

Focus

September 2021



The local village magazine just for Us!
Eaton Bray, Edlesborough, Northall & Dagnall
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Footprints (Sunday School) 9.45 - 10.45am
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Morning Worship 11am

Tuesday

Coffee Morning 10 - 11.30am
(Alternate weeks)

Wednesday

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

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

Thursday

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

Ladies Fellowship
(Last Thursday of the month) 7.30pm

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

The Focus Magazine Committee

Editor: Sally Siddons 01525 221733

34 Wallace Drive, Eaton Bray

Email: sallysid@hotmail.com

Business Advertising: Sally Taylor, Butler's
Folly, South End Lane, Northall LU6 2EX
01525 221576 & Angela Dunford 221944

Email advertising@thefocusmagazine.co.uk

Chair: Ken Coates

10 The Nurseries, Eaton Bray 220868

Circulation Manager: Angela Dunford
1 Knolls View, Leighton Road, Northall
01525 221944, angela.dunford29@gmail.com

Treasurer: Steve Dunford, 01525 221944

PCC: Sue Tucker

Design and Layout: Tracey Moren
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accuracy or content of any advertising or articles
published in 'this' magazine, neither do they
reflect the opinion of members of the Committee.*

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reproduced without permission.*

**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

NORTHALL BAPTIST CHAPEL

Chapel Lane, Northall

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

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

For more information contact:

John Hazell 01525 218142

Email northallchapel@btinternet.com

Web: www.northallbaptistchurch.org

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

Focus is online at www.thefocusmagazine.co.uk

Village Diary



Weekly

Mon-Sun	St. Mary's Edlesborough is open most days 10am-4pm, sometimes longer. Look for the OPEN sign below the notice board
Mon-Fri (term time)	Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468, admin@eba.ec
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 Primary Academy, 01525 220431, epamanager@epa-primary.org
Mon-Fri (term time)	Tottemhoe Pre-school, Tottemhoe CE Academy, 01582 662959, tottemhoeoffice@tot.dsamat.co.uk
Mondays	Pilates, 10.45am, Tottemhoe Memorial Hall, Lisa: 07832 230774
Mondays	Dagnall Community Choir, All Saints Church 7.45-9.45pm, w:dagnall-community-choir.co.uk
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 ballet classes, Edlesborough Memorial Hall 4pm-6.30pm (4years+) Contact Kiri 07988161043 or visit Facebook page 'KF PerformingArts/KFPA' for info
Mondays	Cubs (8-10½ 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
Mondays	Zumba Gold, 4.45pm, Eaton Bray Village Hall, contact Carolyn on c.syme26@gmail.com
Tuesdays	Pilates, 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 162680
Tuesdays	Tottemhoe Baby & Toddler Group, 9.30-11.15am, 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, 07800 518654
Tuesdays	Beginner's Boxercise, 6-7pm Dagnall Village Hall, Josh Thompson 07456 574405 or jtpinfo@gmail.com
Tuesdays Fortnightly	Coffee Morning, Bring & Buy, Table Top Sale, 10-11:30am, Salvation Army Hall, Booth Place, Eaton Bray
Tuesdays	Keep Fit class, Edlesborough Memorial Hall 11 - 12noon
Wednesdays	Pilates, 8pm, Northall Village Hall, Lisa: 07832 230774
Wednesdays	Northall & District Age Concern Wednesday Club, 10am - 3pm, Northall Village Hall, Contact Anna on 07854 230243
Wednesdays	Pilates 6.45 & 7.45pm, Dagnall Village Hall, Andrea andrea@naturalpilates.co.uk or 07855 138005
Wednesdays	Art Course online 9.30 -11.30 am, contact Lorna Moore 07896 619660
Wednesdays	Art Course, Bellows Mill Eaton Bray, 2-4.30pm, contact Lorna Moore 07896 619660
Thursdays	Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
Thursdays	KFPA Street dance classes, Edlesborough Memorial Hall 4.15pm-6.30pm (4years+) Contact Kiri 07988161043 or visit Facebook page 'KF PerformingArts/ KFPA' for info
Thursdays	Tae Kwon-do, Dagnall Village Hall, 5.45-7.30pm 07813 755785
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, simon_betts@hotmail.com.
Thursdays	Intermediate Boxercise, 7.30-8.30pm, Dagnall Village Hall, Josh Thompson 07456 574405 or jtpinfo@gmail.com

Village Diary

Thursdays	Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome
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
Fridays	Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray Village Hall, 07800 518654
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, (10½ to 14 years old), 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Mark Owen, ebescoutleader@ebescouts.co.uk, 07899 892344
Fridays (term time)	"Little Luvvies" baby ballet classes, 10am-11.30am, Northall Village Hall. Contact Emma Whittemore on 01525 376124
Saturdays	Jazzercise, 9.30-10.30am, Eaton Bray Village Hall, Angela Veryard, 01525 715208
Saturdays	KFPA Musical theatre classes, Edlesborough Memorial Hall 9.30-10.30am (4years+) Contact Kiri 07988161043 or visit Facebook page 'KF PerformingArts/ KFPA' for info
Saturdays	Bootcamp Fitness, 9-10am, Dagnall Recreation Ground, Josh Thompson 07456 574405 or jtpinfo@gmail.com
Sundays	Sunday Worship at 11am, Edlesborough Baptist Church, Moor End, LU6 2FL. Contact: 01525 222064 or edlesboroughbaptistchurch@gmail.com
Sundays	Karate for kids & adults, 2:30-4pm & 4:30-6pm, Eaton Bray Village Hall, Contact 07500 007779

Monthly

1st Monday	Eaton Bray Parish Council Meeting, 7.30pm, The Coffee Tavern (except Jan-2nd Monday)
1st Monday	Eaton Bray W.I. Meeting, 7.30pm. Eaton Bray Methodist Church Hall. Contact Margaret Jones on 01525 220991
1st & 3rd Mon (ex. Bank Hols)	Knit 'n Stitch at Edlesborough Village Hall, 1:45pm to 3:45pm. Contact Heather Westwood (01525 839083)
1st & 3rd Tues	Dunstable & District Orbit (social and charitable) Club meet at Dunstable Rugby Club at 8pm. For details contact 01525 222441 or 01582 755147
1st Saturday	St. Mary's Church, Eaton Bray Coffee Morning & Plant Sale, 10:30am - 12 noon
2nd Monday	Film Society, Sep to May, 2pm, Eaton Bray Village Hall, Graham Chappell 01525 220883
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 Sue Bingham on 01525 222522
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 Saturday	Workshops Dynamic Yoga 9.30-11am £10 Eaton Bray Coffee Tavern, Keira 07936 693696
2nd Saturday	Cafe Community, 11am-1pm, Eaton Bray Methodist Church., October to May only
3rd Thursday	Edlesborough Parish Council Meeting, 7.30pm, Memorial Hall
2nd Friday	Leukaemia Research Coffee Morning 2, Dunstable Road, Dagnall 10.30 a.m. all welcome. No meeting in September, June plant bring and buy, December Sherry & mince pies
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

One Off/Annual/Irregular Events

11-12th	Friends of the Church on the Hill, Edlesborough Heritage Open Days 10am-4pm
11th	St. Mary's Church, Eaton Bray Heritage Open Day, 2-5pm
24th	Macmillan World's Biggest Coffee Morning, 10am to midday, St.Mary's Eaton Bray
24th	Northall & District Age Concern Harvest Festival Auction, 7:30pm, The Swan, Northall

Please get in touch with the relevant organisation to check if sessions are running

Keith Blackburn R.I.P.

This has to be short to make the Focus deadline but some of you may know that very sadly, Keith Blackburn, local resident for most if not all of his life and quiz-master at the Eaton Bray Village Hall has sadly passed away aged 69 years.

Many will have things to say in remembrance of Keith; personally I knew him from the 1970s to the present day and I can honestly say you could not hope to meet a better chap. As Methodist Minister Rev. Nigel Bibbings said when I broke the news to him 'Keith was always reliable, a man of faith who wore his Christianity lightly; a stalwart in the village'.

Another friend of Keith and myself put it better than I could in a recent Facebook post:

Rest in peace, old friend. Shockingly, unexpectedly taken from us. Keith Blackburn, 52 years a mate - quiz master extraordinaire, unorthodox tennis doubles player, comic genius, contestant on 15 to One, cricketer (sort of), loving and devoted carer to his late Mum, Olive, and purveyor of the finest orang-utan impersonation you could ever hope to see. We'll all miss you dreadfully.

Keith, with tears in my eyes old mate, I wish you well, may you rest in peace.

John Hockey



EDLESBOROUGH SURGERY & PITSTONE VILLAGE HEALTH CENTRE 2021 FLU CAMPAIGN

We are planning our Influenza vaccination programme for this Autumn.

The Department of Health has indicated in the last week that they are hoping to offer patients a covid vaccine booster dose at the same time as receiving the flu vaccine.

At present we are waiting for clarification as to how this will work in practice.

Further updates will follow once we have more information. Please keep an eye on our surgery website edlesboroughsurgery.co.uk and our Edlesborough Surgery Facebook page for up to date details.

We also ask that you please advise friends and neighbours if they don't have internet access.

Thank you for all your support during this difficult time

Focus Diary

Focus would advise all clubs, committees etc. to check the diary at the front of the magazine as unless we are advised to the contrary, we do not know which entries are still current.

Village Info



EDaN Community Transport
Peter Williams: 01442 842506

Village Hall Booking Contacts

Northall: Lorna Cubbage 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: Bev Way 07875 462128 & Trish Owen 07762 151364

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

General Assistance (Recommended Number): 101 Emergency: 999

Bedfordshire Police (Eaton Bray)

Leighton Buzzard Police Station/Kathryn Horgan: 01582 473411

Typtetalk: 18001 01582 473418

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

Thames Valley Police (Edlesborough, Dagnall & Northall)

PCSO Jackie Dodson

Email: greatbrickhillwingivinghoenhpt@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 & Munns Farm Shop

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)

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Eaton Bray with Edlesborough Parish News

Vicar: Rev'd Joy Cousins

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

Associate Priest: Rev'd Stephen Burge

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, the XXXII Olympic Games have recently finished in Tokyo and the Paralympic Games are soon to start. Although being held in Tokyo meant that watching many of the events was a little harder this year, there has still been much to watch and enjoy. The abilities of the athletes, their dedication, and their perseverance is always something that I have greatly admired. One of this year's stars was the British Skateboarder Sky Brown, who at only 13 came away with a bronze medal. It is almost impossible to imagine and comprehend the talent of someone who able to compete at such a high level, let alone come away with such a prize, at a such a young age. In a football match, or even the Premier League, one bad spell, or one bad match, does not mean the end of everything and a team can pull themselves together and make a comeback, but in many of the Olympic sports, winning can often come down to one moment. It just takes a single misstep, a single fall, a single miscalculation of judgement and all can be lost. In the diving competition, one bad dive, means everything. All that training for four years, all that anticipation, rests on a knife-edge. To give your life to a sport where the difference between success and failure is so slight must require huge amounts of endurance, strength and resilience, as well as an awful lot of mental fitness and an ability to stay focused. This is why I am in awe of all those competing at the Olympics.

