# FOCUS

October 2019



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

# The White Horse Inn

Eaton Bray

Market Square Eaton Bray Beds LUG 2DG 01525 220 231



# New menus are coming!

Our new menus start on 8th October

# Our Christmas day menu

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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.



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

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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* 

# Village Diagy October 2010

Weekly

(term time)

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

Mon-Fri

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

(term time) 358342

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

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

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

(term time) 01582 668841

Mondays Pilates, 10.45am, Totternhoe Memorial Hall, Lisa: 07832 230774 Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm

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

(term time) Jan 01442 864271.

Curtain Call Youth Theatre 5-7.30pm, Eaton Bray Village Hall, Gavyn 01525 220525 Mondays Mondays Curtain Call Theatre Group - 7:30-10:30pm Eaton Bray Village Hall, Sheila -

sdtwinkletoes@yahoo.co.uk

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

kfpa.co.uk

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

Street, Edlesborough. Contact Liz Coates 01442 842550

Yoga, 6:45pm, Edlesborough Memorial Hall, contact 07837 727302 Mondays 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

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

01582 620576

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

itptinfo@gmail.com

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

Fortnightly Place, Eaton Bray

Pilates, 8pm, Northall Village Hall, Lisa: 07832 230774 Wednesdays

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

Contact Barbara on 07854 230243

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

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

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

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 Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208 Thursdays Thursdays KFPA Street dance classes 4+yrs 4pm, Edlesborough Memorial Hall, www.kfpa.co.uk

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

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

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

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

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

574405 or jtptinfo@gmail.com

Village Diary October 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 Mermorial 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 "Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whittemore on 01525

(term time) 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 itptinfo@gmail.com

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

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

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

Monthly

1st Monday Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except Jan-2nd Monday)

1st Monday Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret

Jones on 01525 220991

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

(ex. Bank Hols) Westwood (01525 839083)

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 October 2019

#### **Other Regular Events**

6th Beds Area Narrow Gauge Model Railway Club Meeting, 10.30am-3.30pm, Eaton Bray

Village Hall

11th Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.

12th Cafe Community, 11am-1pm, Eaton Bray Methodist Church

15th Dagnall and Kensworth Friendship Club at Dagnall Village Hall, 1:30pm, Bangers and

Mash lunch followed by bingo with Chrissie Smith.

#### One Off/Annual/Irregular Events

10th Eaton Bray W.I. Coffee Morning, 10:30-12:30

11th Quiz Night for Macmillan Cancer Support, 7pm, Leighton Buzzard Rugby Club, £8, book

01525 371322

12th Coral Celebration for St Mary's 800th Anniversary, 7:30pm, St Mary's Eaton Bray, £7.50,

Box Office 01525 222283

22nd Messy Church Magic, 11am-1pm, St. Mary's Eaton Bray

26th Eaton Bray Village Litter Pick

#### Eaton Bray Good Neighbour Scheme Proposed Home library Service



#### Did you know the scheme is starting a Home Library Service?

The service would be open to anyone of all ages who have difficulty visiting a library due to ill health, a disability or general frailty. All clients would have to be eligible to join the library in Leighton Buzzard.

#### What will they get?

People who are eligible for the service will be entitled to 10 books, 10 spoken word items, 2 DVDs and 2 puzzles.

#### What does the library require?

Prospective clients will first fill out an application form which we will pass on to the library. Clients are then contacted by the library which will then complete a customer profile which will include personal, medical and mobility details alongside library information and an assessment of customer's preferences. The library will keep a copy of the profile and a copy will be given to the Good Neighbours group.

#### How will the service work?

There is a van route at present serving Eaton Bray and we would take over these existing customers as our first clients. The van would drop off the bundles of books to a designated place once a month, where volunteers would pick them up and deliver them to clients. Volunteers will deliver to the same client each time to increase rapport.

- There are no fines for home library clients.
- If a client hasn't finished a book they can keep it until the next visit from the volunteer

#### Talking Books and ebooks

The library has offered to show volunteers how to download the app for talking (audio) books and ebooks to their device. They can then use this information with clients It is hoped the scheme will start in October. If you are interested in becoming involved

as a Home Library Service volunteer please contact Jeni Mackenzie 01525 229613 jenimackenzie@gmail.com

Chris Sanders 01525 220740 chris.sanders45@gmail.com





### **EDaN Community Transport**

Peter Williams: 01442 842506

Village Hall Bookings

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

Eaton Bray: Norman Lee Tel: 07975 797202

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

Dagnall: Izzy Lee on 07851 088815 Email DVH\_Bookings@outlook.com

Edlesborough Memorial Hall: Penny Pataky, Tel: 01525 229358

Email: manager@edlesborough-pc.gov.uk

#### Police Contact Numbers...

making neighbourhoods safer together

**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, online shopping support etc. or if you would welcome our befriending service.

We help people of Eaton Bray and adjacent villages

# Eaton Bray with Edlesborough Parish News

Vicar: Rev'd Joy Cousans

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

As I write this St Mary's Church in Eaton Bray has been celebrating again. On the feast of St Mary the Virgin, special guests were invited to join with us to mark the 800th anniversary of the founding of the present church building. Bishop Richard, Bishop of Bedford, spoke about taking the long view. The importance of ancient buildings especially churches in their communities is that they are a constant presence through good times and bad.

In 1219 when St Mary's was consecrated, Henry III was on the throne. He was still a child and the country was ruled by a regent who died in 1220. Then the Archbishop of Canterbury effectively took on the role of Regent until Henry reached his majority. These turbulent times included war with France, the siege of Bedford Castle and several subsequent Archbishops of Canterbury being elected only to have their election vetoed by the Pope. St Mary's Church has been there through the Black Death, the dissolution of the monasteries and the break from Rome under Henry VIII. Times were indeed uncertain and religious practices changed significantly with the introduction of the Prayer Book in English and a law that every person must attend Sunday worship.

In later years, the beheading of Charles I would have been a shocking event followed by civil war and the Parliament of Oliver Cromwell. The restoration of the monarchy brought yet more change



#### Dagnall Church Welcome Club



Tuesday 8<sup>th</sup> October 2pm to 4pm Drop in for a chat, a cuppa and cake. Join us to 'knit and natter' or play a board game. Children and babies welcome.

Dagnall Church, Ringshall Road HP4 1RL

poverty and times of prosperity.

and uncertainty. St Mary's church has stood through the Industrial Revolution and two World Wars. There have been times when the building fell into disrepair and almost fell down, occasions when people must have wondered if there was a future for St Mary's. As Malcolm Guite, poet and priest writes: 'It's easy to take such continuity for granted,

but, in times of change and consternation, times of confusion and uncertainty such as our own, these unperturbed continuities come to mean something more: they become signs of survival and hope.' Churches are often the oldest buildings in the community and become the repository of community memory. It is there that significant moments in the lives of individuals and groups are marked. The church is there for celebrations of weddings, baptisms and festivals. It is to the church that people come to mourn their dead and at times of crisis. Over the last 800 years, the villages of Eaton Bray, Edlesborough, Northall and Dagnall have grown and developed. They have experienced times of

As we face some big challenges and changes in our national life, it is good to be reminded of the long view. It is also good to be reminded that through it all God is with us. In Psalm 46 the Psalmist writes of God's constant presence even in the midst of doubt and uncertainty. 'God is our refuge and

strength, a very present help in trouble. Therefore we will not fear, though the earth be moved and though the mountains be toppled into the depths of the sea. The Lord of hosts is with us.'

For over 2000 years people have used this Psalm as a prayer. The permanence of a building such as St Mary's is a pointer to the permanence of God. As Malcolm Guite writes: 'The long continuity of unbroken worship, through the changes and chances of history, is lifted week by week into God's transfiguring presence.'

Every blessing,



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



# EDLESBOROUGH PARISH COUNCIL

#### Edlesborough's new parish pavilion gets the green light!

At a specially arranged Extra-ordinary Parish Council meeting on 11th September, Edlesborough Parish Council agreed to demolish the old pavilion and build a new Community Sports Pavilion to replace it.



### Edlesborough Community Sports Pavilion

The Council heard the recommendations of the Pavilion Project Board established earlier this year. The members included parishioners Ken Holloway and Doug Oughton together with Cllr Kevin Cubbage and an independent Architectural Services company. They spent 4 months developing very detailed specifications in order to seek tenders and establish the likely costs and to choose a construction company to build it.

The costs are higher than the current funding allows but together with recommendations from the EPC Pavilion Working Party of Cllrs Chris Nevard, John Wilkinson, Kevin Cubbage and Alan Williams, a plan of phased development was approved by Edlesborough Parish Council.

