



FOCUS

December/
January 2020

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

The White Horse Inn *Eaton Bray*

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12th December and every
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month



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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.

The Focus Magazine Committee

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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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Kindly Note

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

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

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Village Diary Dec/Jan 2020



Weekly

- Mon-Fri (term time) Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468
- Mon-Fri (term time) Dagnall Under 5's, Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816 358342
- Mon-Fri (term time) Edlesborough Pre-School, Edlesborough School, 01525 220431
manager@edlesborough.bucks.sch.uk
- Mon-Thu (term time) Totternhoe Pre-school, mornings, Totternhoe Lower School, Michelle Urbanowicz on 01582 668841
- Mondays Pilates, 10.45am, Totternhoe Memorial Hall, Lisa: 07832 230774
- Mondays Dagnall Community Choir, All Saints Church 7.45 – 9.45pm
- Mondays (term time) Movement and exercise classes with a dance flavour, Northall Village hall 2-3.30. Contact Jan 01442 864271.
- Mondays Curtain Call Youth Theatre 5-7.30pm, Eaton Bray Village Hall, Gavyn 01525 220525
- Mondays Curtain Call Theatre Group - 7:30-10:30pm Eaton Bray Village Hall, Sheila - sdtwinkletoes@yahoo.co.uk
- Mondays KFPA ISTD Classical Ballet classes, 3+yrs, 4.15pm, Edlesborough Memorial Hall, www.kfpa.co.uk
- Mondays Cubs (8-10 ½ years old), 6.30pm - 8pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Liz Coates 01442 842550
- Mondays Yoga, 6:45pm, Edlesborough Memorial Hall, contact 07837 727302
- Mondays Barre, 8pm, Edlesborough Memorial Hall, contact 07837 727302
- Tuesdays Pilates, 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 162680
- Tuesdays Totternhoe Baby & Toddler Group, 9.30-11.30am, St. Giles Church Hall, Ruth Allen, 01525 222468 or 07796 265174 or email ruthallen002@gmail.com
- Tuesdays Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576
- Tuesdays Beginner's Boxercise, 6-7pm Dagnall Village Hall, Josh Thompson 07456 574405 or jtpinfo@gmail.com
- Tuesdays Coffee Morning, Bring & Buy, Table Top Sale, 10-12noon, Salvation Army Hall, Booth Place, Eaton Bray
- Fortnightly Pilates, 8pm, Northall Village Hall, Lisa: 07832 230774
- Wednesdays Northall & District Age Concern Wednesday Club, 10am - 3pm, Northall Village Hall, Contact Barbara on 07854 230243
- Wednesdays (term time) Caterpillars Baby and Toddler Group 10am to 11:30am, Grace Baptist Church, Moor End, Edlesborough, £1 per family unit, Contact Alister 07572 395687
- Wednesdays Pilates 6.45 & 7.45pm, Dagnall Village Hall, Andrea on 07855 138005 or andrea@naturalpilates.co.uk
- Wednesdays Art of Ju Jitsu martial arts class, Eaton Bray Village Hall, 7 -7.45pm ages 6-15yrs
- Wed (term time) Art Courses, Whipsnade Village Hall, 9.30am – 12.30pm. Lorna Moore 07896 619660
- Thursdays Yoga, Northall Village Hall, 11.30am-1pm 01525 377542
- Thursdays Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
- Thursdays KFPA Street dance classes 4+yrs 4pm, Edlesborough Memorial Hall, www.kfpa.co.uk
- Thursdays Tae Kwon-do, Dagnall Village Hall, 5.45-7.30pm 07813 755785
- Thursdays Clubbercise 7.30 - 8.30pm. Eaton Bray Hall - Gina Flitton 07846421756
- Thursdays Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact: ebebeaverleader@ebescouts.co.uk
- Thursdays Explorers Scouts (14-18 years old), 8pm-9.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Simon Betts, lionheartesu@hotmail.co.uk
- Thursdays Intermediate Boxercise, 7.30-8.30pm, Dagnall Village Hall, Josh Thompson 07456 574405 or jtpinfo@gmail.com
- Thursdays Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome

Village Diary Dec/Jan 2020

| | |
|-------------------------------|---|
| 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 | Mixed Ability Yoga Class, 11.30am to 1.p.m. Northall Village Hall, Contact Dee Lock on 01525 377542 |
| Fridays | Keep Fit class, Edlesborough Memorial Hall 10 - 11am |
| Fridays | Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 01582 620576 |
| Fridays | Stay & Play toddler group, 'Musical Monkeys' at the Eaton Bray Village Hall, 10-11.30am, £4.50 for one adult and child, £1 for extra children/adults, 0-6 months free |
| Fridays | Scouts, 10 ½ to 14 years old), 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Mark Owen, 07899 892344, ebescoutleader@ebescouts.co.uk |
| Fridays (term time) | "Little Luvvies" baby ballet classes 10am-11.30am. Contact Emma Whittemore on 01525 376124 |
| Fri (term time) | Art Courses, Whipsnade Village Hall, 9.30am – 12.30pm. Lorna Moore 078 9661 9660 |
| Saturdays | Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208 |
| Saturdays | KFPA Musical Theatre classes 4+yrs www.kfpa.co.uk , 10am, Edlesborough Memorial Hall |
| Saturdays | Bootcamp Fitness, 9-10am, Dagnall Recreation Ground, Josh Thompson 07456 574405 or jtptinfo@gmail.com |
| Sundays | Sunday Worship at 10:30am and 6pm Grace Baptist Church, Moor End, Edlesborough (across from the post office). Alister King 07572 395687 |
| Sundays | Karate for kids & adults, 4-5:30pm, Eaton Bray Village Hall, Contact 07500 007779 |
| Monthly | |
| 1st Monday | Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except Jan-2nd Monday) |
| 1st Monday | Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret Jones on 01525 220991 |
| 1st & 3rd Mon (ex. Bank Hols) | Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather Westwood (01525 839083) |
| 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 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 Dec/Jan 2020

Other Regular Events

- 13th Dec & 10th Jan Leukaemia Research Coffee Morning, 2 Dunstable Road, Dagnall 10.30am. All welcome.
10th Jan Sherry & mince pies at December meeting
17th Dec Dagnall and Kensworth Friendship Club, 1:30pm, Xmas Lunch in Dagnall Village Hall
5th Jan Beds Area Narrow Gauge Model Railway Club Meeting, 10.30am-3.30pm, Eaton Bray Village Hall
21st Jan Dagnall and Kensworth Friendship Club AGM and birthday tea 2pm in village hall

One Off/Annual/Irregular Events

- 1st Dec Salvation Army Christmas Carol Concert, 4pm, Eaton Bray Village Hall, Free, Tickets 01525 222087
1st Dec Handel's Messiah part 1 & Rutter's Magnificat, 6pm, St Mary's Church Eaton Bray, Tickets £12.50, Box Office 01525 222283
2nd Dec Silverlink for aged 60+ with local school choir, 2:30pm, Grace Baptist Church
6th Dec Santa around Dagnall village from 6:30pm ending at Dagnall Village Hall for the switch on of the lights at 7:30pm
6th Dec Mediaeval Yuletide Banquet, 7pm St. Mary's Church Eaton Bray £30, 01525 222283
7th Dec Dagnall Village Christmas Fayre, 1-3pm, Dagnall C of E School
8th Dec Dagnall Community Choir Christmas Carol Concert, 3pm, Dagnall Village Hall
15th Dec Santa Dash starting at Dagnall Village Hall, 9:30am. To register 07762 151364
15th Dec Carol Service led by Junior Church, 10:30am, Eaton Bray Methodist Church
15th Dec Carol Service, 3pm, Dagnall Church
15th Dec Community Christmas Celebration, 4pm, Grace Baptist Church
19th Dec Northall Baptist Church Carols at the Swan Northall, 8pm
20th Dec Eaton Bray Parish Council Christmas Carols around Eaton Bray, 7:30pm Three Corners, 8:15pm Market Square/The White Horse
21st Dec Carols by Candlelight, 3pm, Church on the Hill, Edlesborough
22nd Dec Carols by Candlelight, 4:30pm, Northall Baptist Church
22nd Dec Carols by Candlelight, 6pm, Grace Baptist Church
24th Dec Candle Services 4:15 pm and 6pm, St Mary's Church, Eaton Bray
31st Dec New Year's Eve Party, 8pm-1am, Eaton Bray Village Hall, Tickets: 07412 640936
9th Jan Edlesborough School & Pre-School Open Morning
11th Jan New Year Concert, 2pm, St Mary's Eaton Bray, Tickets: £8 on 01525 222283
24-26th Jan The Ultimate Pirate Panto, Eaton Bray Village Hall, 24th 7:30pm, 25th 2pm & 7:30pm, 26th 12pm & 4:30pm, Tickets: 07412 640936
31st Jan Kooky Ceilidh, 7:30pm, Dagnall Village Hall, Tickets: 07762 151364



Poppy Prom 2019



Many thanks to Gordon Gray and the 'cast' of the Poppy Prom this year. The choice of music was much lighter than last year, but still very appropriate for the occasion. Paul Simon, Andrew Lloyd Webber together with Elgar and Vivaldi.

