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Photo by Lucy C aged 14





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Neighbours **Helpline:** 07930 987064 Manned phone hours: 9am to 5pm, Monday to Friday (An answering service is available for out-of-hours calls) Call us if you want help with getting to the surgery/hospital, collecting prescriptions, minor errands or d-i-y jobs, form-filling, walking your pet, on-line shopping support etc. or if you would welcome our befriending service. We help people of Eaton Bray, Edlesborouah. Northall and Totternhoe

Eaton Bray



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 Committee Member: Sue Tucker, 01525 223004, susantucker053@gmail.com Design and Lavout: Tracey Moren (Moren Associates Limited) 01525 229695 Printed by: Priory Press Dunstable 01582 699851 Copy for publication to the Editor by the 10th of the month

Focus accepts no responsibility as to the accuracy or content of any advertising or articles published in 'this' magazine, neither do they reflect the opinion of members of the Committee. © Articles published in Focus may not be 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. *SEditor*

Village Diary



Weekly Mon-Sun St. Mary's Edlesborough opening times are currently very limited Please see notice board and website Mon-Fri (term) Eaton Bray Pre-school, Eaton Bray Lower School, 01525 220468, admin@eba.ec Dagnall Under 5's, Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816 358342 Mon-Fri (term) Edlesborough Primary Academy Pre-School, 01525 220431, epamanager@epa-primary.org Mon-Fri (term) Totternhoe Pre-school, Totternhoe CE Academy, 01582 662959, totternhoeoffice@tot.dsamat. Mon-Fri (term) co.uk Pilates, 10.45am, Totternhoe Memorial Hall, Lisa; 07832 230774 Mondavs Dagnall Community Choir, All Saints Church 7.45-9.45pm, w:dagnall-community-choir.co.uk Mondays Mondays (term) Movement and exercise classes with a dance flavour, Northall VH 2-3.30. Jan 01442 864271. 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 (8-10 1/2 years old), 6.30pm - 8pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Liz Coates 01442 842550 Yoga, 6:45pm, Edlesborough Memorial Hall, contact 07837 727302 Mondays Mondays Barre, 8pm, Edlesborough Memorial Hall, contact 07837 727302 Mondays Eaton Bray Tennis Club - 4-7pm mini / junior tennis coaching Eaton Bray Tennis Club - 7-8pm Adult Coaching 'Get Back Into Tennis' Mondays 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 Tuesdays 222468 or 07796 265174 or email ruthallen002@gmail.com Tap & Ballet Classes, JoAnn Latus School of Dance, 4-8pm, Eaton Bray VH, 07800 518654 Tuesdays Coffee Morning, Bring & Buy, Table Top Sale, 10-11:30am, Salvation Army Hall, Booth Place, Tuesdays Fortnightly Eaton Bray Jazzercise 9:15-10am, Eaton Bray VH, Annis, annisjazzercise@gmail.com 07447 409666 Tuesdays Eaton Bray Tennis Club - 6-7.30pm Social play for all adults Tuesdays Berkhamsted Taekwon-do Kids, 5.45pm-6.30pm, Dagnall Village Hall, 07813 755785 Tuesdays Tuesdays Berkhamsted Taekwon-do Adults, 6.30pm, Dagnall Village Hall, 07813 755785 Tuesdays Movement is Medicine Pilates, 1:30-2:30pm, Billington Hall, moira@stjudesclinic.com Wednesdays Pilates, 8pm, Northall Village Hall, Lisa: 07832 230774 Wednesdays Northall & District Age Concern Wednesday Club, 10am - 3pm, Northall Village Hall, Contact Dee on 07854 230243 Wednesdays Art Course online 9.30 -11.30 am, contact Lorna Moore 07896 619660 Art Course, Bellows Mill Eaton Bray, 2-4.30pm, contact Lorna Moore 07896 619660 Wednesdays Wednesdays Jazzercise 7:30-8:30pm, Eaton Bray VH, Annis, annisjazzercise@gmail.com 07447 409666 Wednesdays Eaton Bray Tennis Club - 5-6 pm 9-11 years old tennis coaching & U16 Beginners tennis Wednesdays Pilates 6-7pm, Eaton Bray Village Hall, Heather Holmes, 07305 023077 pilateswithheather@ mail.com Movement is Medicine Pilates, 7-8pm, & 8:05-9:05pm, Billington Hall, moira@stjudesclinic. Wednesdays com Stay & Play toddler group, 'Musical Monkeys' at the Eaton Bray Village Hall, 10am, £4.50 for Wednesdays (term) one adult and child, £1 for extra children/adults, 0-6 months free Thursdays KFPA Street dance classes, Edlesborough Memorial Hall 4.15pm-6.30pm (4 years+) Contact Kiri 07988161043 or visit Facebook page 'KF PerformingArts/ KFPA' for info Thursdays Berkhamsted Taekwon-do Adults 6.30pm, Dagnall Village Hall, 07813 755785 Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Thursdays 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 Eaton Bray Methodist Church Social Afternoons, 2 - 4pm, All Welcome