While the winner of the gold gets all the glory, it is important to remember that the vast majority come away without a medal of any colour. But that does not mean they have lost at all. Getting to the Olympics itself is a huge achievement – just think how amazing all these athletes are! When I'm watching the Olympics I like to see the faces of those runners and sportsmen and women who finish towards the end of the race – quite often they come across the line with a smile on their face, knowing that they have done the best that they can and have competed in something really special. What else can anyone offer but themselves and their best?

In the Bible, St. Paul often evokes the image of the athlete in his description of the spiritual life. In his *First Letter to the Corinthians*, he writes 'Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one.' (1 Cor 9:25) For Paul the training and dedication that athletes required to win their wreath was what people needed in their spiritual lives – a desire to dedicate their time to God, to practicing their faith, and to trying to become better people every day. Practice, they say, makes perfect; and in our spiritual lives we need to practice too, by praying, by talking with others, and by reading the Bible. That way, we too, will receive our own medals. Just as we can admire and be inspired by those who compete in the Olympics, we can be inspired by other Christians too, emulating those who have taught us and gone before us. Then, when our race comes to an end, we will be greeted by God and will receive our prize – a place in God's everlasting Kingdom.

✍ Rev'd Stephen Burge



Services at St Mary's Church

SUNDAYS : 10.00am PARISH HOLY COMMUNION

On Third Sunday of each month:

10.00am – WORSHIP FOR EVERYONE a shorter, less formal service. (For anyone wishing to attend a service of Holy Communion 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.

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DETAILS: www.stmaryseatonbray.org.uk

Dagnall Church Services



The All Saint's Dagnall Sunday service is at 10.30am on the 3rd Sunday of each month only.

All welcome. **Please wear a face covering.**

Any queries please contact Phillip Lee on 07977234453.

Dagnall Church, Ringshall Road HP4 1RL

In light of the current Coronavirus situation the Pastoral Care Team at St. Mary's, Eaton Bray welcomes your assistance in identifying any of our parishioners who might be sick or otherwise benefit from their support during this challenging time. Please contact us at admin@stmaryseatonbray.org.uk in this regard.

St Mary's 100 Club

The lucky prize-winners are:

July 2021

1st prize – Sharon Stilliard

2nd prize – Rachel McVeigh

3rd prize – Robert Stilliard

August 2021

1st prize – Theo Gray

2nd prize – Maureen Cecil

3rd prize – Alison Walley

Edlesborough Baptist Church

All are welcome to our 11am service every Sunday

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www.edlesboroughbaptist.wix.com/home

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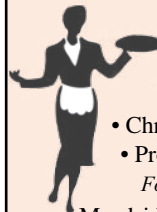
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EATON BRAY PARISH COUNCIL

MONTHLY UPDATE - JULY/AUGUST 2021

Parish Councillor Vacancy

The Parish Council has a vacancy for a Parish Councillor, if you are interested in joining, please contact the Parish Clerk.

Speedwatch

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

Parish Allotment

All plots are now currently let. The Parish Council does hold a waiting list. Should you wish to be added to the list, please contact the Parish Clerk to register your interest.

FixMyStreet

Report and track roads and highways problems. CBC have a new reporting system to make reporting street issues easier, quicker and more accurate. You can now report and track highways and environment problems online, via the FixMyStreet app: <https://fixmystreet.centralbedfordshire.gov.uk/>

1. St. Mary's Church – trees: The Parish Council are carrying out required maintenance work to trees in the churchyard, including the removal of Leylandii trees which will be replaced by a mix of native hedging. The proposed schedule for the work is week commencing Mon 13 to Fri 17 September 21 (weather permitting).
2. Bower Lane Cemetery: The cemetery will have two bins, one for general waste and one for green waste only. Please ensure that if visiting the cemetery to use the correct bin as items in the wrong bin will mean that the bins will not be emptied by Central Beds Council.
3. EB Lions Football Club: The club has renewed their 2021-2022 agreement with the Parish Council for use of Holmans Field and The Rye recreation ground for training and matches.
4. Mill End Close/Waterside: Repairs to the island and sluice are complete. The land is now clear

for machinery access and therefore the Parish Council contact the river authority [IDBS] to carry out necessary works to the river.

5. Mill End Close/Waterside: The new fence has now been erected.
6. Mill End Close: The Parish Council have organised for the clearance/tidying of the Landscape Buffer and are putting together an addendum to be added to the current Ground Maintenance Contract to include the yearly maintenance of this strip.
7. School Lane Recreation Ground: The repair works, drainage and new pathways have been completed.
8. School Lane: The picnic benches/skatepark benches have been installed, however the council noticed that some of the paintwork was not up to the expected standard. The supplier is sending a touch-up kit to rectify these issues.
9. The Coffee Tavern: The current caretaker/cleaner is resigning from her role and therefore the vacancy for her replacement has been advertised via Facebook/Parish Council Website.
10. Parish Council Meeting: The Parish Council are planning to have a full Parish Council Meeting on Monday 6th September 2021, 7:30pm in The Coffee Tavern, 1st floor. (should this change, due to amended Covid-19 guidelines, notifications will be sent out via Facebook/Parish Council Website).

Parish Council Website

To keep up to date with what is happening in your parish, you can get all Parish Council news and updates from the Parish Council website. The website has all Parish Council meeting agendas, minutes, financial documents and contact information as well as official sponsored events/initiatives and is the official council communications website. Visit it here: www.ebpc.co.uk



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

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





at

St Mary's Church, Eaton Bray

11th September 2pm - 5pm

Activities include:

Local History

Church Records

Churchyard trail

Pictorial Quiz

Refreshments will be available



Come and join in the fun and learn something new about where you live. This year, St. Mary's Church, Eaton Bray is holding a free 'Heritage Open Days' event.

Saturday, September 11th, 2-5pm

'Edible England' is this year's theme. Discover all about the Aylesbury Prune, or prune plums as they were otherwise known. There will be quizzes, a churchyard trail, activities for children plus more.

Were you or your ancestors baptised or married in St. Mary's, Eaton Bray? The church records will be available for you to look up special events from the past.

Refreshments will be available to round off an entertaining afternoon.

Why not combine a visit to St. Mary's Church, Eaton Bray with a visit to St Mary's, Edlesborough for more foodie fun.

We look forward to seeing you

HERITAGE OPEN DAYS 2021 (HODS)

HODS offer free entry to a wide range of attractions around the UK, giving you an opportunity to discover local treasures and national gems that might not normally be open to the public to explore. W: heritageopendays.org.uk
For the first time ever, both of our St. Mary's will be part of this dynamic programme of over 5,000 events. HODS is England's largest annual festival of history and culture, and runs for ten consecutive days from the 10th to the 19th of September. Both of our Churches will be manned on Saturday 11th September. Please see the related "Focus" article for more information on events at Eaton Bray.

The Friends of the Church on the Hill, Edlesborough will be setting up on Friday September 10th. We will be manned on the Saturday and Sunday 10 - 4pm, hoping that on the Sunday afternoon we can have our Bell Ringing team, followed by a "Songs of Praise".

Each year HODS has a national theme and this year it is "Edible England". At the time of writing, one of our local beekeepers will be on hand with advice on the conditions and equipment required for healthy productive bees within the ecosystem. We are talking to a local business, who may be able to add to the Edible England' theme. There may be examples of local foraging opportunities and there will be pictures and stories of our village history, and the families that lived here.

As well as enjoying all that the Church building has to offer it is also an opportunity to explore the Churchyard; it is much bigger than you might think. We have retained our wildflower banks and they should be a picture at the time, hopefully alive with bees and other insects.

We will add our event to our website: edlesboroughchurch.org.uk

If you are a Facebook user please search for us: Friends of the Church on the Hill, Edlesborough and like our page. See you in September.

Friends of the Church on the Hill.





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The Salvation Army is a Christian Church and registered charity in England and Wales (214779), Scotland (SC009359) and the Republic of Ireland (CHY6399).



Dagnall and Kensworth Friendship Group

Last year was our 50th anniversary of the start of Dagnall Over Sixties group! Unfortunately we were unable to celebrate because of Covid 19 and the lockdown. This year 2021 we have planned a celebration lunch on October 26th at 1.30pm in Dagnall Village Hall. We will send invitations to everyone who has been a member or who has helped us over the years.

Sadly I will be stepping down as Chairman, after 10 years in the job!

Kensworth joined us in 2017/18 and boosted our numbers, so we could afford coach trips to various places. We have also enjoyed a few days away thanks to Roy Castledine who organised them. Roy had been chairman for many years and the club had grown under his care.

We will hold an AGM before the lunch to hopefully find a chairman and a committee. If we have no success we will have to close the club. If anyone reading this and would like to become involved please phone me 01442843202.

✉ Rosemary Holt

Eaton Bray Methodist Church



On the first Sunday in July, Climate Sunday, we were led with skill and insight by Catherine Roots, who gave us a very thoughtful reflection on God's wonderful gift of this planet as our home and God's words to Adam, charging us to be good stewards of the Earth. She highlighted the urgent need for action; each and every one of us needs to make a difference right now. The following Sunday was very special; Rev Nigel Bibbings, our Minister led the service with his usual grace and warmth and his wife, Elisabeth Bibbings, our Lay Preacher, having completed her cycle of cancer treatment, felt well enough to give the sermon. She spoke movingly of the way her faith has been strengthened through suffering and urged us all to rely on God when faced by difficulties and illness. It was lovely to welcome her back and see her looking well and happy. That Sunday we were also able to hold another lovely afternoon gathering of praise and thanksgiving in School Lane Park.

