

FOCUS

August/September 2019



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

The White Horse Inn
Eaton Bray

Market Square
Eaton Bray
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www.eatonbraypub.co.uk



August Bank holiday
***Don't forget to visit your local
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at The White Horse*

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Booth Place**



Sunday

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

Morning Worship 11am

Tuesday

Coffee Morning 10 - 11.30am
(Alternate weeks)

Wednesday

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

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

Thursday

Parent and Toddler Group 9.30 - 11.30am
(Term time only)

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

Ladies Fellowship
(Last Thursday of the month) 7.30pm

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

**NORTHALL BAPTIST
CHAPEL**

Chapel Lane, Northall

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

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

For more information contact:

John Hazell 01525 218142

Email northallchapel@btinternet.com

Web: www.northallbaptistchurch.org

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

**The Focus
Magazine
Committee**

Editor: Sally Siddons

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Copy for publication to the Editor by the

10th of the month

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accuracy or content of any advertising or articles
published in 'this' magazine, neither do they
reflect the opinion of members of the Committee.*

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

Kindly Note

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

✍️ Editor

Focus is online at www.thefocusmagazine.co.uk

Village Diary Aug/Sep 2019



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: 07832 230774
- Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm
- Mondays (term time) Movement and exercise classes with a dance flavour, Northall Village hall 2-3.30. Contact Jan 01442 864271.
- Mondays Curtain Call Youth Theatre 5-7.30pm, Eaton Bray Village Hall, Gavyn 01525 220525
- Mondays Curtain Call Theatre Group - 7:30-10:30pm Eaton Bray Village Hall, Sheila - sdtwinkletoes@yahoo.co.uk
- Mondays KFPA ISTD Classical Ballet classes, 3+yrs, 4.15pm, Edlesborough 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
- Mondays Yoga, 6:45pm, Edlesborough Memorial Hall, contact 07837 727302
- Mondays Barre, 8pm, Edlesborough Memorial Hall, contact 07837 727302
- 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 Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Tuesdays Beginner's Boxercise, 6-7pm Dagnall Village Hall, Josh Thompson 07456 574405 or jtpinfo@gmail.com
- Tuesdays Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, Booth Place, Eaton Bray
- Fortnightly Pilates, 8pm, Northall Village Hall, Lisa: 07832 230774
- Wednesdays Northall & District Age Concern Wednesday Club, 10am - 3pm, Northall Village Hall, Contact Barbara 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
- Wed (term time) Art Courses, Whipsnade Village Hall, 9.30am – 12.30pm. Lorna Moore 07896 619660
- Thursdays Yoga, Northall Village Hall, 11.30am-1pm 01525 377542
- Thursdays 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 jtpinfo@gmail.com

Village Diary Aug/Sep 2019

Thursdays	Retro Line Dance Class. 11.15am to 12.45pm. Eaton Bray Village Hall. Beginners welcome. www.jukeboxjunction.co.uk info@jukeboxjunction.co.uk 07864212171
Thursdays	Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome
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 Whittemore on 01525 376124
Fri (term time)	Art Courses, Whipsnade Village Hall, 9.30am – 12.30pm. Lorna Moore 078 9661 9660
Saturdays	Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
Saturdays	KFPA Musical Theatre classes 4+yrs 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 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 (ex. Bank Hols)	Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather Westwood (01525 839083)
2nd Mon	Film Society, Sep to May, 2pm, Eaton Bray Village Hall, Graham Chappell 01525 220883
1st & 3rd Tues	Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147
1st Saturday	St. Mary's Church, Eaton Bray Coffee Morning & Plant Sale, 10:30am - 12 noon
1st Sunday	St. Mary's Edlesborough Open Days, 2-5pm, May to September inclusive
2nd Monday	SilverLink, 2.30-4.00pm, Grace Baptist Chapel Edlesborough – activities, talks, friendship & refreshments for the over 60s
2nd Tuesday	Dunstable & District Local History Society meeting, 7.45pm, Methodist Church Hall, Dunstable (opposite Wilkinson)
2nd Tuesday	Edlesborough W.I. Meeting, 7.30 pm, Edlesborough Memorial Hall, Contact Sally Taylor on 01525 221576 Email: sally.taylor32@btinternet.com
2nd & 4th Tues	Dagnall Church Welcome Club, 2-4pm, Dagnall Church. Contact Catherine Hayden 01525 220527
2nd Wednesday	St.Mary's Ladies Guild, 2pm, St.Mary's, Eaton Bray
2nd Wednesday	Eaton Bray & Edlesborough Lions Club, 7.30pm, The Coffee Tavern
2nd Thursday	CAMEO Coffee, tea & chat, 10am-12noon, Edlesborough Methodist Church
2nd 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, 10:00-12 noon, Edlesborough Methodist Church

Village Diary Aug/Sep 2019

Other Regular Events

- 4th Aug & 1st Sep Beds Area Narrow Gauge Model Railway Club Meeting, 10.30am-3.30pm, Eaton Bray Village Hall
- 9th Aug Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.
- 20th Aug Dagnall and Kensworth Friendship Club at Dagnall Village Hall with tea and music organised by Roy Castledine
- 17th Sep Dagnall and Kensworth Friendship Club visit to the Shuttleworth experience with lunch at the The Green Man

One Off/Annual/Irregular Events

- 1st Sep Eaton Bray Harvest Market, 10am, Market Square Eaton Bray
- 20th Sep Northall & District Age Concern Harvest Festival Auction, 7:30pm, The Swan, Northall
- 20-22nd Sep St .Mary's Eaton Bray Flower Festival, Contact Barbara Morton on 01525 852368
- 27th Sep World's Biggest Coffee Morning, 9:30am - noon, St. Mary's Eaton Bray

Maureen Chapman

Peter and the family would like to thank everyone for their support, cards and donations in respect of Maureen's passing, which have been very comforting during this very difficult time.

Peter, Martine and Louise.

EATON BRAY PARISH COUNCIL

We currently have a vacancy
Please come and help run your village

BECOME A PARISH COUNCILLOR

The Parish Council is nine members of the public

If you are just the person to help make a difference and create a better future for local residents, please contact the Parish Clerk.

We look forward to hearing from you.

Heidi Head, Parish Clerk

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

Village Info



EDaN Community Transport
Peter Williams: 01442 842506

Village Hall Bookings

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

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

Eaton Bray: Norman Lee Tel: 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

Northall: The Swan Public House

Edlesborough: Edlesborough Memorial Hall & Baptist Church, Summerleys



Helpline: 07930987064

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

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

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

We help people of Eaton Bray and adjacent villages

Services at St Mary's Church

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

On Third Sunday of each month:

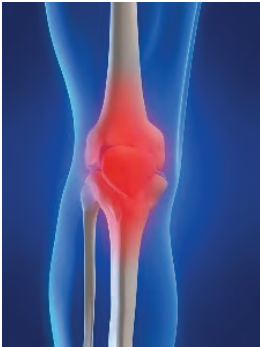
10.00am – WORSHIP FOR EVERYONE a shorter, less formal service for families. (For anyone wishing to attend a service where Holy Communion is offered, there is a Family Communion at 10.30am at All Saints' Church, Dagnall, where visitors are assured of a warm welcome).

WEEK-DAYS:

Wednesday: 10.00am Holy Communion
EVERYONE WELCOME AT THESE SERVICES

GREAT NEWS! EXERCISE HELPS JOINTS AVOID WEAR AND TEAR

Over 3 million people in the UK are affected by arthritis causing stiff and painful joints. A new study from Queen Mary University of London, which has been published in the Journal of Osteoarthritis and Cartilage, shows for the first time how cells in joints during exercise prevent cartilage breaking down by suppressing the action of inflammatory molecules which cause arthritis. This is down to tiny hair-like structures called primary cilia found in lung cells.



During exercise, the cartilage in joints such as the hip and knee are squashed. This mechanical change is detected by the living cells in the cartilage, which then block the action of inflammatory molecules

associated with conditions such as arthritis. This anti-inflammatory effect of physical activity is caused by the activation of a protein

called HDAC6 which trigger changes in the proteins that form the primary cilia.

If all this sounds a bit too technical, basically, the good news is that exercise can help prevent cartilage wear and tear and that's got to be a good thing.