The work on the project will start shortly. The aim date is 7th October 2019 and there is a lot of preparatory work to take place before the demolition begins.

The expectation is that the majority of the construction work will be completed in late Spring next year enabling the existing sports clubs to enjoy the new functionality. Beyond that, further funding will be needed to complete the gym, the upper floor and create new community facilities with a new club room, bar, meeting room and a wheelchair accessible lift.

This is the first major investment in sporting and community facilities in Edlesborough Parish for many years.

It is expected that the new parish pavilion will be managed by the Edlesborough Community Sports Club. The trustees and members of this charity, established several years ago, have been instrumental in helping to make the new parish pavilion a reality for all parishioners to enjoy.

All parishioners can be members and their membership will be free.

If you want to know more about the plans and how you can help please visit the ECSC Facebook page https://www.facebook.com/ECSCCIO/

You can also follow progress on the EPC Facebook page www.facebook.com/EDANParishCouncil and the parish council website www.edlesborough-pc.gov.uk in due course.

Clerk: Miss Penny Pataky, 15 Summerleys, Edlesborough, LU6 2HR Email: clerk@edlesborough-pc.gov.uk 01525 229358 Website: www.edlesborough-pc.gov.uk Facebook: www.facebook.com/EDANParishCouncil



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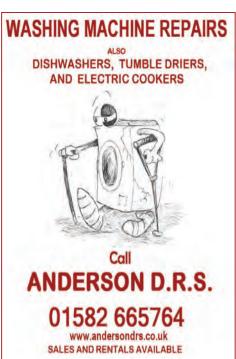
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#### Sheila Lunnon

Paul, Peter and the family would like to thank everyone for their kind thoughts, support, flowers, cards, and donations following Sheila's passing on 14 July. These have been a great help at a very difficult time, and reflect how popular she was after living in the village for more than 70 years.

Paul and Peter



EDLESBOROUGH	PITSTONE
THURSDAY 3rd OCT	WEDNESDAY 9th OCT
12.30 – 2pm N - Z	12.30 – 2PM Surnames N - Z
SATURDAY 12th OCT	SATURDAY 26th OCT
9am – 12.30 Surnames N – Z	9am – 12.30
All children also welcome	All children also welcome

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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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# **Edlesborough Parish Council News**

Including Edlesborough, Dagnall and Northall

# Edlesborough's New Parish Pavilion gets the Green Light!

At a specially arranged Extra-ordinary Parish Council meeting on 11th September, Edlesborough Parish agreed to demolish the old pavilion and build a new Community Sports Pavilion to replace it. For more information please see the separate article.



#### **Christmas Wreaths in Edlesborough**

Paulette Taylor has kindly agreed to organise the



hanging of the Christmas Wreaths in Edlesborough this year. Last year's sponsors will be offered the opportunity to sponsor a wreath again. Any parishioner or company wishing to sponsor a wreath

should contact the Clerk.

# Buckinghamshire Best Kept Village Competition

Edlesborough once again entered the Bucks Best Kept Village Competition. Unfortunately the village did not win but we did get a certificate of Merit. The village scored 91/100 with the winning village scoring 95/100.

The judges made the following comments & awarded marks as follows:

#### Principal features

Cemetery, graveyard – very well kept 10/10 Playing field and children's play area – well kept 18/20

Floral displays – generally some good floral displays – perhaps could have been a few more 4/5

Area around village hall is very good 10/10

General environmental features – good 8/10 Other features

The areas around the shops and pub were pretty good — some weeds around a couple of the shops. The Travellers Rest pub was particularly good with its floral displays in focus. 9/10

Bus stops, bus shelters and noticeboards - Good 9/10

War Memorial – Well kept 10/10

Overall appearance, lack of litter and evidence of community effort – Good, a few bits of litter and weeds in verges/gutters noted, and some more floral displays would have given the overall appearance a "boost 13/15

The Parish Council would like to thank the Council contractors; MW Agri Ltd & Mr Darren Pearce, the EDaN Beautification Team and Litter Pick volunteers for all the effort and time they put into looking after and improving the village. Additionally the Council thanks all parishioners who take the time and care to look after the village; this may be by picking up stray litter, reporting vandalism to the clerk, reporting fly tipping or potholes to Bucks CC, ensuring the frontage of their properties are neat and tidy, or through other small day to day actions that often go unnoticed. Thank you.

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

In order for the Parish Council to save on administration expenses it would be very much appreciated if tenants could pay either by internet



banking or send a cheque to the Edlesborough Parish Clerk. Please ensure rent is paid by 11th October 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.



#### Remembrance Day Service

The Act of Remembrance will take place at The Church of St Mary the Virgin in <u>Edlesborough</u> on 10:30am – 11:30am on Sunday 10th November.

#### **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 white sign on the lamp post.

#### **Hedge Cutting**

The parish council asks parishioners to ensure that the planting around the boundaries of their properties does not cause a danger or inconvenience to others.

Hedges, trees and shrubs must not overhang a highway or any other road or footway to which the public has access to so as to endanger or obstruct the passage of vehicles or pedestrians, or obstructs or interferes with the view of drivers or vehicles or the light from a public lamp, overhangs a highway so as to endanger or obstruct the passage of horse-riders.

#### Speedwatch & EDaN Traffic Management

The EDaN Traffic Management team would like more new members and volunteers to help with their new Sentinel device. Training is being scheduled along with additional monitoring sites in the parish. 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

# 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.

#### **Future EPC Meetings**

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

- Northall Village Hall, Thursday 17th October 2019
- Edlesborough Memorial Hall, Thursday 21st November 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



#### Eaton Bray Village - Litter Pick, Saturday 26th October 2019

On 16th March this year we had a litter pick in the village. A big thank you to the 19 valiant people who braved the strong wind and threat of rain to venture out and collect litter from our roads. The group collected 45 bags of rubbish and a significant amount other rubbish that was too big to bag including tyres, old road signs, a gas container, plastic facia board and an old television set. Following this success we are planning another litter pick on Saturday 26th October. We only managed to cover a small section of the village roads in March so it would have be great to have more people helping. We will meet in the car park on School Lane at 10am.

Please wear strong shoes. We will provide litter grabbers, gloves and Hi-Viz jackets but please bring your own if you have them.

And for you youngsters out there if you can't join us on 26th October how about accepting the trashtag-challenge. https://www.globalcitizen.org/en/content/trash-tag-challenge-plastic-waste/

For further information please call Roy Michel 07931 520166 or Marie Brewer 08983 422290.



# St Mary's Village Carnival 2019

The 2019 Carnival is nearly done and dusted; in many respects it was one of the most successful Carnivals we have ever had in the villages. The Organising Team have received many compliments including from experienced stall holders who travel around the country saying that "The organisation compares favourably with any similar event anywhere in the country." As ever, the organisers are very grateful for all the support received from church-goers, villagers, businesses and local councils and as a result of this genuine community event we will, this year, be able to donate a total of £13,500 to local good causes. This is a sum that has only been exceeded on two previous occasions so thank you and congratulations to everyone who has contributed in any way to this success story. A meeting was held on 3 September to distribute this sum using the published formula and, by the time this is published cheques will have been 0

received as follows:	
St Mary's Fabric Fund	£6,750
The Wildlife Trust Beds Cam & Northants	£1,688
The Wildlife Trust Berks Bucks & Oxon	£1,688
1st E Bray & Edlesborough Scout Group	£200
Bucks Search & Rescue	£50
Curtain Call	£100
Dagnall School	£150
Dagnall Under Fives	£100
Dagnall Village Hall	£100
Defibrillator maintenance	£100
Dunstable Foodbank	£150
Dunstable Ladies Choir	£50
East Anglia Air Ambulance	£200
Eaton Bray Methodist Church	£75
Eaton Bray Parish Council	£200
EB Academy	£200
EB Good Neighbours	£100
Edlesborough Parish Council	£200
Edlesborough School	£200

Expedition - Jake Summerson	£75	
Forever Hounds Trust	£75	
Leighton First Responders	£100	
Leighton & Linslade Macmillan Cancer Sup £150		
Musical Monkeys Playgroup	£100	
Nicola Lack	£100	
Pitstone and Ivinghoe Museum Society	£100	
Riding for the disabled	£100	
Salvation Army	£100	
South Central First Responders	£100	
Stanbridge Army Cadets	£100	
Taskers Row Social Club	£100	
Whatever the political outturn the	re will	
be a Carnival next year; it will be held on		
Edlesborough Green on 4 July 2020 when once		
again I hope we will see you at the Carnival.		
The theme will be 'Heroes' (yes it includes		
'Superheroes, but don't forget the heroes in our		
society - police, fire, ambulance, surgeons, life		
boat crews, etc.) and our principal charity will		
be the Dunstable Foodbank with a contribution		
being made to the fitting out of the new		
Edlesborough pavilion (these will be supported		
in the ratio 2:1).		
<i>'</i>		