Everyone loves standing to sing Rule Britannia and Jerusalem, at which point those with Union Jacks had a good wave. Although apt, I guess if you don't support Liverpool football club, 'You'll Never Walk Alone' is a bit harder to embrace.

It must take hours of organising, rehearsing and sorting the programme each year, well done to you all. If you have not been to the event yet, why not give it a try next year.



Village Info



EDaN Community Transport
Peter Williams: 01442 842506

Village Hall Bookings

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

Northall: Lorna Cabbage Tel: 07857 318696 www.edlesborough-pc.gov.uk/nvh

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...

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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

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Services at St Mary's Church

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

On Third Sunday of each month:

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

WEEK-DAYS:

Wednesday: 10.00am Holy Communion
EVERYONE WELCOME AT THESE SERVICES

Dagnall Church Welcome Club



Tuesday 10th December 2pm to 4pm
Tuesday 14th January 2pm to 4pm
Drop in for a chat, a cup of tea and cake.
All ages welcome.

Dagnall Church, Ringshall Road HP4 1RL



CHARITY CHRISTMAS PUZZLE



This year sees the 29th Anniversary of the annual Puzzle set by Gordon Gray. The Puzzle is rated by participants as one of the most enjoyable (and devious) they have tackled and, with a theme designed to help completion, it will appeal to people who enjoy doing word puzzles. Puzzlers have plenty of time to find the answers and entries should be returned, with a donation, by 26th January.

Three highest scorers will each receive a £50 prize.

Everyone who enters will qualify for one of four £10 prizes.

Copies of the Puzzle can be accessed from the web at www.christmaspuzzle.co.uk. You can register early to receive a copy on the issue date of 8 December.



£91,400 raised for charity
£7,200 donated last year



This year's puzzle will support five charities nominated by Puzzlers.

Eaton Bray with Edlesborough Parish News

Vicar: Rev'd Joy Cousins

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

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

Reader: Gordon Gray (01525 220136)

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

The accounts of Jesus' birth are full of people making journeys. Mary and Joseph make the journey from Nazareth to Bethlehem to be taxed, the shepherds leave their fields and make their way to see Jesus lying in the manger, and the Wise Men travel from the East to Jerusalem and on to Bethlehem so that they can worship Jesus and can bring him their gifts of gold, frankincense and myrrh. After Jesus' birth, an angel then tells Joseph that he and his new family need to escape Herod and flee to Egypt. So the Christmas story is one that is filled with comings and goings. Many people will also find themselves making journeys over Christmas and the New Year to visit friends and family, to exchange presents, and to share in the many joys that Christmas and the New Year can bring.


Amid all our to-ing and fro-ing during the festive season, it is important that we remember those who may live near us that have nobody to come and visit. For many, Christmas can be a difficult time, as it is often at Christmas that we remember those who are far from us, or who are no longer with us. So the first thing that I would encourage you to do, is to think about your neighbours and who among them might really appreciate a visit, who might want to not feel quite so alone, or who might want to share in the joy of the season, but has nobody to share it with.

It is also at this time that we should remember all those throughout the world who, like Mary, Joseph and Jesus, are fleeing their homes because of violence and oppression. Sadly, there are many people throughout the world who suffer, because of their ethnicity, their beliefs, and their political views. But what can we do to help refugees? It is really important to take some time to pray for those fleeing their own homes that they may be kept safe and also giving thanks for freedoms we received. But there are also many charitable organisations that are there to help those in need - organisations like Christian Aid, Refugee Action, Save the Children, and Unicef, amongst many others – perhaps this year you could donate something to one of these charities, or give unwanted things to one of their charity shops.

So the old year is coming to an end and we are moving into the New Year. When Mary and Joseph, the Shepherds, and the Wise Men set out on their journeys, they did not know what to expect, or what would happen along the way; but each was rewarded at the end, by finding the baby Jesus, lying in the manger. Journey is not always easy, and life is not always easy either, but after all the hardship of their travelling, all those in the Christmas story found the peace of the Christ-child, a little baby surrounded by love the God. I wish you all a very Merry Christmas and a Happy New Year, and pray that you too may be surrounded by the warmth and love of God.

✠ Rev'd Stephen





Music at St Mary's

Season Ticket for 2020

Following the success of Season Tickets for concerts under the banner of Music@St Mary's Season Tickets for 2020 will be on sale once again. After a busy year in 2019 when St Mary's Church, Eaton Bray, celebrated its 800th anniversary we are back to a normal programme of concerts planned for 2020. This year's Season Tickets cover attendance at all five concerts in 2020 for the price of four: i.e. £40 instead of £44.50.

To encourage you to buy a Season Ticket the first 50 purchasers of Season Tickets will be guaranteed a seat in the nave at the 2020 Poppy Prom. To get your ticket please contact the Box Office on 01525 222283.

Save the dates!

Saturday 11 January - New Year's Concert

2.00pm. Tickets: £8.00

Saturday 15 February – Mark Niel

2.00pm. Tickets: £8.00

Date TBC - Buffalo

7.30pm. Tickets: £8.00

Saturday 2 May – Dagnall Community Choir & South Beds Concert Band

7.30pm. Tickets: £8.00

Saturday 14 November Poppy Prom

7.30pm. Tickets: £12.50

Season Ticket – £40

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This offer is valid until 11 January 2019 or until 50 Season Tickets have been sold.



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Dagnall Community Choir

December is upon us, and everyone in the choir is really looking forward to our Christmas concert, which takes place on Sunday 8th December, 3.00pm at Dagnall Village Hall. This is always a lovely event, with plenty of festive music, as well as mince pies and mulled wine, and a visit from Santa for the younger members of the audience. It's free entry (there will be a charity collection and all donations gratefully received) so if you haven't been before, please come along and join in our celebration of Christmas.

Before that, on Saturday 7th December at 5.30pm, the choir will be singing Christmas carols around the tree at The Five Bells in Stanbridge, as they switch on their Christmas lights - do come along for a sing-along! Then on Sunday 15th December we will be joining the congregation at St Luke's Church, Leagrave, for their Carol Service at 4.00pm, which is sure to be enjoyable.

We look back on an eventful year for Dagnall Community Choir. We have welcomed new members who have quickly become friends, and have also had to say sad goodbyes. For some choir members and their families, 2019 has been a difficult year, and we think of them with love this Christmas. We've enjoyed singing in some wonderful concerts over the last twelve months, performing in Dunstable,

Toddington, Dagnall and Eaton Bray. Back in the Spring, we took part in the Milton Keynes Music Festival, and were delighted to be awarded second place in our category. The boost to our confidence that this gave us has been evident in all our performances since then, and we are proud to now be able to call ourselves an "award winning choir!"

The new year will mark the choir's tenth anniversary, as we formed in February 2010. From small beginnings, our village community choir has grown to be a well regarded and accomplished musical group. We look forward to seeing what the next decade will bring us!

For more details about the choir, please visit our website at www.dagnall-community-choir.co.uk. As always, we welcome all new members, so if you'd like to give it a go, please get in touch, or come along to one of our rehearsals. We meet on Monday evenings throughout the year, 7.45pm at Dagnall Church. Hope to see you soon!

MEETING PLACE AVAILABLE

Does your leisure group/voluntary organisation need premises for your regular meetings?