Did you know that Pilates, as well as being good for your core, involves weight bearing exercises to improve pelvic stability? Pilates also works your muscles and loads the joints in a helpful way too. Contact St Judes for more information on our Physiotherapist-led Pilates classes.

Article by Moira D'Arcy
Grad Dip Phys MCSPMAACP, Chartered Physiotherapist



St Judes Clinic
26 Lake Street
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☎ 01525 377751

🌐 www.stjudesclinic.com
enquiries@stjudesclinic.com

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

So, summer has finally arrived! It does seem to have taken its time in coming, but now that the tennis has finished at Wimbledon, and the sound of leather on willow has begun to be heard, and the Carnival has been and gone, summer is definitely here. The schools will be breaking up soon and many will be taking the opportunity to take a break and enjoy a holiday.

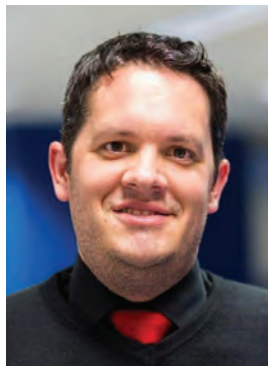
Rest and recreation is an essential part of our lives. From a physical and physiological perspective, our bodies need sleep and rest to survive; from a psychological perspective we need to rest too, because it is only when we are properly rested that we can perform to the best of our abilities, and it is only when we are relaxed that we can fully enjoy the things that we like to do.

In one of the Psalms it says, "It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for God gives sleep to his beloved." (127:2). We can often get consumed by the pressures of work, by the chores needed to maintain a home, or by looking after family. We can all be very busy; but when we are busy, we can forget that we need time to rest. For Jews and Christians and God rested after the world had been created, and the Seventh Day, the Sabbath Day, was also a day on which people were not allowed to work.

It is important for us all to think about how much we do, and to recognise that there are times when we may need to step back, relax, and spend time with our friends and family. Recreation is re-creation: it is a time of making ourselves new. It is through our hobbies and spending time with others that we can renew and invigorate ourselves. Sometimes, taking a moment to rest and relax is more productive than madly trying to complete that never-ending to do list.

We also need to make sure that we look after each other, to notice when those around us are burning the candle at both ends and need to stop. Jesus said, "Come to me, all you that are weary and are carrying heaven burdens, and I will give you rest." (Matthew 11:28) - there are times when we need to do this for others, to ask those around us whether there is anything we can do to help lighten the load that they are carrying. We all need that rest, and giving people rest can be one of the greatest gifts we can give others.

So, remember to rest and relax, and allow yourself to be re-created, ready for whatever lies ahead.



✍ Rev'd Stephen Burge



EDLESBOROUGH SURGERY & PITSTONE VILLAGE HEALTH CENTRE

2019 FLU CAMPAIGN

EDLESBOROUGH	PITSTONE
THURSDAY 19th SEPT 12.30 – 2pm Surnames A – M 18 years and over only	WEDNESDAY 25th SEPT 12.30 – 2pm Surnames A – M 18 years and over only
SATURDAY 28th SEPT 9am – 12.30 Surnames A – M 18 years and over only	WEDNESDAY 7TH NOV 12.30 – 2pm All welcome
THURSDAY 3rd OCT 12.30 – 2pm N - Z	WEDNESDAY 9th OCT 12.30 – 2PM Surnames N - Z
SATURDAY 12th OCT 9am – 12.30 Surnames N – Z All children also welcome	SATURDAY 26th OCT 9am – 12.30 All children also welcome

PLEASE NOTE DUE TO SUPPLY RELEASE DATES, NO CHILDREN'S FLU VACCINE (FOR 17 YRS & YOUNGER) WILL BE AVAILABLE UNTIL OCTOBER. PLEASE WATCH FOR UPDATES ON OUR WEBSITE OR FACEBOOK PAGE

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

Patients eligible for Flu vaccine are those who suffer from:

All patients with DOB before 31/3/55

Heart, Respiratory, Liver & Neurological Diseases & Diabetes

Lowered immunity.

Carers (in receipt of carer's allowance)

All pregnant ladies

All children aged 2 & 3years at GP surgery

Children, in school years will be vaccinated at school

All housebound patients will be contacted by the surgery



We would appreciate it if you could come at the above times in order to MINIMIZE YOUR waiting time. However, if you are unable to come at the allocated time for your surname, please feel free to attend any of the appropriate clinics above. If you are not available to attend any of the above clinics please call the surgery after October 15th to book an appointment in November



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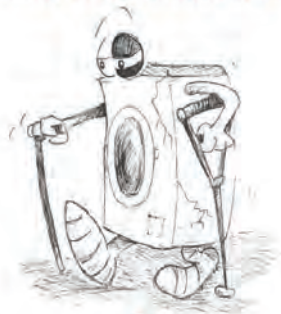
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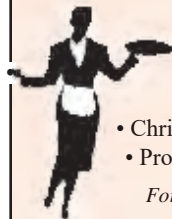
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Litter Picking and the “Best Kept Village” Competition



Well, after my rant about the state of things in my last article, I wouldn't blame you for thinking “Oh No!! Here she goes again!” But nothing could be further from the case!

In the last few weeks some very community spirited people have been hard at work clearing difficult areas in the villages and trying to make a difference. I hope that you have been noticing as you walk the footpaths around the villages, especially in

Edlesborough. It has come to my attention that there has been a big effort to clear out the stream which runs from behind Summerleys up to the bridge.

A huge thank you to Malcolm and Ashley Calloway who collected three big bags, a hub cap, a waste bin, a builder's merchants sack, and a very large piece of corrugated metal roofing from the water. (You do wonder how and why anyone would take the trouble to haul them along the footpath just to throw into the water!!....) Another big thank you goes to George Murden and Sammie Smith - and their Mums! – who spent a long time in the water one Saturday (I believe!) and collected another large quantity of litter including, I am told, a great deal of broken glass. Speaking as an occasional dog walker, I am horrified at what could have happened to my daughter's precious pooch as he frequently goes for a paddle in the stream! Thank goodness there are people like you in our village. We are very grateful for all that you have done for us. And we mustn't forget Isobel Parker who has been slogging away every week in Northall, usually accompanied by one of her parents, helping to keep our village clean and tidy. So, I take it back! We do have lots of young people who want to do their bit for the environment after all!!

The Bucks “Best Kept Village” competition took place at the end of June, but of course we were not sure when the judges actually visited the Village. The team had carried out a litter pick around the Village in readiness, so I am hoping that they found everything in order. The Village planters are looking good this year, thanks to the dedicated team of planters and waterers. You never know – we might just impress those judges and win this year!

The team will meet from time to time during the Summer and Autumn to keep as much of the village and verges as clear of debris as we can, but really it is up to everyone living here to play their part, keep the area in front of their property clean and take their litter home with them. A big thank you to everyone who has turned out to help with our efforts.

✍️ Lorna Cabbage.

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Anne Thompson's Young People's Cup for Excellence

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

This year EPC awarded the Anne Thompson Young People's Cup for Excellence to Mia Gregory. Mia lives in Edlesborough and has come to the Council's attention for her achievement in football.

Mia started playing football for EB Lions at the start of 2015. She was the only girl in a boys' team but from the start she loved it, she was very keen to develop her game and proved to be a quick learner. She had real positivity in training and enjoyed playing. In her third game when she scored a free kick from distance - it went right into the top corner and was met with stunned silence, before a massive cheer. After that there was no looking back as she developed into a brilliant player, using her pace and strength to score goals and her passing and vision to set up others. It was great education to some opposition players who didn't think a girl should be stronger, quicker and better than them - she took all challenges in her stride.

Across her three seasons with EB Lions she finished top scorer twice, scoring 63 goals from 63 games. Along with this successful score sheet Mia was also a very good team player, she created numerous opportunities for others so was very popular with the rest of our players, winning the Players' Player award twice and Coaches' Player award in the other season.

In 2017 she was selected to play and train



with Bedford ACC (Bedford Advanced Coaching Centre). This was the first time she had played in an all-girls team and despite being a year younger than the others she really enjoyed playing other counties around the country.