### Dunstable & District Local History Society 8th October 7.45pm

#### **Villages of North Beds**

History Society member David Warner displays photos of picturesque villages including the historic lockup at Harrold, the old watermill at Bromham and the fortress mound at Yielden

Methodist Church Hall, Dunstable Visitors always welcome £2

## **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 1st July 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

#### Neighbourhood Plan:

 $Residents-keep\ your\ eyes\ on\ the\ Parish\ Council\ website/Facebook-for\ updates.$ 

Parish Council website: https://eatonbray.com/news/tag/Neighbourhood-Plan

#### School Lane Skate Park

Two local children addressed the Parish Council, asking for improvements to the current skatepark facility. The proposal was for an additional 'street section' to be added to the current facility, which incorporates railings/steps. The skatepark is used by all ages and a very popular facility within the village. The Parish Council recommended that the children put a petition together, to show a need for this addition.

#### Advertising in the Parish

Due to recent events, where advertising boards did not conform to the parish advertising policy, there is to be an amendment to the current regulations to include the clause, "Please note it is the responsibility of the event organiser to ensure the sign sponsor conforms to Eaton Bray's Advertising

#### **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.

#### Litter Pick Day Saturday 26th October 2019

It would be great to see as many of the community as able support the proposed Litter Pick Day on Saturday 26th October – lets help to make our village tidy. For more details, please see the notice in this Focus edition.

Policy. Any costs incurred by the Parish Council to remove signs from parish land not in line with the policy will be charged to the event organiser. Please see the Advertising Policy for full details/costs."

#### **Parish Council Meeting Dates**

Held in The Coffee Tavern 1st floor, from 7:30pm \*Monday 7th October 2019 \*Monday 4th November 2019

#### Neighbourhood Plan Referendum Thursday 3rd October 2019, Eaton Bray Village Hall

The Eaton Bray Neighbourhood Plan has now been completed and there will be a public referendum on 3rd October at which we urge all parishioners to come and vote to adopt this Plan. The Plan has been created over the last 3 years to help provide protection for our village life, the community and the important things for our future. If the Plan is not supported, the village runs the risk of Central Government imposing its will in terms of development and other areas that may lead to our village losing its identity. The referendum will be at the

Village Hall on 3rd October and you will receive a voting card in due course with further instructions—please come and cast your vote to help support this important protection for our village's future.



Heidi Head, Parish Clerk

Email: clerk@ebpc.co.uk – Telephone/Text: 07931 479663 – Website: www.ebpc.co.uk Office Hours: Tuesday/Thursday/Friday 09:30-13:30hrs



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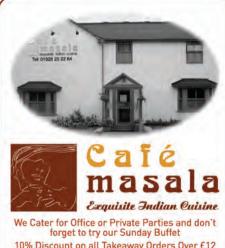
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### British Legion Remembrance Service. Sunday 10th November 2019 Edlesborough War Memorial 10.45am.



# CLOSURE OF B440 FROM NORTHALL TO COCK'S CLOSE (PEBBLEMOOR) JUNCTION and HIGH STREET, EDLESBOROUGH, FROM PEBBLEMOOR TO JUNCTION WITH MAIN ROAD

This year's annual Service of Remembrance will take place at Edlesborough War Memorial at the top of the hill by Edlesborough church on the Main Road on Sunday 10th November starting at approximately 10.45am. Please come and join us.

The Main Road (B 440) will be closed for the service from approximately 10.30am until 11.30am with a diversion in place from the Main Road junction at Cock's Close towards Pebblemoor, along Pebblemoor and Edlesborough High Street, along Eaton Bray High Street, and up Northall Road to join the Main Road in Northall. Edlesborough High Street will also be closed from the junction with Pebblemoor by the Memorial Hall to the junction with the Main Road. There will be barriers in place closing the road at the junctions and diversion signs in place.

Residents living on Edlesborough High Street above the Memorial Hall and along the closed part of the Main Road should be aware that it will NOT be possible to access the Main Road by car at the junction by the church during this time as there will be people standing in the road, and so if it is really necessary to use your car at this time please drive away from the junction towards the nearest point on the diversion route and be aware that you will have to pass through the barrier closing the road and will need to stop to be allowed through. There will be at least two official marshals manning the barriers at each of the closure points. These people are volunteers who have given up their time to help protect those who are taking part in the service at the church. Please treat them with respect and courtesy if you need to pass through a barrier.

Notices advising residents living locally about the road closure will be placed near the closure points for three weeks prior to the closure to make sure that everyone knows about it and can plan to avoid using their car during the hour of the closure.

#### WHY FNGLISH IS HARD TO LEARN

We'll begin with box; the plural is boxes. But the plural of ox is oxen, not oxes. One fowl is a *goose*, and two are called *geese*, Yet the plural of *moose* is never called *meese*. You may find a lone *mouse* or a house full of *mice*: But the plural of *house* is *houses*, not *hice*.

The plural of man is always men,

But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*, And I give you a *book*, would a pair be a *beek*? If one is a *tooth* and a whole set are *teeth*. Why shouldn't two *booths* be called *beeth*? If the singular's *this* and the plural is *these*, Should the plural of *kiss* be ever called *keese*? We speak of a *brother* and also of *brethren*, But though we say *mother*, we never say *methren*. Then the masculine pronouns are he, his, and him; But imagine the feminine ... she, shis, and shim!



#### **ANONYMOUS**

### **Every Minute...**

Every minute someone leaves this world behind. We are all in "the line" without knowing it. We never know how many people are before us.

We can not move to the back of the line.

We can not step out of the line.

We can not avoid the line.

So while we wait in line -Make moments count.

Make priorities.

Make the time.

Make your gifts known.

Make a nobody feel like a somebody.

Make your voice heard.

Make the small things big.

Make someone smile.

Make the change.

Make love.

Make up.

Make peace.

Make sure to tell your people they are loved. Make sure to have no regrets.

Make sure you are ready.

#### The Salvation Army **Booth Place**



Sunday

Footprints (Sunday School) 9.45 - 10.45am

(Term time only)

Morning Worship 11am

**Tuesday** 

10 - 11.30am Coffee Morning

(Alternate weeks)

Wednesday

Home League 2.30 - 3.30pm

(Ladies meeting but all welcome)

Champion's Club (*Term time only*)

5.30-6.30pm (*Ages 5 to Year 5*) 6.45-7.45pm (*Year 6 and above*)

**Thursday** 

Girls' Night Out

(1st Thursday of the month) 7.45pm

Ladies Fellowship

(Last Thursday of the month) 7.30pm

For further details please contact us on 01525 222087 or email

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#### The Telephone by John Hockey

I lounge back in my cradle Just waiting to take a call It's an easy life you may think Asleep here in the hall

But when someone makes contact
The bells fair start to jingle
The electricity flows
And my receivers tingle

I don't get about much it's true

It's a solitary life

My extension's in the other room –

We're not like man and wife

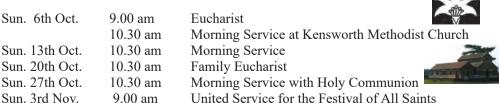
I get picked up quite frequently –
We go for a little wander
But I'm back in my cradle by 10pm
And left for the night to ponder

Once in a while I get dusted Maybe the occasional wipe Often I just sit and worry – About email and webcams and Skype

But as soon as my mistress gets chatty And starts whispering into my ear I know I'll be needed a while yet And I know I have nothing to fear

So shed no tears for this handset There's life in the old dog & bone If you don't want to miss all the gossip Never stray far from the 'phone

#### All Saints Church, Dagnall Services in October 2019



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

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#### **Magic**

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at St Mary's, Eaton Bray

Come and enjoy Messy Church with a difference with

#### The Great Gardini

Magic, music and circus skills with a Christian theme.

This is a free event.

Everyone welcome . Bring a picnic .

### POPPY PROM 7.30pm

#### 9 November

St Mary's, Eaton Bray

Featuring:

**South Beds Concert band Dagnall Community Choir** 

Karen Wilson & Min-Min Peaker



Box Office: 222283 Tickets £12.50

#### 28<sup>th</sup> Village Hall Quiz Yes Really 28!!

#### **Saturday 16th November**

Come and help us celebrate another momentous occasion

This fabulous quiz with quizmaster Keith Blackburn will still include a **Free** supper with the questions. Bring you own glasses and drink.