Our third
S u n d a y
brought Geoff

Best with another excellent sermon. It centred on the image of the shepherd who takes care of every single sheep, encouraging us to recognise that Christ's ministry was inclusive and no-one is turned away. Sadly we were unable to have a service on the final Sunday in the month as our Zoom hosts were away but we were all well cared for as we can access services for home worship.

A Warm Invitation

Our short online Zoom Sunday Service takes place at 10.30am. If you would like to join in, please contact our Zoom Service Host, Ed Syrett on 07814624628. You will be most welcome.

All being well, we are planning to restart services in our church building in mid-September.

“Here’s the Thing”

I am pretty sure that anyone who reads “Focus” will recognise me as the person who writes the articles about litter picking, planters, the Poppy Collection etc. etc. Well unsurprisingly, I read “Focus” too, because it is a good way of finding out what is going on in the Villages. And last month something stood out and grabbed my attention.

In every edition of “Focus” there are pleas for help with organisations in the Villages. Last month was no exception.

1. Age Concern are looking for volunteer drivers to help bring Wednesday Club pensioners to their lunch at Northall Village Hall. Once a month for a couple of hours in the mornings and evenings. (Peter Barrow 01442 842364, Peter Williams 01442 842506)
2. The Parish Community Car Scheme which helps less able people to get to their hospital appointments and shopping need more volunteer drivers. (alan.williams@edlesborough-pc.gov.uk)
3. The Beautification Team are desperately keen to find a couple of people to join their team to contribute some new ideas to keep the Villages looking great. Not a great deal of time and energy expenditure there. (chris@brooklyns.org.uk)
4. Speedwatch in all the villages have been looking for months for people to help with manning the equipment to try to stop the fast traffic through our villages. Lots of you complain about this. The county has supplied the area with the necessary equipment and if we don’t make use of it soon, we will lose the use of it to the other villages in the area who are already using it regularly. (alan.williams@edlesborough-pc.gov.uk)(Parish Clerk, Eaton Bray P.C.)
5. Litter Picking – on an individual and group basis. We do have enthusiastic teams in the Villages, but more help is always needed. Litter Picking is satisfying and kind of addictive once you get going! (lornamcubbage@hotmail.com)

Those were just some of the items I found. Most of the Village Organisations and Volunteer groups could do with help. Now **here’s the thing**. There aren’t enough volunteers to go round! Everyone in the Villages wants the organisations, from the Parish Councils – who are volunteers from the community themselves- to the volunteer groups and Youth Organisations to keep doing their sterling work, but there are very few offers to give up a little time to help keep them running. Many of the volunteer groups consist of older and retired folk and it is often the same people, including myself, who get involved with helping. I appreciate that younger people have work and family commitments, but as those of us keeping the organisations going gradually get older, there is no one coming along to take over. Many of the things you take for granted in the Villages just won’t happen unless we have a group of younger volunteers coming along. The planters that everyone admires won’t get planted if we don’t have enough bodies. We have had some wonderful help with keeping them watered this year and as a result they have been looking fantastic, but the Beautification Team need some help and new ideas.

We are never going to get on top of the constant speeding through the Villages unless we can organise a team of volunteers to man the equipment. It’s no good just complaining about it! We could actually **do** something about it with regular use of the equipment

which is supported by the police. They don't have the time or the manpower to do regular speed checks. But we could do it, and when done on a regular basis it does work.

Here's the thing. You don't need to do a lot, or volunteer for everything. Volunteering is actually very satisfying when you feel that you have made a difference to the community, and it needn't take a lot of time or energy. It's fun and the camaraderie can be great. So have a think about it and maybe give one of the contacts a call if you feel you could spare a little time, even on an occasional basis. Don't assume someone else will come forward We need **you!** Let's keep the spirit of the Villages alive! Or we will surely lose it!!

✍️Lorna Cubbage.

lornamcubbage@hotmail.com

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Northall and District Age Concern Wednesday Club **WE ARE PLEASED TO ANNOUNCE THAT** **WEDNESDAY CLUB IS RE-OPENING IN** **SEPTEMBER 2021**

Join the Volunteer Cooks Team

We currently have some spaces for people to assist us in the beautiful new, spacious kitchen at Northall Village Hall to become part of a team of three cooks who work on a rota once every five weeks to prepare nutritious and delicious home-cooked meals for our lovely members. Joining our friendly staff at the day care centre is very rewarding as the members do enjoy their food and homemade cakes too!

You would need to be able to start at 9.30 to serve lunch at 12.00 (which we hope you will join us for, to give you a break) then you serve the dessert (and again sit with us all) and finally to the washing up for which the hall has kindly provided a super dishwasher to make the job easier. After clearing up, you would set out the cakes for the afternoon and then be free to leave at around 1-1.30, while the bingo is running. Only basic cooking skills are needed, preparation of vegetables and pudding etc.

All our teams are lead by experienced team leaders, so as long as you are happy to join in with whatever needs doing in the kitchen, along with good hygiene skills, to protect our vulnerable members, that is all that is needed for the role. As part of our new regime as a precaution re COVID19, we are asking all cooks to undertake a lateral flow test on a Tuesday and bring the negative result in on the Wednesday of your duty to be noted on our records, for the protection of us all.

If you would like to join us please call ANNA on 07854 230243 or email annaccornwall@hotmail.co.uk. We would welcome applications from anyone who would enjoy this role

Volunteer Conductors Required

We require additional volunteer conductors to pick up our members from home and return them later in our minibus. It involves two hours in the morning and two hours in the afternoon, once a month on a Wednesday. If you are interested please contact Anna on 07854 230243 for further information.

Thank you

WEDNESDAY

Wednesday is now the grandest day
Cannot wait for it to come
To think it was once at weekends
That we had the mostest fun

Time changes all our requirements
Suddenly we are not so bold
But thanks to the Age Concern Club
We have found it easier to get old

We can talk about our problems
Perhaps even have a moan
We learn others too have worries
And we are not just on our own

We have a wonderful lunch
And maybe a glass of wine
Then it is 'Eyes Down' for bingo
We are all hoping to get a LINE

There is a multitude of laughter
It is not all a tale of woe
Only perhaps with that last cup of tea
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Dagnall Community Choir

With the world opening up and the end of this pandemic (hopefully) in sight, we finally have a date for choir to restart. Our first post-lockdown rehearsal will be on **Monday 6th September, 7.45pm** at Dagnall Church.

Whilst we are all looking forward to getting back together, the safety of choir members will be of the highest priority, so there will be all necessary measures in place to minimise risk of infection, including space between chairs, doors open for ventilation and hand sanitiser available.

We welcome choir members old and new, who have had two covid vaccinations. If you have been unable to have the vaccinations, you will need to provide the result of a negative Rapid Lateral Flow test, taken prior to attending choir. We thank you for your co-operation and understanding.

Our rehearsals will focus on preparation for the Poppy Prom, which takes place at St Mary's Church, Eaton Bray on **Saturday 13th November**. This event is both a commemoration and a celebration, and the music that we will be performing will reflect this.

It will be truly wonderful to be able to sing together, perform and entertain once again.

For more information about the choir, please visit our website www.dagnall-community-choir.co.uk, or telephone 07443 037227.

SOMETIMES

we need a bridge and sometimes we are the bridge. No one I know has escaped troubled waters, rough seas and challenging, scary days. There are times in our lives when we could use a little help, and other times when we are given the chance to be that help for someone else. It really doesn't matter where you are right now. What matters is that you remember we are stronger together, and taking a hand is just as important as offering one.

Paul Boynton / Power of Words
powerofwords.co.uk



St Mary's Open Gardens 2021

With four days to go the weather forecast of 80% chance of thunderstorms all day did not augur well for this year's Open Gardens event. Thereafter the prospects improved with each weather forecast leading up to the event. In fact, the weather on the day was almost perfect for visiting gardens, not too hot, not too windy and not at all wet though, after the event, we heard a report that it rained in Ashridge all afternoon. Weren't we blessed?

Those people who had not been put off by the weather forecast had nine lovely gardens to visit. The presentation of those gardens was remarkable especially given the spring weather we have experienced this year, including: a month of frost, a month of rain, a month of drought, a month of gusty winds and, in the fortnight leading up to the event, temperatures in excess of 30°C and a torrential downpour.





So thanks and congratulations must go to all the gardeners concerned.

Among a steady stream of visitors throughout the afternoon we were pleased to welcome regular attendees and newcomers to the villages, as well as some visitors from further afield. Many visitors took advantage of the excellent refreshments on offer inside the church and thanks must go to those who baked or served cakes.

Reports from those who opened their gardens indicated that, once again, the afternoon had been a time of great joy and delight with visitors showing real interest in the gardens on display and with the added benefit of contributing towards an event that raised almost £1,600 of much needed funds for St Mary's Church. Maybe you feel you might be willing to open your garden in future years. If so, please get in touch with me, Gordon Gray, on 01525 220136.





Northall Baptist Church

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Faster/Higher/Stronger – wonderfully made!

Have you enjoyed watching the Olympics? I am writing this while watching the athletic track events and wow, what a show they are giving us. After the on/off discussions about whether the Tokyo Olympics 2020 would actually happen, I hadn't been expecting too much, particularly with the time difference. But once again it has been amazing, very inspiring and uplifting. A great break from the troubles of the world.



*But it all began here...start line
in ancient Olympia Greece*

Those three words Faster/Higher/Stronger were first coined in 1881 by Henri Didon, a Dominican Priest for the opening of a Sports Day event. Faster/Higher/Stronger was adopted as the Olympic Motto from 1894 with the Launch of the Olympic Movement. On 20th July 2021 the International Olympic Committee approved the addition of the word 'together'.

Interesting as so many of the sports are undertaken on an individual basis, although many today are team events such as relays. But the athletes compete for their nation, striving for the gold medal and hopefully a world record. This time we have enjoyed so many more mixed events - the mixed Triathlon was so exciting. What slick changes of equipment for the swimming, cycling and running events.