At the end of the 2017-2018 season Mia made the painful decision to leave EB Lions and take up a place at Watford FC on the Elite Player Programme. The transition initially was a hard one as she was leaving behind the team she had grown up with but most importantly she was leaving the manager, Gurdeep Singh that had been such a massive influence on developing her into the player she had become. Mia has loved being in an all-girls team this year. The team have won the League Cup and the Division 1 title this year as well as several tournaments this summer. She also finished top goal scorer with over 40 goals this season.

Football has been great for Mia it has given

her confidence, a drive to succeed and a chance to work with others outside the classroom environment. None of it would have been possible without the dedication of the volunteers that have given their time up to coach including her EB Lions' coaches, Gurdeep Singh, Mark Siddons, Adrian Bush, her brother, Kai and her parents Sara and Jim Gregory who support her at training sessions and matches.

Special Projects within the Parish

EPC are pleased to report that after lots of hard work, despite disappointing responses from AVDC and EBPC, the Council has been able to work with Dr Jones and Dr Bell to fund the extension to the Edlesborough Surgery Car Park.

It is hoped that as well as providing additional parking spaces for the surgery patients this extension will help alleviate some of the parking congestion on Cow Lane, Edlesborough.

Allotments

The annual allotment rent for 2019/20 is due to be paid at the start of October 2019. The rent due is £2 per pole.

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



Please ensure rent is paid by 11th October 2019, late payments will incur a £10 administration fee.

EPC currently has plots available at our Dagnall and The Green sites, with short waiting lists at the Northall and Cow Lane sites. Anyone wishing to take on an allotment should contact the Clerk. Fees are £2 per pole and plots range in size from 5 – 10 poles.

Speedwatch & EDaN Traffic Management

The EDaN Traffic Management team are

looking for new members and volunteers to help with their new Sentinel device. If you have an interest in traffic management in the villages or are concerned about Road Safety, please contact Cllr Alan Williams at Alan.williams@edlesborough-pc.gov.uk or 07828 398371

County Cllr Anne Wight

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

- VAHT & BCC Grass Cutting Discussions
- The Brownlow Bridge
- Planning Applications CM/0017/19 and CM/0018/19
- Local Government Reorganisation
- Resident Survey

A full copy of her report can be found on the EPC website.

District Cllr Chris Poll

District Cllr Chris Poll gave the following report at the June EPC meeting:

"I am delighted to report that the decision on the Swallowfields development has now been made. This, along with others, was long overdue. I would suggest this conclusion was not merely down to my appeal to our planning department, as the same issue was being repeated right across the Vale and I am sure others made similar representations. Thankfully the issues are resolved for the moment and your NDP will reduce the possibility of further speculative development applications.

Our first Shadow Authority meeting has been held at which we agreed our constitution. Much in line with the existing 5 councils own constitutions it was unanimously approved. The possibility of any group of councillors requesting that establishment of a Working Group committee was agreed and in that respect I, along with the other council Chairmen and Vice Chairmen, will seek to compile a report for consideration

regarding the future civic duty role in the new Buckinghamshire Council.”

Fly-tipping, Potholes, Pavement & Road Issues

Should you notice or witness **fly-tipping** in Edlesborough, Dagnall or Northall please report this to AVDC using the following link www.aylesburyvaledc.gov.uk/section/fly-tipping-and-other-street-care-issues

Issues with **roads & pavements** should be reported to Bucks CC using the following link www.fixmystreet.buckscc.gov.uk

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

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

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.

Future EPC Meetings

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

Edlesborough Memorial Hall, Thursday 19th September 2019

Northall Village Hall, Thursday 17th October 2019

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 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



Dunstable & District Local History Society

August 13th

Coach trip and river cruise at Lee Valley Regional Park

10th September 7.45pm

1812 and All That

George Darwall inherited a trunkful of nautical trappings from an ancestor who served as a midshipman in the Royal Navy from 1812 to 1815 and saw active service in the New World after the USA declared war on Great Britain. He tells some family anecdotes about what happened.

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The Eaton Bray Good Neighbours scheme continues to provide help and support to our village. Our client listing has increased, and some of this number has extended to our Befrienders group.

We operate a mobile phone system which is manned by a small number of volunteers. The majority of calls are for help in attending hospital or doctor's appointments. More help would be very welcome. There has been an increase in the number of trips for prescriptions, and this has brought us in touch with several new clients. We have also helped with light gardening and some dog walking when clients are unwell.

The Befrienders group flourishes well. We visit some of our Friends at home and a further number attend our social gatherings. In the last few months we have met up to share life stories, which was interesting and we had a Fun Quiz proving very popular. One of our Friends celebrated his 90th Birthday. We had an outing to Poplars Garden Centre for an afternoon tea. This was followed by our invitation to the 90th Birthday Party at the Coffee Tavern. A lovely afternoon was enjoyed by all.

With over 40 volunteers, we are able to give help when requested. This has become an important part of our community. Volunteering is a free way of making you feel good about yourself. Commitment and respect brings the reward of pleasure and appreciation. We welcome anyone who has some free time to volunteer within our community; in particular those who are prepared to be a phone holder. As a driver or help in collecting prescriptions, you need only give a little time now and then. If you are interested in fulfilling any of these roles, please call : 07930 987964 when someone will be able to help you.



Save the Date – Tuesday 1st October Canada Evening

Travel Impressions of Tring are an independent travel agent and their office is located next to Costa Coffee in Tring High Street. Michelle and Sarah, the owners have worked in travel for many years and offer a friendly service, impartial advice and can help with all your holiday requirements. Whether you are planning a short break, summer holiday, cruise or tailor-making a special holiday, they will be very happy to assist.

Sarah has been a Canadian specialist for many years and is one of the top 8 agents in the country for Canada. On Tuesday 1st October, Travel Impressions will be hosting a Canada Evening at the Baptist Church in the High Street, Tring from 6pm – 8.30pm. They will be joined by:

- Prestige Holidays - specialists in arranging holidays to Canada
- APT Touring who feature escorted tours to Canada
- Holland America - the most popular cruise line to Alaska and Canada.

They will briefly talk about how they can help you visit this amazing and diverse country as well as where to go and what to see. There will be time to ask questions and for advice on planning your trip. Please call 01442 890265 or email enquiries@travelimpressions.co.uk to book a place.



We had an exciting time at our Victorian Day at Dagnall C of E school. The children and staff dressed up and went back in time to experience what life

would have been like in 1897. The children had to line up; boys and girls separately, their fingernails were checked and they had to walk with a book on their head to see if they could walk beautifully! Rev Cousans tested the children on the Lord's prayer and asked them questions about it. Some children enjoyed it so much they wanted to do it again!



Appledown's Rescue Dog of the Month



Stunning Erika Lander is an Akita cross who was born in 2012. We are impressed by how relaxed this girl seems and how well she walks on the lead. It is unlikely that she has ever lived in a house, so she will need house-training. She could possibly live with a male dog pending introductions, other pets unknown. Erika will need a home with owners who are willing to give her plenty of exercise and undertake any training that may be necessary. She cannot live in Luton.

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

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Dagnall Community Choir



It may be the height of summer, but at Dagnall Community Choir, our thoughts are now turning towards our concert programme for the autumn and winter of 2019. Our first concert of the new season takes place at St George's Church, Toddington, on the afternoon of Saturday 15th September. This is a new venue for us, and we are looking forward to bringing our music to a new audience.

For this concert, we have decided to revive some songs from our "back catalogue", so we are currently revisiting some old favourites, including a medley from *Les Miserables* and various songs from other well known musicals. This will be combined with classical pieces, with Vivaldi, Elgar and Karl Jenkins all potentially making an appearance in our forthcoming programme.

Along with the old favourites we will be singing some new songs, and are hopeful that *Invierno Porteño*, by Astor Piazzolla may be performance ready by then. If not, that will be a treat for our audiences to look forward to next Spring!

As we grow and develop as a choir, there's no doubt that we're increasingly able to learn and perform more ambitious pieces of choral music, and this is also evident in our re-interpretation of some of the music we've not performed for two or three years. It's rewarding to go back and re-learn tricky rhythms, challenging harmonies or

subtle dynamics in these pieces that may have eluded us last time we performed them.