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| Morning Worship | 11am |
| Tuesday | |
| Coffee Morning | 10 - 11.30am |
| <i>(Alternate weeks)</i> | |
| Wednesday | |
| Home League | 2.30 - 3.30pm |
| <i>(Ladies meeting but all welcome)</i> | |
| Champion's Club <i>(Term time only)</i> | |
| | 5.30-6.30pm (Ages 5 to Year 5) |
| | 6.45-7.45pm (Year 6 and above) |
| Thursday | |
| Girls' Night Out | |
| <i>(1st Thursday of the month)</i> | 7.45pm |
| Ladies Fellowship | |
| <i>(Last Thursday of the month)</i> | 7.30pm |

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Edlesborough Parish Council News

Including Edlesborough, Dagnall and Northall

Edlesborough Parish Council wishes all Parishioners a Merry Christmas and a Happy New Year.

Remembrance Day

Once again the EDaN Beautification Team and other volunteers worked very hard to create the wonderful display at Edlesborough War Memorial.

Allotments

Do you have a keen gardener in the family? Are you looking for something different to give as a Christmas Gift? Whilst they are hard work allotments also give hours of pleasure, so why not consider this as a gift. Edlesborough Parish Council currently has vacant allotments. 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.



County Cllr Anne Wight & District Cllr Chris Poll

Cllrs Wight & Pole both attended the October Council meeting. Copies of their reports can be found on the EPC website.

New Pavilion

The demolition of the old Pavilion is now complete and work has commenced on the new Pavilion. Anyone wishing to sponsor a brick can collect an application form from Edlesborough Stores.

Streetlights

Please report failed streetlights in Edlesborough, Dagnall and Northall to the Clerk for repair. When making a report please ensure you provide the Clerk with the information displayed on the lamp post.

Speedwatch

The EDaN Traffic Management team are looking for

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

Dog Bins

AVDC has extended the current dog bin emptying contract until the end of March 2020. At present the dog bins in the parish are scheduled to be emptied on a Friday. If a bin is overflowing please

call the number on the bin & quote the reference number on the bin. If a bin is broken please inform EPC as soon as possible to enable a swift repair or bin replacement as necessary.

Now that the evenings are darker please be extra vigilant when walking your dog to ensure you clear up after them.



EPC Meetings

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

- Thursday 19th December 2019
- Thursday 16th January 2020
- Thursday 20th February 2020

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.

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 Methodist Church

October opened with our monthly Communion

Service, led by our Minister, Rev Nigel Bibbings. In a typically encouraging sermon he recognised that it is easy to be fearful in these difficult times and urged us not to lose our nerve. We need to rely on God's strength, take delight in the Lord, trust in the Lord and wait patiently for the Lord to guide us through. The second Sunday was, as usual, our Café Service, an interesting meeting, led very ably by Richard Armiger. There was a lively discussion on the images we have of God, what helped to shape these images and how we remain 'in touch' with God. On the third Sunday Roger Owers made a welcome visit, basing his sermon on Paul's letter to the Colossians. Our world is very different and yet we, like them, face difficult times; the destruction of the world around us, the pursuit of ideals with an agenda of violence, a barrage of ideas and theories. Like them we need to place Jesus Christ at the centre of our life to give it stability, direction and

purpose. We were delighted to have Joan Gregory with us on the final Sunday. Her text was Psalm 84 verse 8." Hear my prayer O Lord God Almighty....." She emphasised the need for prayer in our daily life but also making sure to listen for his response. His answers vary; sometimes 'Yes, leave it with me', sometimes – 'Be patient and wait', sometimes 'No' – for we cannot see the bigger picture and must simply trust that things will work out for the best in the end.

Dates for your diary:

Carol Service

Sunday 15th December at 10.30

Led by Junior Church

Café Community

Saturday 8th February 2020 11am – 1pm.

We will be delighted to see you if you come for a cup of tea/coffee and/or a light lunch.

Social Afternoons

Thursdays 1.30pm – 3.30pm

Chat, meeting friends, games, refreshments.

All Welcome.

Appledown's Rescue Dog of the Month



Meet Susie a Staffy/Lab cross. This sweet-natured dog is a more mature lady at ten years old and hasn't had the easiest life having had many litters of pups. She has crossed our path many times over the years so we know how things have been for her, and we are thrilled to now have the opportunity to care for her and find her the loving home she so deserves. She is incredibly affectionate and her tail never stops wagging especially if you are taking her for a walk! She could probably live with another calm dog, but we would rather like to see her getting all the attention! Susie cannot live in Luton

Please see our website for full details of the rehoming process.

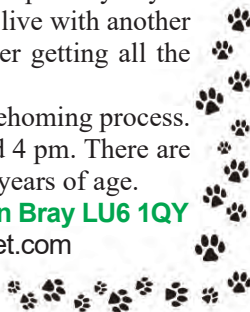
We are open for visits and phone calls every day between 10 am and 4 pm. There are restrictions on rehoming dogs to families with children under seven years of age.

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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 7th October 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

Watercourse/Mill End Close

Mill End Water Course Refurbishment Update.

Some months ago, Eaton Bray Parish Council (EBPC) met with Bedford Group of Internal Drainage Boards, the body responsible for maintaining the various water courses in the Region. We discussed what was potentially required for the water course at Mill End to restore the water level and flows to achieve the preferred design. A plan was agreed, which was for the IDB to clear the land, survey the damage and prepare costed recommendations for the most appropriate works.

Having cleared the land some months ago we have now received a technical proposal for the recommended works which, amongst other aspects, recommends sheet piling along the bank to the east side (Mill End Close side) of the water course. We are awaiting costed proposals and possibly alternative solutions for EBPC to review in the near future. The current technical proposal will be available to view on EBCPC web site, as will the fully costed proposal when it is received. In the meantime, this update is intended to inform Parishioners of progress and that the next stage is to review the funding options prior to commencing any works.

Litter Pick Day: Saturday 26th October 2019

Seven people turned out on Saturday 26th October to pick up litter in the village. Amazingly we collected about 30 bags of rubbish. A big thank you to those came along to help. Just think what we could do if more people took part. Perhaps next Spring?

Skate Park/School Lane

Local children addressed the Parish Council asking for improvements to the current skate park. A petition, containing 130 signatures, was presented to the Council. The proposal is for a street section to be added to the skate park, the Parish Council to look further into suggested designs/costs.



Parish Council Meeting Dates

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

*Mon 2nd Dec 2019 *Mon 13th Jan 2020

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.

*** REMINDER ***

ALLOTMENT RENEWALS

To Eaton Bray Allotment Holders – if you have not already done so, please forward your renewal payment (cheque/cash) to the Parish Clerk by Monday 6th January 2020 – failure to send payment will result in your allotment plot being released to let. Should you have any queries please contact the Parish Clerk.



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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Christmas Eve Candle Services

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Eaton Bray



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**Christmas Carols &
Brass Ensemble Around The Village**

Friday 20th December 2019

From 7:30pm



To help us all get in the Christmas spirit, the Parish Council have again arranged for the brass ensemble to play Christmas Carols around Eaton Bray on the evening of the 20th December.

The evening commences from 7:30pm at Three Corners moving to Market Square/White Horse at 8:15 pm.

All adults & children are urged to come outside and have a good old Christmas sing-a-long.

(song sheets will be available but please bring your own torch/lantern)

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Dagnall Village Christmas Fayre

at Dagnall C of E School

Saturday 7th

December

1PM-3PM

Lots of fun games
including:

Santa's Stockings



Lapland Lollypops

Bottle Tombola

Raffle

Chocolate Tombola

Face painting

Festive refreshments
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Crafts

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And much more!

Raffle will be drawn in the
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Meet

Father Christmas!



£1 entry for adults

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CHILDREN ARE FREE



'Carols by Candlelight'



Saturday 21st December @ 3.00 p.m.

Bring the whole family for a feast of carols, mince pies and mulled wine (or warmed juice) to our magnificent

Church on the Hill, Edlesborough

Do wrap up warmly as this ancient building has no heating!

Open during December for quiet contemplation...

Please add your thoughts to our Christmas memory tree

2020

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Dagnall Community Choir

invite you to their annual

Christmas Carol

Concert

at Dagnall Village Hall

Sunday 8th December

at 3pm

This is a free concert and there will be a bucket collection with all proceeds donated to a charity.

Mulled wine and mince pies will be available and Father Christmas will be putting in an appearance

Visit our website:

www.dagnall-community-choir.co.uk

DAGNALL VILLAGE HALL

Friday 31st Jan 7.30pm



£5 kids £10 adults £25 family ticket – ALL proceeds to DVH

'Relaxed' Scottish country dancing with charismatic caller Tam Quinn and dance guidance from the lovely Tracy.