7.00pm for 7.30pm

Just £9 per person. Teams of up to 8 people

Fabulous prizes!

This event is organised jointly by Eaton Bray Village Hall Fundraising Committee and Eaton Bray Tennis Club

For bookings contact Ross 07974 715222 (Away during October so email better!!)

ross.bagni@btinternet.com

#### 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



1<sup>st</sup> Saturday of each month (except July - 2<sup>nd</sup> Saturday)

# Christmas Carol Concert Sunday 1st December 2019 at the Eaton Bray Village Hall 4pm Learner Bang Tickets are required and can be obtained free of charge from eaton.bray@salvationarmy.org.uk or leave a message for Hilary or Katie on 01525 222087 A collection will be taken for Keech Hospice Care (Children's Hospice) Community Bang Christian Church & Registered Charity Guest Performer's



making and guests can request

their favourite carol to be

played on the organ.

## Pre-Christmas EATON BRAY MARKET

#### NEXT DATE: NOVEMBER 24<sup>th</sup> Bigger and better

Community enterprise sponsored by Eaton Bray Parish Council. More info, and stallholders, contact mjhawkes@hotmail.co.uk



Saturday 9th November 2019

### FIREWORKS EXTRAVAGANZA

Doors open at 6pm - Bonfire lit at 7pm - Fireworks at 7.30pm

DJ, licensed bar and food stalls. £5 per Ticket before 18th Oct.

£7.50 after. (U3 free).

Email: foesfireworks@gmail.com for tickets.

#### Charity Quiz Night



FUNDRAISING Friday 11th October REGULATOR Friday 11th October

MACMILLAN CANCER SUPPORT RIGHT THERE WITH YOU

7.00p.m. for 7.30 p.m. start

at Leighton Buzzard Rugby Club, Stanbridge Rd

Teams of 6 to 8, or we can put you in a team, £8 each including Supper. Licensed Bar

To book call the Rugby Club 01525 371322 or Kim on 01525 223032

If you enjoy a quiz, please come along and support this worthwhile charity

SATURDAY 12th OCTOBER, 2019
ST MARY'S CHURCH, EATON BRAY at 7.30pm

## CHORAL CELEBRATION FOR ST MARY'S 800<sup>th</sup> ANNIVERSARY

**HANDEL: ZADOK THE PRIEST** 

**MENDELSSOHN**: ELIJAH

**VIVALDI: GLORIA IN EXCELSIS DEO** 

**VERDI: ANVIL CHORUS** 

**VERDI: CHORUS OF THE HEBREW SLAVES** 

#### **LUTON CHORAL SOCIETY**

**CRISPIN LEWIS:** CONDUCTOR & SOLOIST

**LINDEN INNES-HOPKINS: ACCOMPANIST** 

TICKETS £7.50, Children Free

From the Box Office - 01525 222283

#### St Mary's Eaton Bray – 800th Anniversary Music@St Mary's – Special Offer

We are approaching the climax of our year of celebration of the 800th anniversary of St Mary's Church and have three tremendous concerts lined up, with tickets available for the three concerts at a price of £30 instead of £32.50. Just ring the Box Office on 01525 222283 to arrange tickets for:

#### On 12 October - A choral celebration by Luton Choral Society, including:

Handel: Zadok the Priest Mendelssohn: Elijah

Vivaldi: Gloria In Excelsis Deo

Verdi: Anvil Chorus

Verdi: Chorus of the Hebrew Slaves

and featuring Crispin Lewis, professional bass soloist

#### On 9 November - St Mary's Poppy Prom, featuring:

South Beds Concert Band Dagnall Community Choir

And soloists Karen Wilson & Min-Min Peaker

#### On 1 December at 6pm Handel's Messiah (Part 1) and Rutter's Magnificat, featuring:

The Linsdale Singers

And soloists, Min-Min Peaker, Clare Watson, Howard Dalzeil, Richard Ball

#### **Danesborough Chorus**Rossini's Petite Messe Solonnelle

Saturday 9 November, 2019, 7.30 pm, St Mary's Parish Church, Woburn Romance, hair-raising drama and operatic wit - this music lacks nothing (except, you may think, some colourful costumes and a scenery-filled stage!)

Conducted by Ian Smith

With John Witchell (piano), Tim Grant-Jones (harmonium) and soloists

Tickets £20 & £15 (centre, reserved); £10 (aisles, unreserved); under 18s £5 (all areas). Telephone 01908 583460 or send orders by post to: Danesborough Tickets,



58 Church Road, Woburn Sands, Milton Keynes, MK17 8TA. Give name, address and phone number, and state number and price(s) of tickets required; please enclose a stamped self-addressed envelope and a cheque to 'Danesborough Chorus'.

\*\*www.danesborough.org.uk\*\*

#### Thank You

Sue and David Cawdell would like to thank everyone who **WE ARE** supported the Macmillan Coffee morning which was held **MACMILLAN**, at their home on Friday 30 August. The magnificent sum of **CANCER SUPPORT** £566.00 was raised.

#### **FRONT ROW** THEATRE GROUP

Front Row are pleased to announce their forthcoming production of The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society's Production of A Christmas Carol which will be performed in Eaton Bray Village Hall from Thursday 21st November to Saturday 23rd November commencing at 7.30 pm.

In festive mood, the ladies of the Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society mount another assault on the classics with their stage version of *A Christmas Carol*. They enthusiastically portray a dizzy array of characters from the Dickens favourite (and a few which aren't!), engineer some novel audience participation whilst bravely contending with an intrusive PA system.

Tickets are priced at £7.50 and the Box office opens 1st October-Telephone 01525 222283. We look forward to welcoming you to another fun packed evening.

By kind permission of Samuel French

#### FRONT ROW

Presents

#### Farndale Avenue

Housing Estate Townswomen's Guild **Dramatic Society's** production of

#### "A Christmas Carol"



A Comedy by David McGillivray & Walter Zerlin Jr.

Thursday - Saturday, 21st - 23rd November 2019 7.30pm Eaton Bray Village Hall

Licenced bar from 7.00pm

Tickets £7.50 Box office: 01525 222283

#### Appledown's Rescue Dog of the Month



This young man is I-Spy! He is a medium-sized crossbreed who was born in 2018. We've all rather fallen for this sweet-natured chap! He can be a little shy at first but really wants to be friends. He came into the rescue in rather a poor state, but is now ready to start his new life with a loving family that has the time and patience to help him learn about being a pet dog!

He could probably live with a calm female dog pending introductions. He cannot live in Luton.

If you can offer I-Spy 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 and details of dogs awaiting homes.

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

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

Website: www.appledownrescue.co.uk

Follow us on Facebook, Twitter & Instagram!!

#### Crab Cakes, Pickled Kohlrabi and Mooli, Chilli and Tarragon Mayonnaise

This is such a lovely recipe. Full of colour, flavour, texture, crunch and a sweet and sour hit. It's the creation of local chef Tom Brittain, who spent years honing his trade before rather romantically going back to his home village and working at the Lytton Restaurant at Chalfont Dene in Chalfont St Peter. The thing I like about recipes Once the water like this is the fact that all the elements are interchangeable and can be incorporated into other dishes. Plus, the vegetables and vibrant mayonnaise would go just as well with breaded chicken or a large breaded mushroom.

#### For the crab cakes

400g handpicked white crab meat (or tinned crab)

400g mashed potato

100g coriander

100g fresh chilli

100g spring onion

250g panko breadcrumbs

1 egg

#### For the pickled mooli and kohlrabi

1 mooli

2 heads kohlrabi

1 habanero chilli

1 litre white wine vinegar

1 litre water

For the chilli and tarragon mayonnaise

150g fresh chilli

1 bunch tarragon

Half a litre good quality mayonnaise

Salt and pepper

1 tsp lemon juice

Extra leaves for serving

For the crab cakes, combine all ingredients into a bowl. Use your hands to shape into balls and season to taste.

Peel and dice the kohlrabi into fine strips. your early afternoon.

Using a potato peeler shave strips off the mooli. Bring the water and vinegar to a boil and leave to cool

and vinegar has cooled, combine with the kohlrabi and mooli in a kilner iar and



leave in the fridge. The longer you leave it the better it will be in truth.