So Faster – so many events: running, cycling, swimming, sailing, equestrian and many more. The Men's 5,000 metres was won by Joshua Chetgei of Uganda in 12 minutes 58 seconds. You can't have forgotten Mo Farah who won golds in this event at both London 2021 and Rio in 2016. So what were the times? Were they faster? Yes. In 2012 Mo ran the 1500m in 13.41, 2016 he ran it in 13.03 and Joshua ran it today in 12.58. How much faster can they go?

Higher – the high jump, basketball, volleyball, diving and the gymnastics immediately come to mind. Wasn't it spectacular? Have you ever tried to do the tricks and cartwheels they do? I have and nearly broke my wrist!

Stronger – they all have to show their strengths but I think boxing, wrestling and taekwondo probably fit into this category.

But how does the human body manage these great feats? The answer may be suggested in one of David's Psalms – 139 v 13 – 14 'You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvellous – how well I know it.'

We have the Paralympics to look forward to and I'm sure we will see the same determination to exploit their skills and succeed against the odds from all of them.

Our Sunday services, are now back in Church 11 am. Feel free to join us for our worship and song. You will get a warm welcome. You will find the latest information on our website: <http://northallbaptistchurch.org/>

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

Celebrating God's Creation

On Sunday 8th August at St. Mary's, Eaton Bray we turned our thoughts to the world we live in. We thanked God for its beauty and wonder and reminded ourselves how it is our responsibility to look after it. Earlier in July, Messy Church had fun searching for natural materials in the churchyard to decorate a cross and an altar cloth. Photographs below show the wonderful creations they made.



At the end of July St. Mary's Messy Church had fun making this fantastic 'bug hotel' in the churchyard. We hope that solitary bees and other insects will use it to build their nests and make a home.



God saw all that he had made, and it was very good. Genesis 1:3



On Sunday 5th September, Rev'd Canon John Payne Cook is visiting St. Mary's to talk about our environment and reflect on nature. ***You will be very welcome.***

(Photos credited to Gaye Soule)

IT STARTED WITH A STITCH



It is over 55 years since I ventured into patchwork and quilting and my hobby eventually became my passion. I began teaching workshops when my family were more independent and from this I travelled the country, America, Canada and Australia teaching my original designs. The American Quilters Society published a book in 2012 which sold around the world and two years ago I was made an Honorary Member of The Quilters Guild of The British Isles.

My quilts have won numerous awards including a First Prize at the Festival of Quilts, the largest quilt show in Europe, and this year I won a Second Prize for my panel of a zip. The category was for the Quilters Guild Challenge which was COMING TOGETHER and as soon as I read the title I thought of a zip bringing two sides together. The panel measures 15" x 42" and was a challenge in itself

to make but I felt very pleased with the end results. The title of this piece is ZZZip!

Another entry this year was another

challenge between me and three friends, we were to make a hexagon for each day in 2020. This meant making 366 hexagons and then putting them all



together in anything or way we liked, it was to be a secret until our "unveiling day" in December 2020. My hanging consists of large hexagons with a floret of small hexagons sewn on top of each large one. All the hexagons are hand sewn together and the only machine sewing is the quilting over the hexagons and the bindings. This hanging is called 2020 -366 days. The final



small hexagon has been left with the paper inside and the number written on the paper, see bottom corner.

Over the years I have worked on many commissioned pieces, had work published in many books and magazines and made numerous good friends. I have work in private collections including a quilt in the National Postal Museum.

It is never too late to thread a needle!

If anyone wants to see more of my work my email address is marymayne@tiscali.co.uk





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letter advising them of the payment information.

Should any tenant not receive a letter about the rent collection arrangements please contact
the Clerk as a matter of urgency.

In order for the Parish Council to save on administration expenses it would be very much appreciated if tenants could
please ensure rent is paid by 11th October 2021, late payments will incur a £10 administration fee.

Anyone wishing to take on an allotment should contact the Clerk who can advise them of plot availability or add them to
the waiting list.

Clerk to Edlesborough Parish Council

01525 229358 or clerk@edlesborough-pc.gov.uk

Healthy Bones & Pilates

Our bone density continues to grow until our mid 20's, however, after the age of 35, and following the menopause in women, the pattern changes. 1 in 3 women and 1 in 5 men over the age of 50 will develop osteopenic (loss of bone) fractures.

We can make a change for the better - weight-bearing exercises 3-5 times per week, and resistance/strength exercise 2-3 times a week, have been shown to increase bone mass density (BMD) by stimulating bone growth.

Balance-focused exercise have been shown to reduce a person's risk of falls by 25%. Pilates can offer all the above benefits to people with osteopenia (low BMD but not as low as osteoporosis.) A 2015 study (E Angin) showed that people who participated in Pilates saw an increase in their BMD as well as improvements in their physical performance and quality of life.

Pilates, the mind-body conditioning programme, can be used to strengthen your core (back and tummy) muscles and can also be adapted to do in standing to help 'load' the bones.

Choose a fully qualified and registered Pilates instructor – the APPI Pilates instructors at St Judes are also Chartered Physiotherapists who carry out clinical rehab Pilates – participants in our small group classes and 1:1 sessions are fully assessed before starting an exercise programme specific to their needs.

Other ways you can help yourself include:

1. **Eat a varied diet rich in calcium** - dairy products, tofu and spinach are all good.
2. **Reduce your caffeine and salt and stop smoking** as all of these can interfere with



the absorption of calcium in our bodies.

If you are worried about your bone density speak to your GP. If you would like further details on Clinical Pilates, please call St Judes on: 01525 377751 or go to: <https://www.stjudesclinic.com/treatments/pilates/>

St Judes Clinic
26 Lake Street
Leighton Buzzard
LU7 1RX

 **01525 377751**
 **www.stjudesclinic.com**
enquiries@stjudesclinic.com



Smashing Fun for Elephants

Elephants at ZSL Whipsnade Zoo celebrate World Elephant Day, showering themselves in confetti from a pinata

ZSL Whipsnade Zoo's herd of Asian elephants (*Elephas maximus*) enjoyed a special surprise for World Elephant Day (Thursday 12 August), when zookeepers gave them two colourful, giant pinatas, custom-made for the elephants, filled with biodegradable confetti and their favourite treats.

To celebrate World Elephant Day, elephant keepers attached the two, 1m tall pinatas to a tall tree in their spacious enclosure. Together the pinatas spelled the number "90", a nod to the number of years the UK's largest Zoo has been open.

When 22-year-old Karishma pulled on the apples dangling underneath, the pinatas released a cloud of colourful confetti as well as an array of the elephants' favourite snacks, including banana, apple and home-made, nutritious, elephant biscuits. The whole herd enjoyed scooping up the scattered treats with their trunks and munching on them, as well as the "tasty" pinata itself, which had been carefully created from food-safe materials.

Zoological Manager of ZSL Whipsnade Zoo, Matthew Webb said: "World Elephant Day is a wonderful opportunity to remind everyone that these incredible, intelligent animals need our protection and support more than ever.

"Our herd of Endangered Asian elephants always enjoy investigating new things, and it took Karishma no time at all to work out that if she pulled on the apple that was attached to the string under the pinata, something exciting would happen."

As well as supporting ZSL's conservation work with Asian elephants in Thailand, ZSL Whipsnade Zoo and its herd of elephants are contributing to the HEAT (Human-Elephant Alert Technologies) project, through which ZSL researchers, working with zookeepers and the Arribada Initiative, have created the world's largest collection of elephant thermal images, and are using it to develop an early warning system to decrease the human-elephant conflict that threatens Asian elephants in the wild.

Matthew Webb continued: "I hope that elephants like Karishma celebrating World Elephant Day alongside the humans that love and admire them, right across the globe, moves people to support the protection of elephants from human-elephant conflict, habitat loss and poaching."

Asian elephants are classified as Endangered by the IUCN Red List of Threatened Species and their populations are in decline. The species is also listed on ZSL's EDGE (Evolutionarily Distinct and Globally Endangered) list, meaning there is an urgent need to increase conservation action and funding. Those wishing to support the protection of elephants and other threatened species can donate to ZSL's conservation projects or book tickets for ZSL Whipsnade Zoo at www.zsl.org



Your Photos

*Holyhocks in our front garden
by John Hockey*

*Sunflower and Peacock Butterfly
by Adrian Welch*





Hockeridge Wood by Joshua Day

Pink Hawthorn by Richard Woodhead

Goldfinch by Brian Dumbleton



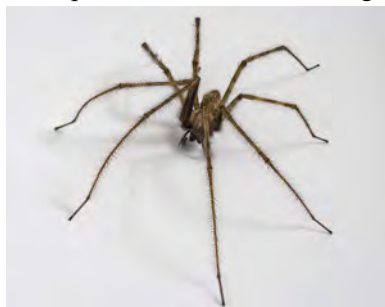
September is Spider Mating Season

Courtesy of The Wildlife Trusts (www.wildlifetrusts.org)

September marks the start of the spider mating season and a higher prevalence in our homes. The UK has more than 650 different species of spider. All can bite, although only 12 species can cause any harm to humans.

Spiders commonly seen in our homes:

Giant house spiders: The giant house spider is one of our fastest invertebrates, running up to half a metre per second. This large, brown spider spins sheet-like cobwebs and pops up in the dark corners of houses, particularly in autumn. The giant house spider is the larger cousin of the House spider (*Tegenaria domestica*), and can be found living behind the fireplace, under the sofa, or in the bath.



Giant house spiders are particularly prevalent in the autumn when the males are out looking for females. The males stay with their chosen females for some weeks, mating numerous times until eventually they die, at which point they are eaten by their female. Giant house spiders spin sheet-like cobwebs in neglected corners of the room and wait close by for unsuspecting insects to get caught; they are most active at night.

Money spiders: The Money Spider is from a family of very small spiders often also known as Sheet Weavers. They are often spotted close to the ground on garden plants, in long grass or around plant pots outside. At around five millimetres in length, they are small compared to others spiders found in the home. You'll be able to identify the spider by its glossy brown body.

Lace web spider: The Lace Web Spider is usually around 4 to 15mm long and can be found living in the holes of walls and bark. They are very common and you find them around your home during autumn and winter, particularly after it has rained. Their web is made from a fine silk (which is where their name comes from) and has a wooly texture.

Cellar spiders: You've probably spotted this long-legged spider hiding in the corner of a house or building. The cellar spider, also known as the daddy long-legs spider, is almost only ever found indoors, where they benefit from a warm, stable temperature. Cellar spiders spin loose, messy webs in the corners of rooms, usually where



“

Stop creating your
own storms from
overthinking.
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and you will see

PLENTY MORE
SUNRISES.

