 01442 864271.
- Mondays Curtain Call Youth Theatre 5-7.30pm, Eaton Bray Village Hall, Gavyn 01525 220525
- Mondays Curtain Call Theatre Group - 7:30-10:30pm Eaton Bray Village Hall, Sheila - sdtwinkletoes@yahoo.co.uk
- Mondays KFPA ISTD Classical Ballet classes, 3+yrs, 4.15pm, Edlesbrough Memorial Hall, www.kfpa.co.uk
- Mondays Cubs (8-10 ½ years old), 6.30pm - 8pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Liz Coates 01442 842550
- Tuesdays Pilates, 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 162680
- Tuesdays Totternhoe Baby & Toddler Group, 9.30-11.30am, St. Giles Church Hall, Ruth Allen, 01525 222468 or 07796 265174 or email ruthallen002@gmail.com
- Tuesdays Northall Baby & Toddler Group, 9:30-11:30am, (open in the Summer School Holidays) Northall Village Hall, Sarah Cox: 07765 158182
- Tuesdays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Tuesdays Beginner's Boxercise, 6-7pm Dagnall Village Hall, Josh Thompson 07456 574405 or jtptinfo@gmail.com
- Tuesdays Fortnightly 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 (term time) Caterpillars Baby and Toddler Group 10am to 11:30am, Grace Baptist Church, Moor End, Edlesborough, £1 per family unit, Frances King 01582 475896
- Wednesdays Pilates 6.45 & 7.45pm, Dagnall Village Hall, Andrea on 07855 138005 or andrea@naturalpilates.co.uk
- Wednesdays Art of Ju Jitsu martial arts class, Eaton Bray Village Hall, 7 -7.45pm ages 6-15yrs
- Thursdays Yoga, Northall Village Hall, 11.30am-1pm 01525 377542
- Thursdays Baby & Toddler Group, Salvation Army Hall, Booth Place, Eaton Bray, 9.30-11.30am
- Thursdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
- Thursdays KFPA Street dance classes 4+yrs 4pm, Edlesborough Memorial Hall, www.kfpa.co.uk
- Thursdays Tae Kwon-do, Dagnall Village Hall, 5.45-7.30pm 07813 755785
- Thursdays Clubbercise 7.30 - 8.30pm. Eaton Bray Hall - Gina Flitton 07846421756
- Thursdays Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact: ebebeaverleader@ebescouts.co.uk
- Thursdays Explorers Scouts (14-18 years old), 8pm-9.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Simon Betts, lionheartesu@hotmail.co.uk
- Thursdays Intermediate Boxercise, 7.30-8.30pm, Dagnall Village Hall, Josh Thompson 07456 574405 or jtptinfo@gmail.com
- Thursdays Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome

Village Diary July 2018

- Fridays Keep Fit class, Edlesborough Memorial Hall 10 - 11am
- Fridays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Fridays Stay & Play toddler group, 'Musical Monkeys' at the Eaton Bray Village Hall, 10-11.30am, £4.50 for one adult and child, £1 for extra children/adults, 0-6 months free
- Fridays Scouts, 10 ½ to 14 years old, 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Mark Owen, 07899 892344, ebescoutleader@ebescouts.co.uk
- Fridays (term time) "Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whitemore on 01525 376124
- Saturdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
- Saturdays KFPA Musical Theatre classes 4+yrs www.kfpa.co.uk, 10am, Edlesborough Memorial Hall
- Saturdays Bootcamp Fitness, 9-10am, Dagnall Recreation Ground, Josh Thompson 07456 574405 or jtptinfo@gmail.com
- Sundays Sunday Worship at 10:30am and 6pm Grace Baptist Church, Moor End, Edlesborough (across from the post office). Alister King 07572 395687
- Sundays Karate for kids & adults, 4-5:30pm, Eaton Bray Village Hall, Contact 07500 007779

Monthly

- 1st Monday Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except Jan-2nd Monday)
- 1st Monday Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret Jones on 01525 220991
- 1st & 3rd Mon (ex. Bank Hols) Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather Westwood (01525 839083)
- 1st & 3rd Tues Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147
- 1st & 3rd Tues TOTS, St Mary's, Eaton Bray, 1:30pm
- 1st Saturday St. Mary's Church, Eaton Bray Coffee Morning & Plant Sale, 10:30am - 12 noon
- 1st Sunday St. Mary's Edlesborough Open Days, 2-5pm, May to September inclusive
- 2nd Monday SilverLink, 2.30-4.00pm, Grace Baptist Chapel Edlesborough – activities, talks, friendship & refreshments for the over 60s
- 2nd Tuesday Dunstable & District Local History Society meeting, 7.45pm, Methodist Church Hall, Dunstable (opposite Wilkinson)
- 2nd Tuesday Edlesborough W.I. Meeting, 7.30 pm, Edlesborough Memorial Hall
- 2nd Wednesday St.Mary's Ladies Guild, 2pm, St.Mary's, Eaton Bray
- 2nd Wednesday Eaton Bray & Edlesborough Lions Club, 7.30pm, The Coffee Tavern
- 2nd Thursday CAMEO Coffee, tea & chat, 10am-12noon, Edlesborough Methodist Church
- 2nd Thursday Sewing & Craft Bee, 7:30pm, Salvation Army, Booth Place, Eaton Bray
- 2nd Saturday Workshops Dynamic Yoga 9.30-11am £10 Eaton Bray Coffee Tavern, Keira 07936 693696
- 3rd Thursday Edlesborough Parish Council Meeting, 7.30pm, Memorial Hall
- 3rd Sunday Lunch club 11.30 to 2.00pm, Eaton Bray Village Hall, Chris Hewitt 222288
- Last Saturday Coffee Morning, 10:30-12 noon, Edlesborough Methodist Church

Other Regular Events

- 13th Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.
- 15th Beds Area Narrow Gauge Model Railway Club Meeting, 11.30am-4.30pm, Eaton Bray Village Hall
- 17th Dagnall and Kensworth Friendship Club - Our Kensworth members will be holding a Quiz in the village hall, with the usual Tea and raffle.

Village Diary July 2018

One Off/Annual/Irregular Events

7th	St Mary's Village Carnival, Edlesborough Green
10th	Eaton Bray Academy Pre-School Nursery Open Morning, 9:30-11am
22nd	Open Gardens, 11:30am, Eaton Bray Village Hall
27th-29th	The Swan Beer Festival. The Swan, Northall



EDLESBOROUGH SURGERY & THE VILLAGE HEALTH CENTRE, PITSTONE 2018 FLU CAMPAIGN

This year, due to the development of new influenza vaccines specifically for different age groups, we are still waiting for a guaranteed delivery date. Therefore we are unable to confirm the dates for our flu clinics later this year.

The provisional dates are:

Saturday 15th September and Saturday 6th October at Edlesborough
Tuesday 18th September. Thursday 27th September at Edlesborough
Wednesday 26th September & Wednesday 10th October at Pitstone

Please check the September edition of Focus and the posters on the surgery doors and the surgery website www.edlesboroughsurgery.co.uk for more specific information regarding the times of all the clinics.

Thank you for your understanding.

Dagnall Church

We are trying to keep Dagnall Church as presentable for everybody as we possibly can. At the moment though, we are finding it difficult to keep the grass cut as frequently as it needs. If you know someone who would be able to spend some time cutting it, please contact Pascale on 07900 498476 or pascale.searle@googlemail.com. If you can provide your own mower, all the better ! It might be that a couple of people could find a bit of time each, and a rota established?

Edlesborough Methodist Church

Kindly note the church will be open during the period of the carnival on 7th July 2018 so that anyone interested can visit for a "QUIET TIME" away from the hustle and bustle of the carnival.

Village Info



EDaN Community Transport
Peter Williams: 01442 842506

Village Hall Bookings

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

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

Eaton Bray: Norman Lee Tel: 07975 797202

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

Dagnall: Elizabeth Coates Tel: 01442 842550

Edlesborough Memorial Hall: Penny Pataky, Tel: 01525 229358

Email: manager@edlesborough-pc.gov.uk

Police Contact Numbers...

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General Assistance (Recommended Number): 101 Emergency: 999

Bedfordshire Police (Eaton Bray)

Leighton Buzzard Police Station/Kathryn Horgan: 01582 473411

Typetalk: 18001 01582 473418

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

Thames Valley Police (Edlesborough, Dagnall & Northall)

PCSO Jackie Dodson Mobile: 07800 703 524

Email: NHPT@thamesvalley.pnn.police.uk

Defibrillator Locations

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

Dagnall: Red Lion Public House

Eaton Bray: The Coffee Tavern

Edlesborough: Edlesborough Memorial Hall

Northall: The Swan Public House

Eaton Bray



Helpline: 07930987064

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Services at St Mary's Church

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

On Third Sunday of each month:

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

WEEK-DAYS:

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

Wednesday: **10.00am** Holy Communion

EVERYONE WELCOME AT THESE SERVICES

Eaton Bray Methodist Church

Our Sunday School Anniversary Celebration Service took place on 2nd Sunday in May – and what a delightful event it was! In the more relaxed atmosphere of a café service, it's theme was 'God's Promises'. It started with a little play about a family keeping and breaking promises and this led onto a quiz and a lively discussion about the promises which are most important to us. The children, as usual, gave a spirited and impressive performance and the congregation is very grateful to the Sunday School team who teach and guide our young people so well. We were glad to welcome back Steve Rogers on 3rd May Sunday to celebrate Pentecost. In a thought-provoking sermon he put the Pentecost experience into context for us and focused on the central point; to transform Earth with the power of Heaven. The Holy Spirit comes not to divide but to unify. On the final Sunday in May our preacher, John Enejo, gave a challenging message on the theme of the Trinity. He emphasised the Christian doctrine "three in one" and asked us to ponder what the Trinity has accomplished for the salvation of humanity. Roger Owers made a welcome return on 3rd June to lead our Communion Service. In his inspiring sermon he recognised that we all long for freedom. There are many places in the Bible where this is acknowledged. Our belief offers us three assurances which are liberating: that we

are always forgiven, we are always loved, and that Christ leads us to a deeper understanding of God's ways. As he says in John Ch 8 '..... the truth will set you free'.