Make the mayonnaise. Finely dice the chilli and tarragon together, fold into the mayonnaise, add lemon juice and salt and pepper to finish. The mayonnaise will keep and can be used in other dishes, as can any excess pickled vegetables too.

Cook the crab cakes in a deep fat fryer at 180C for 3 minutes. You can pan fry them if you prefer.

Make a bed of the pickles, place the crab cakes on top and add some leaves for colour and flavour too. Drizzle with a little of the pickling juice and serve.

Hear wonderful recipes Nick Coffer's on 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





#### Eaton Bray Methodist Church

July finished on a high note with an excellent service led

by one of our members, Keith Blackburn. He focussed on how we, as Christians, handle life's challenges, particularly in health. We all struggle and doubt but, as disciples of Christ, if we nourish the roots of our faith with prayer, draw strength from others and give thanks in all circumstances we will enable ourselves to trust in the Lord and cope. On our first Sunday in August we heard a stimulating from sermon Jacque Stamp challenged us to think about acquisition of possessions and the words 'me', 'my' and 'mine' which may be used aggressively. Jesus never tells us not to strive for wealth but he does tell us to share what we have. We need to think carefully about whether we actually need all that we have and to consider those who have nothing. Our Café Worship on the second Sunday was an interesting one about 'Our journey of Faith'. In groups we thought about the essentials we needed for our journey and culminated in listing our hopes and wishes for mankind, our country, our village, our congregation and ourselves. Our Communion Service took place on the third Sunday, led inspirationally by Roger Owers. Centred on the Elijah's encounter with God in the desert, his sermon helped us to recognise that, even at our lowest moments and when we least expect it, God is there looking out for us. We are not expected to be perfect; God accepts us as we are, doubt and all. In our final service of the month we welcomed our Minister, Nigel Bibbings, back from a well-deserved holiday. He gave us an encouraging message. The disciples struggled with some of the things that Jesus told them and taught them - as

we do. We cannot expect to understand everything and we have to accept this, put Jesus first and trust in good faith.

#### Café Community

Saturday 12th October 2019 11am - 1pm We will be delighted to see you if you come for a cup of tea/coffee and/or a light lunch. There will be a craft stall full of goodies in preparation for Christmas. PLEASE NOTE: This will may well be the last year that our autumn craft stall will run. Come and buy while you can!

#### Social Afternoons Thursdays 2 - 4pm

Chat, meeting friends, games, refreshments. All Welcome.

NB. The start-time will change to 1.30pm when the clocks go back.



#### **Back Care Awareness Week 2019**



National Back Care Awareness Week runs from 7-11 October and is a promotional campaign by BackCare, the charity for healthier backs.

This year, the campaign focusses on back health amongst golfers. However,

Chartered Physiotherapists treat back pain from a multitude of causes.

St Judes will be holding free 10-minute back advice chats during this week. Their friendly team of 6. Physiotherapists can suggest suitable exercises, give tips on back pain management and a range of useful, free leaflets are also available. If you need treatment, you can also take advantage of a 10% 7. discount when you book an initial physiotherapy assessment.

Back pain research is constantly changing – here is St Judes' advice on how to tackle back pain and reduce your chances of it recurring.

- 1. The spine is a strong, stable structure and although most people will experience back pain during their lifetime, it is very common and rarely dangerous. However, if you experience any of these symptoms you should contact your doctor:
  - Back pain associated with a high fever and sweating.
  - Difficulty passing urine or having the sensation to pass water that is not there.
  - Loss of sensation during intercourse and numbness/tingling in your genitals or buttocks area.
  - Loss of bladder or bowel control or power in your legs.
- You seldom need a scan and it can do more harm than good - perfectly normal changes in the spine can cause people to avoid exercise and movement which they should be doing to get better.
- 3. Avoid bedrest, stay in work and gradually resume normal activities studies now show prolonged rest and inactivity for people with low back pain actually leads to higher levels of pain, greater disability, poorer recovery and longer absence from work. Avoiding aggravating activities in the first few days of

back pain is ok but gradually returning to your usual activities is important in aiding recovery.



- Don't be scared to move, holding yourself in rigid postures can be counter-productive.
- Exercise and activity reduce and prevent back pain - start slowly and build up both the amount and intensity and make it something you enjoy.
- 6. Painkillers will not speed up your recovery there is no strong evidence to support this and they should only be used as a short-term option as exercise is best.
- Surgery is rarely needed for some conditions surgery can help the leg symptoms but, on average, the results for back surgery are no better in the medium and long term than nonsurgical interventions, such as exercise.
- 8. Get good quality sleep aim for 7.5 8 hours a night.
- 9. You can have back pain without any damage or injury a combination of physical and psychological factors can cause back pain such as avoiding movements, being overweight, feeling down, tired, stressed or lack of sleep and exercise. Each factor can increase pain and understanding when and why this happens, can help you get back in control.
- If you are troubled by persistent back pain, physiotherapists provide expert advice, guidance and treatment for back pain and show you ways you can reduce your chances of future episodes.

To book a free advice chat or initial physiotherapy assessment, please ring St Judes on 01525 377751 and quote "Back Care Week." Cannot be used with any other offer.



St Judes Clinic
26 Lake Street
Leighton Buzzard
LU7 1RX
\$\infty 01525 377751

www.stjudesclinic.com enquiries@stjudesclinic.com

SUNDAY 1st DECEMBER, 2019
ST MARY'S CHURCH, EATON BRAY at 6pm

## **HANDEL'S MESSIAH** PART 1 + RUTTER'S MAGNIFICAT

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#### TICKETS £12.50

Tickets can be purchased on line (no booking fee) via the Linsdale Singers website www.linsdale.org.uk

Or from St Mary's Box Office – 01525 222283

#### LOCAL HERALDRY BY JOHN HOCKEY

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

#### VILLAGE CRESTS

I might have called this article 'a tale of two B s'.

We are blessed in this area with at least two major dukedoms, that of the dukes of Bedford (Woburn) and in the past, that of the dukes of Bridgewater (Ashridge). Additionally, the family name of the last owners of Ashridge was Brownlow, who had their main seat at Belton House in Lincolnshire (yet another 'B'!). To add to the list, when Ashridge was sold it initially became the Bonar Law memorial Trust.

So what are we to make of the 'crests' that appear on buildings all over the local counties? For a start, they aren't really crests as this is the name given to the animal or object which appears above the helmet, itself above the shield on a coat of arms. Usually buildings that were in the area of say a dukedom were adorned with a device, often high up on a gable, which gave a nod to the ownership of the surrounding land.



Often, as here, the relevant initial letter of the earldom or dukedom was shown, often under

a coronet of rank and perhaps with a date of installation.

The first picture is of such a crest on Edlesborough School, with the date 1865 but with a coronet that is halfway to becoming that of an earl, the rank of the Brownlow family at that time. The other picture is from cottages in Woburn, showing the correct ducal coronet with strawberry leaves - for the Bedfords, but without a date.

It is easy to miss such details but worth remembering that the most interesting parts of buildings can often be found when you bother to look up.

Next time: Belton House





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#### Nigel's Thoughts

Methodist Minister

Dear Friends,

As I write the children have just returned to school, but many people are still away on holiday. The harvest has been gathered in and the nights are drawing-in. It is not quite autumn, yet the signs are beginning to be there and soon we shall be ready for thicker duvets (and maybe as the weather forecaster said the other day 'onesies') at night time.

It is an in-between time, a time which invites us to make of it what we will. Many of us might find it easy to become wistful and cast our mind back to warm summer days, wishing ourselves back among them and perhaps a little downcast at the thought of the shortening days and the potential chill as we journey onwards. Others will revel at the opportunity to get wrapped-up and enjoy energetic autumn walks, and still others the excuse to hunker

down inside with a good book.

However we feel about the passing of the seasons, I believe that it is important to see the bigger picture – of all of life held in the steady, loving regard of God.

Along the way, we might sometimes find ourselves wondering where he is and what he's doing. But the truth is that he hasn't stopped listening to us, he hasn't forgotten us, and he hasn't closed his eyes to us.

Wherever we are today, and whatever we're going through, he hears, he remembers, he sees, he knows and he understands. He walks with us into each known, or fresh and unfamiliar experience.

May you know his walking with you in the days to come and find him with you, always.

God bless,

≪Nigel



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St Margarets Turkeys

www.stmargaretsfarm.co.uk

#### DAGNALL VILLAGE HALL NEWS

It's been a busy few months for Dagnall Village Hall Committee! Thanks so much to all the local tradespeople for helping us by dramatically reducing their rates to assist us. As a registered charity we simply can't afford market prices for services, so it can make all the difference when we get work

DAGNALL village HALL

done at preferential rates. On that note, I can't stress enough just how ill prepared we are to be able to cover for acts of deliberate vandalism either.