— Roger Lee —

RLQ

the wall meets the ceiling. They feed on any insects they can find within a home, but will also hunt other spiders - including surprisingly large house spiders! Cellar spiders often hang upside down from their webs, but different spiders have different approaches to danger. If they're disturbed, some cellar spiders will bounce and vibrate rapidly in their web to try and frighten away the threat, whilst others will curl up and try to look as inconspicuous as possible.



They have very long legs but a tiny body, which is where the alternative name of daddy long-legs spider comes from. This often leads to confusion with craneflies and harvestmen, both of which are also sometimes known as daddy long-legs.

False widow spider: False widow spiders are often the subject of unflattering headlines, but in reality they're unlikely to bite humans.

There are three very similar species of false widow spider that are likely to be found in or around our homes: *Steatoda bipunctata* (known as the rabbit hutch spider), *Steatoda grossa* (known as the cupboard spider) and *Steatoda nobilis* (known as the noble false widow).

The noble false widow is the largest of these three species, with males typically growing to body lengths of up to 10mm and females up to 14mm. Noble false widows are not native to the UK, but are thought to have arrived from the Canary Islands in banana boxes in the late 1800s. Populations became established along the south coast and have since spread north, likely aided in their expansion by global warming. The other two species are both native to the UK.

False widow spiders often appear in news stories about spider bites, typically in early autumn. However, confirmed cases of false widow bites are rare. Only the two larger species of false widow, the cupboard spider and the noble false widow, are likely to be able to bite through human skin at all. The spiders are not aggressive towards people, and generally don't bite unless roughly handled; most recorded bites occur because of people accidentally touching a spider which then reacts defensively.

In the extremely rare confirmed cases where a noble false widow has bitten someone, the bite has been compared to a wasp sting. In even rarer cases, the bite may cause a person to feel unwell for a short time.

The Computer Swallowed Grandma

The computer swallowed grandma.
Yes, honestly its true!
She pressed 'control' and 'enter'
And disappeared from view.
It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.
I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.
In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'
'So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy,' 'Scan' and 'Paste' her
In an email back to me.

Author - unknown
shared by silversurfers.com

LOCAL HERALDRY

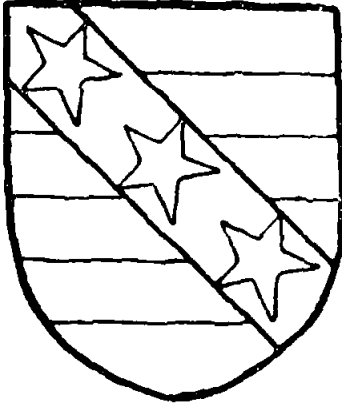
BY JOHN HOCKEY

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

JOHN DE PABENHAM

Many tournaments were held in Dunstable in mediaeval times.

We have complete heraldic lists of the participants in the 1309 and 1334 mêlées but some Bedfordshire knights are known to have been present but for some reason their names do not appear on these lists. One such was John de Pabenham from a village near Bedford.



Pabenham. *Barry argent and azure
a bend gules with three molets or
thereon*

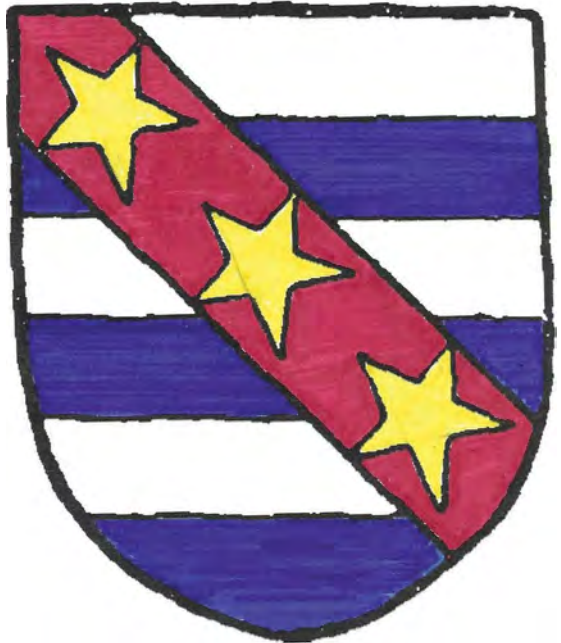
The parish of Pavenham is situated 6 miles northwest of Bedford, and is bounded on the east and south by the River Ouse. Three manors are mentioned in Pavenham in the Survey of 1086, of which one, *PAVENHAM MANOR* was later held by a family who assumed the name of Pabenham. (There were various spellings). A John Pabenham held a knight's fee in Bedfordshire in 1201–12 and a descendant left a son John, of full age at the time of his father's death, who held this manor till his own death in 1322. It is likely this is the John de Pabenham that attended the 1309 tournament.

John's arms are listed in the entry in British History Online, together with a description or *blazon*, as shown on the left:

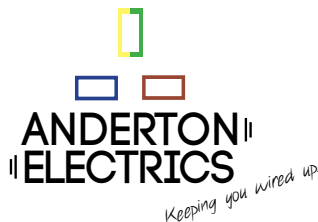
A description of this is as follows:

The main field or background of the shield is what is termed Barry – that is, composed of horizontal bars - here there are six. The colours are stated as Argent (silver, printed white) and Azure (blue). The bend Gules is the red diagonal stripe crossing the shield from top to bottom and the molets Or are the three stars which we are told are golden (always printed yellow). [A molet or mullet is thought to derive from the rotating rowel of a horseman's spur].

So, with this information we may colour in the shield to provide a much more dramatic coat of arms and one appropriate for such a noble family:



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Breathtaking

by Rachel Clarke



What a book! I thought I was prepared for it, having watched an hour-long interview with the author a while ago, but it was still an emotional rollercoaster. This is a highly personal account of the first four months of 2020, but it also charts the stories of other doctors, nurses and healthcare workers up and down the country. Clarke's earlier career in journalism and her specialism as a palliative care doctor combine to make this a beautifully written piece of documentary history. I finished it on the day that the NHS was awarded the George Cross and was struck that, despite her brief epilogue dated August 2020, there is no hint that the author was even contemplating then that the pandemic might last another year – perhaps longer. However, she was also writing before the development of vaccines introduced some hope into the desperation felt by many as the first wave of infections grew. I wept through much of this book but would nevertheless recommend it to everyone and anyone who wants to understand something of what it has been like to work in the health service over the last eighteen months.

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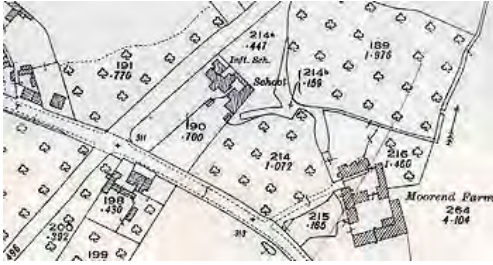
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Eaton Bray History

Eaton Bray School (courtesy of the Bedfordshire Archives)



Eaton Bray School on a map of 1926

A School Board was formed in Eaton Bray on 13th July 1893. It took over the premises of the Wesleyan School the following year and the school was thereafter run as a Board School. The school stood, as one might expect, in School Lane; it was on the south-east side close to the junction with the High Street. In 1895 £594 was raised by mortgaging the premises to the Public Works Loan Committee so that they could be repaired and improved.

A land mark Education Act was passed in 1902, coming into effect in 1903. It disbanded the School Boards and gave day to day running of education to newly formed Local Education Authorities, usually the county council, as in Bedfordshire. The old Board Schools thus became Council Schools. Bedfordshire & Luton Archives & Records Service has a scrapbook of cuttings of visits made to most Bedfordshire Schools by School Inspectors for a period from just before the First World War through the inter-war years. Reading them one is drawn to the conclusion that Eaton Bray was not the healthiest of places, with three epidemics in seventeen years, or the most popular with prospective teachers at this time. The first report is from 23rd June 1910. The inspector visiting the Infants Department wrote: "The Infants are taught with exceptional ability and success, and the condition of the school reflects much credit upon Miss Whitehouse".

"The attention of the Managers is called to that part of the last Report on this department which refers to the removal of the galleries and to the desirability

of providing a pianoforte. The previous Report to which reference is made reads as follows: "I hope the galleries will be removed as soon as possible and replaced by suitable furniture. A piano here, as in all considerable and deserving Infant Schools may be considered, I think, a necessary part of the apparatus".

The report on the Mixed Department read: "The past year has been one of special difficulty owing to the prevalence of epidemic sickness and to changes in the staff, and in consequence the level of efficiency reached in previous years has not been maintained. The Arithmetic of the three lowest classes is weak and Composition is only fair. Owing to the fact that the organisation does not provide for systematic revision of backward work much that was learnt last year has already been forgotten. The tone of the school is good and well kept gardens attached to the school are a very satisfactory feature".

The next visit was in June 1912. The Mixed Department (average attendance 104) was the reported as follows: "Owing to changes in the staff and to the fact that during part of the year the staff was inadequate the continuity of work has been interrupted. In spite of these drawbacks the level of efficiency has, on the whole, been creditably maintained but, I am afraid, maintained at a cost of considerable strain on the Head Teacher. Order and tone are both very good. The school garden is a credit to the school".

"It is very desirable that the staff should be strengthened as soon as possible, and that lessons on Simple Cookery and Housewifery should be given to the elder girls".

"Care should be taken that the regulations respecting registration are fully observed".

Things were better, once again, in the Infants' Department (average attendance 68): "This is a bright, well-taught infants' school. The methods are good, the teachers work conscientiously and well, and the level of efficiency reached is most

creditable to them”.

“I must once more draw the attention of the Managers to the absolute need for the removal of the gallery in the class-room. It would be well to remove both galleries and to replace them by more modern and suitable furniture”.

“A pianoforte would prove of great assistance in teaching Singing and Games, the teachers work so hard, and so well that they deserve every assistance in carrying out their duties”.