Our concert on June 2nd was a joyful occasion. The Dunstable U3A Choir led by Elaine Trevor, gave an impressive performance, including folk songs, favourites from the shows and music from a few films. The programme was shared with Stephen Turner, chief organist at The Square, Dunstable, whose varied recital brought memories of the royal wedding with pieces by Boyce, Elgar and Faure. We raised a goodly sum from generous donations which will be divided between Medecins Sans Frontieres and our Church Building Renovation project

Social Afternoons

Weekly on **Thursdays** 2pm – 4pm

Chat, meeting friends, games, refreshments.

All Welcome.



Eaton Bray with Edlesborough Parish News

Vicar: Rev'd Joy Cousins

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

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

Reader: Gordon Gray (01525 220136)

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

Rev'd Joy writes: July is an exciting month for St Mary's and Dagnall church. We look forward with anticipation to St Mary's Carnival on Saturday 7th July. We will also be welcoming a new member of the team who will be coming as curate. He will be at the Carnival, so I hope you will have the opportunity to meet him there. Meanwhile, here is a brief introduction.

Hello! My name is Stephen Burge and I will be joining St. Mary's as an Assistant Curate on 8th July, 2018. Rev'd Joy thought this would be a great opportunity for me to introduce myself.

I have been training for the priesthood on the *Eastern Region Ministry Course*, a part-time course run by local dioceses and I am coming to Eaton Bray and Edlesborough as a *Self-Supporting Minister*. This means that I will continue in my secular work and will be in the parish on Sunday mornings and a morning during the week. I work in Higher Education, where I teach and do academic research in the study of Islam – which often comes as something as a surprise to people! Understanding other faiths is something that is very important to me, and I feel called to study Islam very strongly – it is only through understanding and engaging with others that we can really build up a world in which people of different faiths and beliefs can live together. I work as a Senior Research Associate at the Institute of Ismaili Studies, which is a small private research institute based in King's Cross.

I will be ordained as a deacon by the Bishop of St. Albans on Sunday 1st July. All clergy are ordained a deacon at the beginning of their first year in their curacy (which is a bit like an apprenticeship), and are then ordained a priest a year later. In the *Acts of the Apostles*, Luke tells how a group of seven people were made deacons (literally, 'servants') to help the leaders of the church, to pray and to preach the word of God (Acts 6:1-4). In the contemporary Church deacons continue to 'serve' a priest, by baptising children, officiating at funerals, leading non-Eucharistic services (like Evensong) and assisting at the celebration of the Eucharist. So you may see me doing one of these roles over the coming year!

I come from an Anglo-Catholic / Liberal Catholic background and have been worshipping at All Saints', Leighton Buzzard for the last 9 years. Before that I lived in St. Andrews and Edinburgh, having grown up in Epsom in Surrey. I currently live in Linslade/Leighton Buzzard, and have two sons – Christian (12) and Peter (10). My wife, Laurelin, and I are separated but we still remain a close family, so you may see them around the village with me from time to time. I enjoy long walks, travelling to new places, films (especially spy films), but my main passion is for music, especially opera, so if you start talking to me about music you may not be able to escape for some time!

I am really looking forward to coming to the parish of Eaton Bray and Edlesborough and I will be extremely grateful for your prayers as I start my ministry with you. There will be much to learn and new things to experience, and I am excited to start this new journey with you all.

✉ Stephen



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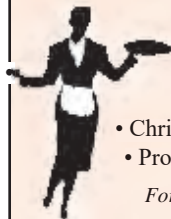
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Dagnall Community Choir

One thing that members of Dagnall Community Choir like to do, in addition to singing and sharing our love of music of course, is to raise money for charities and good causes, both local and national. At recent concerts for example, we have been pleased and proud to support Dagnall School, Macmillan Cancer Support and the Motor Neuron Disease Association.

Our June concert at St Mary's Church at Redbourn gave us the opportunity to support a charity called "Music for my Mind". Their remit is to bring personalised music to people suffering from dementia, enhancing their quality of life and helping them reconnect with their loved ones and their memories.

Music is, after all, such a powerful tool in evoking memories and emotions. We've all experienced that moment when you hear a song on the radio, and it takes you straight back to another time and place, reminding you of the people you were with and the emotions you were feeling.

Choir members have been thinking about some of the songs in our current repertoire, and sharing the memories that the music recalls. "Non Nobis Domine" was the school song of one of the members of our bass section – he reports that he still feels the same pride and patriotism singing this today as he did when he was one of 500 grammar school boys back in 1970.

"Bohemian Rhapsody" is another song on our list that evokes strong memories – how many can remember watching the groundbreaking video on Top of the Pops for the first time? Or listening to the song over and over again on a jukebox as a teenager?

Songs from the musicals also seem to

be memory jerkers, with choir members being transported back to childhood Christmases, watching "Oliver" on television, whenever we sing "Who Will Buy?". Meanwhile "Sunrise, Sunset" from "Fiddler on the Roof" causes many a nostalgic tear, as this very moving song about marriage strikes a chord with everyone who has experienced their children growing up and making their own lives.

And in the future of course, we are certain that the songs in our repertoire will always remind choir members of the happy times they spent with Dagnall Community Choir on a Monday evening!

For more information about "Music for my Mind" please visit www.musicformymind.com. For more information about Dagnall Community Choir, including our up and coming concert schedule, please visit www.dagnall-community-choir.co.uk.

If you would like to join us, and make some "Musical Memories" of your own, please come along to Dagnall Church on a Monday evening at 7.45pm. You would be made most welcome.

St Mary's 100 Club

The lucky prize-winners are:

May 2018

1st prize – Judith Venn

2nd prize – Jennifer Hewett

3rd prize – Charles Parrott

June 2018

1st prize – Greg Baker

2nd prize – Martin Day

3rd prize – Alison Walley



15th Eaton Bray Village Hall Beer Festival

I can only hope that the editor will accept this last minute report as the event only took place on Friday and Saturday 8th and 9th June!

As usual when I woke up on Friday it was cloudy but again, as is our luck by early afternoon the sun came out and we had great weather all day. Our merry CAMRA men had most of the beers ready (all but two were on by Saturday) and a great crowd of people came along to enjoy the beer, food and great music supplied by our old friend, Jerome Chance. A third of the beer drunk, a lot of food consumed and everybody looking very happy as they departed.

Saturday came with similar weather but again it picked up by lunchtime and lots of families turned up for the Smartie Artie show. The children loved him, not to mention a few of us in the background (well his jokes are at our level). Our next musical group were Corruption, a new band this year, who were so good we have already booked them for next year. A small, but odd plus, was that it rained about 8pm which sent everybody into the hall, rather than stay out in the sun, this made for a great atmosphere which continued until closing time.

On a personal note I would like to thank the members of the Fund Raising Committee and all the trustees of the hall, plus others in the village who gave so much time to make the Festival a great event. Not only for raising money but more importantly for bringing our villages together.

Overall a great Beer Festival and next year's dates are going to be **June Friday 7th and Saturday 8th 2019** and that will be our 16th! It's all arranged see you there.

If you would like to get involved then call me Ross on 07974 715222

Appledown's Rescue Dog of the Month



Jordan is a Staffie cross who was born in 2013. He is so desperate to be loved but can be a bit over-enthusiastic! He has never had the training or boundaries he needs, and his new owners will need to be willing to invest time in providing this. Jordan is so eager to please that we are sure he would enjoy training and learn quickly. Jordan will flourish as an only pet in an active, child-free home. He could be left for a couple of hours once he has settled. He cannot live in Luton.

If you can offer Jordan 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.

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SINGALONG WITH HELEN SAYS THANK YOU AND GOODBYE

As some of you will know, I have been doing Singalong now for 12 years, but sadly my last Cheddington class will be on the 3rd of July.

I also taught Tap in Cheddington and have entertained hundreds of children, mums, dads, grandparents and carers not only with my classes but through pre schools, Mums and Toddlers and countless children's parties,

MY FINAL CLASS WILL BE A CHARITY GOODBYE SINGALONG ON JULY 10th at PITSTONE MEMORIAL HALL.