Here's an update of what we've done and what's coming:

- We installed the new toilets last Christmas and have just had the Hall's back door replaced. This will provide greater security, insulation and soundproofing. We have had it fitted so it opens the other way, which will allow us to install a disabled ramp up to the back door. Thanks to Martin Markham (Window Solutions) for helping us with this. The disabled ramp will form part of the external project, where we hope to fundraise enough money to create a better and safer surface for the car park, including a path down to the back door. We have a long way to go with that as fundraising hasn't begun in earnest yet, but rest assured you will be hearing all about it soon!
- You may have seen the new playground has been built on the Rec and it looks fantastic.
  Huge thanks to MW Agri for installing it for us at a rock-bottom price. We wouldn't
  have been able to afford anywhere near the number of items without Malcolm's help. We
  would like to encourage kids and adults alike to respect the equipment, and to make sure
  they put their rubbish in the bins on the Rec.
- I'd like to extend my special thanks to my colleagues on Edlesborough Parish Council who agreed to contribute £20k to the combined toilet and playground projects.
- We have a new Bookings officer, Izzy Lee. We'd like to thank Liz Coates for all her hard work over the years. The new number for DVH bookings is 07851 088815. Email is DVH Bookings@outlook.com
- Thanks to Jason Owen Decorating, the Village Hall's front door has been repaired and repainted, the sign has also been restored and he has embarked on redecorating the inside of the hall. This will be carried out over the next few months as we need to fit around bookings and Jay's other commitments. Please make sure to take heed of any 'wet paint' signs that you may come across, and apologies for any paint smell during the works. A big thanks to Penny Pinstripes for doing the lettering on the sign for us!
- We will shortly be having a second defibrillator installed at Munns shop. My thanks to Alan Mead for allowing this, and Community First Responder, Nicky Lack, for sourcing the donation from Bellway Homes
- The **Dagnall Santa Dash** will be held again this year, we have it pencilled in for Sunday December 15th. It will be in aid of the DVH carpark and access project. Please let me know if you're interested in participating. We would be very grateful to receive raffle prizes for the day too! The Christmas dates will be published soon.
- Sully's Fish and Chip van will be at DVH 5 6.30pm every Tuesday, and we will be holding another Ceilidh night in the New Year.
- The BT MyDonate site is no longer working, but should you wish to make any contribution towards the hall, or put on a fundraiser, please feel free to contact the Dagnall Village Hall committee.

Trish Owen, DVH Chair, dagnall village hall@outlook.com / 07762 151 364

#### **Peter James Hawkins Funeral Tribute** 2nd August 1927 - 18th July 2019

The funeral of Pete Hawkins took place on the 31 st August 2019 at Eaton Bray church. The service commenced at 10.30 am after the arrival of the funeral procession. The hearse was followed by two family limousines and minibus with the grandchildren on board, and a F A Hawkins lorry. Petes oak coffin was draped in the union flag with his Marine beret sitting alongside a spray of red roses. With family members carrying Pete he entered the church to a recording of Nimrod by The Royal Marine band. Three traditional hymns of Abide with me, I vow to thee my country and onward Christian soldiers were sung with gusto by the emotional congregation. The church was full to capacity with 274 adults and 7 children being recorded as in attendance, although more people came in after the family. On completion of the service Pete left the church to the rousing Sunset again recorded by The Royal



Marine Band. The procession travelled through the village to Edlesborough church to be interred, reunited again with his beloved wife Bet. The bells tolled respectfully and as the vicar concluded the service they rang out. It was such a solemn moment, made exceptional by the sound of the beautiful bells.

Flowers were in abundance, the wreaths and tributes were comforting to see.

Pete was born in Dunstable in 1927, he attended local Dunstable schools and left to work in the family business at the age of 16. F A Hawkins Transport established 1926, and at that time run by Petes father. (Frederick Hawkins) At the age of 18 Pete chose to join the Royal Marines, in 1945. Following in his fathers footsteps, who served as a Royal Marine in WW1. After rigorous training in the Brecon Beacons he became a Royal Marine Commando in 4.2 division. In 1946 he embarked to Hong Kong for Malta for a post war mission which was completed successfully?



Pete returned on HMS indomitable and returned to the family business. Pete married Betty Ann Page in 1952, they had five children and moved to the family home adjacent to the haulage yard at 66 Totternhoe road. (The Labour in Vain) public house many years previous. Pete worked hard running his fleet of ERF lorries servicing many quality contracts including Waterlows Printers, A C Delco, Empire rubber co, la portes Chemicals and The Ministry of Defence. He also helped many other people to start up in the transport industry. Petes reputation in business was second to none. Pete loved the village and made a point

of supporting local business and local causes. He was one of few who had never shopped in a supermarket. He also supported local pubs, the cross keys became his local. You could find him in the same spot, dressed in his suit and marine tie every Sunday. Pete loved his whisky and famous grouse was his tipple of choice. Sadly, when Bet passed away in October 1984 the family were left devastated. Pete had nursed Bet so had taken a back seat within the business and then went on to retire, handing over to his sons Pete and Jim who continue to run the business today . This enabled Pete more time on his hands. Which he spent cooking, gardening and shooting. He would spend many hours tending to his variety of vegetables and fruit in his allotment. Also taking trips to Scotland shooting with friends, Pete would often visit the Commando memorial situated at Spean Bridge on his way to Scotland. Pete enjoyed the company of his numerous dogs, over the years he had many. His final companion Fizz was able to go to say her goodbyes to Pete in his last moments.

The Hawkins family would like to thank everyone for all the cards, messages of support and help through such a difficult time. They were overwhelmed by the turnout at the church and afterwards at the wake held at F A Hawkins transport yard. The strength of the village community was very evident and very much appreciated by us all.

On behalf of Peter Hawkins we Thank you.

#### **Dagnall Community Choir**

As the days grow cooler and nights draw in, we look back on a successful and enjoyable summer for Dagnall Community Choir.

Our July concert "Music for a Summer's Evening" was generally agreed to be one of our best yet, and we received some lovely comments from audience

members, who appreciated not only our choral singing but also the very accomplished solo contributions from James Banville our pianist, and Michelle Garrard our Musical Director. The venue of Dagnall Village Hall seemed to work very well for us, providing a well sized space with acoustics that clearly showcase our varied repertoire to the very best advantage! We look forward to performing there again soon.

The months leading up to the end of the year are always a busy time for the choir, and our focus throughout October will be perfecting our selection of music for the Poppy Prom, which takes place on the evening of Saturday 9th November. As usual, this event, which takes place at St Mary's Church Eaton Bray, will be one of both remembrance and celebration, and the songs we perform, alongside the South Beds Concert Band, will reflect this. Tickets for this are £12.50 available from St Mary's Box Office on 01525 222283.

After this, the countdown to Christmas begins... our Christmas Concert this year takes place on Sunday 8th December, 3.00pm at Dagnall Village Hall. This is always an enjoyable celebration of festive music, with something for everyone, and an opportunity to raise some money for a good cause. We have also been asked to sing at St Luke's Leagrave carol service on 15th December, and at the Christmas tree lighting at The Five Bells in Stanbridge - it certainly is nice to be in demand! As usual, we are always keen to welcome new members to our friendly choir, and particularly need more male voices to boost the lower sections! So if singing in a choir is something that you have always wanted to do, please do come along on a Monday evening – we meet at 7.45pm at Dagnall Church. We would love to see you!

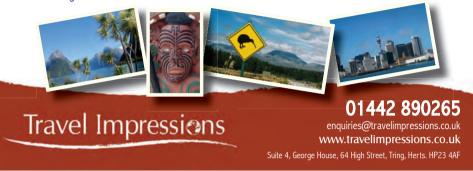
For more information about the choir, or to get in touch, please visit our website **www.dagnall-community-choir.co.uk.** 

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

#### GRACE BAPTIST CHURCH EDLESBOROLIGH

#### **QUESTIONS**

The Baptist Church in Edlesborough recently had an event at the Memorial Hall

with the theme of 'If you could ask God one question, what would it be?' Over several months we had asked people this question and we had many different responses. But now I want to turn the tables- why not ask us a question? Here are some of the most common questions people have asked about our church.

1. The church's name is Grace Baptist Church. Who is Grace?

Grace is not the person we named the church after! Rather, grace is something that we believe in as Christians: that, though because of our sin, we didn't deserve anything good from God, he has sent his Son, the Lord Jesus to die on our behalf. So grace is getting what we don't deserve- a fresh start or a clean slate in God's eyes, and eternal life with him in heaven.