The next visits were in 1914, less than two months before the outbreak of war. The inspector to the infants reported: “The improvement effected by the Managers in the premises has greatly increased the facilities for teaching and has added to the comfort both of teachers and scholars. As a result, in spite of interruption to work from epidemic sickness, the school – excellent as it was when last reported upon – has during the year made further advance. A bright, happy tone prevails, the children are kindly and sympathetically treated, they are suitably and well taught, and the condition of the school reflects much credit upon the Mistress and her assistant”.

Things were still problematic higher up the school: “In a difficult year good work has been done. Inadequate staff for part of the time, and the illness of the Master have interrupted the continuity of the work, but have not had so serious an affect on the efficiency of the school as might have been expected. In the lower part, which suffered from the absence of skilled teaching from December to Easter, the effects have been most felt, but under the present teacher the lost ground is being recovered”. “Order and tone in all classes are creditable”.

The next inspections were not until after the Great War except for a note about the Mixed Department dating from 11th March 1915: “The Department was found closed. No notice of closure has been received”. In December 1920 the inspector visited just the Infants’ Department where average attendance was now 51: “This is a school of about 60 children. Except for a week in November, the Headmistress has been without assistance since the Summer holidays. Under such conditions it is

inadvisable to admit fresh children under five years of age, for they increase the difficulties without getting advantage themselves”.

“The school has long been distinguished for its good work and, as far as possible with so short a staff, its efficiency is still well maintained. The methods of teaching are sound, the curriculum is well balanced, and the children are trained to depend on themselves. The attainments of the First Class are exceedingly creditable”.

“There is no piano” [still!]

Remarks by the Board

“The Board will expect steps to be taken to secure that the requirements of Articles 10 and 12 of the Code are satisfied”.

Observations of the Director of Education

“Constant advertisement of the vacancy at this School has been made since 1st October 1919, but no suitable applications have been received. Temporary assistance has been sent from time to time”.

“The instructions of the Sub-Committee are desired as to what action, if any, shall be taken regarding the admission of children under five years of age. At the present time there are 60 children on the roll of whom 12 are under five years of age”.

The following December the inspector returned to find a grim picture: “The discipline in this school is so bad that it is difficult to judge the work in the main room. The children are very ill-behaved and are completely out of hand. The Head Teacher appears to have knowledge of suitable methods, but owing to her lack of control, is not able to apply them”. Another visit was made in September 1922: “The Mistress of this department has now gained the confidence and interest of the children; the arrangement of the classes is different from that obtaining at the time of the visit upon the results of which the last report was based; and the introduction of certain methods and devices which were discussed at the Authority’s Course for Infants’ Teachers at Whitsuntide has been successful. It is only fair, therefore, to say that the school is now a good example of what may be obtained by kindly free discipline wisely used. The

older children read well, and are being taught to speak carefully; they are beginning to listen well, and are interested in Number and Recitation. The younger children are friendly and are kept busily employed. The other activities are well considered in the schemes, and it is felt that the school is doing quite good work for children of whom a certain proportion are rough and come from poor homes – so much so that it is hoped it may develop into an unusually good one”.

In 1923 the Mixed Department, average attendance 92, was visited: “This school has many commendable features. The teaching is undoubtedly careful, there is a good tone, and the children take pride in their School. The Head Teacher shows praiseworthy activity in promoting and superintending school sports; through his efforts, too, a piano and other musical instruments have been acquired”.

“The work as a whole does not yet reach so high a level as is to be desired; the children hardly put enough determined effort into it. Arithmetic, Composition and Spelling are on the whole satisfactory in Standards VI and VII, but decidedly below the average in Standards IV and V. Much of the writing of Standards II and III should improve, but elsewhere this subject is mostly satisfactory. In the bottom class about one-third of the children are backward in Reading and will need special attention; in Standard II also, where the majority of children are too old and seem a little inert, there are backward readers, but the Reading of Standard III is quite good. History is satisfactory and Physical Training is going on very well indeed. It is not easy to form an exact opinion of the Drawing, the books and papers often being undated; it appears however, to be really promising, though the pencil work is capable of further improvement. Some progress has been made in Note Singing”.

“The Staff consists of the Head Teacher and two Uncertificated Assistants, and there are 107 children on the Registers. Of these no fewer than 53 – Standards IV-VII – are taught by the Head Teacher himself, which is certainly more than his share. A different grouping is desirable”.

In 1926 the Mixed Department’s garden was visited. In days of subsistence, of large families and houses with relatively large gardens, adding to the food on the family table was important. In a rural area like Eaton Bray it was doubly so as many of the boys could expect to work in agriculture: “The teacher has been at the school only six months and has had no training in Gardening. Plots are in a fair condition but have received no manure this season: surface soil should be kept looser. No fruit or flowers are grown and no plot experiments carried out. Fair notes are kept by the scholars. No science work is done. Boys showed interest and answered fairly well”.

Both departments were visited in 1927, the infants in February and the mixed department in December. The infants’ report reads as follows: “During the past year the department has suffered from a series of epidemics: for 11 weeks the certificate of under 60% of average attendance has been given; and there have been few weeks of attendance approaching the normal. For three weeks the average attendance was under 7, under 12 and under 15, out of 51 on roll. In these circumstances it would be absurd to expect that attainments could reach a really good standard: in Writing and Number, however, the children do very fair work indeed; songs and games are varied, numerous and enjoyed. The weakest side is speech – whether Reading or reciting, and this must be most disappointing to the Head Mistress, whose work in preparation of apparatus and in giving special attention to individual children is most praiseworthy”.

“The most serious side of the matter is that all the First and Second Class children are (except 8) over 6½ now – and some are nearly 8. They ought, in fact, to go to the upper school in April. But their attainments will hardly fit a very appreciable number of them for promotion. It appears to be desirable for the Managers and Teachers to consider the problem, and decide whether they shall go up, wait a year, or whether some system of promotion at intervals should be devised. Among the children are very late entrants and a few of very



Newspaper cutting showing the school about 1977

low mentality”.

The mixed department had an average attendance of 90: “This school has been under its present direction for nearly two years. It is conducted with ability in a pleasant atmosphere of freedom”.

“The schemes are well planned; the methods of instruction are good; the work generally reaches a satisfactory level and the children are bright and happy”.

“In the top class the written exercises are well done, the children are following a wide course in Reading and Literature, and are being trained in methods of private study”.

“The second class has been without a regular teacher for two months and the work has suffered to some extent. The newly-appointed teacher of this class has made a good start and bids fair to do well”.

“The third class is conducted in an admirable manner by the Mistress who is also responsible for the good Needlework of the school”.

“This class contains a number of retarded children from the Infants’ department (referred to in the report on that school on the 16th of February last) for whom special measures have been adopted”.

The mixed department was next visited in December 1930 when average attendance was 111: “No member of the staff has been here two years. For the first three month of the present year a supply Head Teacher was in charge and the present Head Master began his duties in April”.

“The conditions of work of the senior woman assistant in Needlework and games have now been improved. A further change for the better is

the substitution of practical arithmetical problems of a domestic nature for senior girls instead of Geometry which they took formerly. The Head Master’s help with the English of the middle part of the School while the senior girls are thus occupied should prove of great use”.

“The two lower classes are doing satisfactory work especially the lowest which is a bright, responsive set of children. Spelling and Speech-Training are most in need of attention”.

“The Head Master is doing good work with the senior children but has a somewhat difficult task. The spirit of freedom commented on in the last report as the method by which the school was worked under the last permanent Head Teacher would have been admirable if self control had gone with it but this is what is lacking. Under tuition the children are not only attentive and orderly but alert and responsive; but they are not capable of concentrated effort in private study: this judgement was confirmed by a test in Silent Reading and other tests requiring careful continuous effort”.

“The Head Master is fully alive to this defect and is doing his best to remedy it. Improvement in this aspect will be looked for”.

The following November the infants’ department was again inspected (average attendance 43): “Since the last report the work of this school has always been found to be good, sometimes very good. Some falling off occurred owing to the growing lack of vitality and interest of the lowest class Teacher who had, eventually, to resign by Doctor’s orders. This naturally threw more work on the Head Teacher whose difficulties were seriously

increased, as, after the resignation of the Assistant, she was left alone, without any help from 1st June 1931 till 17th July 1931. During these seven weeks the average number attending was 47.8; 46.8; 51.4; 53.4; 53.3; 53.7 and 47.8. The children ranged from 5 year olds just beginning school to those who, over 7.3 years old, would in a normal year have gone into "Standard" I or II in the other department. Naturally the work suffered".

"None the less, the work is again very promising, and the children may catch up. The Head Mistress deserved high praise for her single-handed effort, and congratulations on her measure of success in these discouraging circumstances".

"N. B. Since the receipt of this Report, the following communication has been received from H. M. Inspector: -"

"I certify that the numbers in average attendance at Eaton Bray Infants' Department from 1.6.31 to 17.7.31, as copied from the Log Book were 47.8; 46.8; 51.4; 53.3; 51.7; 51.5; 47.8 and not the numbers entered in the Official Report sent to the Local Education Authority".

"I have written to the Board of Education telling them that there was a typist's error, and that I have given the Director the correct figures".

The next report, from the mixed department, in July 1933 was quite critical of the head teacher and the mistress conducting the youngest class. However it is crossed through as "withdrawn by the Board of Education". The next report is dated 21st June 1934: "This school, with 101 children on the books at the moment, is taught in 3 classes. In the lowest class, taught by an Uncertificated Mistress, there are 33 children between 7 and 10 years of age; and in the Second Class, numbering 37 on books and taught by a Certificated Mistress, there are 7 children of 9 and 10, 15 children of 10 to 11, 10 children of 11 to 12, and 5 of 12 to 13 years of age. Of the 31 children in the highest class, taught by the Head Master, one child is 11 years of age, 13 children are between 12 and 13, 11 are between 13 and 14, and 6 are between 14 and 15. To classify the children strictly upon a basis of age would no doubt be difficult in a school of this size

and character; but it is both feasible and desirable to transfer some of the oldest children in the Second Class to the highest class under the Master".

"The school is in several ways pleasant to inspect. The children are friendly and generally responsive. Moreover, there is evidence not only of their having remembered what they have been told by their teachers, but of their having observed and read for themselves. The written Compositions of individual children, alike in the First and in the Second Class, show some familiarity with books and some power of accurate and lively perception. Much the same is true of the oral answering of the more promising children both on their work and on questions arising out of it. They are not always as distinct of speech as they might be; but this is a defect which is engaging the teacher's attention. The more mechanical parts of the work are in the main suitably cared for. Some of the handwriting is good and the figuring and setting out of the sums is satisfactory".