Village Diary

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 VH, 07800 518654				
Fridays	Jazzercise 9:15-10am, Eaton Bray VH, Annis, annisjazzercise@gmail.com 07447 409666				
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	"Little Luvvies" baby ballet classes,10am-11.30am, Northall Village Hall. Contact Emma Whittemore on 01525 376124				
Fridays	Movement is Medicine Pilates, 10-11am, Great Gaddesdon Parish Hall, moira@stjudesclinic. com				
Saturdays	Jazzercise 9-10am, Eaton Bray VH, Annis, annisjazzercise@gmail.com 07447 409666				
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				
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 VH, Contact 07500 007779				
Sundays Eaton Bray Tennis Club - 10am -12pm Social play for all adults					
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 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, 10:30am - 12 noon (July held on 2nd Saturday)				
1st Saturday	Book Swap at St Mary's Eaton Bray, 10:30am -12 noon (July held on 2nd Saturday)				
2nd Monday	Film Society, Sep to June, 2pm, Eaton Bray Village Hall, Graham Chappell 07980 321977				
2nd Tuesday	2nd Tuesday Dunstable & District Local History Society meeting, 7.45pm, Methodist Church Hall, Dunstable				
2nd Tuesday	Edlesborough W.I. Meeting, 7.30 pm, Edlesborough Memorial Hall. Contact Sue Bingham 01525 222522				
3rd Thursday	Edlesborough Parish Council Meeting, 7.30pm, Edlesborough Pavilion or as stated in Edlesborough Parish Council News				
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				
This Month's One Off/Annual/Irregular Events					
6th	Northall & District Age Concern Harvest Festival Auction, 7:30 The Swan Northall				
8th	Dagnall Community Choir Autumn Concert, 7pm, Dagnall Village Hall, Tickets £8 01525 220189				
14th	Appledown Rescue & Rehoming Kennels Fun Dog Show, 10:30, Harling Road, Eaton Bray, LU6 1QY				
14th	Eaton Bray Village Litter Pick day, 10:30am, School Lane Car Park				
28th	Repair Cafe, 9:30-12:30, Pitstone Pavilion				

The paper used for this magazine is sourced from sustainable forests and can be recycled



Focus is online at www.thefocusmagazine.co.uk





EDaN Community Transport Peter Williams: 01442 842506

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

Police Contact Numbers...

making neighbourhoods safer together General Assistance (Recommended Number): 101 Emergency: 999

Bedfordshire Police (Eaton Bray) T/Sgt 6268 Amy Ison, Leighton Buzzard Community Policing Team, Duncombe Drive, Leighton Buzzard, Telephone: 01582 473408

Thames Valley Police (Edlesborough, Dagnall & Northall)

PCSOs Tina Hobson & Megan Dean Charlotte Cottage, 73 Leighton Road, Wing LU7 0RD Email: greatbrickhillwingivinghoenhpt@thamesvalley.police.uk To report non urgent crime: www.thamesvalley.police.uk

Village Hall Booking Contacts

Northall: Lorna Cubbage Tel: 07857 318696 www.edlesborough-pc.gov.uk/nvh Email:northallvhbookings@gmail.com Eaton Bray: Norman Lee 07975 797202 & Jane Taylor 07852 586045 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

Plans for Focus Magazine 2024 are Underway

First, we would like to thank all our advertisers who supported the magazine in 2023 by buying advertising space.