- 2. What is a Baptist? Baptists believe that when someone believes in God and wants to make that public, they should be baptised in water as a sign of their faith. We do this by full immersion and its always a joyful celebration when someone is baptised.
- 3. What do I have to wear when I go to church? Clothes please! But other than that, feel free to wear what you would normally wear day-by-day. Some people prefer a hoodie and jeans, other prefer more smart-casual but we are more concerned about your heart than your clothes.
- 4. Will I be made welcome if I come to a church service? Of course! We have people from different ages and stages of life, and we would love to get to know

The Baptist Church you better over a cup of tea or coffee and in Edlesborough biscuits or cake after both our morning recently had an event and evening services.

5. I don't like reading or I don't sing: We won't ask you to do anything you are not comfortable doing, and we won't put you on the spot. We sometimes read a verse or two from the Bible out loud together, but don't feel obligated to join in. We do love to sing! So if you come, feel free to just listen, but do feel free to join in if you like. Why not come and join us sometime? You can be assured of a warm welcome,

whoever you are, whatever your background is, and wherever you are from. We worship on Sundays at 10:30am and 6pm. I hope to see you soon!



∠Alister King Pastor, Grace Baptist Church

#### Grace Baptist Church Edlesborough

Pastor Designate: Alister King gbcepastor@gmail.com

#### **Weekly Activities**

#### **Sunday Services**

10.30am Morning Worship6.00pm Evening Worship

#### 2nd Monday

2.30pm SilverLink for over 60s **Wednesday** 

10am (term time) Caterpillars Toddler Group

7.30pm Bible Study & Prayer Meeting Find us on Facebook @gbce2014



#### **Northall Baptist Church**

#### A little Church with strong local links

#### There Is A Season Turn Turn, and a time for every purpose under Heaven...

By the time you read this, you'll probably have forgotten all about your summer holidays. I thought you would like the photo of some-one who seemed to be enjoying an outing to the

Great Dorset Steam Fair. He certainly was not worried about any smuts from the steam charabanc, seen here, which he was riding around on! It was a boiling hot Bank Holiday Monday – breaking all temperature records for the late August Bank Holiday. I hope though that you enjoyed a break from school, work or caring responsibilities. Autumn is now with us and the days are shortening.

The ups and downs of the weather this summer (do you remember how wet June was? It used to be called Flaming June!) reminded me of my youth when we sang along, loudly, to the Australian Pop Group 'The Seekers', popular in the 1960s when they sang many memorable songs such as Georgy Girl, Morningtown Ride and Some Day One Day. One favourite was 'There Is A Season, turn, turn turn and a time for every purpose under Heaven'. The amazing Judith Durham was lead vocalist



for many of the songs with a Christian meaning. It was based on a passage from Ecclesiastes 3 which starts 'There is a time for everything, and a season for every activity under heaven: It goes on 'a time to plant and a time to uproot' and several other options.

There is a season turn, turn, turn. It's the time for celebrating the harvest, giving thanks for the



abundance provided, stowing all those apples, pears, plums etc. You might have had to work hard with watering the runner beans and tomatoes but God is the provider of all good things. James 1 verse 17 says 'Every good gift and every perfect gift is from above, coming down from the Father'. The Church Harvest Service was on 29th September and tinned and dried produce donated, went to help the homeless.

The trees are changing to those beautiful browns and oranges. Yes, Autumn is just beginning.

We joined in with St. Mary's Flower Festival 20th – 22nd September based on 'Our Favourite Hymns'. The Northall Baptist Church display was based on 'Shine Jesus Shine'. It starts 'Lord the light of

your love is shining, in the midst of the darkness shining.' Hopefully the lovely bright display will be a wonderful memory through the dark days of winter.

Our Sunday service is 11 am. If you come and join in the worship, music and song, you'll get a very warm welcome.





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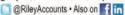
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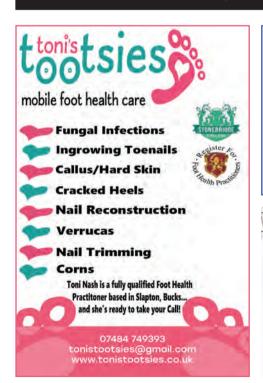




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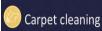
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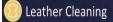


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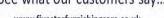












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## **Eaton Bray Cricket Club**

#### **Results**

**July 13th** Westcroft 215-9 Ian Jones 3-42 beat Eaton Bray 2nd

X1 211-7 Lee Gauntlett 76 by 4 runs

**July 20th** North Crawley 290-6 beat Eaton Bray 1st X1 197 a/o Wes Hosking 82 by 93 runs

**July 21st** Wolverton Town 93 a/o Joe Braddon 3-16 lost to Eaton Bray Sun X1 94-2 by 8 wickets **July 27th** Milton Keynes 194-5 Junaid 3-15 beat Eaton Bray 1st X1 142 a/o by 52 runs

August 3rd Westcroft conceded to Eaton Bray 1st X1

**August 3rd** Eaton Bray 2nd X1 conceded to North Crawley

**August 4th** Eaton Bray Sun X1 164 a/o Junaid 59 lost to Bedford 165-9 by 1 wicket

**August 10th** Luton Caribbean 124 a/o James Flecknell 4-27 Lost to Eaton Bray 1st X1 126-2 Andy Norris 62 n/o by 8 wickets

**August 10th** Milton Bryan 180-6 beat Eaton Bray 2nd X1 140 a/o by 40 runs

August 11th Amptill Town 61 a/o Niel Scott 3-10 Jamie Osborne 3-13 lost to Eaton Bray Sun X1 62-2 by 8 wickets

**August 17th** New Bradwell 206-6 James Flecknell 3-40 beat Eaton Bray 1st X1 187 a/o Andy Norris 77 by 19 runs

August 17th West Oxley 184-5 lost to Eaton Bray 2nd X1 186-7 Lee Gauntlett 73 n/o by 3 wickets August 18th Blunham conceded to Eaton Bray Sun X1

**August 24th** Olney Town 283-6 Ian Jones 4-42 beat Eaton Bray 1st X1 102 a/o by 181 runs

**August 24th** Ivinghoe & Pitstone conceded to Eaton Bray 2nd X1

**August 25th** Eaton Bray Sun X1 93 a/o lost to Bedford 96-3 by 7 wickets

**August 31st** Eaton Bray 1st X1 189 a/o lost to Biddenham 190-6 Ollie Harris 2-12 by 4 wickets **August 31st** Eaton Bray 2nd X1 195-7 Marc Flack 72 Euan Palmer 50 beat Newport Pagnell 142 a/o Euan Palmer 3-16 by 53 runs

September 1st Eaton Bray Sun X1 80 a/o lost to

Caddington 81-2 by 8 wickets

**September 8th** Amptill Town 94 a/o lost to Eaton Bray Sun X1 95-5 by 5 wickets

Another season done. It was a bit of a struggle for the Saturday sides with availability not at it's best. The 1st X1 were relegated and for the first time in our 105 year history will play 2nd tier league cricket next season. The 2s in the end had a half decent season and will continue in division 6. Success came in the form of the Sunday X1 who became Division 6 champions of the Bedfordshire League. A big plus for the year was the number of Colts who stepped up to play senior cricket and many of them didn't look out of their depth.

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. We hope you have enjoyed your cricket with Eaton Bray in 2019.

#### Eaton Bray Cricket Club 100 Club Winners August 2019

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

## Morrisons in the Community

Morrisons Did you know that every Morrisons store has a Community Champion? In addition to raising money for Morrisons partnership with CLIC Sargent they raise money and awareness for local and other national charities. Morrisons can offer support to community groups, provide school tours/visits, raffle prizes and free space for community bookings.

Morrisons Charity Partnership with CLIC Sargent started in February 2017 so far our partnership has raised £8,625,314! Morrisons Leighton Buzzard have raised an amazing £22,149.83 with huge thanks to our amazing customers.