"Practical Work. At the moment there are no facilities for the teaching of Handicraft to the older boys or of Domestic Subjects to the older girls. The older boys receive instruction in gardening from the Head Master: the work is confined to the growing of vegetables, but it is creditable as far as it goes. The Certificated Mistress in charge of the Second Class is entirely responsible for the teaching of Needlework and she has all the girls under instruction at the same time. The work she secures from the children is good and it is made the vehicle of a useful practical training. The Uncertificated Mistress is responsible for the Craftwork of all the boys who do not learn Gardening: she manages them satisfactorily and she seems likely to develop the work suitably. The singing of the children of the Head Master's class is good".

"The discipline of the school is in general sound. In particular the Mistress in charge of the Second Class deals with her children very effectively and gets their ready co-operation. The newly appointed Uncertificated Mistress manages her children well. The children in the Head Master's class are quite amenable to control, but some of them are

inclined to whisper to one another or to let their attention stray when they are not immediately under observation. They respond at once however to any direct call that is made upon them and they are capable of solid effort”.

The final report in the scrapbook is for the infants’ department and is dated 13th March 1935: “The numbers in this school have fallen since the last Report; it is now a single handed Head Mistress with 26 on roll, and there is, apparently, not much likelihood of the numbers rising above 30 for the next few years”.

“The school work is almost entirely individual, and is well directed. The Reading of the various grades is going on well, with a few really good readers already at the top and the rest working with interest. Except a couple of new entrants all the children said pieces chosen from a great number which had been learnt boldly, and their speech is carefully corrected. Handwriting is promising; and the children are interested in their Handwork, Knitting, and construction of articles from waste material. The planting of bulbs in design for the garden of a doll’s house and for a cleverly contrived rock garden or water garden in a bowl has been a great attraction and interest, and the flowers in vases or in pots is helping this valuable aesthetic interest. The Singing of many songs from a varied and tuneful repertoire was very pleasant. There is abundant room for indoor Physical Exercises which are enjoyed. The Number work was not seen at this visit”.

“The Mistress, who was ill last year, has carried out her difficult task with conspicuous success”.

The third of the great Education Acts was that of 1944 which established the principle of County Primary Schools for children up to the age of 11, at which time they took an examination to determine the nature of the secondary school they would attend until they were 15, the most academically able going to grammar schools, the rest to secondary or secondary modern schools. The act also created two types of successor to the public elementary schools - the Voluntary Aided and Voluntary Controlled schools. Voluntary Aided

schools are those in which the Local Education Authority funds the school but the governing body is independent, they are usually Anglican or Roman Catholic schools. Voluntary Controlled schools own their own buildings whilst the staff are employed directly by the governors. Eaton Bray duly became a County Primary School.

In the 1970s Bedfordshire County Council introduced comprehensive education, doing away with the 11+ examination and grammar schools and introducing a tier of school between the old County Primary and County Secondary Schools. Thus Lower Schools now taught children aged 4 to 9, Middle Schools from 9 to 13 and Upper Schools from 13 onwards. Eaton Bray County Primary School thus became Eaton Bray Lower School, still in the old Wesleyan School premises.

By the 1980s it was clear that the old school buildings were no longer fit for purpose and so new buildings were designed. These are also in School Lane but are further up the road and on the other side. The school moved to these new buildings in March 1988. The old buildings were sold to S&S Homes on 8th February 1990 and demolished to make way for modern housing.

On 1st April 2009 Bedfordshire County Council was abolished and its functions as Local Education Authority taken over by a new unitary council, Central Bedfordshire, comprising a merger of the two former district councils, Mid Bedfordshire and South Bedfordshire. Exactly two years later the school removed itself from LEA control by becoming an academy. The school caters for children from four to eleven years with a pre-school for children of two and upwards.



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Last Remaining Species of 'Truly Wild' Horse Born at ZSL Whipsnade Zoo

Zookeepers have captured on camera a first glimpse of a rare and Endangered Przewalski foal, the world's last "truly wild" species of horse, born at ZSL Whipsnade Zoo.

The female foal was born on 17 July at the UK's largest Zoo, as part of the European Endangered Species Programme, and is just starting to explore her surroundings with her mum.

Unlike other species of horse that are sometimes described as 'wild', the Przewalski horse (*Equus przewalskii*) is the only species considered by conservationists to be truly wild, rather than simply "feral", as it is not descended from domesticated horses.

Keepers at ZSL Whipsnade Zoo had been monitoring the foal's pregnant mum, Charlotte, and were delighted when she gave birth to a healthy, female foal in a secluded area of the 600-acre Zoo.

The keepers sent their photos of the foal to ZSL conservationists working in Mongolia and asked them to name her. Their colleagues named the pointy-eared foal "Sooton" which means "sassy and vigilant" in Mongolian.

Przewalski horses bred at ZSL Whipsnade Zoo were successfully reintroduced to Mongolia as part of a conservation project by Mongolian and UK ZSL scientists to save the then Extinct-in-the-Wild species. There are now hundreds of wild Przewalski horses living in the grasslands and deserts of Mongolia, Ukraine and China, and their population is increasing. As a result of reintroduction projects, the IUCN Red List reclassified the Przewalski horse as Critically Endangered in 2008, and then again as Endangered as 2011.

Team leader Mark Holden said: "We are delighted to welcome another Przewalski foal to ZSL Whipsnade Zoo, boosting the number of these incredible, Endangered animals – the last remaining species of truly wild horse left in the world.

"While we monitored the situation carefully, we also knew that, as an experienced mum, Charlotte would know just what to do, and that she would care wonderfully for her newborn foal. She's been very protective, so we've kept our distance, happy to see that Sooton's suckling and developing well.

"Sooton has mostly stayed close to her mum and her big sister Shargahan but is just starting to stretch her legs and try to gallop."

Visitors can see Sooton and her herd, alongside ZSL Whipsnade Zoo's other 9500 animals by booking tickets at zsl.org



Sooton with her mum



Sooton with her mum and sister

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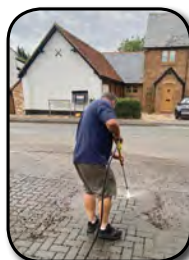
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What to do in the Garden in September

Courtesy of www.thompson-morgan.com



September is here, and there's plenty to be done while you're outside enjoying the last of the year's warmth. Harvesting crops will keep you busy this month, and there's plenty of work to do tidying and maintaining plants and equipment.

Timely tips



There are lots of jobs to do in the garden this month, here are our top four:

1. Divide your herbaceous perennials. This will keep your plants healthy and vigorous year after year and multiply your stock.
2. Net ponds now before autumn leaf fall gets underway to reduce the amount of debris entering the water.
3. Clean out cold frames and greenhouses ahead of autumn sowing and growing.
4. Plant spring-flowering bulbs now, such as daffodils, crocus and hyacinths, for glorious colour next year.

In the flower garden



- Continue to feed and deadhead hanging-basket and container annuals - they will often keep going until the first frosts.
- Keep deadheading annuals and perennials to extend their performance.
- Deadhead your penstemons, dahlias, and roses to keep flowers coming.

- Divide herbaceous perennials as the weather cools, plant and water in the new divisions well.
- Prune any late-summer flowering shrubs, such as the rock rose (*Helianthemum*).
- Prune climbing roses and rambling roses once they've finished flowering (unless they are repeat-flowering varieties, in which case leave them until later in the year).
- Keep camellias and rhododendrons well watered at this time of year to ensure that next year's buds develop well.

In the vegetable garden



- Keep harvesting crops. If you have a glut of fruit and veg try freezing, drying, pickling, and storing so that you can benefit from them later on.
- Pinch out the tips of outdoor cordon tomato plants to concentrate the plant's energy into ripening fruits not producing further growth.
- Harvest sweetcorn. To test if it's ready, pinch a kernel - it will release a milky sap when ripe. If the kernels are starchy you've left it too late, if they're watery they need a little longer to ripen.
- Pull or cut off the foliage of maincrop potatoes at ground level three weeks before lifting them. This will prevent blight spores infecting the tubers as you lift them and help to firm the skins of the potatoes.
- Spread newly dug potatoes out to dry for a few hours before storing them in a cool, dark place. Store them in paper or hessian sacks, as this will allow the crop to breathe while it's in storage. Only store

undamaged, disease-free tubers - one rotten potato can ruin your whole crop!

- Help pumpkins ripen in time for Halloween by removing any leaves shading the fruits.
- Raise pumpkins and squashes off the ground to prevent rotting. Place them on a piece of slate or wood.
- Keep feeding and watering French and runner beans to keep them producing. Continue harvesting little and often to prevent them setting seed.
- Cut bean and pea plants away at ground level when they have finished cropping. Leave the roots which will slowly release nitrogen back into the soil as they break down.
- Start the autumn cleanup. Remove any old crops that have finished and clear away weeds to leave your plot clean and tidy for the winter.
- Pot up some mint and parsley for the kitchen windowsill, for fresh herbs through the winter.
- Cover your brassicas with netting to prevent birds making a meal out of them.

In the fruit garden



- Tidy up your strawberry plants and clear away any used straw, as this will harbour pests and diseases over winter.
- Pot up strawberry runners to make extra plants for next year.
- Pick ripe apples. To test when they're ripe, gently lift them in the palm of your hand or give them a gentle pull - they should come away easily.
- Pick off rotting fruits from pear, apple and stone fruit trees - they will spread disease if left on the tree.
- Mow long grass under fruit trees to make

it easier to spot windfall fruits.

- Cover wall-trained peach trees to prevent peach leaf curl from taking hold. The fungus needs wet conditions to infect the plants.
- Harvest plums. If you have more than you need, freeze them by washing, halving and stoning them, before laying them out on a tray in the freezer. Once frozen, pack them into freezer bags.
- Cut back the fruited canes of your summer raspberries, if you haven't already, leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing.
- Pick blackberries as they ripen and use straight away or freeze some for use later on.
- Take hardwood cuttings of currants, gooseberries and figs to increase your stock.