Doors open at 3.45 for TEA AND CAKES and a TOY TOP TABLE SALE, 4.15 will be the LAST CLASS followed by a RAFFLE, FUN COMPETITIONS AND MORE! it will finish at 6pm. ALL the proceeds will be split between Cancer Research and Keech Hospice in memory of the beautiful Zoe Wright. Tickets are £5 to join in the last class, £2 entry for All adults and Over 5's to watch and enjoy it!

I would love to see past and present Singalong supporters. PLEASE JOIN ME.

If anyone would like their own table to sell things, the tables are £10.

Please contact Helen on 01296661791 or go to www.facebook.com/singinghelen for any further information.

Thank you for all your support over the last 12 years and all those involved with the running of Cheddington Village hall who have always been supportive and helpful.

SPREAD THE WORD AND MEET UP AGAIN WITH OLD FRIENDS ON JULY 10TH.

I MUST SAY YOU MADE MY DAY
GOODBYE, GOODBYE, GOODBYE

July at the Grove



Encore Screening

Everybody's Talking About Jamie - 15 July

Live Screening

Romeo & Juliet - 18 July

Musicals

A Night at the Musicals - 7 July

Live Music

Celebrate & Shine 2018 - 05 July

The Chicago Blues Brothers - 6 July

Orchestra Live - 11 July

Sounds Of The Glenn Miller Era - 14-15 July

Dance

Giovanni Pernice: Born to Win - 17 July

Drama

The Complete Works of William Shakespeare - 20 - 22 July

Film

Avengers: Infinity War - 1 July

Funny Cow - 4 July

Easter Parade - 8 July

Deadpool 2 - 8 July

Let The Sunshine In - 9 - 11 July

Edie - 16 July

That Good Night - 23 July

You, Me & Him - 24 July

Solo: A Star Wars Story - 25 - 26 July

*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.*



Do you know someone wonderful in Beds, Herts or Bucks?

BBC Three Counties Radio has decided to organise a bit of a knees up to celebrate those brilliant local people and we'd like to get you involved.

We're asking you to nominate those exceptional individuals who always go the extra mile, who care about their community or who give up their time to help others.

If you know someone like that, you can nominate them for a Three Counties People Award by going to www.bbc.co.uk/threecountiesradio and clicking on the link at the bottom of the page.

The closing date for nominations is 11.59pm on Friday 31st August.

Laura Moss, editor of BBC Three Counties Radio, says 'this is a fantastic opportunity to recognise the unsung heroes of the three counties. They could be relatives, neighbours or friends who may not even think they're doing something wonderful. If you know someone who deserves a pat on the back for the great things they do, visit www.bbc.co.uk/threecountiesradio to nominate them for an award.'

BBC
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COUNTIES



Edlesborough Parish Council News

Including Edlesborough, Dagnall and Northall

The Annual Parish Meeting of Edlesborough Parish Council

The Annual Meeting of Edlesborough Parish Council was held on 17th May in Edlesborough Memorial Hall. The Council elected a new Chair, Cllr Scott Mineikis and a new Vice Chair, Cllr Alan Green. The Council thanked Cllr Alan Williams for his sterling work as Chair over the past few years. Cllr Williams will continue as a Cllr representing the Ward of Edlesborough.

The full minutes of the meeting can be viewed on the Council website.

Thames Valley Police Report

PCSO Jackie Dodson attended the Council meeting on the 17th May and gave the following crime figures for the year 2017-18:

- Theft from Motor Vehicle = 8
- Theft of Motor Vehicle = 2
- Burglary Dwelling = 3
- Burglary Non Dwelling = 7
- Theft = 4
- ASB = 0
- Criminal Damage = 10



(These range from School Gates being damaged, Glue in Padlocks, Damage caused to Vehicles, and Fencing Damaged in Neighbour Disputes.)

There has been an increase in the number of crimes since the year before.

PCSO Dodson also asked that parishioners report crimes, anti-social behaviour, vandalism, etc. to Thames Valley Police via 101. Sharing information on social media may be helpful to the community but it does not give the Police a true reflection of the issues in the Parish. She confirmed that if more crimes are reported there will be a greater police presence in the Parish. TVP use the information from reported crimes to inform the officers on duty of where to focus their patrols.

Crimes can also be reported online at www.thamesvalley.police.uk/contact-us/report-crime-or-incident/

Accounts

EPC's end of year accounts have been completed, internally audited and approved by the full Council at the May EPC meeting. They have now been submitted to the external auditor PKF Littlejohn LLP for external audit.

Traffic Calming in the Parish & Speedwatch

The EDaN Traffic Management team are looking for volunteers to help with their new Sentinel device. If you have an interest in slowing down traffic in the villages or are concerned about Road Safety, please contact Cllr Alan Williams 07828 398371.

EPC are currently working with BCC and the Local Area Forum to carry out a Traffic Calming Feasibility Study in identified areas in Edlesborough and Dagnall.

Parking Issues in the Parish

Once again the Council asks Parishioners to park considerately in the Parish. Please avoid parking on the white lines and words near the school, shops and in Summerleys. These road markings are in place to help keep our parishioners safe.

The Council also asks that drivers DO NOT park on the pavements or grass verges in and around the villages. Parking in this way inconveniences and endangers users of the pavements & the Council contractors.

GDPR

On 25 May 2018, the new Data Privacy law, known as GDPR (General Data Protection Regulations), came into effect. EPC take the protection of people's data very seriously. For a detailed guide to how we use the information that you give us, please read our updated Privacy Policy which can be found on our website www.edlesborough-pc.gov.uk

County Cllr Anne Wight

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

- Unitary Authority
- Potholes & Damaged Road Surfaces
- Freight Strategy
- B488 road closure for bridge repairs

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

Best Kept Village Competition

Edlesborough have once again entered the Buckinghamshire Best Kept Village Competition, judging will take place between 1st June and 7th July 2018.

Our volunteer litter picking teams are regularly out and about in the villages collecting rubbish. EPC thanks the volunteers for all their hard work. Anyone wishing to get involved with the EDaN Beautification Team or Litter Picking group should contact Mrs Lorna Cabbage on 01525 220361.



Potholes, Pavement & Road Issues

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

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

EPC Meetings

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

Edlesborough Memorial Hall, Thursday 19th July 2018

Edlesborough Memorial Hall, Thursday 20th September 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

Churros with Chocolate Sauce and Cinnamon Sugar



Churros is hands down one of my absolute favourite things. It takes me back to Spanish holidays, hot sun and chocolate all over my fingers!

It's easy to make at home though and will make you a hero with your children. This recipe was created by Haydn Groves. A former National Chef of the Year, he took on the three great cycle tour routes (Tour de France, Giro d'Italia and Vuelta a Espana) with former footballer Geoff Thomas to raise money for cancer research. He produced a beautiful charity cookbook called "Back In The Saddle" as a result, which mixes travel journal and photography with wonderful recipes from all the stops he made on the journey. This churros recipe comes, of course, from one of the stages he rode in Spain.

Serves 4

For the sauce:

- 100g dark chocolate (70% cocoa)
- 40g double cream
- 40g full-fat milk
- 20g caster sugar (or omit for a bitter sauce)

For the churros:

- 250ml water
- 25g caster sugar
- 25g vegetable oil
- 1/2 tsp salt
- 125g plain flour
- 1 tsp baking powder
- 2 litres vegetable oil for frying

To coat:

- 100g caster sugar
- 1 tsp ground cinnamon

To make the sauce, put all the ingredients into a pan and gently melt together, stirring

occasionally until you have a smooth shiny sauce. Keep it warm.

To make the churros, in a small saucepan over a medium heat, combine the water, caster sugar, vegetable oil and salt. Bring to the boil and remove from heat. Sieve the flour and baking powder together and stir into the liquid until the mixture forms a ball. Heat the oil in a deep-fat fryer, or deep frying pan, to 190°C.

Mix the remaining caster sugar and cinnamon and set aside.

Using a piping bag with a 12mm star nozzle, pipe lines of the dough, 8-10cm in length onto parchment paper.

Taking care not to splash yourself with hot oil, gently pick up the piped churros pieces from the paper and place into the oil and fry until golden for approximately 3 minutes.

Remove the churros with a slotted spoon and put onto a tray lined with kitchen paper to drain.

Dust with the cinnamon sugar and serve freshly cooked with the warm chocolate sauce for dipping.

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



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Nigel's Thoughts Methodist Minister

Dear Friends,

What a blessing these warm summer days are, especially when we remember the severity of the worst of the winter weather.

What amazes me though is that we are alive and able to experience the wonders of God's world at all.

A fitting prayer says:-

“Lord God, source of all life, we rejoice that through the power of your love we are alive; breathing, thinking, feeling creatures, made in your likeness and for your glory.

Lord God, source of life, recognising that our life exists through your desire, we thank and praise and glorify you.”

Whatever you are doing this summer I hope that you will find time for refreshment and to centre your heart and mind again in the great love of God.

You are his precious treasure and his greatest desire is that knowing him, together with all his children, you might grow and discover that wholeness which is his greatest gift.

He speaks to us in so many ways, in the beauty of the world around us (whatever the weather!) and he has spoken in Jesus, his absolute and final word of love.

May this time provide opportunity for us to fall in love again, with God our Father and Jesus our saviour, friend and brother.

God bless you, *Nigel*



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Edlesborough W.I.