Please come along and join us for a hilarious family friendly Ceilidh night, put on by the fabulous Kooky Ceilidh team! There will be soft drinks and refreshments included in the ticket price, but please bring your own alcohol if desired.

Email: dagnall_village_hall@outlook.com / 07762 151364 / DUFs for more info

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Eaton Bray
10.30am - midday



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

Christmas 2019 in Dagnall

Santa around the Village

**Friday 6th December from 6.30pm ending at Village Hall
for switching on of the lights at 7.30pm**

**Christmas Fair at Dagnall School
Saturday 7th December - 1-3pm**

**Dagnall Community Choir Christmas Concert at Village Hall
Sunday 8th December 3pm**

Best dress house Saturday 14th December

**Santa Dash starting at Village Hall
Sunday 15th December - 9.30am**

**Carol Service at Dagnall Church
Sunday 15th December 3pm**



The Ultimate Pirate Panto

It's that time of the year again 'Oh, yes it is'! And the Curtain Call Theatre Group & Youth Theatre are ready to delight you with their next extravaganza 'The Ultimate Pirate Panto'.

This 100% original script has been written once again by the award winning local Gavyn Lugsden, and this show is guaranteed to entertain the young and old alike.

This 'laugh-a-minute' panto is full of all the ingredients you would expect, plus some extra surprises including a canon target practice scene which can't be missed!

Join Captain Crabs and his silly side-kick Seaweed as they try to trick the folk of London in joining them on a holiday... however, not is all at it seems, Crabs has an evil plan, but who will prevail?

With toe-tapping songs, slapstick, and plenty of Yo-Ho, we are literally 'pushing the boat out' for this January's treat.

Last years show (Wizard of Oz) has already won us 2 awards, including best young performer (Hannah Garnham as Dorothy) and best original script (Regional Novation awards Sept 19).

The show based at the Eaton Bray Village Hall runs from Friday 24th to Sunday 26th January over 5 performances.

Tickets are on sale now via the website www.curtaincalltheatregroup.co.uk or by calling the box office on 07412 640936.

Or, to be in with a chance of winning one of 2 family tickets answer the following question; What was the Pantomime Curtain Call Theatre Group performed Jan 2019?

Text 'FOCUS' followed by your answer to 07412 640936. Winners will be notified by text by 15th Jan 2020.

Good luck! Shall we see you at the show? Arrrragh, we shall..!

DAGNALL SANTA DASH!

Sunday Dec 15th 9:30am

Join us at Dagnall Village Hall - **MARBLED MEATS WAGYU** van will have breakfast baps and there will be hot drinks and cakes available inside the hall !

Approx 2 miles - Run, hop, skip, jump or walk your way round!

Suggested Entry Donation:

£10 adult : £5 child including FREE Santa hat and a medal.

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Portuguese Custard Tarts



It's been said over and over again, food takes us back to a place, back to a memory, back to a moment in time. Whenever I smell fresh biscuits baking, I'm right back to my grandma's kitchen. Whenever I smell a fresh baguette, it takes me back to my time living in France and that unmistakable early morning aroma which fills the villages and towns (often mixed in with the smell of strong coffee too!). So often on my Weekend Kitchen radio show, I am taken back to happy places by the food which my guests make. One such happy place is Portugal, and the Algarve in particular, where I have spent days and days enjoying the perfect weather, wonderful hospitality and amazing fresh food. And nothing personifies Portugal better than their traditional custard tart - moreish, light, and with the signature dark brown top crust, they will brighten any dark day. They're also surprisingly easy to make - as shown in this brilliant recipe by Victoria Chidgey. She's a highly talented young cake maker and baker, with her own thriving business called The Tring Cake Company. These tarts will put a smile on your face.

1 block of puff pastry
Icing sugar for dusting
6 egg yolks
185g caster sugar
50g cornflour
600ml whole milk
10g vanilla extract

In a pan, bring together the yolks, sugar, cornflour and vanilla. Slowly stir in the milk. Put the pan onto a moderate heat and stir continuously until big bubbles appear in the middle.

Take off the heat, pour the mix into a bowl and cover with clingfilm.

Put this bowl in the fridge to chill while you roll your pastry.

Roll out the puff pastry using the icing sugar to dust the surface and rolling pin.

Cut the pastry in half and place one half of the pastry on top of the other.

Roll the pastry again until 5mm thick.

Roll the pastry into a tight sausage and cut into 16 discs.

Push the pastry into each hole of a cupcake tray, applying pressure around the sides so that they are evenly covered, all the way to the top edge.

Dust with icing sugar.

Fill each tart 2/3 full with custard and bake at 200C/ Gas Mark 5 for 25 minutes.

Leave to cool and serve.

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



You are invited to join us for our
3rd Community Christmas Celebration

On 15 December at 4pm

*With brass band, choir,
community singing, and something for
all the family to enjoy*

**at Grace Baptist Church
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Also

SilverLink for age 60+ with local school choir

(2 December at 2:30pm)

Carols by Candlelight (22 December at 6:00pm)

Christmas Morning All-Age Service (25 December 10:30-11:15am)

Grace Baptist Church (Edlesborough)

Pastor Alister King (gbcepastor@gmail.com) or 07572395687

Eaton Bray to Everest

It's safe for me to say that I'm not much of a trekker or a hiker and walking poles are not my friend, but over the past few years I have learnt to say 'Yes' a lot more to opportunities to broaden my love of travelling and keep up with my fitness.

I've said 'Yes' to an adventure in the High Atlas Mountains to summit Mt Toubkal (4167m/13,671ft) in Morocco in 2016. I've said 'Yes' to a fabulous weekend in Northern Spain trekking in the mountains of the Picos de Europa in 2017, and last year I said 'Yes' to an opportunity to visit Nepal and trek to Everest Base Camp (5365m/17,598ft).

So, after a year of keeping up some reasonable fitness levels, a trip to Snowdon, colossal researching that led to me freaking out about what I was going to encounter and a lot of friend therapy to aid the 'I've got this' mentality, I began my 16 day journey on the 9th October 2019 to Khatmandu via Istanbul.

I was travelling with 11 others (10 other women and James – poor James ☺). We were all connected to each other in that we all knew at least one other person on the trip. We came from the UK, the Bahamas and the USA – we came with sisters, friends and work colleagues; finally all meeting for the first time in our Hotel in Khatmandu. These 10 women (and poor James) instantly became the most incredible people I have ever met and our strong bond was formed.

Sadly we didn't have a huge amount of time to fully explore Khatmandu, but a few of us managed to survive the road system (I say 'system' when actually it's probably fairer to say complete chaos), walking to the Thamel region of the city to explore the trekker markets and the alley bazaars (and partake in a Nepalese Ice beer and veg MoMo's).

The next day we began our EBC adventure – a 12 day trek in the Sagarmatha National Park region of the Himalayas – one of the world's greatest trekking destinations. But to get there we had to endure a 4 ½ hour road trip to Ramechhap airport – a few heart stopping moments as our car drove inches from a 100ft drop – so the best thing for me to do was just to close my eyes, go to sleep and hope for the best! And for the record, when I say 'airport' - what I really mean is a teeny tiny airfield and a cow shed for a check in desk. But our little Tara Air Twin Otter plane that held 16 passengers took off and landed 20 minutes later at Lukla Airport – considered the world's most dangerous airport due to the steep gradient of the short runway, and that it's surrounded by huge mountains with no margin for any error! Now THAT was an exciting plane trip and not for the faint hearted!

And then we began our walk along the 'Himalayan flats' – just a little bit up and a little bit down (as our guide liked to tell us). So, this seems a good time to introduce our incredible support team – Niroj (our team leader who's motto was 'everything is possible, never say no'), Ishwor (assistant guide and card magician), Sujan (trainee guide and pretty cool dancer) and our 6 phenomenal super human porters who carried our duffel bags every day to our overnight accommodation.