Michelle, our Musical Director, keeps encouraging us to put our books down during rehearsals, and sing without the music open in front of us. Many of us are quite daunted by this prospect, sure that we will forget the words or mess up the tune, but what a surprise to all when we realised that we can sing through the whole of our Vivaldi repertoire without once needing to refer to the song sheet! Now she just needs to convince us that we can do this in our concerts as well!!

Of course, any new choir members may look at their music sheets as often as they like.... So do come along and join us if you would like to be part of a fun and friendly choir. For newcomers, often the best way to learn a piece of music is by singing next to someone who already knows how their part goes, but we do have an experienced musical team on hand to share their knowledge and expertise with all, so you will be given plenty of help and encouragement to find your voice within the choir.

We meet every Monday from 7.45pm at Dagnall Church, which is the church on the roundabout on the main road through Dagnall. For more information about the choir, or to get in touch, please visit our website www.dagnall-community-choir.co.uk. We look forward to hearing from you!



St Mary's Village Carnival 2019

What a wonderful day our community had on 6 July – Carnival day. The weather was perfect for Carnival organisers – calm and overcast – and it seemed from the numbers in attendance that the weather was perfect for stallholders and visitors alike. Thousands of people were out in force, some there for the first time, or for the first time in many years making comments including one local man who not been to the Carnival for about 20 years who said he was astonished by the sheer size and the excellent organisation of the event.

This year St Mary's Eaton Bray celebrated its 800th anniversary and the organisers chose to have the theme for the event as Village Life to mark that milestone. The village was bedecked with houses decorated to the theme, or draped in bunting and/or balloons; I particularly liked the house decorated with bun tins! In The Best Decorated House competition the winners were 130 High Street in Eaton Bray and 44-46 High Street in Edlesborough. Janes of Edlesborough won the Best Decorated Business (see also separate article by Margaret Jones who judged the houses).

The procession had fewer floats than usual but still managed to extend to take up most of the length of Eaton Bray High Street. The float winners in the schools category were Eaton Bray Academy; the pupils had researched the history of the village and they reflected this in their float. In the young persons category, 1st Eaton Bray and Edlesborough Scouts were the winners. We would be delighted if families would join next year's procession, possibly towing a trailer or boat to form a platform for participants.

During the afternoon there were some good attractions that entertained crowds 5 or 6 deep around the arena, including the Dog Show which attracted a lot of entries and was organised skilfully by Vicky Lawes of Lawes Paws. Among other attractions that drew the crowds were a display of rescue dogs by Appledown Dog Rescue, KFPA, Jazzercise, Revelation Majorettes (winners of over 40 trophies at this year's national awards) and Bezerkaz Circus. Enormous thanks for the success of the day must go to the Organising Committee, and those who have served on the Committee in previous years to help establish many of our procedures: to all the helpers, to local businesses who support the Carnival and to the local organisations who participate to make the Carnival such a wonderful community event. The response to this year's carnival has been incredibly positive; for example I spoke to a lady from Leighton Buzzard in attendance for the first time and who travels the length and breadth of the country to Carnivals, County Shows, Country Fairs and Game Shows throughout the year who told me that St Mary's Village Carnival is one of the best organised Carnivals she had been to! Praise indeed.

The Carnival is so successful as an event for our community because of the amount of people who get involved but it is fair to say that this year we would have benefitted from more help, especially on Saturday morning when we were setting up for the day to come. Often the issue is not the physical nature of the work that has to be done rather it is having enough bodies in the right place at the right time. In those circumstances a little help can sometimes be a very big help. Please consider helping us next year – I'm pretty certain you will enjoy the camaraderie and the satisfaction of doing something for the community (and

free beer for the logistics teams. Please let me know on 01525 220136 if you think you may be able to help in a small (or big) way next year or if you have ideas for new attractions or for the theme.

The money raised on the day will all come back into the local community and will be shared between St Mary's Church, Eaton Bray, The Wildlife Trust, who support local projects at College Lake and Totternhoe Knolls and to various local good causes. If your organisation could benefit from a sum (usually between £50 and £250) please contact me via the Carnival Website www.stmarysvillagecarnival.com.

We will reconvene for next year's Carnival which will be held on Edlesborough Green Saturday 4th July - your prayers for 'Calm and overcast weather please!

CARNIVAL BEST DRESSED HOUSE COMPETITION 2019

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

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

Edlesborough

Cup and Gold Medal 44-46 High Street
Gold Medals Rose Cottage, 21 Eatongate Close
Silver Medals 9 The Green
Bronze 10 High Street

Eaton Bray

Cup and Gold Medal 130 High Street
Gold Medals 42 Moor End, 9 High Street, 11 High Street, 12 High Street
Silver Medals 23 Moor End, 21 Moor End,
Bronze Medals 3 Corners House, 81 High Street,

Best Dressed Business

Cup and Gold Medal Janes
Gold Medal Browns Butchers, Giblins
Silver Medal Edlesborough Flower Shop, Heritage Cafe

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

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

✍️Margaret Jones

The carnival is the epitome of Village Life and especially true of the Tea Tent which was buzzing this year! Thanks to the generosity of those who donated cakes, our volunteers who served the amazing cakes, savoury goodies, hot and cold beverages to an enthusiastic public. It was a great day resulting in an incredible £1,300 being taken. We simply couldn't do it without you all so, from the tea tent committee, a massive thank you!



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 3rd June 2019 from 7:30pm at the Coffee Tavern

Central Bedfordshire Council (CBC)

Cllr Philip Spicer, Email Philip.Spicer@centralbedfordshire.gov.uk

CBC Website: www.centralbedfordshire.gov.uk CBC

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

Bedfordshire Police:

Eaton Bray Police contact: PCSO Kate Arnold, Email: kate.arnold@bedfordshire.pnn.police.uk

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

Are you CONCERNED about anti-social behaviour and fly-tipping?

You can report it anonymously to our Community Police Team.

Go to the link below and give your information in the box marked:- **REPORT A CONCERN**

<https://www.bedfordshire.police.uk/report/Report>

Your information will help the police in these areas of concern.



Neighbourhood Plan:

Residents - keep your eyes on the Parish Council website/Facebook - for updates: <https://eatonbray.com/news/tag/Neighbourhood-Plan>

Village Market

The Harvest Market is planned for Sunday 1st September 2019, from 10am at Market Square, Eaton Bray.

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.



Vacancy: Parish Councillor

We have a vacant seat on the Parish Council – if interested in taking on the role please contact the Parish Clerk.

Parish Council Meeting Dates

Held in The Coffee Tavern / 1st floor, from 7:30pm

*Monday 2nd September 2019

*Monday 7th October 2019



Heidi Head, Parish Clerk & RFO

Email: clerk@ebpc.co.uk - Telephone/Fax: 01525 221464 - Website: www.ebpc.co.uk

Office Hours: Tuesday/Thursday/Friday 09:30-13:30hrs [messages can be left on answerphone]

Follow Eaton Bray Parish Council on Facebook and Twitter

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



EATON BRAY PARISH COUNCIL

Neighbourhood Development Plan



Well, we are nearly there!

The NP has been through its formal Consultations including with CBC. An Examiner was appointed a couple of months ago and he proposed a number of amendments to Policies. The amendments supported our NP adding strength generally and improving our Sustainability Policy. All good! The next stage is the referendum, if we achieve over 50% approval in the referendum the NP will be classed as MADE and will sit alongside other formal Planning Policies for all Planning Applications in Eaton Bray up to 2035.

Summary of some (not all) of the achievements proposed in the NP:

- To protect the Green Belt on its present boundaries.
- To protect and enhance the special heritage assets of the village and its rural character.
- To protect and improve the biodiversity value of the Parish.
- To encourage walking in and around the village, and to better manage the harmful effects of traffic.
- To sustain the range of community facilities, shops and businesses that are essential to community life.
- To ensure that where infill development occurs, smaller and starter one, two and three bedroom homes are built.
- Growth restricted to infill sites outside the Green Belt.
- When a new dwelling is built it must provide a minimum of 1 parking space per new bedroom.
- New dwellings will be highly sustainable.