Our 2018 May meeting, as always is our Resolutions meeting. This year the Resolution was about mental health, and this was duly discussed. The final discussions and decision upon this will be made at the National Federation AGM later in the year. After the serious part of the meeting we all tucked into a very tasty cheese and wine supper which of course always involves a lot of chatter and laughter. It was a very happy and sociable way to spend an evening.

In June we were treated to a talk by Sandra Hurst upon the Galapagos Islands which was illustrated with slides. There are a lot of these islands, in all shapes and sizes in the area of the equator, and many of them are submerged under the ocean. They all resulted many many years ago from volcanic action, and each one differed from the other. Very few of them have a fresh water supply, so only a few are inhabited by humans. The landscape, therefore, is barren and bleak and the animals and birds have evolved

accordingly and are indigenous to their particular island. The wildlife is not at all threatened by humans as they know nothing of predators, and you can therefore get up close to them. There are various environmental organisations nowadays involved, ensuring that these islands remain as they are. The Galapagos Isles belong to Ecuador and the only way to access them is through often choppy seas, in a smallish boat as there are only small inlets and bays serving them. The close-up slides of the animals and birds and the long sandy beaches were beautiful.

We are looking forward to our annual summer supper at the Old Swan, Cheddington and to the coach trip to Leeds Castle in Kent, both of which are in July.

Our Institute meets on the 2nd Tuesday of each month at 7.30pm at Edlesborough Memorial Hall. Ladies why don't you come along and "try us out" – you might enjoy it and we will be pleased to make you welcome.

✍️ Sue Parker

Not a Lot of People Know this... Edlesborough Church

On Friday 28th March 1828, the crown of thorns and weathercock at the top of the lead-covered spire which crowned the tower was struck by lightning and burst into flames. The Vicar, several parishioners, and fire appliances from Ashridge, Dunstable and Ivinghoe tried to put the fire out, but could not get to the top of the spire, where it was gradually taking hold, fanned by a westerly wind. Eventually the whole spire was a mass of flames with molten lead pouring down in streams. The spire, bells and everything combustible in the tower was destroyed. The bells, which had become red-hot, crashed to the ground, bringing with them the tower floors and setting fire to the lower parts of the tower. It was thanks to the skill of the fire-fighters, parishioners and people from neighbouring villages that the fire (which burned until 5am the following morning) was prevented from spreading to the body of the church.

The tower was repaired by Mr. John Glover, under the supervision of Mr. James Adsetts of Ashridge, who introduced the iron ties, the ends of which appear like black 'Xs' on the walls. He renewed the decayed stonework with Roman cement. At this time the church also received new doors and new paving in the tower and elsewhere. A piece of timber rescued from the fire was later made into

a lectern by a Mr Garside, for £4.6s.1d. A picture of the church, complete with its spire, and a contemporary account of the fire, is in the church.



Edlesborough Church photo by Phil Wood

The Salvation Army, Booth Place - Weekly Activities



Sunday

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

Tuesday

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

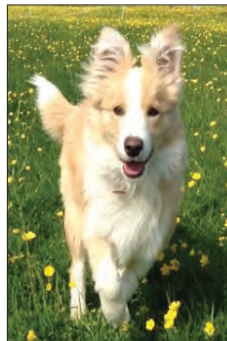
Wednesday

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

Thursday

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

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



Barking Mad

Dog walking

Local one Hour Dog
walks available

One Dog - £10
Two Dogs - £15

Contact Lucy on
07977711350
(Edlesborough)



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.

Annual Parish Meeting/Annual Meeting of Eaton Bray Parish Council Held on Monday 14th May from 7:00pm at The Coffee Tavern

Projects Completed:

- Additional Christmas wreaths for the parish.
- Christmas Market - 22nd & 23rd December 2017 at Market Square, Eaton Bray.
- The Rye Ground – new bollards/restrictive access.
- The Coffee Tavern – Internet/broadband access now available.

Speedwatch: If you would like to get involved in trying to slow down traffic in the village/ concerned about road safety, please contact the Parish Clerk.

Neighbourhood Plan: The Neighbourhood Plan Steering Group is now at the six week consultation period, Friday 11th May to Friday 22nd June 2018 and two open meetings at The Coffee Tavern are taking place to enable residents to view the plan/ask questions, Saturday 19th May and Wednesday 6th June 2018.

Any Other Projects for the Coming Year:

- Hanging flower baskets.
- CCTV/Highways improvements (speed restrictions).
- Strategy for tree maintenance for parish trees.

Accounts for Year Ending 31 March 2017

The Parish Clerk reported that the Parish Council year end accounts have been completed, ready for approval at the Annual Meeting of Eaton Bray Parish Council on 14th May 2018. The final accounts were signed off by the Internal Auditor on the 10th May 2018, once approved by the Parish Council the accounts will be forwarded to the external auditors for 2nd July 2018.

Election of Chairman

Cllr Neil Cartwright was elected as Chairman / Cllr Glen Wigley elected as vice-Chairman of Eaton Bray Parish Council.

Vacancy – Parish Councillor

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



Central Bedfordshire Council (CBC)

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

Cllr Ken Janes, email kwjanes@hotmail.co.uk / 07767-496823.

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
- REMINDER: Please report incidents/see something suspicious - at any time of day. Try to obtain as much detail as possible to aid the police in their investigations.

Watercourse Maintenance/River Ouzel

An additional assessment on a section of damaged river bank in Mill End Close is to be carried out by the Drainage Board and the Council are waiting to hear from them with their recommendations.

Standing Orders/Financial Regulations/Risk Assessment/Data Protection

The Parish Council adopted the Standing Orders, Financial Regulations, Risk Assessment and Data Protection Policy for 2018.

Accounts for Year Ending 31st March 2018

The Clerk distributed details of the accounts for the Annual Return. It was agreed to approve the annual accounts, the Chairman signed the accounts on behalf of the Parish Council.

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

*Monday 2nd July 2018 *Monday 3rd September 2018



EATON BRAY PARISH COUNCIL





VACANCY

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

BECOME A PARISH COUNCILLOR

The Parish Council is nine members of the public

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



Interested? Please contact the Parish Clerk – contact details below
You can also view our website for more details



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





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

Your Photos

Below: Ashridge Tree by Brian Russell

Right: Local Orchid by Stuart Morris

*Bottom Left: Bench on the 13th Whipsnade
Park Golf Club by John Hockey*

*Bottom Right: Walkers on Dunstable Downs
by Phil Wood*



We are World Cup Widows

It's all kicked off. All over the country, industrial quantities of beer and snacks are being heaved out of car boots. Wallcharts decorate the kitchen cupboards and the only appointments in the diary are with Spain, Uruguay and Costa Rica.

We could hardly wait! I say 'we' but I really mean 'he'.

Yes, the World Cup is upon us and wives, girlfriends and non-football fans know that, for the duration, the only words we'll hear from our other half are: "Pass the Pringles".

Of course, I'm well aware that a great many women also love football and are extremely good at playing it, but if you overhear a group of women talking this week, I am prepared to bet serious money that the conversational opener will not be "Do you fancy England's chances, if Ronaldo is fit?" (Albeit to say he can fit on my sofa anytime!)

Mostly, it is chaps who will spend the whole tournament embedded in the sofa, only peeling off to sleep or sob "We was robbed!" at anyone who will listen.

An obsession it is. The shifting fortunes of Group G teams alone will dictate his mood, which will lurch from joy unbounded (we hope!) to head-shaking despair (more likely). He will not be communicating in complete sentences, just groans, yells, oft-repeated exclamations and a smattering of unparliamentary language.

And while he will be hanging on every word uttered by Gary, Rio and Slavin's pre- and post- match analysis, frowning over match stats and video replays, he will not notice if you leave the room and go to Tenerife for a fortnight.

When you return, he'll be in the same place, emitting the same primeval howls of agony and his only acknowledgement of your presence will be the plaintive query "Any more crisps?"

Some deluded homemakers have tried to transform the event into a social occasion, with elegant finger food and themed suppers, to coincide with kick-off.

A brilliant idea would be to cook a dish representing the country playing - fajitas for Mexico, cheese fondues for Switzerland, tapas for Spain, BUT a spontaneous leap in the air, as the ball hit the back of the net and the patatas bravas would land on the dog or the carpet.

But if you do sit on the sofa, just to see how England get on, (of course nothing to do with the 22 pairs of shapely legs), just remember, this is not *X Factor*: Opinions, comments and questions on what's going on are certainly not welcome.

A little football knowledge is a dangerous thing and the truth is, if you think 4-4-2 is a dance step from *Strictly*, then it's safest to say nothing. During one recent World Cup debate, I thought I had try and participate. I heard myself saying, earnestly: "The real question is what should they do with Alli ." "And what *do* you suggest they do with him, dear?" said my husband, patiently... Mouth drops open.

PS. The one thing I do know about football is that England have the worst penalty shoot-out success rate in World Cup history.

Then again, I think I'd better keep that to myself.



Front Row Theatre Group

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

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

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

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

Not a Lot of People Know this... An Unusual Clergyman

The Rev. John Hall Doe came to Eaton Bray as vicar in 1871 and remained for 20 years, during which time the church became derelict and dangerous. He bred pedigree Berkshire pigs and like many other local people, kept ducks. He was even prepared to act as a village dentist when required. When Father Doe (as he asked people to call him), came to the village he was extremely enthusiastic, held matins and evensong daily and four services on Sunday, but his form of service was far too high church for his congregation who gradually left the church, which was already in a bad state of repair.