Focus Magazine has 10, printed, full colour, editions a year. There is a print run of 2,500 copies which are delivered to properties in the four villages. The magazine can be found online at www.thefocusmagazine. co.uk.

Current advertisers are being contacted regarding renewal of their advertising for the 2024 editions of the magazine.

If you would like to advertise in Focus in 2024 please contact advertising@ thefocusmagazine.co.uk or ring Sally Taylor on 01525 221576 or Angela Dunford on 01525 221944.





Vicar: Rev'd Joy Cousans 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

The French philosopher Voltaire once said, 'A hundred years from my death the Bible will be a museum piece.' A hundred years after his death the French Bible Society set up its headquarters in Voltaire's old home in Paris! Far from being a museum piece, the Bible is still a worldwide bestseller. The original text was written in Hebrew and Greek, and swiftly translated into Latin. King James commissioned the first official English translation of the Bible and a copy was put in every church in England. Jeremiah Radcliffe, vicar of Eaton Bray from 1583-1586, was invited in 1605 by King James to translate the Bible. He was one of 60 theologians and linguists who used original sources of Hebrew, Greek and Latin texts to produce the Authorised Version, otherwise known as the King James Bible.

The Bible is not like a novel- one book which you read from cover to cover. It is a library of books: 39 in the Old Testament and 27 in the New Testament. The Old Testament includes books on history, law, poetry, proverbs, psalms, lamentation and prophecy. In the New Testament we find biography, letters, history and prophecy. There really is something for everyone. The history of how the Bible came into being is fascinating. We have no record of the composition of any of the books of the Bible. Authorship was not 'a thing' in the ancient world. Professor John Barton in his book 'What is the Bible?' (SPCK 1997) writes: 'In the ancient world ...books- and especially religious books-'grew' rather than being written by an individual author.' The exception is St Paul 'a named individual whose authentic letters were transmitted in exactly the form he had sent them to the churches he corresponded with.' (Barton p36)

The Bible is not divine dictation but rather 'God-breathed'. It was written by human authors who were influenced by the times they lived in. But Christians believe they were also guided by God's Holy Spirit. There are shafts of beauty and truth breaking through everywhere. The Bible is there to be read. But how do we begin to read such a rich and diverse book? I would start with one of the Gospels- the story of Jesus. Mark is the shortest, with only 16 chapters. If you read one a day it would take just over a fortnight. What then does the Bible say? It has been described in many ways, but one description which resonates with me is 'God's love letter to the world.' Becoming familiar with the whole of Scripture gives us the fullest possible picture of God and his Son, Jesus. As we read the Bible, we discover what God is like. We find a God who never changes; a God who keeps his promises. Amazing as it may seem, the Bible reveals that God always loves humanity and each of us as individuals. He created us in his image and we are precious to him; he listens to us and cares for us. And as we read the Bible, we discover what God's that the way to true fulfilment is to live life

God's way. Jesus tells us that God longs for human beings to care for one another, for God and for the whole of creation.

As the nights draw in, how about taking time to read the Bible? You may find it more inspiring than you expect!

With every blessing,

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SERVICES AT ST. MARY'S CHURCH, EATON BRAY

SUNDAYS: 10am PARISH HOLY COMMUNION (apart from the third Sunday - see below)

On the First and Third Sundays of each month there is HOLY COMMUNION at 8am

On the Third Sunday of each month there is a WORSHIP SERVICE FOR EVERYONE at 10am, a shorter less formal service

WEEKDAYS: Wednesday at 10am HOLY COMMUNION EVERYONE IS WELCOME AT THESE SERVICES

Details and ONLINE WORSHIP: www.stmaryseatonbray.org.uk

Dagnall Church Services

Sun. 15th October 10.30 am Sun. 29th October 3.00 pm For any queries, please contact: Holy Communion Informal Service