So for the next 8 days we slowly but surely made our way closer and closer to our ultimate goal, walking higher and higher every day. We began in hot sunshine, traversing pine forest valleys and marvelling at the colours of the flora and





the terraced vegetable fields as far as the eye could see, following the rushing Dudh Kosi River (known as the Milky River due to the creamy colour of the water coming from the melting ice of the Khumbu Glacier), feeling like Indiana Jones as we crossed the river over high, daunting-looking suspension bridges. We were surrounded by immense, dark mountains, and behind them the continuous view of the rocky snow capped mega mountains known as the 8000ers. The Khumbu region is home to 4 of the 6 highest mountains in the world (all over 8000m) and we got to see them in all their awe-inspiring grandness every day of our trek – getting closer and more intimidating every day.

We stayed in local tea houses each night. It's hard to describe a Himalayan tea house – but in short, it's a little hostel made out of plywood and a corrugated iron roof (with a non-cracked window if we were lucky!). Each tiny room had two small single beds

and if you were even luckier, a working light! Toilets were squat pots and we thought all our Christmases had come at once if we came across an actual proper flushing toilet! But it was an experience we all came to share and giggle about – and our best friend became a bottle of anti-bacterial hand gel that was permanently attached to our bodies (as well as toilet roll).

But each tea house had a cosy communal room where we could meet other groups, warm ourselves by the stove and eat food together. Our guide had warned us that the food was 'not delicious and not plentiful' – but actually we found the food totally delicious and more than plentiful. We all kept away from the meat dishes (it's a long way for the meat to have to travel as animals cannot be slaughtered in the National Park) and so we pretty much stuck to the traditional Bhal Dat – a Nepalese veg curry, lentils and rice. We caved occasionally and went 'Western' with a veg burger or a pizza! The one thing that our guide insisted upon every day was garlic soup. Good for acclimatisation apparently – but if I ever have to eat that again, it'll be far too soon! But, high-altitude acute mountain sickness (HAMS) is a serious issue and we didn't mess about with our health. You take the risk of developing HAMS if you ascend too quickly from 3000m – which we got to on our first day. I think it's fair to say that everyone in our group felt headachy and nauseous at least once on our trip, but none of us needed additional treatment. I'd say that we were pretty lucky – but luck doesn't happen by chance and we had our guide keeping an eye on our symptoms and oxygen levels everyday. Each day we drank litres of water, climbed high but slept lower and had a few well needed acclimatisation days. It was not lost on us that only 65% of trekkers actually make it to EBC.

Namche Bazaar was one of our first highlights of the trek. The capital of the Khumbu region, it is a large buzzing village that we got to via 'Namche Hill' – a horrifically steep 2 hour climb that I have pretty much erased from my memory – Just one of the 'little bit ups' we were warned about! We visited the Sherpa museum and caught our first glimpse of Mt Everest – a hugely exciting moment for us all as at that point our final destination dream became very very real. We drank hot chocolate in the Irish Bar (yep, they get everywhere!) and we haggled hard for 'genuine' North Fake (sorry



Face) goods ☺.

From here on in we started to see the panorama change as our trekking took us higher and higher with each step. We lost the lost greenery and pine forests, replaced with more desolate landscape of heather and rocky trails. It was hard at times to look up as we were focused on keeping our head down and making it up the ‘little bit ups’ – but when we did look up we were reminded of our goal – there always in the background – the immense snow-capped mountains. As the days went on we lost the heather, replaced with just desert like rocks and dusty, difficult to traverse terrain. We amused ourselves with stories of conspiracy theories and trying to remember the tunes to iconic 80’s songs – not so easy when you’re trying to breathe with limited oxygen pumping around your body! Our baseball caps and short-sleeved t-shirts were packed away and out came the woolly hats, the down jackets, the gloves and the thermal base

layers, and finally on day 8 of our trek, we made it to Everest Base Camp – 5364 metres high. All of us. We all did it – together. We were the only group that our guide had managed to get 100% of us all to EBC – we were elated and exhausted!

There’s nothing, simply nothing at EBC apart from rocks and the spectacular Khumbu Icefall that flows into the Glacier creating large ice peaks at the base of the camp. But with all 12 of us reaching our goal together, we felt a huge sense of achievement and that nothing was beyond our wildest dreams. A few high fives and massive hugs later, along with a sip of some smuggled port in a hip flask, we returned to our resting place for the night at Gorak Shep – which frankly was the most remote, coldest, dirtiest place I have ever stayed at – but did we care – not at all!!!! We were on cloud nine!

Day 9 saw the start of our 4 day descent back to Lukla. I use the term descent loosely as there were rather a lot of ‘ups’ as we made our way out of the valleys. I didn’t seem to mind the ‘downs’ on the way up but I have to say I did find the ‘ups’ pretty challenging on the way down! Hey ho – that’s the Himalayan Flats for you I guess.

We spent a night at a Monastery where we listened to the Monks chanting, and then we were entertained watching a large Russian party celebrating a birthday. We even had our first beer of the trek – a huge treat for all of us!

Our last night was back in Lukla where we had a big celebratory dinner with our guides and porters, ending with us taking over the music system of guest house restaurant. We even got the German group up and dancing too!

This trip was just unbelievably





brilliant, life changing but incredibly hard work. We got used to not washing, wearing our clothes all day and all night, then all day again. We got used to no flushing toilets, eating the same things every day, and being permanently cold in the evenings. But we got through it – through team work, compassion and raising each others spirits when it was needed. We shared everything together – wild wee's, learning new card games, our sugary treats and our toilet rolls! We laughed at and with each other, supported each other and spent a lot of time howling over James' one monumental (over-tired) stop which kept us hugely entertained every step of the way. Poor James ☺

And then it was over. But our memories will last a lifetime. The world is a big big place and we have only scratched the surface of Nepal and the Himalayas. Nepal – I will be back. But for now, a little break to catch my breath – reflect and recharge. Get back to work and spend time with my family who have been awesome in letting me experience this dream.

I have made friends for life on this trip – an experience that will bind us together forever and I am privileged to have shared it with every single one of them.

And to my village friends – You pushed a letter into my hand before I left giving me instructions not to open it until things got tough. They did get tough and I read it one night with the others – you had us all in tears and I will never forget what that one simple act of kindness meant to me. Thank you all x

If this has inspired anyone to undertake this wonderful trip – please don't hesitate to make contact with me as I can help with some detail, hints and tips to make everything a tad easier! lyndalangford@yahoo.co.uk

Feel the fear and do it anyway. A journey never to be forgotten. Namaste.

✍Lynda



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LOCAL HERALDRY

BY JOHN HOCKEY

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

A STONE SEAT

How unusual to find a coat of arms on the end of a stone seat, but this is exactly what happened when a member of the Dunstable U3A Heraldry group took a breather in Stockgrove Park, now part of Rushmere Country Park, near Leighton Buzzard.

It transpired that the seat was placed there by Sir Ferdinand Michael Kroyer-Keilberg (1882 – 1958), a Danish-born businessman who had a large house built in the grounds for his family. He made his considerable fortune in molasses and became a British citizen in 1926, in which year he was granted a coat of arms by the London College of Arms.

He was also a considerable benefactor and was knighted in 1947.

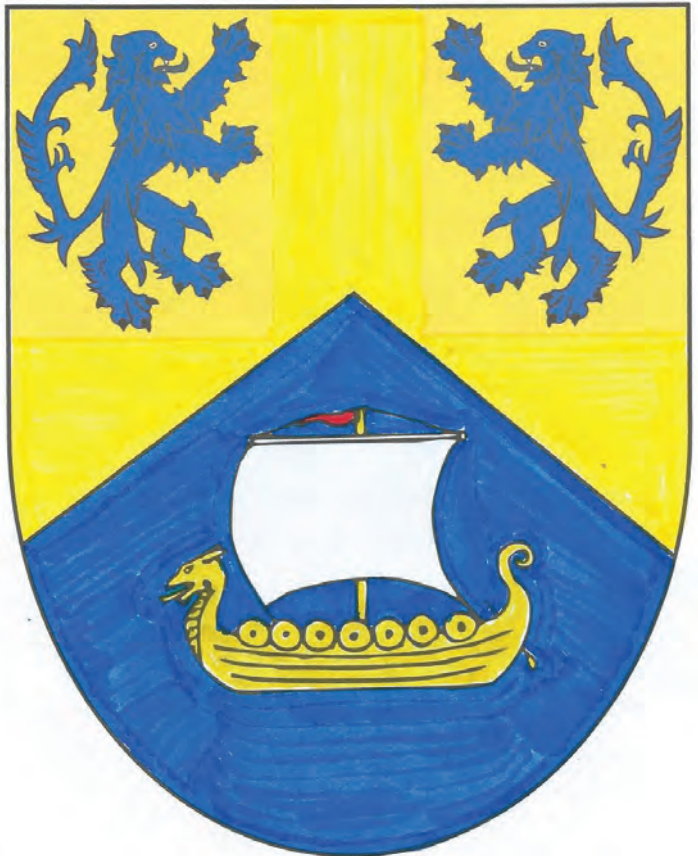
Although we had the coat of arms in stone, we did not have any colours. The next step was to contact the College of Arms and speak to ‘Mr Portcullis’ (!), then a junior Herald, who looked up the description or blazon for us.