His apparently sudden decision to leave the village was announced by him halfway through the morning service when, in the middle of the sermon, he took off his surplice, flung it at the congregation, announced he was to become a Roman Catholic, walked out of the church and out of the village.

By kind permission of Josef Weinberger

FRONT ROW

presents



Secondary Cause Of Death

A Comedy
by Peter Gordon

Thursday – Saturday, 22 – 24 November 2018
7.30pm

Eaton Bray Hall

Come and enjoy an evening with your local theatre group,
Front Row, as they re-visit Bagshot Hall for the weekend.....



Licensed bar from 7.00pm

Tickets £7.00

Box office: 01525 222283

Opens : 1st October



OPEN GARDENS FESTIVAL

22 July 2018

COME AND SUPPORT

the owners of NINE lovely gardens that will be open for your pleasure this year. Tickets (£5) on sale from 11.30am in Eaton Bray Village Hall

If you would like more information, please contact Kay Griffiths on 222849 or Gordon Gray on 220136.

Join Us at

The Swan Beer Festival

Friday 27th July - Sunday 29th July

We will be having 17 real ales, 12 of which will be served straight from the barrel in the cellar, including local, national and seasonal ales. Along with this will be 8 ciders, and for those who prefer a gin, we will have a dedicated menu for the weekend. In addition the Cardinal Kings will be playing live on Friday night and Corruption on Saturday night. Sunday daytime we have an all open mic session with some truly brilliant artists coming along to join us.

For details contact Matt at swan-northall@outlook.com



Eaton Bray Lawn Tennis Club

EBLTC takes your data privacy very seriously. The recent deployment of the new GDPR regulations has changed the way we will interact with you. It's not just us. For example, only last week I received an email from a wealthy Nigerian prince. He hasn't got any money to share with me at the moment but he needed me to let him know before May 25th if I want to continue receiving his emails. So, we need to be extremely careful about how we share information about our club and its members. As such, we are implementing a code for internal communications that only our members will know. So if you're not a member, please stop reading now and go straight to the next paragraph. Right, members only now. First, all individuals within the club will no longer be named in full, but will be given a code name. Their code name will be their real name spelt backwards. Clever, eh? All words in e-mails will be written similarly, so for example if Peter Hale wants to ask Steve Macintosh how he is, he might write 'Olleh Evets, s'ti Retep, woh era uoy'? Steve might reply 'M'i yrev llew knaht uoy'. See how crafty it is? Try this one. 'Retep od uoy ycnaf a reeb'? Peter would of course respond 'Ylno fi e'ruoy gniyub'! We feel that this system is far superior and harder to crack than that Enigmatory thing during the war, and it should also ensure that the number of e-mails sent within the club drops dramatically as they'll be so difficult to write. Higher security, personal privacy and shorter and fewer correspondences...what's not to like. Our full updated policy is at the end of this article. It's worth a quick read....

OK non-members, you can look back now. Here's a few snippets of other news. We've received the new 30 year lease on our courts from the Parish Council – thanks to Nnelg Yelgiw for pushing that forward (non-members, some of this may appear confusing, but unfortunately that's one of the side-effects of GDPR, you'll just

have to bear with us). Our courts have also been professionally cleaned all ready for the summer, courtesy of Srm Pom. And with the Wimbledon finals just around the corner, 32 lucky members will be heading in that direction, thanks to their names being drawn out of our hat in our 2018 Wimbledon draw. They still have to pay for their tickets mind you, but with general availability being like gold dust, every extra opportunity to secure some helps; just another advantage of membership of Bedfordshire's favourite tennis club (in the Eaton Bray area). Maybe bear that in mind for next year...!

Some news on our South Bedfordshire Summer League performances to date. Our Men's 'A' & 'B' teams are in higher divisions than last year after being promoted (that'll teach them to play well). Not surprisingly therefore, the standard of opposition has been somewhat higher. The Men's 'A' have so far lost to a young Luton & Vauxhall 'B' team (the match had to be played after school...) & beaten Flitwick 'C' when Neb Pihtion made his 'A' Team debut partnering former chairman Trauts Hploda. The 'B' Team lost to Edlesborough 'B' in a local derby, which was thankfully free from any crowd trouble, and only last night suffered a further defeat to Studham 'A', although their captain was at pains to point out to me that there was a blinding low setting sun, and then almost complete darkness by the time they'd finished. Clearly that was just for our team, and Studham must have had broad daylight and hazy skies throughout. Talk about four seasons in one day, they obviously played in different time zones! Meanwhile, our Mixed Team captained by the infamous Nnyl Namrod (renowned – and often heard - county-wide), has so far played 3 of their 6 matches, winning 1 & losing 2. Nnyl assures me that the weather was exactly the same for both teams in her games!

Now here's a great idea for raising a few well needed pounds for EBLTC, if only to fund our massive GDPR policy roll-out. To date, 25

members have raised nearly £500 for the club, simply by shopping online and at absolutely no cost to them. Think how much we could raise for the club if everyone joins in! So, members (and non-members should you feel kindly disposed...) if you do shop online but haven't registered yet, then please do so by visiting: <http://www.easyfundraising.org.uk> and search for Eaton Bray Tennis Club. Then, once you've set yourself up, all of your on-line purchases via that site can help to raise funds. Easyfundraising includes most major online retailers, and in addition the Insurance section includes all the well known insurers such as AA, Admiral, Aviva, Axa, and lots more going down the alphabet!. So if you're planning to insure your car or home soon, log on to easyfundraising first to find yourself a great deal AND raise funds for us. You can also raise funds by booking your next holiday through easyfundraising's extensive travel section. Featuring all the main tour operators such as BA, Expedia, Thomas Cook, Thomson, Virgin, Airtours, Lastminute and many more, you're sure to find the perfect holiday at the right price, and raise a few pounds for us at no extra cost at the same time. Thank you.

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 Aras Drofbab on 07561 571578, or if they're all out and I'm not on the phone selling our coding system to MI6, then me, Ydna Ssorc, on 07783 667338.

UPDATED EBLTC GDPR POLICY: In the interests of continuously improving our services to customers and for training purposes, telephone calls to Eaton Bray Lawn tennis Club will be recorded and may be monitored. This may include the recording and monitoring of Sensitive Personal Data, such as data relating to how good or bad you are at tennis generally. Especially your service return. This data may be shared with anybody we feel fit, such as personal fitness coaches and dieticians if you're a bit overweight, Specsavers if you keep missing the ball, Doctor Doom's Debt Collecting Agency if you don't pay your subs on time, and third party providers such as police and enforcement agencies if we generally think you're a bit dodgy and need 'sorting out'.

clubbercise

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Do you love to dance? Do you love Club Anthems? Do you want to feel fitter and healthier? Maybe lose some weight? Do you want to have some fun as you burn off calories?

Then come and join us at Clubbercise. With simple steps and great music you'll soon be singing along as you blast away those calories. The lights are dimmed to make a nightclub atmosphere so everybody feels comfortable enough to lose their inhibitions

What have you got to lose? Just do it! See you Weds 9.45 am at Eaton Bray Village Hall

For more info about this and my other classes including Kids Clubbercise class please call Gina 07846421756

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Eaton Bray Academy Pre-School Nursery



OPEN MORNINGS

Thursday 7th June 9.30 – 11.00am
and
Tuesday 10th July 9.30 -11.00am



Are you looking for childcare for your pre-school aged child?

Eaton Bray Academy Pre-School Nursery offers the following:

- *Spacious purpose built facility*
- *Large enclosed outside play area*
- *Highly qualified Early Years staff*
- *Provision for children from 2 years old*
- **30 hour funding** and flexible hours for 3 and 4 year olds
- *Wrap around care from 7.30am – 5.30pm for 3+ years*

Please come along on **Thursday 7th June or Tuesday 10th July** to see what we have to offer your child. We will be opening our doors to new families from 9.30am – please stay for a cup of coffee and a chat. All welcome!

For more information please see our website www.eatonbrayacademy.co.uk.
Eaton Bray Academy, School Lane, Eaton Bray, LU6 2DT.
Tel: **01525 220468**, email: admin@eba.ec



Walking Tips and Benefits



Walking is simple and free and one of the easiest ways to be more active, lose weight and become healthier. Regular exercise not only keeps you fit but also increases flexibility, boosts your mood and safeguards your health.

Here are a few St Judes' benefits and tips of walking:

1. **Walking helps with weight loss.** A daily walk can help burn off calories, so if we are using up more energy than we take in, then we lose weight.
2. **Brisk walking helps to keep the heart strong.** People who are physically active are at a lower risk of coronary heart disease. Brisk walking can help to keep your heart strong by increasing your heart rate.
3. **Physical exercise reduces your risk of developing cancer.** According to Cancer Research UK – cancer causes more than 1 in 4 of all deaths in the UK. Physical activity can reduce your risk of developing some cancers including breast and bowel cancer.
4. **Walking reduces your risk of developing type 2 diabetes.** More than 3.9 million people live with diabetes and, in most cases, are Type 2 diabetic which is more likely to affect adults and those who are overweight. However, your risk can be reduced with regular exercise and a healthy diet.