#### **Morrisons Foundation**

Employees of Morrisons Leighton Buzzard have been busy fundraising, some of the charities we have received/applied for match funding for are: The British Heart Foundation, Sue Ryder, Military Charities, KidsOut, Breast Cancer, Cancer Research, Alzheimers, Joseph's Goal, CLIC Sargent, Mind, RECLAIM Life



- The Morrisons Foundation supports charities making a positive difference in local communities across England, Scotland and Wales
- We award grants to registered charities for projects that make a real impact on their communities and match fund the money (up to £1,000) that Morrisons colleagues and their close family raise for their chosen charities
- The Foundation is run by 8 Trustees and we receive all of our income from Wm Morrison Supermarkets PLC, which founded the Foundation 2015
- Since it was established the Foundation has donated over £26 million in more than 1,600 donations to charities throughout the UK

Morrisons colleagues act as ambassadors for the Foundation. They help to raise awareness at a local level, encourage charities to apply for funding and organise cheque presentations, as well as raise funds for charities of their choice which is matched by the Foundation up to a maximum of £1,000. For further details, please visit https://www.morrisonsfoundation.com/

#### In Store

Plastic recycling, clothes/shoe bank, bottle bank,2nd hand books, Leighton/Linslade Homeless Service, RED Box Project (period poverty), community area, customer notice board, quiet hour

#### **Ouiet Hour**

We've introduced quieter hour in all Morrisons store—designed to help customers who currently struggle with music and other noise associated with supermarket shopping. This has been created with the support of the National Autistic Society. Many people who are autistic or those with autistic children can find shopping in a supermarket an anxious experience.



Around 700,000 people are on the autism spectrum in the UK. This means they see, hear and feel the world differently to other people, often in a more intense way. Morrisons 'Quieter Hour' is a step in the right direction for autistic people who find supermarket shopping a real struggle.

During quiet hour our stores will:

Dim the lights, turn music off, avoid making tannoy announcements, reduce movement of trolleys and baskets, turn checkout beeps and other electrical noises down.

Morrisons LB are committed to helping the local community. If you would like support your champion is called Katharine Smith, please either pop in and have a chat or email: champion.leightonbuzzard@morrisonsplc.co.uk . We are on social media you can find us on Facebook: @Morrisons Leighton Buzzard or Twitter: @MorrisonsLB



# the WI

Eaton Bray W.I.

Our President welcomed us to the September meeting after the summer break.

Everyone had enjoyed the sunshine and their holidays.

After the distribution of a Dahlia a few months ago, for each member from the Bedfordshire Federation, to celebrate our centenary, some reported they had flourishing plants.

Members who had gone along on the recent Worthing Day Out agreed they had enjoyed a very enjoyable time.

The WI arrangements for the Flower Festival at St Mary's in September were in hand, several members had shown their willingness to help.

Our Autumn Eaton Bray WI Coffee morning is planned for Thursday 10th October. This will be a Community event. Members were asked for their help on the morning and for their help in advertising.

As we will be soon completing 98 years of

Eaton Bray WI, our President asked for ideas for birthday celebrations.

Our speaker for the evening was a local Beautician, who specialises in footcare. Some members were treated to a foot massage and a head massage, which they found enjoyable. We also learnt about foot care and the benefits of massage.

The next meeting will be on Monday 7th October when Sue Underwood from The Mission Mozambique Trust will be coming along to talk about this project for vulnerable and orphaned children in Mozambique.

Meetings are always on the first Monday of the month (except Bank Holiday when it is the second Monday). Meetings 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.

#### Are you a Budding Sailor?



Yes we just about as far away from the sea as you can get but many of us have a secret or even not so secret dream of getting afloat. Imagine the excitement of racing round the Isle of Wight with the spray on your face and the wind in your hair. Or think about

cruising gently round the Mediterranean in the sunshine. These experiences are surprisingly accessible.

I run RYA navigation and seamanship courses in Eaton Bray. Why not treat yourself or give a budding skipper a surprise present? My next Day Skipper theory courses are 5 days over weekends in November or weekends in February. The cost is £325 with discount for couples or groups of two or more. For more details phone Jenny on 07710 262102

or see the website www.navigationplus.co.uk



#### www.eblions.co.uk

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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.



# Dagnall Weather Station (AONB) Weather Conditions for July and August 2019

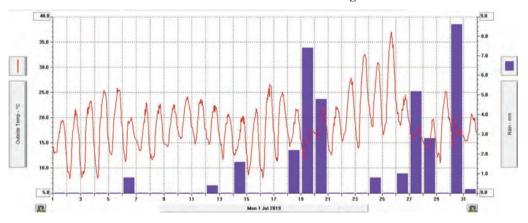
#### Elevation: 450 ft - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West July 2019



**July**: the month started cool with high pressure moving in for the first half of the month and long, dry sunny periods; although temperatures were mediocre in the low twenties. The temperatures rose on the 16th and, on the 18th, we had some very welcome rain showers for three days which totalled 14.4mm. On the 23rd, the temperatures started to rise to reach 37.1°c on the 24th, which is the highest temperature I have ever recorded in more than 25 years of monitoring the weather. It then turn unsettled for the end of the month. Overall, it was a dry and sunny month with only 50% of the 11 year average rainfall.

	High	Date/Time	Low	Date/Time
Temperature	37.1°c	25 July 15.43	7.8°c	2 July 05.30
Mean Temp	18.4°c	Dominant Wind:	NW	
Humidity:	96%	23 July 07.30	31%	25 July 17.30
Barometer:	1026.9 mb	July 23.00	1000.7mb	30 July 16.00
Wind Speed	42 mph SSE	28 July 15.00	Months avg.	4.2 mph
Wettest Day	30 July		8.61mm	0.339 ins
Monthly Rain:	Total	July	35.8 mm	1.409 ins

## The plot shows the high temperatures on the 23th – 25th and the small amount of rainfall totalling 35.8mm



#### August 2019

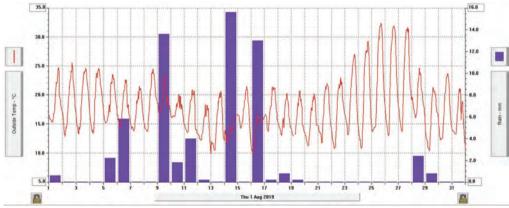
**August**: The month started warm with temperatures in the mid-twenties and, by the 5th, it became unsettled with sunshine and showers. On the 9th, a deep depression brought more rain and high winds with gusts reaching 44mph; it also turned cooler until the 20th.

On the 21st, high pressure brought increasingly warm air from the south which lasted through the Bank Holiday weekend until the 27th. The temperature peaked on the 25th when we recorded 32.6°c. On the 28th, it quickly turned cooler for the end of the month.

August is normally a wet month with some unsettled weather, although this year we had only 61.2mm of rain – that's more than 20% less than the average.

	High	Date/Time	Low	Date/Time
Temperature	32.6°c	25 August 17.00	97°c	12 August 00.00
Mean Temp	17.8°c	Dominant Wind:	SW	
Humidity:	95%	2-24-29 August	32%	25 August 17.00
Barometer:	1026.6 hPa	21 August 08.30	995.2 hPa	10 August 02.00
Wind Speed	44 mph SW	10 August 14.30	Months avg.	5.4 mph
Wettest Day	14 August		15.6 mm	0.614 ins
Monthly Rain:	Total	August	61.2 mm	2.409 ins
Yearly Rain:	Total	8 Months	392.4 mm	15.449 ins





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.



At Dagnall C of E we are now admitting Year 3 pupils from September 2019 and have been given the exciting news that we can now expand year on year up to age 11. We have small classes, a nurturing environment and ethos and high expectations for our pupils.

We have started this term with a visit from STRIDER, walk to school mascot from the charity Living Streets, who is encouraging us all to walk or park and stride to school.

Contact: 01442 842473 or office@dagnall.bucks.sch.uk



The Salvation Army hall In Booth Place LU6 2DR

#### **Salvation Sound**





#### Dear Reader,

In 1967 I was having a hard time following the death of my father. I suppose I was on the verge of a breakdown. Some friends persuaded me to try Transidentral Meditation, so I signed on and found myself in a corridor of a London hotel along with a number of 'city types', some complete with bowler hats and with no shoes on. We went into a room, one at a time to see the Marharishi Mahesh Yogi (this was the time when he was helping the Beatles) I found him sitting on his bed, I presented him with a bowl of fruit and then proceded to tell him of my woes. He listened, then quickly offered a single word 'meditate' and dismissed me. Later I was given a mantra ( which is a sound that you listen for in your mind in the quiet) and it did bring me to a much happier state.

There seems to be, at the moment talk of mindfulness in response to stress experienced by many folk. Why not try this prayer:

Mid all the traffic of the ways

Turmoils without, within

Make in my heart a quiet place

And come and dwell within.

A little shrine of quietness

All sacred to thyself,

Where thou shalt all my soul possess

And I my find myself.

(John Oxenham)

God Bless you



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