The shield is divided ‘per chevron’ which splits the shield into a two sections, gold (heraldically ‘Or’) above and blue (‘Azure’) below. In the upper part of the design are two

lions facing each other (this is called combatant and they are also coloured Azure). In the lower part is a Viking galley which is gold with a white sail. A red (Gules) pennon flies from the mast. The firm rule that colours should be placed on metals and vice versa for good contrast is well shown here. (Incidentally, this is a rule that all runners and cyclists would do well to heed!).

As there was no picture of a coloured shield, I had a go at creating the design myself (so apologies for any inaccuracies).

In our group we have a saying ‘Heraldry is everywhere’ and this little piece of detective work proves the point perfectly!



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Can you help local families spend their final Christmas at home together?

Rennie Grove Hospice Care is planning ahead so that it can give as many patients as possible a family Christmas at home together. The charity, whose nurses provide specialist 24/7 responsive hospice at home care to adults and children in Bucks and Herts, is asking its supporters if they would be willing to make a donation towards the costs of its nursing care over Christmas.

Helen is a hospice at home nurse. She said: "What I love about Rennie Grove is that we can be there any time of the day or night, 365 days a year. And our 24-hour responsive care is never more important than at Christmas, when so many other healthcare providers offer a reduced service."

Mandy's family, husband Kevin, daughter Laura and son James, know first-hand how Rennie Grove's nurses can help families spend a last Christmas together.

James explains: "I'd like to tell you about my amazing mum. You couldn't hope to meet a kinder, more caring person. She was tiny, just 5 feet tall, but with a massive personality. She made a lasting impression on everyone she met. She had a relatively short illness, which started out with lung cancer and spread to her liver, skin and ultimately her brain. She fought it with all she could and sometimes you wouldn't even realise she was ill. Her main aim was to get to Christmas with all her family around her."

"Christmas was all about the traditions for mum. Since I turned 10, she's always put the same presents in my stocking each year."

"We had the best last Christmas. Mum had always wanted to go to her brother's for Christmas and he invited us all round. Mum outlasted us all that day! She'd been so determined to enjoy one last family Christmas."

"The Rennie Grove nurses made that possible.

Without their constant support, practical advice and compassionate care, we wouldn't have had the same quality time together as a family. You build a real rapport with the nurses. I used to call up for advice: should I do that? This is happening, is it OK if I do this? Just knowing they were at the end of a phone 24 hours a day, ready to visit if needed, gave us the confidence to keep caring for mum at home.

"Rennie Grove helped us from day one. And as Mandy got weaker, whatever she needed, a walker, commode, bath seat, oxygen, hospital bed, the Rennie Grove nurses would make arrangements and it would be here within 24 hours. They always took the time to talk to all of us. You could tell they really cared.

"Mum felt that too. Her face would light up when we said the Rennie Grove nurses were coming. It was like her mates were coming round. She knew she could tell them anything.

"We can't thank Rennie Grove enough for enabling us to make happy memories in those final days of mum's life. Thanks to them, mum lived the life she wanted to until the very end, and passed away peacefully in her home with her family around her. Christmas is going to be hard this year, but those memories will help us get through it."

Without your help Rennie Grove could not provide its specialist care in patients' homes at any time of the day or night. So the charity would like to ask for your help this Christmas. Please can you spare whatever you can afford to make a difference to families preparing for their last Christmas together?

£25 will pay for one of hour of nursing care for a patient like Mandy. Rennie Grove needs to find £21,000 every day to help all those who need them and your help towards this will make a real difference. You can donate securely at renniegrove.org/christmastgether19 or by calling 01442 890222 if you prefer to donate over the phone.

With your help Rennie Grove can make every moment matter for its patients and their families this festive season. Thank you.



Edlesborough W.I.

At our annual 'Birthday Bash' in October, we all sat down and tucked into a superb meal which a team of caterers had cooked for us, and after which our speaker, Sarah Harrison, kept us 'in stitches' about the 'ups and downs' of life in general which included lots of anecdotes and witticisms and things that just make you laugh. A thoroughly good evening all round.

Since I last reported to you, we also enjoyed a friendly lunch at a local hostelry. You have just got to believe how much noise a group of chattering ladies can make! We are definitely 'ladies that lunch'.

Looking forward now to our AGM and our Christmas Festive Meeting which is rapidly approaching. How the year has flown by!

✍️ Sue Parker

Eaton Bray Poppy Appeal 2019

At the risk of repeating ourselves from last year, many, many thanks to everyone in the village who supported this year's Poppy Appeal. The total raised was £2865.72 and is £37 more than last year – remarkable given the fact that last year had a great deal of interest because of the 100 year anniversary of the end of WW1 in 1918.

An especial thank you to our team of 22 who knock on your doors and also to the 11 premises around the village who host a static box of poppies. Mentioned in despatches this year for their excellent contribution are Eaton Bray Academy, the Nisa shop and the White Horse.

Our door knocking team has changed slightly, so many thanks to Anita for all her hard work and enjoy your retirement in Edlesborough. Pam – hope that you are getting back on your feet and want to return. Welcome Wendy and welcome back Maggie.

Hopefully the awareness and support for the

annual Poppy Appeal will continue next year. The May Day bank holiday has dropped back by one week because of the 75th anniversary of VE day on May 8th. Perhaps in 2020 we can get as many people attending the Remembrance Day war memorial service at Eaton Bray as attended the service at Edlesborough war memorial last Sunday.

✍️ Roger and Helen Wilkinson (Poppy Appeal Organisers – Eaton Bray)

St Mary's 100 Club

The lucky prize-winners are:

October 2019

1st prize – Sally Taylor

2nd prize – Alan Brook

3rd prize – Jill Hearn

November 2019

1st prize – Christopher Banks

2nd prize – John Bensus

3rd prize – Ken Robinson

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9th January 2020

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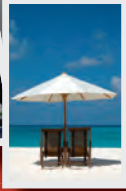


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Where: Edlesborough Memorial Hall

When: Every Friday, 10:00-11:00 am



Nigel's Thoughts Methodist Minister

Dear Friends,

It is so easy to get caught up at this time of year in the colossal pressure of Christmas. Already we are counting down shopping days, getting in presents and making sure we have enough food to feed an army instead of the few relatives or friends we might have round on Christmas Day.

As I frequently say to my family – “The shops are only closed for one day!”

But how necessary is all this? How much of it is just the pressure put on us by businesses determined to make a profit, at what would otherwise be a slow time of year?

What is Christmas really all about?

For some people, Christmas is hard. Relatives may be separated by long distances, and for others, the enforced togetherness pulls the wallpaper off the cracks in a relationship. Or maybe this is your first Christmas without a loved one.

At this time of year, the Church (of whichever denomination) shines like a

beacon amid the rush and hurry, amid the darkness of these days and the political uncertainty. For Christians believe that God who cares for every human being, sent a defenceless human being who was also His Son, to rescue everyone and put us back in a right relationship with him. Jesus came, not to pull the wallpaper off the cracks, but to fix the cracks so the wall is perfect.

There is a TV programme called “DIY SOS”. That’s what Jesus does – in repairing the large cracks that divide us from God, he Saves Our Souls. If, that is, we will let him.

In the pages of this newsletter you will find details of the church services over the Christmas period. Somewhere between icing the cake and wrapping the presents, try to find time to attend a church service and remember – the real reason why we celebrate Christmas.

Christ-Mas – meaningless without Christ.

A very Peaceful Christmas to all of you,

✍️Nigel



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Eaton Bray W.I.

Our President welcomed everybody to the November meeting. Several members celebrate their birthday in November and they each received their cards.

The recent Community Coffee Morning had been very well attended and enjoyed by all. Following the morning, a donation had been made to the British Legion. Thanks were made to all who had helped with the coffee morning and make it such a fun and successful time.