The referendum should be held in mid-September 2019 or early November 2019.

During the July Parish Council meeting Councillors decided to hold an open meeting on 5th September 2019 in the Coffee Tavern, all residents will be invited to come along and discuss the NP, ask questions and see the Plan documents. The open meeting will be publicised on Facebook and notice boards around the village.

EBPC would like to send a huge thank you to everybody who helped in the development of this NP, especially all steering group members - whether you joined us for one meeting or a couple of dozen, thank you!

**Neighbourhood Plan Drop-in session:
Thursday 5th September 2019, 7:30pm – 10pm, The Coffee Tavern,
Eaton Bray (1st floor)**

All residents are invited to come along and discuss the NP, ask questions and see the Plan documents. To understand the process and next steps. *More details to follow – Facebook/Notice Boards.*

Thank You

✉ Glenn Wigley – Chairman EBPC NP



Heidi Head, Parish Clerk & RFO

Email: clerk@ebpc.co.uk - Telephone/Fax: 01525 221464 - Website: www.ebpc.co.uk

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St Mary's Eaton Bray Flower Festival

'Our Favourite Hymns'

Friday 20th – Sunday 22nd September



Friday 20th September, 7pm – 9pm:

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Tickets £10 each

For ticket orders contact Angela Dunford:

angela.dunford29@gmail.com / 01525 221944

Saturday 21st September, 10am – 5pm

**Sunday 22nd September, noon – 5pm, followed by Songs
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Refreshments available

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Festival contact details: Barbara Morton

Barbara.morton1@gmail.com / 01525 852368



A Unique Music Festival in a Special Venue from Britain's Got Talent to a bit of Squeeze

2019
EdleFest

One of Aylesbury Vale's most beautiful medieval churches has just hosted EdleFest 2019, a unique music festival that is going from strength to strength. With sell-out nights for the first time this year, people came for the fabulous view, for the real ale, but mostly to see some fabulous music in the church on the hill at Edlesborough, Bucks!

Friday June 14th saw the iconic Chris Difford, co-founder of Squeeze, entertaining the audience in equal measure with his anecdotes and a stream



soundcheck!

And there was more to follow on Saturday June 15th with Sam Kelly. By the age of 19, Kelly was singing to millions in the final of ITV's Britain's Got Talent where, as Simon Cowell (never the easiest critic!) proclaimed, "Sam, you've nailed it... you have an amazing voice". But it's in the genre of traditional music and songs where he has really made his mark. "Amazing, thrilling music," said Mark Radcliffe, of BBC Radio 2, and he was not wrong, as his trio of musicians gave the audience a sublime collection of traditional songs.



of hit songs. Difford has made a huge and lasting contribution to English popular

music, writing hits such as *'Cool For Cats'*, *'Up The Junction'*, *'Labelled With Love'*, *'Goodbye Girl'*, *'Pulling Mussels'*, *'Tempted'*... the list just goes on. And his band included the magnificent Steve Neive (Elvis Costello and the Attractions) on piano, who even entertained the stage-crew on the church organ during the

And that's not all - both evenings



included a number of other great support acts, such as the Jaywalkers, a virtuosic bluegrass band who are touring with their excellent new album, *Time to Save the World*, and local favourites The Dicemen and Starlight Barking, part of the next generation of traditional musicians. 2019 was the first year EdleFest has had to turn people away, so get an early look



in for 2020 if you want to experience a great weekend of music in very special venue. You can find out more about the whole event online by searching for *Edlefest*, or visiting edlefest.site123.me



✉ Richard Brandon



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Polpettone - Italian Rolled Meatloaf

Make no mistake, this polpettone is pretty epic. It's like a traditional meatloaf, only bigger, fuller, more dramatic and with more ingredients. It was created by Valentina Mamusa, who runs the delightful Valentina's Café in Chiswell Green near St Albans. She runs it with her husband, Alberto. They always come on my show together and I call them Albertina! They moved to the UK with their young son for a new experience, opened their café and are now very much part of their local community. Italy's loss is our gain, and this rolled meatloaf is magnificent.

500g minced beef
1/2 teaspoon grated nutmeg
1 tbsp chopped parsley
6 eggs
100g grated parmesan
100g smoked cheese or Provolone
1 glove of garlic, crushed
200g spinach
1 pack thinly sliced bacon

Hard boil four of the eggs and let them cool. Pierce the spinach bag and pop it in the microwave for about a minute to wilt it. Alternatively you can pop the spinach in a pan with a little butter.

Mix the beef in a bowl with the remaining two eggs, nutmeg, salt and pepper, the parsley and the cheeses.

Lay a sheet of baking paper out on the worktop. Lay the bacon out on the paper and then flatten the beef mix out into a rectangle around 8-10mm in thickness on top of the bacon.

Add the spinach and top with the boiled eggs.



Tightly roll the mix up, using the baking paper as you go, in the same way as you would roll up a Swiss roll.

Pop this in a baking dish and leave it to chill for around an hour.

Heat your oven to 200C/ Gas Mark 5 and roast the polpettone for around 20-30 minutes. You want the bacon to have taken on lots of colour and the roll needs to be hot in the middle.

When it's cooked, take it out of the oven and leave it to rest for 30 minutes.

Serve it in thick slices with mashed potato drizzled with the cooking liquor.

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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Sunday 22nd September 2019

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Details to be confirmed

Café Community

Saturday 12th October 2019 11am – 1pm

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light lunch

Social Afternoons

Thursdays 2pm – 4pm

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refreshments

All Welcome

The month of June opened with a Local Arrangement, which means that the service is led by members of the congregation – on this occasion, Ray and Shirley Burridge. The theme centred on the amazing love of God which is deeper, closer, more real, more forgiving and more transformative than we can easily understand. On the second Sunday, as usual, we had Café Worship, led by Elisabeth Bibbings. As it was Pentecost, we had discussions about ‘Change’, how we react to it and how the empowerment of the Holy Spirit affected the disciples. The third Sunday was Trinity Sunday as well as Father’s Day and Rev Wallace Edwards conducted our Communion Service, celebrating the love of God the Father. On 4th Sunday we gathered together with all the other churches in the Circuit for a great service of celebration on Dunstable Downs. It was lovely weather and, surrounded by glorious views and the natural beauty of the countryside, it was fitting that the service honoured God’s Blue Planet and made us think carefully about our stewardship of the world and the natural environment. It is the custom that we share services with other village churches on the 5th Sunday in the month and on this occasion we were made very welcome at the Salvation Army where the service emphasised the glory of God’s gift of music and song in our worship and lives.



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Tuesday 10th September

6.30pm

Eaton Bray



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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.

MARKYATE LION(S)

I know what you're thinking from the title – is it one lion or is it more? Well, as I hope you can see from the picture, in this case it is two lion's bodies with one head!

In Markyate church, dedicated to St John the Baptist, which nestles in a dell near Markyate Cell, there is precious little heraldry, but this example is a very rare beast indeed. Originally a chapel of ease for Caddington, the only heraldically important memorial here is to Joseph Howell (of Markyate Cell), who died in 1819 at the age of 67. Apparently he was greatly loved, unassuming and amiable and he served as High Sherriff for the County of Bedford in 1811.

Now to the heraldry. The particular lion shown on the shield here is known as a '*Lion rampant guardant bicorporated*'. Guardant because the lion(s) are looking at us and *rampant* for the well-known attitude, i.e. erect and resting on a hind paw. Given that in medieval times some twenty percent of all coats of arms had lions on, I suppose it was only natural every so often to try and come up with a new

'design' for this magnificent beast, and having two bodies and one head is certainly novel! The crest above the shield is of a different beast or monster, a griffin. The correct description or blazon here is '*a griffin sejant holding a broken spear*' *Sejant* is the word used for a beast in a sitting position.

According to the official list of crests, this one for Howell should be a griffin Azure holding a broken spear Sable and additionally, the attitude should be what is termed '*Segreant*' which is the same as *rampant* but only when used for a griffin rather than a lion. Who said heraldry was simple?



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Early Edlesborough History Courtesy of Friends of the Church on the Hill Poverty

Originally the poor were cared for by the giving of alms and charity by the monastic houses, but following the Reformation the responsibility was passed over to the parishes. Churchwardens and several substantial householders were chosen each year as overseers of the poor, to maintain them and set them to work, the funds being provided by every inhabitant.