5. **Walking can help strengthen your bones.** Walking can help strengthen bones, helping to prevent the onset of osteoporosis.
6. **Walking will improve your mood and mental wellbeing.** Being outside in the fresh air has been linked to better mental wellbeing and reduces stress. Regular exercise will improve your mood and increase feelings of wellbeing.
7. **Being physically active can reduce your risk of developing dementia.** It is thought that being physically active and living a healthy lifestyle could reduce the risk of developing dementia.

Tips:

- Wear comfortable shoes or ideally, trainers.
- Start slowly – if you are not used to exercise start with 10 minutes, then increase by a minute or two each day.
- You should feel slightly out of breath and perspire a little to feel the benefits of walking.
- When walking starts to feel easier, increase the intensity by taking longer strides and swinging your arms by your side.
- Look for soft ground – if walking outdoors, you might find it more comfortable to walk on soft ground rather than on pavements.

For more advice contact our experienced team of Chartered Physiotherapists:



St Judes Clinic
26 Lake Street
Leighton Buzzard
LU7 1RX

☎ ✂ 01525 377751

📍 www.stjudesclinic.com

enquiries@stjudesclinic.com

LOCAL HERALDRY

BY JOHN HOCKEY

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

BEDFORDSHIRE VILLAGE SIGNS



Festival of Britain Logo

You can't help but notice the signs that were (uniquely) put up in every Bedfordshire village at the time of the Festival of Britain in 1951. The format was the same in each parish. Large, bold black lettering identifies each village on a board which is supported by two concrete posts and at each end is a roundel. To the left we find the Festival of Britain logo and to the right we find a representation of the coat of arms containing the county flag for Bedfordshire.

The Festival of Britain logo was designed by Abram Games, F.S.I.A. and was selected by the Festival Office from twelve entries. Interestingly, Games was asked to 'jazz up' his original design and added the bunting as a result.

The county flag for Bedfordshire, designed by the College of Arms in 1951 is a study in iconography. The basic background colours (*quarterly Or and Gules*, i.e. Gold and Red) were taken from the shield of the Beauchamps, Barons of Bedford. The central vertical stripe or pale was taken from the arms of the Dukes of Bedford and contains three escallopes or scallop shells. This vertical band should actually be black as on the Russell arms, but as we have seen in the past, heraldic colours are not always portrayed quite as they should be! The wavy central horizontal band in white and blue stripes (heraldically *barry wavy of four Argent and Azure*) is meant to represent the river Great Ouse which passes through the county.

The original design was based on the flag used by Bedfordshire County Council until their demise in 2009 (the motto 'Constant Be' lasting some 120 years). The design did not die with the Council though and after a campaign, a slightly modified design for a flag for the whole County of Bedfordshire was accepted by the Flag Institute in 2014. The Bedfordshire village signs are a unique exercise in civic pride which have already lasted some 67 years.

Next month: A Waddesdon Table



County Arms



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Curiosity Creativity Community



Spaces available, to arrange a viewing please call Dagnall school:

01442 842473

or visit: www.dagnall.bucks.sch.uk

email: office@dagnall.bucks.sch.uk

Dagnall Church of England School is a friendly, nurturing and fully-inclusive learning community, situated at the foot of the Chiltern Hills. We offer a unique, family feel where children benefit from small class sizes and personalised learning delivered by highly-skilled teachers.

We provide a secure and creative environment where children feel safe to take risks, to challenge themselves and to develop their love of learning as individuals.



Come for Coffee at St Mary's, Eaton Bray

For a warm welcome and
a cheering cuppa
each month in
St Mary's Church
Eaton Bray
10.30am - midday



1st Saturday of each month
(except July - 2nd Saturday)



Some comments from our December 2015 Ofsted report:

Children learn good manners and know how to
treat each other with respect.

Staff are consistently kind and caring and this supports
children to develop confidence and resilience.

Teaching is consistently good and children's safety is
given the highest priority.

We are a committee run playgroup operating five mornings a
week 9:15 – 12:15 for children aged 2 to school age.

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

www.dagnallunderfives.co.uk

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- R.R



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- M.B.

Edlesborough Dental Practice

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Eaton Bray Cricket Club

12/5/18 - The 1st XI game against New City was cut very short by rain. 10 overs of batting from the

Bray produced a score of 56-1. We then watched the rain fall and with no prospect of play the match was called off.

The 2s fared a little better against St Andrews batting through their 40 overs and making 172-7 with DK top scorer with 61 in conditions not conducive to cricket. Play was abandoned after tea.

13/5/18 - In contrast Sunday was a lovely day. Batting first against Langford, Bray scored 212-6 with a commanding 86 from Wes Hosking and a maiden 50 from Jamie Osborne. Langford were in it until the last few overs but 3 wickets for Wes and a couple from DK saw them fall short by 15 runs.

19/5/18 - A very poor day. 1stXI lost the toss against Elstow and found themselves chasing 254 with only 4 down. We started very well with Wes Hosking 42 and Andy Norris 25 putting on 72 for the first wicket in only 9 overs. We then lost 10 wickets for 29 runs and were bowled out for 101. The 2s fared little better when chasing 248 at Westcroft. Bright spots were a couple of wickets each for young colt Charlie Hosking and the returning pace man Chris Maynard with stalwart Ian Jones picking up 3 for a lot. Our batting was not up to the task and we were dismissed for 138. Messers Hosking 33 N/O and Maynard 25 were the only bright spots.

20/5/18 - Sunday saw a friendly with Milton Keynes CC. Batting first we scored 202-7. After a poor start and being 106-7 Jack Cullen 51 N/O and Aaron Gauntlett 44 N/O put on 96 for the eighth wicket to give us a very respectable score. It went to the last ball as MK scrambled a single to

win by 3 wickets. The impressive Jamie Osborne taking 4-48.

26/5/18 - A much better week against Olney Town. Winning the toss and batting first Bray made 263-8 with Wes Hosking 107 and James Flecknell 69. Olney made a real fist of it finishing on 258-8 just 5 runs short as Andy Norris took 4-48.

The 2s played their part winning by 122 runs at Ivinghoe and Pistone. Batting we scored 265-4 with Peter Robinson getting his maiden century finishing in on 111 N/O. The oppo were never up with the rate and were bowled out for 143 with colt Justin Cooke taking 3-21

27/5/18 - Returning to league action on Sunday we bowled out Luton Town and Indians for 159. Our best bowler was Junaid with 3-19. After Lee Gauntlett was out (knackered) for 41 we fell away and were 102 all out.

2/6/18 - Another good weekend. After losing the toss and having to bowl against Westcroft we produced a great performance. On what was described as not the best wicket Westcroft were dismissed for 79 with Andy Norris taking best of the season figures of 4-11. Batting was hard but 35 N/O from James Flecknell saw us home by 7 wickets.

3/6/18 - The Sunday team returned to form at Wolverton. Chasing 153 there were runs all through the team and 41 from Lee Gauntlett was the pick on our way to a 5 wicket win.

July Fixtures

FCCL Div 1 1st XI

July 7th North Crawley Home

July 14th New City Away

July 21st Elstow Away

July 28th Olney Town Away

FCCL Div 6 2nd XI

July 7th MK Stallions Away

July 14th St Andrews Home
July 21st Westcroft Home
July 28th Ivinghoe & Pitstone Home
Beds Sunday Div 6
July 8th Blunham 2nds Home
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teams in the FCCL on Saturdays and a senior team in the Beds Sunday League. Junior teams are run at age U9 U11 2xU13 and U15. For more information please follow us on Facebook and Twitter @eatonbrayCC. We would like to thank Meadow Marquees Houghton Insurance and the Focus for their continued support. Enjoy your cricket with Eaton Bray in 2018.

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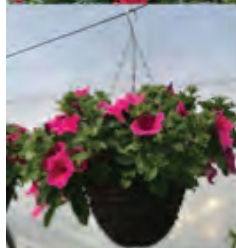
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The Lost Sheep

Once Jesus wanted to teach people how precious each one of God's children is to him, especially those who are separated from him. Jesus spoke about a shepherd who has a hundred sheep. One day, he finds that one is missing. The shepherd, says Jesus, will do nothing else until he has found that lost sheep. It is so precious to him.

He leaves the ninety-nine and goes looking for the lost sheep. Though he still has ninety-nine, he cannot rest until the lost one is found. When he finds it he brings it home joyfully and shares the good news with his friends and neighbours.

Welcomed Back

Jesus said that the shepherd's attitude is like God's attitude to those who become separated from him by going their own way and ignoring him. God goes out of his way to bring them back into a good relationship with himself. It gives him great joy to do this.

Jesus meant us to know that however bad we have been, however much we have ignored God and broken his laws, he will gladly welcome us if we turn back to him and ask for his forgiveness. The wrong that we have done can be forgiven freely, with

nothing for us to pay or do, because Jesus paid the price for us when he was crucified and then rose from the dead.

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on Carnival day (Saturday 7th July)! There will be stones, each with the picture of a sheep on it, hidden on The Green that day for you to find. If you find one, bring it to our stall on The Green (**Grace Baptist Church Edlesborough**) and you will receive a prize. (If you find more than one, please bring just one, and leave the other for someone else to find.)