Philip Lee on 07977234453 or Dorothy Green on 01442 843237



Eaton Bray Cricket Club 100 Club Winners

July

£100 Eric Pratt (number 115) £25 Mary Jarrett (number 4) £10 Sri Kalai (number 122)

Aug

£25 Kerrie Kerins (number 36) £10 George French (number 76)

Eaton Bray Cricket Club is kindly sponsored by Meadow Marquees, ECL Howard Watson Smith LLP, Tops Tiles and SMSS Ltd

St Mary's 100 Club

The lucky prize winners are:

August 1st prize – Sally Taylor 2nd prize – Mark Rusling 3rd prize – Elizabeth Stagg September 1st prize – Iain Stubbs 2nd prize – Robert Dickson 3rd prize – Yvonne Ranson





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Eaton Bray Academy is a happy, inclusive family where pupils and community are at our heart. Together we inspire children to be curious and develop a genuine love of learning to provide strong foundations for their future.

Wrap Around Care

We are pleased to provide a flexible, happy and stimulating before and after school club.

Breakfast and after school snacks are included.

7.30 - 8.50am Monday to Friday
3.30 - 5.30pm Monday to Friday

We have availability in most classes for pupils from the term after they turn two to Year 6.

Contact us to arrange a tour of our lovely village primary school.

Eaton Bray Academy

01525 220468 admin@eba.ec www.eatonbrayacademy.co.uk



Dagnall Community Choir Autumn Concert 2023

An evening of musical entertainment with **Dagnall Community Choir** and guest flautist **Nicola Quick**

Sunday 8th October 7.00pm Dagnall Village Hall

Tickets £8 to include refreshments Available by calling **01525 220189**, or online* www.ticketsource.co.uk/dagnall-community-choir





* Please note there is a booking fee of 7%+VAT payable to Ticket Source if purchasing online

EATON BRAY PARISH COUNCIL

Eaton Bray Parish Council Focus Report September 2023

A full copy of the minutes for Eaton Bray Parish Council can be found on our website: www.ebpc.co.uk. A hard copy of the minutes can also be viewed on the Parish Council's notice board at The Coffee Tavern.

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 FixMyStreet

CBC have a reporting system to make reporting easier, quicker and more accurate. To report and track highways and environment problems go online/use the FixMyStreet app: https://fixmystreet. centralbedfordshire.gov.uk/

Litter Pick Day - Saturday 14th October 2023



The Parish Council are organising a Litter Pick Day on Saturday 14th October 2023.

We meet in the car park on School Lane around 10.30am. The Parish Council will organise all the necessary safety equipment, such as high viz vests, grabbers, bags and we will arrange for CBC to collect up all the bags when we are done. To sign up please visit the Parish Council's website or contact the Parish Clerk: https://www.ebpc.co.uk/village-litter-pick-2023/

EATON BRAY PARISH COUNCIL MEETING

HELD ON MONDAY 3rd July 2023, from 7:30pm (no meeting in August) (Minutes ratified at the Parish Council Meeting, Monday 4th September 2023)

Central Bedfordshire Council (CBC)

Your Ward Councillor: Cllr Philip Spicer Email: Philip.Spicer@centralbedfordshire.gov.uk CBC Website: www.centralbedfordshire.gov.uk CBC Email: customers@centralbedfordshire.gov.uk CBC Customer Services: 0300 300 8301 Bedfordshire Police

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

Planning Applications & Appeals – July/August 2023

A copy of the Parish Council's response to planning applications can be seen on the Parish Council website or obtained by applying to the Parish Clerk.

Mill End Close/Waterside

Essential works are being carried out along the riverbank/island. The area has been cleared and the new fence, and access gate, are currently in the process of being installed.

Recreation Ground

• Lighting: The Parish Council are continuing to look at suitable designs/costs for fitting additional lighting along the footpaths in School Lane Recreation Ground.

- Seating: The Parish Council are looking at design/costs for additional benches in the recreation ٠ grounds.
- Fence: The Parish Council are looking into costs for installing a wooden fence along the bank in Holmans Field.