Group events in the coming weeks include a Christmas Fayre at WI house on 4th / 5th December. A Christmas Table Centre was requested to be created by each WI.

Our Birthday Dinner will be held later in November, and names and menu choices were collected ready for the Eaton Bray WI Ladies night out.

Our speaker for the evening gave us a delightful talk on Quilting. As a member of The Quilters Guild, she had many beautiful quilts to show the meeting. Given she works on the quilts

each day, it was very interesting to hear of all the intricacies of quilt making. The colours and materials were particularly lovely.

After the raffle, the members had some social time to chat and share refreshments, which is always a very enjoyable part of our evening.

The next meeting will be on Monday 1st December, when we will invite members of the Group WIs to our meeting. Members were reminded that they needed to bring 2 fun wrapped gifts for the Crazy Bag Whist. This is always a very popular event at our Christmas meeting. Members could also look forward to a Christmas Raffle and sumptuous refreshments. 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.



THE EDAN BEAUTIFICATION TEAM



You might have noticed us in the villages of Edlesborough, Dagnall and Northall tending the flower planters over the years, helping with the litter picking, scrambling up the war memorial attaching yet more knitted poppies or serving the odd Pimms at EdleFest...

We are the team responsible for spearheading the floodlighting of Edlesborough church, installing the pictorial village signs and planting over 10,000 daffodil bulbs for everyone to enjoy. We're getting stuck into Christmas decorations at the moment, so watch this space.

If it needs prettying up, we're your man - or rather ladies - but we could do with a few more willing hands, especially in Dagnall, so if you have a little time to spare and don't mind getting your hands a bit mucky do get in touch with us, we'd love you to join us. (That's not to say that you won't be welcomed if you live in Edlesborough or Northall)!

Please contact Chris Yates 01525 220739 or email chris@brooklyns.org.uk

THANKS - and have a very Merry Christmas and a Happy and Healthy New Year!



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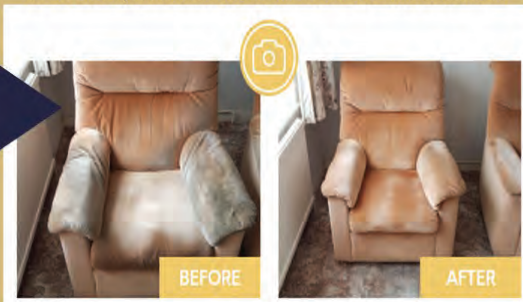


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Northall Baptist Church

A little Church with strong local links

Christmas and New Year is a very special time of year – celebrating Jesus, the Christ child's birth. John 12 v 47 Jesus said 'I have come to save the world and not to judge it.'

In many households particularly where there are small children, there is great excitement well before Christmas Day. There are Nativity Plays to be rehearsed and performed hopefully in front of the family and Carols to be sung. There's special Christmas bazaars to buy all those gifts for friends and family, there's mince pies to be sampled, Christmas puddings to be stirred, turkey to be ordered, parties to be organised, crackers to be chosen.

What is all this excitement about? What is there to celebrate?

Well, the answer to these questions will vary according to your point of view. It may be that it's just an opportunity to eat, drink and be merry. Or it may have some special significance because you are celebrating the birth of Jesus in a stable in Bethlehem 2,000 years ago as foretold by people who lived hundreds of years earlier.

We read the story of the Shepherds, in Luke 2. They visited Jesus as soon as they heard, from the angel, the good news of Jesus birth. There are two reasons we give gifts at Christmas, firstly Jesus is a gift to us if we believe he is the son of God who came to die for us on the cross at Calvary. Secondly because the Magi, or wise men travelled from Eastern lands, following a new star to Bethlehem, bringing gifts. They found Jesus, by now a small child, as recounted in Matthew 2, in the house where he was living with Mary and Joseph. Their gifts were Gold, Frankincense and Myrrh.

What do these things represent and why give them to a small child? Gold is valuable and symbolised kingship, Frankincense is a perfume representing Jesus deity and Myrrh is an embalming oil foretelling Jesus death.

We don't give these sorts of gifts to our children these days but it may be a good idea to give fewer but more relevant gifts.

On 19th December we sing Carols in the Swan, Northall at 8 pm and on Sunday 22nd December at 4.30 pm we have Carols by Candlelight in the Church, followed by tea and mince pies. On Christmas Day there will be a short family service at 10.30 am and if you would like to celebrate with us, you'd be very welcome.

In the New Year our Sunday services continue as usual at 11 am. If you come and join in the worship, music and song, you'll get a very warm welcome.

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

✉ Ruth Cox Tel: 07791 425625



Joining in the Christmas spirit, our tree....

Animal Adventures

Santa in residence at ZSL Whipsnade Zoo 30 November - 24 December

Santa in residence at ZSL Whipsnade Zoo
from 30 November - 24 December 2019

Nothing signals the start of the festive season like a visit to meet Father Christmas himself, and the man in red will be setting up residence in a magical grotto at ZSL Whipsnade Zoo this December.

Every weekend from Saturday 30 November, and then each day from Thursday 19 to Tuesday 24 December, young visitors to the Zoo can **Meet Santa** and share their Christmas wishes in an

unforgettably enchanting encounter.

Every child will receive a special gift and families can buy a festive family portrait. Mrs Claus and her elves will also be on hand with Christmas arts and crafts to delight younger ones.

A **VIP Meet Santa** experience is also available in the run up to Christmas. On 14, 15, 20, 21, 22, 23 and 24 December, lucky guests will get exclusive access to the Zoo before it opens, where they can see the grazing reindeer at first light. Children will not only be able to meet Father Christmas and his elves, but guests will sit down to a delicious breakfast before enjoying an extra special Reindeer Talk.

ZSL Whipsnade's Zoo's magical **Meet Santa** and **VIP Meet Santa** experiences, which usually sell out fast, will give families yet another reason to enjoy a wonderful day with animals such as tiger cubs, elephants and hippos at the UK's largest Zoo. Don't miss your chance to book your family's place at Meet Santa at www.zsl.org and line up the perfect festive family day out this Christmas. Advance booking is required.

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Surviving the winter with some tips from St Judes



Scientists are predicting the coldest winter in England in a decade – stay safe and healthy with a few expert tips from St Judes.

- **Avoid trips and slips** – put rock salt on your steps and take extra care when walking - a pair of trekking over-shoes are useful for giving you the extra grip needed in the snow.
- **Shovelling snow** – watch your back! Keep the shovel close to your body and get your legs to do the work. Don't overload the shovel and take regular breaks.
- **Don't be a couch potato** – staying active boosts your mood and helps you to stay in shape. Exercise helps to increase your immune system and keep the colds and 'flu at bay. If you're running or doing sports outside in the winter:
- **Dress for the cold** – wear layers rather than heavy clothing. A light weight moisture wicking base layer and leggings or running tights underneath a pair of shorts will help you stay warm. Avoid losing heat by wearing gloves and a hat/ fleece headband.
- **Stay safe – be seen.** Don't wear dark colours –choose clothes that are bright, white or fluorescent yellow and add a reflective bib or strap.

- **Warm up and cool down** - essential to avoid injury, start by walking for about 10 minutes and gradually increase your pace and maybe try some walking lunges or high knee skips. Cool down by running at a slow pace for 5 – 10 minutes and do some stretches inside so you don't get cold.
- **It's fine to exercise** with a bit of a cold but listen to your body, and don't exercise if you have a fever.

For professional treatment and advice, contact your local Physiotherapist:



St Judes Clinic
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**Dunstable & District
Local History Society**
14th January 7.45pm

Victorian Action Man

Colonel Frederick Burnaby, born in Bedford in 1843, had an extraordinary career. Very tall and immensely strong, he joined the Royal Horse Guards at the age of 16. Not content with his military exploits, he used his leave to enjoy the new craze of hot air ballooning and to travel to dangerous places, from war-torn Spain to the Sudan and the Steppes of Central Asia. Julie Chandler tells the story of his many adventures.

Methodist Church Hall, Dunstable
Visitors always welcome £2

St Margarets Turkeys

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Based in Great Gaddesden, our turkeys arrive on the farm in early August. They are bedded on fresh straw, fed high quality grains and are free to roam during the day. For their safety, at night they are housed in a cosy barn.