Even if you don't find a lost sheep, come and visit our stall. There will be a contest to find the fittest in your age group, free bottled water, some free literature and books for sale.

Also come and see us in the chapel (on the corner of Summerleys and Moor End) between 12 noon and 2pm, when we will be open for free drinks and toilet facilities, with books and an exhibition about Christians in sport. We look forward to seeing you!

✍ Timothy Reynolds (Pastor)

Grace Baptist Church Edlesborough

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

Weekly Activities

Sunday Services

10.30am Morning Worship

6.00pm Evening Worship

2nd Monday

2.30pm SilverLink for over 60s

Wednesday

10.00am Caterpillars Toddler Group

7.30pm Bible Study & Prayer Meeting

Find us on Facebook @gbce2014



Eaton Bray W.I.

A smaller group attended our May meeting. Several members had colds, or were on holiday, and were unable to attend. Members arrived in various styles of wedding hats to celebrate the recent Royal Wedding of Megan and Harry. They had also brought along various wedding souvenirs.

Our evening commenced with the announcement of notices. Our WI coffee morning was held on 24th May from 10 – 12 noon, when there were many stalls. Members were asked to contribute raffle prizes, cakes and gifts for the sales table.

Eaton Bray WI celebrate their 96th Birthday this year; ideas for a celebration included a Lunch in August or an evening Dinner in October.

NFWI are encouraging each WI to contribute towards a centenary banner. Each Institute is requested to embroider a single layer material leaf. Members were encouraged to start sewing !!

There followed discussion on this year's Resolution.

“The NFWI urges all WI members to recognise the importance of parity between Mental Health and Physical Health and take action to make it as acceptable to talk about Mental Health issues as much as physical issues and to lobby Government for better support for mental illness.” Our President and one of the members had prepared some discussion points. The Vote was taken and the results will go forward to the Annual Meeting in Cardiff in June 2018.

After tea and cakes, some members attired in wedding hats paraded for other members to judge the best hat. This was won by Pat Carter and Anne Salmon. The souvenir of a wedding was won by Barbara Collier, which was a beautiful headdress she had worn at her wedding.

On a chilly June evening, members gathered for their monthly meeting. We welcomed Bianca John and Pam Brown from the Luton & Dunstable hospital who were visiting to tell us about the fundraising activities of the hospital.

Our President announced that we had raised a grand total of £190 at our recent Coffee Morning and thanks were due to all who had contributed. Comments had been received about how friendly it was and what a lovely atmosphere there was in the Hall.

We welcomed a new member to our meeting. Two of our members had accepted an invitation to Dunstable WI and had enjoyed a lovely evening which included some 50's Guitar music. Many interesting Group visits had been arranged including a Bedford Faith Tour in September, a John Rutter concert at the Royal Albert Hall, and a visit to the Knit'n Stitch Exhibition in October.

We continued our evening with a very interesting presentation from the Luton & Dunstable Fundraising Ladies. Pam Brown is a Governor at the L & D. She had originally worked with the British Heart Foundation. The Governors are mainly members of the Public with a Health Care background.

The L & D now has Foundation Trust Status and the A and E was voted the best in the Country. At present they are working on the proposed merger of the L & D and Bedford Hospitals. They have started holding medical lectures on diabetes, heart failure and dementia which are open to members and have been very well attended.

Bianca, the Community Fundraiser for the registered charity at the hospital, explained how the main fund raising at present was to provide a Heliport above the A & E department at a cost of £5.4 M . A sum of £2.4M has been donated to the project, leaving £2.5M to fundraise. All sorts of

projects were being organised to raise these funds and any donations would be gratefully received. Bianca encouraged the meeting to become members of the Hospital, by filling in a simple leaflet. This keeps us up to date with the progress made.

Our next meeting will be on Monday 2nd July when our Talk will be about Guide Dogs for the Blind.

Meetings are always on the first Monday

of the month (except Bank Holiday when it is the second Monday). The Meetings commence at 7.30 pm and are held in Eaton Bray Methodist Hall. The contact for Eaton Bray WI is: Margaret Jones, on 01525 220991. A warm and friendly welcome awaits new members. At each meeting there is an interesting speaker or demonstration, followed by social time and refreshments



Northall Baptist Church

200 years and still going

A little Church with a Big Reach

We hear a lot in the news about unity and mostly we see disunity. Psalm 133, a psalm of David was written for pilgrims ascending the steps to worship at the Temple in Jerusalem. It starts with “How wonderful and pleasant it is when brothers (people) live together in harmony!” We are pilgrims on our earthly journey, assured of reaching our Heavenly home because of the death and resurrection of Jesus about 2,000 years ago. Meanwhile we enjoy good links with our fellow Christians in the villages.

During the year, Northall Baptist Church has worked together with the other Churches in the villages – United We Stand. We are stronger together. We share in Churches Together (local Anglican, Methodist, Salvation Army and Catholic) activities, one of which is to ensure that villagers are aware of the special Christmas and Easter services around the villages. We enjoyed shared Lent sessions over 5 weeks with our Methodist and Anglican friends, enjoying hospitality, learning and fun. During the summer we will be sharing in the Hymns on the Green – 5th August. Pop the date in your diary and come and join us for a rousing sing song.

We have just hosted a shared coffee morning with the Blenheim Baptist Church Fellowship Club when about 15 of them

travelled from Luton into the countryside to see the ‘church in green pastures’ with sheep on all sides watching us carefully.

We will be having a stall at the Edlesborough Carnival on 7th July and in keeping with this year’s carnival theme, we will have a great selection of games for all ages. Come and learn and have some fun with us.

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

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

✉ Ruth Cox Tel: 07791 425625

Eaton Bray Cricket Club

100 Club Winners

May 2018

£25	Kieron Ray	No. 91
£10	Margaret Jones	No.105

June 2018

£25	G.B.C.Pearson	No.79
£10	Angela French	No.41

Eaton Bray Cricket Club is kindly sponsored by Meadow Marquees and Houghton Insurance.

A Newborn Endangered Przewalski's Foal at ZSL Whipsnade Zoo

A newborn endangered Przewalski's foal explores its surroundings at ZSL Whipsnade Zoo.

The Przewalski's horse is a rare and endangered species of wild horse native to the steppes of central Asia. Once extinct in the wild, the Przewalski's horse has been reintroduced to its native habitat in Mongolia, thanks to conservation breeding efforts by organisations including ZSL Whipsnade Zoo.



Not Your Average Ultrasound!

A greater one-horned rhinoceros recently underwent general anaesthetic for an internal ultrasound scan at ZSL Whipsnade Zoo, and keepers captured the rare moment on camera.

Keepers noticed that 22-year-old Behan, a female greater one-horned rhino, was having irregular reproductive cycles, and were concerned that something was wrong. The Zoo's vets called in the help of Robert Hermes, an international rhinoceros reproductive specialist from the Leibniz Institute for Zoo and Wildlife Research in Berlin, who flew over to the UK's largest Zoo for the ultrasound scan.

ZSL Whipsnade Zoo's veterinary officer, Fieke Molenaar said: "It's rare for us to put a big animal like Behan under a general anaesthetic, because it can be risky for the animal, as well as for the team working with her. The anaesthetic we have to use on a rhino is so strong that even one drop could be lethal to humans.

"However, we needed to see what was going on inside Behan, and the only way to do that was to give her an internal scan. The reproductive organs in a rhinoceros are hidden behind a huge amount of belly, so you can't ultrasound them in the same way you would a human. Unfortunately, the only way to get close enough to a rhino's ovaries is by going up their bottom!" While the ultrasound scan was taking place, the Zoo's veterinary team also carried out foot-care on Behan.

Fieke continued: "The scans showed that Behan is, in fact, very healthy, and the issues with her cycle can be dealt with through regular hormone injections. To be reassured that she is in good health is great news for all of us that work with Behan. It's also fantastic for the European Endangered Species Programme (EEP), because we now know that, although she is an older female, it may still be possible for her to have another calf... which would be her fifth!"

Greater one-horned rhinoceroses are found in Nepal and India, where their habitat is threatened in particular by expanding human populations. ZSL (Zoological Society of London) is working in Nepal to conserve the fragile grassland ecosystem and protect this rhino species, alongside other wildlife. Improved protected area management and law enforcement by national authorities, supported by the work of conservation organisations including ZSL, has caused the numbers of rhino in Chitwan National Park to increase from a low of 100 rhinos in the late 1960s to at least 645 in 2015.



Korean Popcorn Chicken



Put simply, this recipe is one of the tastiest things I have enjoyed on the Weekend Kitchen. It should carry a health warning as it is insanely moreish. Once you take one bitesized piece of deliciousness, you really just cannot stop. The recipe was created by Kumud Ghandi, who runs the excellent Cooking Academy cookery school in Rickmansworth. Her story is an interesting one - he family have always been in the spice trade, and her dishes always burst with flavour. I have also made a vegetarian version of these at home, using a vegetarian 'chicken' replacement.