It became almost impossible for the poor to move from their parish of settlement. Vagrants and beggars were arrested and beaten and families were often split up in consequence. People receiving relief from the parish were made to wear a badge on the shoulder of the right sleeve of their outer garment. The penalty for not wearing this was withdrawal of relief, whipping and 21 days hard labour in gaol.

In 1683 the five children of a family in Edlesborough seemed likely to become dependent upon the parish after their father was arrested for begging. Each child had been born in separate parishes as their parents had moved from place to place for work. The first three were ordered to be removed to their different birthplaces at once and the others to be similarly removed when they were 7 years old.

Seven appears to have been the age of responsibility. Child paupers were apprenticed at that age. After a constable at Wing had publicly flogged two children aged 4 and 2 years for begging, there was such an outcry that a Buckinghamshire court ruled that no vagrant under 7 years could be whipped. The Poor Act of 1834 abolished the old parochial system and amalgamated the parishes into unions, the nearest one being in Leighton Buzzard.

St Mary's 100 Club

The lucky prize-winners are:

June 2019

1st prize – David Mann

2nd prize – Anne Hendrickson

3rd prize – Yvonne Ranson

July 2019

1st prize – Chris Banks

2nd prize – Roger Wilkinson

3rd prize – Joan Fossey



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Northall Baptist Church

A little Church with strong local links
“Sing and make music from your heart to the LORD”

My name is Jan Sloggett and I have been a member at Northall Baptist Church for 15 years. I was a leader for 3 years from 2015, and during that time, I was responsible for pastoral care, leading services and preaching. Since becoming a member, I have shared the responsibility of providing music at the Sunday morning services by playing the keyboard.

Shirley Smith, our organist is a brilliant sight-reader – a gift which I do not possess – and plays the more traditional hymns. I tend to play the more modern, upbeat songs, using the keyboard’s drum beat accompaniment. The keyboard shown was recently bought by the church; I am well familiar with it and thankful for the purchase.

On a more personal note, I’m married to Guy and we have 3 grown up children one of whom lives in Perth, Australia, one who lives in Worthing and one who lives at home. We also have 4 grandchildren.



Two and a half years ago, our youngest son, Paul, lost his sight due to Diabetic Retinopathy. It seemed like the end of his world when he had to surrender his driving licence. But Paul coped so well with his blindness, and after 4 operations, laser treatment, injections, and copious amounts of prayer to our Lord from my wonderful friends at Northall Baptist Church, his sight was restored to the point where he was able to have his driving licence back and return to work at Eckoh in Hemel Hempstead who were wonderfully supportive of him throughout his illness.

Just recently, I was diagnosed with a pulmonary embolism and spent 5 days in Luton and Dunstable Hospital. After x-rays, CT and Nuclear scans, I was also diagnosed with a very aggressive form of breast cancer. Being a Christian, I know that I have the best physician in my life.....Jesus Christ, and He has given wisdom and skill to the medical team caring for me. Yes, I am concerned, but not afraid, about the future, as I know I need chemotherapy at the end of which I will have a mastectomy, which may end being a double mastectomy.

Once again, I have support through prayer from my church family, Facebook friends and many others in the locality. I will have begun chemo by the time you read this and will probably have lost my hair. I’ve had several suggestions as to what colour wig to have, from bright green to shocking pink! But I think I’ll be pretty conservative with my colour choice. This is not going to change me. I will stay positive. God willing, I still intend to continue leading services, preaching and playing the keyboard.

After all, I’m still Jan.

The title for this month’s article comes from Ephesians 5:19. You are very welcome to come on Sunday mornings to join in our music and song at 11am. You’ll get a warm welcome.

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

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All Saints' Church, Dagnall

Services in August/September 2019



Sun. 4th Aug.	9.00 am	Eucharist
	10.30 am	Morning Service
Sun. 11th Aug.	10.30 am	Morning Service with Holy Communion
Sun. 18th Aug.	10.30 am	Family Eucharist
Sun. 25th Aug.	10.30 am	Family Service
Sun. 1st Sept.	9.00 am	Eucharist
	10.30 am	Morning Service
Sun. 8th Sept.	10.30 am	Morning Service
Sun. 15th Sept.	10.30 am	Family Eucharist
Sun. 22nd Sept.	10.30 am	Morning Service
Sun. 29th Sept.	10.30 am	Family Harvest Festival Service
Sun. 6th Oct.	9.00 am	Eucharist
	10.30 am	Morning Service



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

August/September at the Grove

Comedy

Barnstormers Stand Up Comedy 26 Sep

Theatre

Robert Temple: The Hypnotist Live & Outrageous! - 7 Sep

Bring It Back – Luton & Dunstable

Children's Variety Show 2019 - 14 Sep

Encore Screening

Measure for Measure – 11 Aug

Andre Rieu: Maastricht Concert – 18 Aug

One Man, Two Guvnors - 29 Sep

Live Music

T-Rextasy - 6 Sep

The Drifters - 12 Sep

The Bohemians - 13 Sep

Jasper Carrott's Stand Up & Rock - 17 Sep

Take That The Greatest Hits: The Sing-a-Long - 20 Sep

Get Ready - 21 Sep

The Rocket Man – A Tribute to Sir Elton John - 27 Sep

Lipstick On Your Collar - 28 Sep

A Tribute to Ariana and JoJo - 29 Sep

Film

Toy Story 4 (U) - 11 Aug

Men in Black: International (12A) - 11 Aug

Late Night (15) - 13 Aug

Toy Story 4 (U): Relaxed Screening - 13 Aug

The Queen's Corgi (PG) - 17 Aug

The Secret Life of Pets 2 (U) - 17 Aug

Spider-Man: Far From Home (12A) - 17 Aug

Yesterday (12A) - 21 Aug

Paw Patrol: Mighty Pups (U) - 24 Aug

Pokémon: Detective Pikachu (PG) - 24 Aug

Tell It to the Bees (15) - 24 Aug

Booksmart (15) - 26 Aug

Amazing Grace (U) - 27 Aug

The Hustle (12a) - 28 Aug

The Lion King (PG) - 30 Aug

Wild Rose (15) - 3 Sep

Pavarotti (12A) - 4 Sep

Gloria Bell (15) - 5 Sep

Once Upon a Time in Hollywood - 23 Sep

Calendar Girls (12a) - 27 Sep

Musicals

Whistle Down The Wind - 8 Aug



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Nigel's Thoughts Methodist Minister

I wonder what plans you have for this Summer?

Earlier, in June we enjoyed a weeks holiday on the Derbyshire/Staffordshire border near Ashbourne and in August we plan a week near Canterbury in Kent.

In both cases we will have re-visited places that we have enjoyed in the past, in the expectation that there is more to discover about them and refreshment to be experienced there.

Some people return to the same place each year for their summer holidays many re-booking the same accommodation year-after-year. They have found somewhere special – a place to return to that keeps on meeting their need and continues to be a place of refreshment for them.

For centuries many Christians have found refreshment for the spirit and the body by visiting what have come to be known as ‘thin’ places, where it seems that (for

them) heaven effortlessly touches earth and it is easier to enter into God’s presence and peace. These places are often on ‘the edges’ – places which require some determination to get to because they are remote and may be (for me anyway) where the sea meets the land. Sometimes they are islands e.g. Iona off the coast of Mull and Holy Island (Lindisfarne) off the Northumbrian coast. A personal favourite – visited only once – was Inishbofin, the ‘Island of the White Cow’ off the coast of Connemara, County Galway, Ireland.

Wherever you choose to go and whatever you find yourself doing I wish you refreshment, the opportunity to explore some new aspect of God’s wonderful world and discover more of his great love for you.

God bless,
✍️Nigel



Cheddington Bowls Club is supporting the **WOMEN CAN** campaign to encourage all you ladies to get active in a sport. Bowls is a great game and one where women hold their own against the men, both in skills and as mixed team members.