In the greenhouse

- Water greenhouse plants early on in the day so the greenhouse is dry by the evening. Damp, cool nights can encourage botrytis.
- Close greenhouse vents and doors late in the afternoon to help trap in heat overnight. This will ensure your plants crop for as long as possible.
- Empty pots - old compost and decaying plant material can harbour unwanted pests over winter.
- Clean out your greenhouse to reduce the risk of pests and diseases next year.
- Remove shading from your greenhouse towards the end of the month so that plants get the maximum light available.

Looking after your lawn



- Create a new lawn from turf or seed -

autumn weather is favourable for good lawn establishment.

- Raise the height of your mower blades as grass growth slows down.
- Carry out essential lawn maintenance to avoid waterlogging and compaction. Aerate your lawn with a garden fork, removing thatch from the surface with a rake and repairing dead patches. Use a specialist lawn scarifier if you have a large area to cover.
- Apply a special lawn top-dressing after carrying out maintenance work. Follow the instructions on the packet carefully.
- Feed your lawn with an autumn fertiliser which is rich in potassium and low in nitrogen.
- Control lawn chafers or leatherjackets with a biological control (nematodes).

Other jobs about the garden



- Improve clay soil before it becomes too wet or frozen by incorporating organic matter and/or horticultural grit.
- Sow green manures such as buckwheat, clover and ryegrass on uncultivated areas to improve soil and keep weeds down over winter.
- Create compost bins in preparation for all the fallen leaves and dead plant material which you'll be collecting over the coming months. Autumn leaves make a great addition to compost bins and are ideal for making leaf mould.
- Burn diseased plant material or dispose of it in your household or green waste. Don't compost it as the spores may remain in the compost and reinfect your plants.
- Raise pots off the ground for the winter by using bricks or 'pot feet', to prevent waterlogging.
- Clear pond weeds and net your pond in anticipation of autumn leaf fall.
- Blitz perennial weeds - they are more vulnerable to weed killers in the autumn. Use a selective glyphosate free formula to kill both the leaves and the roots.
- Install water butts to collect rain this autumn and winter. Rain water is great for watering ericaceous plants such as blueberries, rhododendrons and camellias.

From your armchair



- Plan next year's garden. Make rough sketches of your flower borders and vegetable plot. Reflect on what worked and what didn't!
- Order spring-flowering bulbs now for planting this autumn.
- Order trees and shrubs. They will grow vigorously next spring if planted this autumn.
- Order your strawberries, raspberries, currant bushes and other berry fruits for cropping next year as these plants are best planted during their dormant season.

Information courtesy of

www.thompson-morgan.com



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Hasselback Aubergine Parmigiana

This hasselback aubergine parmigiana is delicious twist on a classic Italian dish. Crisp aubergine slices are baked in a rich tomato sauce and sprinkled with parmesan.

Ingredients

1 large onion
5 tbsp olive oil
3 crushed garlic cloves
2 tbsp tomato puree
500ml tomato passata
400g tin chopped tomatoes
2 ½ tsp dried oregano
1 tsp caster sugar
Large pinch of chilli flakes (optional)
2 large aubergines
50g grated Parmigiano Reggiano
1 mozzarella ball
30g dried breadcrumbs
Small handful fresh basil

Method

1. Heat the oven to 200°C fan/gas 7. Halve, peel and slice the onion. Heat 1 tbsp of the olive oil in a large frying pan over a medium heat and fry the onion for 8-10 minutes to soften. Add the crushed garlic, then cook for 1 minute. Add the tomato purée and cook for 1 minute more.
2. Pour in the passata, chopped tomatoes, 2 tsp of the dried oregano, caster sugar, a large pinch of chilli flakes (optional) and some salt. Bring to a simmer and cook for 10-15 minutes, stirring occasionally until slightly reduced. Pour the sauce into the baking dish.
3. Take the aubergines and make widthways cuts at 1cm intervals, three quarters of the way through, so the slices are still attached at the bottom. Drizzle with 3 tbsp olive oil, getting into the cuts. Spoon a little tomato sauce into the

cuts, along with 30g grated Parmigiano Reggiano. Arrange the aubergines in the baking dish on top of the sauce and bake for 30 minutes until the aubergines are slightly charred.

4. Cut the mozzarella ball into 6-8 pieces, then dot over the aubergines. In a small bowl, mix the dried breadcrumbs with 20g grated Parmigiano Reggiano, 1 tbsp olive oil and ½ tsp dried oregano. Sprinkle over the aubergines and bake for 20-30 minutes until the cheese is golden and the aubergines are tender. Top with fresh basil and serve with crusty bread or a green salad.

Tips

You'll also need a 2-3 litre capacity baking dish.

You can make the parmigiana up to 1 day ahead. Cool, then chill, covered. Reheat in a low oven for 30-40 minutes to serve.

Courtesy of www.deliciousmagazine.co.uk



Dagnall Weather Station (AONB)

Weather Conditions for July 2021

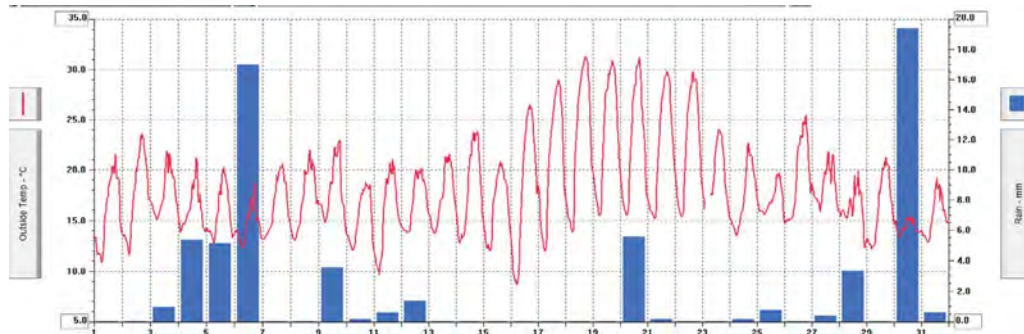
Elevation: 450 ft - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West



The first two days of July were partly cloudy with sunny spells. This was followed by ten mostly unsettled days. On the 6th, we had showers from midnight until 09.30 and again later in the afternoon, adding up to 17mm of rainfall for the day. By the 17th, temperatures had risen to become very hot and topped 30 degrees on three consecutive days. With sun from dawn to dusk, the 18th produced a high of 31.4°C. From the 23rd, it was much cooler, cloudy and unsettled, with the wettest day being 30th of July when it rained almost all day for a total of 19.4mm. The month as a whole saw a total of 65mm of rain, which is 117% of the July average. Even so, that was relatively modest compared to parts of England, such as East Anglia, which had twice the amount of rain we had in Dagnall and suffered flooding. I spent a lot of this month looking at the live radar showing rain moving up from the west and the south east. As storms approached the Chilterns from Oxford, they veered off towards Aylesbury and Milton Keynes. When they came from the south east, the same thing happened, except they veered towards Watford. I am always amazed how moderate sized hills such as the Chilterns can dictate the weather in a small village like Dagnall.

	High	Date/Time		Low	Date/Time
Temperature:	31.4°C	18 July 17.00		8.7°C	16 July 05.30
Mean Temperature	18.1°C				
Dewpoint:	20.6c	12 July 12.00		7.8°C	16 July 05.30
Humidity:	95%	7 days in July		44%	22 July 14.30
Barometer:	1028.6 mb	17 July 09.00		992.1 mb	6 July 07.3
Wind Speed	31 mph wsw	30 July 14.30		Months avg.	4.2 mph
Wind Chill:	31.2°C	18-19 July		9.1°C	16 July 03.30
Dominant Wind:	SSE				
Rainfall * T= total rain days and moisture. R= Actual rain					
*Rain Days: 16(T), 16(R)	Wettest Day 30 July			19.4 mm	0.764 ins
Monthly Rain:	Total	July 2021		65.0 mm	2.56 ins
Yearly Rain:	Total	Months		484.00 mm	19.055 ins

July 2021 Showing rain and Temperature



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Salvation Sound

Eaton Bray Salvation Army



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A well-known speaker started off his seminar by holding up a £20 note. In the room of 200 he asked, "Who would like this £20 note?" Hands started to go up. He said, "I am going to give this £20 note to one of you but first, let me do this". He proceeded to crumple up the £20 note. He then asked, "Who still wants it?" Still the hands were up in the air. Well, he replied, "What if I do this?" and he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty, "Now, who still wants it?" Still the hands went into the air. "My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth £20.

Many times, in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. For the last 16 months because of the pandemic there may have been times when we have felt that things looked hopeless, and that life was never going to improve. Sometimes our self-esteem has dropped to the lowest level, and we have felt frustrated by events all around us and how that has made us feel. We feel as though we are worthless. But no matter what has happened or what will happen, we will never lose our value, we are still precious to our families, our loved ones and we are all precious to God.

Dirty or clean, crumpled or finely creased, we are still priceless to those who DO LOVE US.

The worth of our lives comes not in what we do or who we know, but by WHO WE ARE and WHOSE WE ARE. We are special – we must never forget it.

What did God do for us? - how did He make us feel special not only for one day but for every day? We find these words of encouragement in one of the most famous parts of The Bible to consider how special we are to God.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life' (John 3: 16)

God did this for each one of us- he loves us so much that He sent His only Son Jesus to the cross to die for our sins. If we believe in Him we will go to be with Him in Heaven- We are special- everyone is special to God.

When thinking about the story and the Bible passage it reminded me of a song that my daughter used to sing in infant school in Risca, in South Wales. Every morning the whole school Ty ISAF Primary School would sing this in their morning assembly reminding each other of their importance to God.

I'm special because God has loved me, For He gave the best thing that He had to save me; His own Son Jesus, crucified to take the blame For all the bad things I have done. Thank You Jesus, thank You Lord, For loving me so much. I know I don't deserve anything. Help me feel Your love right now, To know deep in my heart That I'm Your special friend.

(Graham Kendrick)

May God continue to bless you all as we emerge from this time of uncertainty and frustration. Remember: 'Amateurs built the ark, but professionals built the Titanic! If God brings us to it- He will bring us through it. (June Freudenber)

Remember we are special- we are special to each other, our friends, our family, our church, our school, our work, but most of all we are special to God because He loves us.

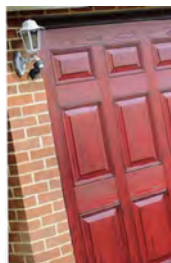
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