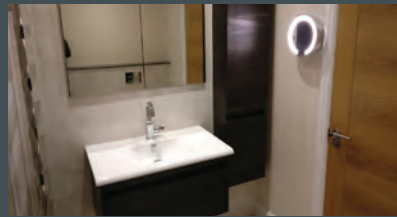
For more information call: **Josh 07891 305578**

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Dagnall Weather Station (AONB)

Weather Conditions for October 2019

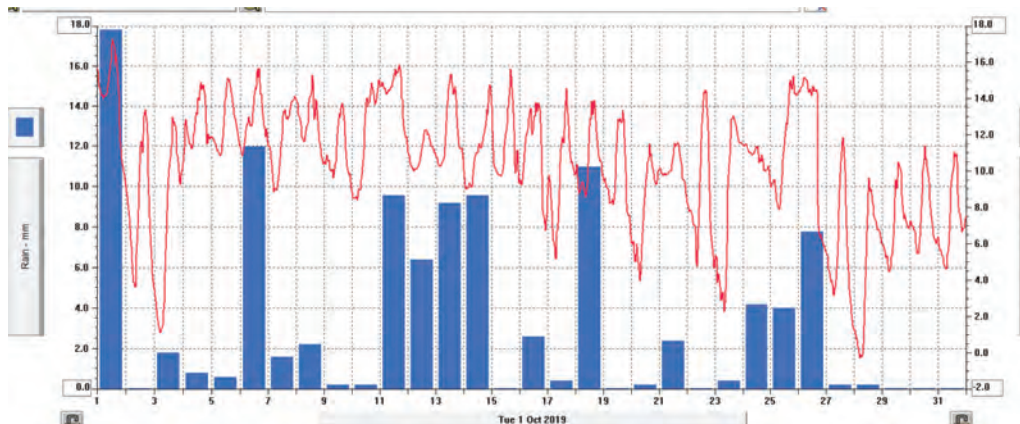
Elevation: 450 ft - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West



October can only be described as being “wet” with rain on 24 days. On the 1st, we had the wettest day – with 17.81mm of rain – and it was also the warmest day, reaching 17.4°C. The following day, the temperature dropped and we had bright sunshine. In the following few days, the temperature rose and became cloudy with frequent showers. From the 13th, low pressure systems brought waves of rain showers and it remained unsettled for days. It wasn't until the 27th that high pressure brought in dry, cold, sunny weather. With 105.4mm of rain in October, it was the wettest month this year so far, but only just, as September had 100mm. So, in the last two months, we have had more than 200mm (8 inches) of rain.

| | High | Date/Time | Low | Date/Time |
|----------------------------------|------------------|--------------------------|--------------------|---------------------|
| Temperature: | 17.4°C | 1 Oct 13.00 | -0.4°C | 28 Oct 05.00 |
| Mean Temperature | 10.3°C | | | |
| Dewpoint: | 14.9°C | 1 Oct 13.30 | -1.1°C | 28 Oct 05.30 |
| Humidity: | 95% | 4 days in Oct | 59% | 2 Oct 16.30 |
| Barometer: | 1026.1 mb | 29 Oct 21.00 | 996.0mb | 18 Oct 06.00 |
| Wind Speed | 39mph ssw | 26 Oct 03.30 | Months avg. | 5.5 mph |
| Wind Chill: | 17.2°C | 1 Oct 13.00 | -0.3°C | 28 Oct 05.00 |
| Dominant Wind: | W | | | |
| | | | | |
| *Rain Days: 24 (T), 24(R) | | Wettest Day 1 Oct | 17.81 mm | 0.701 ins |
| Monthly Rain: | Total | Oct 2019 | 105.4mm | 4.150 ins |
| Yearly Rain: | Total | 10 Month | 622.1 mm | 24.492 ins |

October's Rain and Temperature



For weather data 24 hours a day, updated every 15 mins, visit: www.dagnallweather.co.uk and http://bit.ly/weather_dagnall including this site forecast and much more. If anyone has a question, comment or wishes to contact me please email: david@dagnallweather.co.uk or telephone: 01442 843883. Dagnall weather now has an app for your ipad & iphone! go to the apple store, search for Weather Underground and follow the instructions to Dagnall Weather Station. Now updated every minute.



Eaton Bray Cricket Club

The AGM was held at The Rye on 21st October 2019. Despite the weather being a tad inclement we had a decent turnout. Office elections saw Mark Moss (President) Martin Quinn (Chairman) Jason McDermid (Secretary) and Ian Jones (Treasurer & Fixture Sectary) returned unopposed. We will have a new 1st X1 Captain for the 2020 season in Andy Norris. It will not be easy to get out of Division 2 but it was thought with Andys experience he will be the man to do the job having had success in the past. Dave Emmerson was elected 2nd X1 Captain and Arron Gauntlett will lead the Sunday X1. Membership is to be kept at the same level. There was a lengthy conversation but seniors will continue to pay £70 and Juniors £40 for the season which is very competitive compared to many other clubs. The Balance Sheet is in a very healthy state despite spending over 7k on repairs maintenance and improvements in 2019. Much of this is due to the Bar and Social Events which will again be a priority next

season. Other income came from the 100 Club which again was a great success with more than £700 given in prize money over the 12 month period and the club would like to thank Nick Pearson for his efforts. The Youth Section has again been successful and at least eight have played senior cricket over the year. Many thanks go to our qualified coaching staff who give up their time to help the kids. This is the future of the club. Matters ongoing were the new pavilion and sponsorship and a big push should be hopefully happening in the New Year. Not be the best of seasons for us on the park but we have seen a few new faces walking the boundary giving support for which we are very grateful. Again we would like to thank Meadow Marquees Houghton Insurance and the Focus for their continued support. All that's left is to wish you all a very Merry Christmas and a prosperous New Year. Please enjoy your cricket with Eaton Bray in 2020.

All Saints' Church, Dagnall

Services in December 2019 & January 2020



| | | |
|----------------|----------|-------------------------------------|
| Sun. 1st Dec. | 9.00 am | Eucharist |
| | 10.30 am | Morning Service |
| Sun 8th Dec. | 10.30 am | Morning Service with Holy Communion |
| Sun. 15th Dec. | 3.00 pm | Dagnall Village Carol Service |
| Sun 22nd Dec. | 10.30 am | Morning Service |
| Christmas Day | 10.30 am | Family Service |
| Sun. 29th Dec. | 10.30 am | Carol Praise |
| Sun. 5th Jan. | 10.30 am | Covenant Service |
| Sun. 12th Jan. | 10.30 am | Morning Service |
| Sun. 19th Jan. | 10.30 am | Family Communion |
| Sun 26th Jan. | 10.30 am | Family Service |
| Sun. 2nd Feb. | 9.00 am | Eucharist |
| | 10.30 am | Morning Service |



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

Salvation Sound



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



Dear Reader

Once again The Salvation Army Eaton Bray Corps, along with kind volunteers from the village have organised a concert of Carols in the village hall. It ends with a nativity with the focus on a baby called Jesus. A baby sometimes referred to as "Gentle Jesus, meek and mild." Anybody thinking those thoughts hasn't read the Bible for if they took time to look they would have to admit they got it wrong.

Have you ever heard the story of the babe of Bethlehem
Who was worshipped by the angels and the wise and holy men?
How he taught the learned doctors in the Temple far away?
O I'm glad, so glad to tell you he is just the same today

Have you ever heard of Jesus praying in Gethsemane,
And the ever thrilling story how he died upon the tree,
Cruel thorns his forehead piecing, as his spirit passed away?
This he did for you, my friend, and he's just the same today.

Have you ever heard of Jesus who was buried in the tomb,
And was mourned by his disciples in despair, defeat and gloom?
By the power of God eternal he rose on Easter Day.
And he lives for our salvation: He is just the same today.

Salvation Army
song book 138

WISHING YOU A VERY HAPPY CHRISTMAS
AND A NEW YEAR FULL OF RICH BLESSINGS.

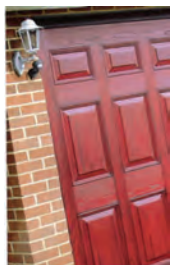


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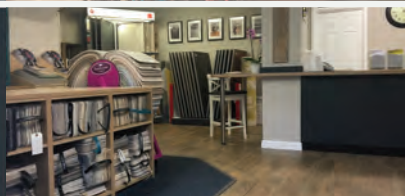
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