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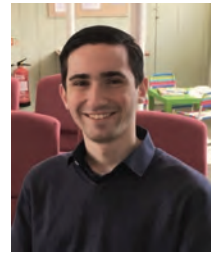
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NEW BEGINNINGS



It's hard to believe that it is already July and it is already the time to send in our contribution for the August/September Focus! The harvest will soon be brought in and churches around the country will join in singing the familiar chorus

'All good gifts around us

Are sent from heaven above:

*Then thank the Lord, O thank the Lord
For all His love.'*

We give thanks to the Lord for His many blessings to us- life to live, water to drink, air to breathe and many other things we all enjoy. But we give thanks most of all for the gift of God's Son (don't worry, this isn't a Christmas article!) who gave His life, so that we might have eternal life with Him in heaven. That is a good gift to enjoy all the year round.

God has blessed us as a church in many ways, and we can truly say that 'all good gifts are sent from heaven above' -from a loving Father who never fails to love and care for his children. Some of these gifts are like we see a harvest- the result of something that has previously happened, something that has been cared for and brought to life.

We are thankful for Timothy stepping in as part-time pastor for the past two years. He and his wife will be moving on from the church and the area in the autumn as they properly retire. However, we believe God has led us this far, and we are thankful for his direction particularly as the church has asked me to serve as pastor from October 1. This is an exciting new beginning, and we look forward to the future with eager anticipation. I am also getting married this September, so it'll be a busy time of the year!

Maybe you don't understand why Christians are like they are. Why do we

have such hope? Why are we joyful? Why are we thankful? It is because we have a hope that the Bible says is sure and certain- we know where we are going, and this world is not our home! That might raise even more questions in your mind. If you could ask God one question, what would it be? Why not join us for a special meeting on 4 September at 7:30 in the Memorial Hall when we are asking and answering some of the most asked questions about God, Christianity, and the world we live in. The meeting is open to all and refreshments will be served.

You can always join us on Sundays at 10:30am and 6pm as we read the Bible, sing praise and pray to God, and listen to a talk explaining and applying the Bible into our daily lives. I hope to see you there.

✍️ Alister King

Pastor Designate, Grace Baptist Church Edlesborough

Grace Baptist Church Edlesborough

Pastor Designate: Alister King
gbcepastor@gmail.com

Weekly Activities

Sunday Services

10.30am Morning Worship

6.00pm Evening Worship

2nd Monday

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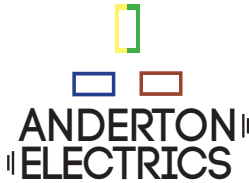
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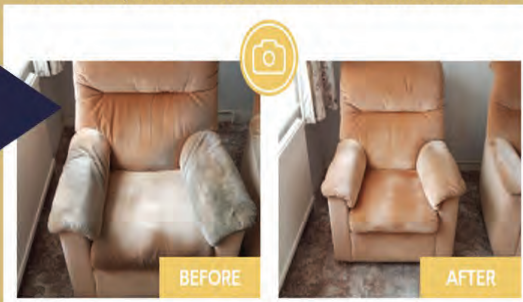


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With an increase in aircraft in the area and in particular when the wind is from the East, we are getting some aircraft flying directly over the village to join the flight path into the airport. If you are disturbed by the traffic flying over the village, 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





Love to sing?

Skilled singer, keen amateur or star of Karaoke?

The Danesborough Chorus welcomes new voices

Sing classical music to a high standard
under the expert direction of our conductor, Ian Smith.

New season starts Wednesday, 4th September 2019

Aspley Guise Village Hall, 7.45 pm - 9.50 pm

Come and try us for a few weeks!

Phone our membership secretary, Carol Yirrell, on 01296 680328 for more information or email daneshboroughchorus@gmail.com. You can also visit our website: www.danesborough.org.uk



Edlesborough W.I.

At our July Meeting we welcomed a return visit from Edwin Rye who astounded us all with his great enthusiasm and energy, presenting a talk about his 'trials and tribulations' in preparing to compete for the BBC Gardener of the Year, TV programme, a few years ago which he deservedly won out of an original 1500 applicants.

After an obviously satisfactory visit to his own garden by the BBC Camera Crew and after lots of questions and tests (all about plant names etc), he was chosen to compete in the finals at the Birmingham Botanical Gardens. He had to design and create a garden for which he was given a budget of £1000, and which had to be completed within a five day period. Even the plants he took from his own garden had to be included within the budget. He had to amass all the plants himself, which were all transported to Birmingham in a large van which was supplied by the BBC.

Edwin designed an elegant white and silver garden and started work each morning at 7am. He had to do all the hard landscaping himself

with one chosen helper. During this week his work was interrupted by questionnaires, tests and visits from the experts, and at the of the five day period a bell was rung and they had to cease their work whether it was completed or not.

He was fortunate enough to meet the 'great and the good' of the Gardening World and it was Rachael-de-Thame and Joe Swift that did the final judging. The gardens in the finals had to remain in Birmingham for one year, after which some were given to charity but Edwin chose to bring his home to his own garden. All the hard work resulted in one programme of one and a half hours only. All that hard work for such a short period of TV time!

Any funds Edwin receives from his talks and from opening his own garden are sent to help support a children's charity in Africa. A subject which is obviously 'dear to his heart'.

Edwin packed so much information into his talk that we were positively enthralled and pleasantly exhausted, at the end.

All in all it was a magical and enjoyable evening.

✍️ Sue Parker

Creative Line Contour Drawings with Twigs

Ever thought of experimenting with your opposite hand to make creative gestural drawings? In this session I'm encouraging you to create fun, and fear free, experimental drawings with sticks and/or twigs. If you're right handed use your left hand and/or vice versa. Find yourself something to explore. I used dried flowers but you can do anything (landscape, people, objects or flowers). Go and find yourself a few twigs from the garden and some black ink of any kind. Don't use your pencils first just dip your twig in your ink and go for it! Now, before you go for it, really look at your subject.



Looking

The first thing to do is imagine that your twig is following the edges of your subject and tracing it. Really look and allow yourself the time to follow the contour (edges) of your subject with your eyes. We draw through 'touch' so imagine your twig 'touching the edges' of your subject. You are 'touching the subject with your eyes'. Now dip your twig in your ink and begin to follow those contours and let the twig move across the page almost without taking it off the page. Keep going and let the marks cross over and let yourself really 'go'. When you run out of ink dip it in again and carry on. The marks will have different tonal values due to the lack of ink as you draw which adds to your drawing. You will find you have very dark marks to begin with and then lighter ones as you draw. Almost let your twig tickle the page so you vary the pressure of your hand and get different strokes and tones.



This is a really good 'looking' exercise and will help you to 'let go' more using your opposite hand. By using your other hand you will feel out of control which is what we want. This takes the fear out of getting it right. We don't want you to get it right but focus on the 'act' of looking and eventually with a lot of practise you will create some stunning creative marks in your drawings with confidence. Lorna runs an adult art course @ Whipsnade. Next term starts in September. Free class tasters available all term. Email drmooresartcourse@gmail.com
Fb Dr Lorna Moore's Creative Art Course or call 078 9661 9660

Did You Know the Colour in your Home could Affect your Mood?



It's true we all have personal associations with colour that affect how we feel about them. Some of us might find pale muted colours calm and relaxing spaces, while others could find them dreary. If the colour in your home is just not doing it for you, then perhaps it's time for a change!

Have you ever painted a room and thought that wasn't the colour I thought it was going

to be. There are a few factors you need to take into consideration when choosing an appropriate colour and this should be getting to know your room. How much natural light does it get and what will the space be used for.

Firstly you need to determine the quality and amount of natural light and this will be dependent on the direction of your room. A south facing room will be a bright sunny space, where as a north facing aspect will not get much direct sunlight. In each scenario you need to choose the right colour to get the best out of the space. For a north facing room choose a palette of warm colour tones which will help reflect light and stop it feeling gloomy. Another trick is to use special light reflective paints.

For small spaces avoid strong bold colours as these will visually appear to push the walls closer, making the space appear smaller. The paler a colour the more it will recede, so these colours would be a better choice for this space. Also a colour in natural light will change when seen in artificial lighting schemes. So make sure you look at a colour at different times of the day. Always try to achieve a harmonious balance between the light and dark colours. When you are combining colour schemes an interior design rule is to use one colour as the dominant colour 70% and the others as accents, but never more than three colours in one space.