For the chicken:

500g chicken thigh (skinless and bones) cut into bite size pieces

50g cashew nuts

1 tbsp rice wine

2 tsp ginger powder

1/2 tsp fine sea salt

1/4 tsp ground black pepper

190g corn starch

Oil for frying

For the sauce:

5 tbsp tomato sauce/ketchup

1 1/2 tbsp Korean chilli paste (or any chilli paste)

2 tbsp honey

2 tbsp dark brown sugar

1 tbsp soy sauce

2 tsp sesame oil

1/2 tsp chopped garlic

For the garnish:

Sesame seeds

Finely chopped spring onion

Finely sliced red chilli (optional)

Place the chicken pieces into a large mixing bowl. Add the rice wine, ginger powder, salt, and ground black pepper and mix them well. Cover the bowl with cling film and marinate the chicken for 30 minutes in the fridge.

Coat each chicken piece with the corn starch powder thoroughly. It's best doing this in 4

to 5 batches so that they are well covered with the starch powder.

Pour some cooking oil into a deep wok and bring it to a temperature of around 175c.

Fry the chicken pieces in batches until golden and cooked through (this will be around 2-3 minutes).

Take them out and set aside onto kitchen paper to absorb any excess oil. Repeat this with the remaining chicken.

Don't put too much chicken in one go as it can lower the oil temperature too much. To make the chicken pieces extra crunchy, fry them all twice. This is actually worth the effort! Set aside.

Pour all the ingredients for the sauce into a heated pan, boil on a medium heat until the sauce thickens a little bit (approximately 1-2 minutes), stirring constantly.

Add the cashew nuts and fried chicken and coat with the sauce quickly.

Serve by garnishing with spring onion and sesame seeds and the optional red chilli. Eat your portion before anyone else makes it into the kitchen...

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



Dagnall Weather Station (AONB)

Weather Conditions for May 2018

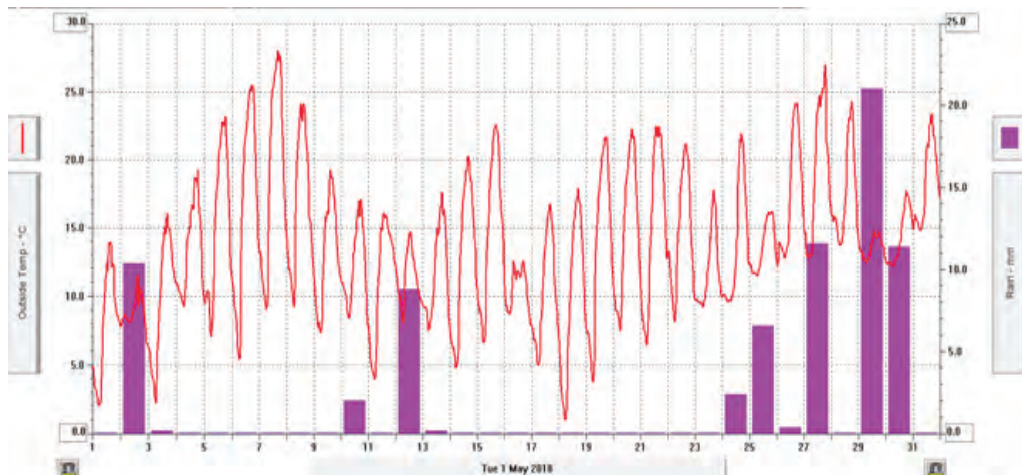
Elevation: 450 ft - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West

Plot shows high rainfall and the rapid change in temperatures

The month started unsettled and cold, but after two days the temperature started to rise and by the bank holiday weekend it reached an incredible 28.2°C. This was followed by a cooler period but still sunny and dry. At the end of the month the rain and storms came giving us thunderstorms with spectacular lighting. The bank holiday Monday was a dry, sunny day with temperatures reaching an unseasonably high 27.2°C. Rain was above average with the majority falling in the last few days of the month (see the plot below)

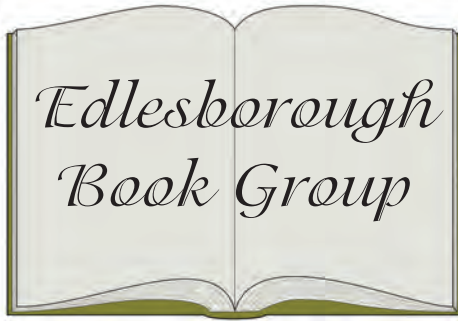
	High	Date/Time	Low	Date/Time
Temperature:	28.2°C	7 May 16.00	1.0°C	18 May 05.30
Mean Temperature	13.8°C			
Dewpoint:	20.1°C	27 May 19.00	- 0.2°C	18 May 05.30
Humidity:	96%	26 28 29 30 May	33%	7 May 17.30
Barometer:	1027.9 mb	16 May 22.30	1001.1 mb	2 May 08.30
Wind Speed	33mph S	2 May 15.00	Months avg.	3.8 mph
Wind Chill:	28.0°C	7 May 16.00	0.9°C	1 May 05.30
Dominant Wind:	NNE			
*Rain Days: 11 (T), 11(R)		Wettest Day 29th May	21.01 mm	0.827 ins
Monthly Rain:	Total	May 2017	75.0mm	2.953 ins
Yearly Rain:	Total	5 Months	346.6 mm	13.646 ins

Plot Shows Rainfall and Temperature May 2018



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





Mobile Library by David Whitehouse

"MobileLibrary" is a difficult book to categorise, but makes for entertaining reading despite that. At first, it is difficult to grasp where the author is taking us, but when we realise that it is a modern fairy tale and suspend our disbelief, then we are carried along with the characters and enjoy their journey.

The main characters in the story are all troubled and are society's outsiders. Bobby, the twelve year old hero, is bullied by his abusive and controlling father at home and also at school. His only friend, Sunny, who he sees as his "Superhero" protector, has to move away and Bobby is left to face the bullies alone. One day, by chance he is befriended by Val, a single mother who lives

nearby with Rosa, her learning disabled daughter. She is kind and caring and from her Bobby finds the affection that he lacks at home. Through the summer, Bobby, Val and Rosa spend a lot of time together. Val has a job cleaning the local mobile library once a week

and introduces Bobby to the joy of reading the books there, encouraging him to submerge himself in their worlds, opening his mind and imagination. Then the council decides that there are insufficient funds for the library and, with the closure, Val will lose her job. This together with a severe beating Bobby suffers from his father, makes her decide that she will run away with Bobby and Rosa and Bert the dog, using the library as transport. Their adventures, as they travel around the country are very amusing, but touching as well as this little family bond together. On the way they encounter Joe, an ex serviceman, who is living rough and he joins them in their adventures.

Although there are glaring holes in the plot line, which one can cavil about, Val and her companions and their experiences make some serious statements about love, family, trust and the power of the written word to help us understand ourselves and the world about us.

David Whitehouse had made many serious points in the book and it was interesting, at our group discussion, to note how many of us had seen things in it from different points of view. We all enjoyed the book, with reservations. We thought that some of the writing was rather overblown, but overall an enjoyable, thought provoking read.



All Saints' Church, Dagnall

Services in July 2018

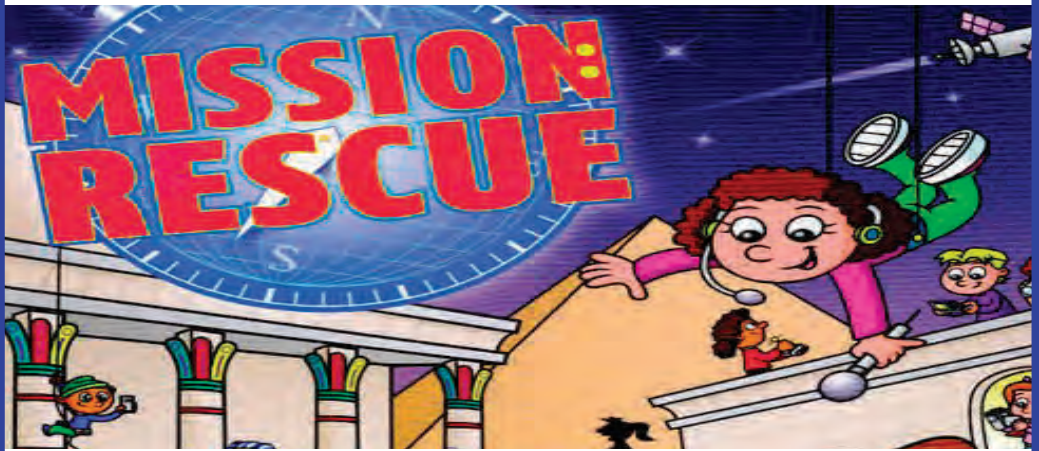
Sun. 1st July	9.00 am	Eucharist
	10.30 am	Morning Service
Sun. 8th July	10.30 am	Morning Service with Holy Communion
Sun. 15th July	10.30 am	Family Communion
Sun. 22nd July	10.30 am	Family Service
Sun. 29th July	10.30 am	Morning Worship
Sun. 5th Aug.	9.00 am	Eucharist
	10.30 am	Morning Service



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

Holiday Club

Tues 28 - Fri 31 August



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Children aged 5+**

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

hilary.chadwick@salvationarmy.org.uk



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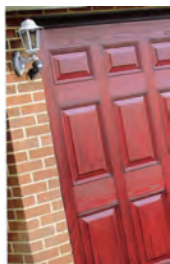


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