Secondly what the space will be used for and what atmosphere you want to create. A vibrant yellow in a bedroom won't be very conducive to creating a relaxing place to sleep!

If you need a helping hand updating your colour scheme or revamping your home seek the advice of an experienced Interior Designer.





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Please get in touch if you want to play, we have teams at most age groups. Contact us at enquiries@eblions.co.uk.



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Dagnall Weather Station (AONB)

Weather Conditions for June 2019

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

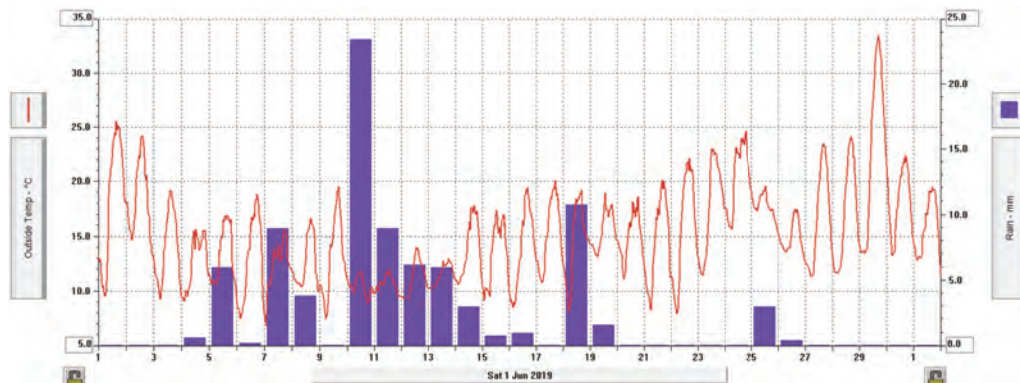


June began fine and warm. On the 4th it became unsettled with showers and cooler than we would expect for early June. On the 11th we recorded 23.39mm of rain, which is more than half of the total we had in May – all in one day! For the next few days it was unsettled with showers, cooler temperatures and misty at times, so it felt more like autumn than summer. On the evening of the 18th we had 10.8mm of rain, then high pressure moved our way giving us sunny days but still chilly nights. After this, the temperatures started to pick up and on the 29th we recorded a massive high of 33.6°C. The month's rain totalled 84.8mm, which is 158% of the 10 year monthly average for June. However, even then, it was not enough for us gardeners.

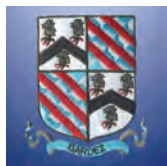
* For those of you who follow the Dagnall weather station online, you will have seen June's monthly rain showing as 71.8mm, whereas 84.8mm was the correct figure. Apologies, as this was due to a software glitch when uploading to the web.

	High	Date/Time	Low	Date/Time
Temperature:	33.6°C	29 June 16.30	6.8°C	7 June 01.30
Mean Temperature	15.0°C			
Dewpoint:	19.7°C	24 June 14.30	4.7°C	29 June 01.30
Humidity:	96%	12 June 02.30	34%	16 June 17.30
Barometer:	1029.8 mb	27 June 09.00	997.6mb	7 June 12.30
Wind Speed	34mph W	8 June 13.30	Months avg.	8.2 mph
Wind Chill:	23.1°C	23 June 17.30	-0.6°C	5 June 06.00
Dominant Wind:	W			
*Rain Days: 16(T), 16(R)		Wettest Day 10 June	23.39mm	0.921 ins
Monthly Rain:	Total	June 2019	* 84.8mm	3.338 ins
Yearly Rain:	Total	5 Month	295.4 mm	11.630 ins

June Rain and Temperature



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! go to the apple store, search for Weather Underground and follow the instructions to Dagnall Weather Station. Now updated every minute.



Eaton Bray Cricket Club

A little improvement but not nearly enough.

Results

June 15th - New Bradwell 223-5 beat Eaton Bray 1st X1 207-8 Jaco Jacobs 46 by 16 runs.

West Oxley 128 a/o beat Eaton Bray 2nd X1 125-6 Lee Gauntlett 44 by 3 runs.

June 16th - Blunham 118 a/o Phil Spicer 3-23 lost to Eaton Bray Sun X1 120-3 by 7 wickets.

June 22nd - Eaton Bray 1st X1 215-7 James Flecknell 57 Paul Harris 55 beat Olney Town 146-7 James Flecknell 3-23 by 69 runs.

Ivinghoe & Pitstone 188-9 Daren Kerrins 3-29 lost to Eaton Bray 2nd X1 192-4 Charlie Hosking 52 by 6 wickets.

June 23rd - Eaton Bray Sun X1 237-3 Marc Flack 109 n/o Joe Moss 69 beat Caddington 121 a/o Joe Moss 5-27 by 116 runs.

June 29th - Eaton Bray 1st X1 187-7 James Flecknell 50 lost to Biddenham 189-8 Jamie Osborn 3-49 by 2 wickets.

Eaton Bray 2nd X1 295-2 Joe Braddon 184 beat Newport Pagnell 199 a/o Ian Jones 5-26 by 96 runs.

June 30th - Queens Park conceded to Eaton Bray Sun X1.

July 6th - Elstow 341-5 beat Eaton Bray 1st X1 106 a/o by 235 runs

Eaton Bray 2nd X1 176-8 Lee Gauntlett 54 lost to MK Superkings 177-9 Joe Braddon 3-18 by 1 wicket

July 7th - Eaton Bray Sun X1 172 a/o beat

Leighton Buzzard Town 154 a/o by 18 runs, Are you looking to advertise. We offer company or private banners sized approx 1 meter by 4 meters at £450 for a 3 year deal to be stationed on fencing at the ground or match day ball sponsorship at £30. This includes extensive coverage on our Social Media pages and a mention in Focus which reaches over 2500 homes. So if you would like to be a part of a family friendly progressive club please get in touch via Facebook or Twitter.

We are always searching for new players of any age ability or gender. The club run 2 senior teams in the FCCL on Saturdays and a senior team in the Beds Sunday League. There are also 6 junior teams at U9 2XU11 2XU13 and U15 age groups all supported by qualified coaches.

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

Enjoy your cricket with Eaton Bray in 2019.

Eaton Bray Cricket Club 100 Club Winners June 2019

£100	Samantha Booth	No 124
£25		No 126
£10	Ann Todd	No 26

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

Eaton Bray Cricket Club August Fixtures

FCCL Div 1 1st X1

3rd Westcroft A
10th Luton Caribbean H
17th New Bradwell A
24th Olney Town A
31st Biddenham H

U11 Dev

04-Aug Aspley Guise H

FCCL Div 6 2nd X1

3rd North Crawley 3rd H
10th Milton Bryan 2nd A
17th West Oxley Kings H
24th Ivinghoe & Pitstone H
31st Newport Pagnell 2 A

U13 Dev

06-Aug Amptill A

Beds Sunday League

4th Bedford H
11th Amptill Town H
18th Blunham A
25th Bedford A

U15 Dev

01-Aug Langford H
08-Aug Aspley Guise H

Salvation Sound



*The Salvation Army hall
In Booth Place LU6 2DR*



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Dear Reader,

The 9th of June was Pentecost Sunday and we had a visit from the Salvation officer in charge of Luton SA to conduct our morning meeting. We knew his interest was conjuring but were rather taken aback as he opened his bible and flames leapt a foot into the air. He continued to read the scripture for the day with the flames continuing to burn until he shut the book. He then turned to his notes but before he could speak **THE FIRE ALARM WENT OFF HIGH IN THE CEILING**. It took a little time to find a stick so that he could stand on a seat (as he was the tallest) and press the stop button.

Let me tell you what he had read to us. Acts chapter 2 commencing at the first verse.

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them.

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

**THIS WAS THE BEGINNING OF THE CHURCH, LED BY THE HOLY SPIRIT
MAY GOD TOUCH YOUR MIND AND HEART TO HEAR HIS VOICE.**

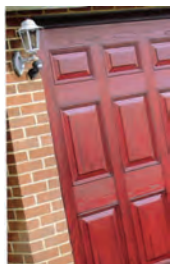


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