Bower Lane Cemetery

The Parish Council are looking into design/costs for a small memorial garden in the cemetery.

Eaton Bray Parish Council Accounts

A copy of the Parish Council's Finance & Annual Reports can be viewed on the Parish Council Website.

Monthly Payments July/August 2023

A copy of the Parish Council monthly payments can be seen on the Parish Council website or obtained by applying to the Parish Clerk.

Parish Council Meeting (1st Floor, The Coffee Tavern, Eaton Bray)

Details can be obtained from the EBPC website:

www.ebpc.co.uk

- Monday 2nd October 2023, from 7:30pm
- Monday 6th November 2023, from 7:30pm

Parish Council Open Office (Ground floor)

10am-12noon at The Coffee Tavern, High Street, Eaton Bray (Dates/times subject to change, please check the EBPC Website for updates)



Tuesday 10th October 2023



Email: clerk@ebpc.co.uk - Telephone/Text: 07931 479663 - Website: www.ebpc.co.uk Parish Office: The Coffee Tavern, 18 High Street, Eaton Bray, Beds, LU6 2DP

Postal Address: 17 Hammond Street, Aston Clinton, Bucks, HP22 0AJ

Follow Eaton Bray on Facebook - Keep up to date with what is going on in your parish



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

Fun Dog Show



Saturday 14th October 2023

Showground opens 10:30 am Classes commence 11:30 am

With training demos by Pup Club Official at 11am and 2pm Enter on the day - £2 per class See Facebook for more details Reg Charity No: 1116848





Edlesborough Parish Council News Including Edlesborough, Dagnall and Northall

Allotments

The annual allotment rent for 2023/24 is due to be paid at the start of October 2023. The rent due is £2.10 per pole. EPC requests that payments are made by internet banking. Any tenants not able to pay by **internet banking** please contact the Clerk ASAP to discuss an alternative payment method. Please ensure rent is paid by 11th October 2023, late payments will incur a £10 administration fee.

EPC currently holds a waiting list for all allotment sites, anyone wishing to be added to the waiting list should contact the Clerk.

New Children's Play Area on Edlesborough Green

EPC is *delighted* to announce that the installation of the new play equipment on Edlesborough Green is now complete. Five new items have been installed including an aerial runway (zip wire), cross scales swing and climbing jungle. EPC hopes that the new equipment is a welcome addition to the existing play facilities and will be enjoyed by all for many years to come.

EPC asks parents and carers to ensure that users of the aerial runway (zip-wire) remember the following:

- Only be used by children aged 5 years and above.
- Only one child to ride the zip wire at a time.
- HAVE FUN & ENJOY!

High Street Build Out Proposal

Thank you to all the parishioners who took time to respond to Buckinghamshire Councils consultation on the proposed build-out near the junction with Good Intent. This is a condition of approval granted in 2022 for a development of 14 houses at the bottom of Good Intent. The intended purpose of the build-out is to improve the visibility splay towards the shops for vehicles exiting Good Intent, which is currently recognised as being sub-standard.

EPC opposed the proposal because it takes the view that whilst the build-out offers a technical solution to the problem, it would make things worse in practice. In addition, it would add to the existing congestion in the vicinity of the shops.

EPC are currently waiting for an update from Buckinghamshire Council and will do all it can to keep parishioners informed about the proposal and decision.

More information can be viewed at https://yourvoicebucks.citizenspace.com/highway-projects/edlesborough-high-street-traffic-calming/.

Speedwatch & EDaN Traffic Management

Thames Valley Police have relaunched and restarted their Community Speedwatch – more information can be found at Restart and relaunch for Community Speedwatch in 2021 · Thames Valley Police & Crime Commissioner (thamesvalley-pcc.gov.uk) Any parishioner interested in





becoming involved with the EDaN Community Speedwatch for Edlesborough Parish should contact Cllr Alan Williams via email at alan.williams@edlesborough-pc.gov. uk or on 07828 398371

Buckinghamshire Best Kept Village 2023



Edlesborough scored 181 out of a possible 200 points and was awarded a Certificate of Merit from the Best Kept Village Competition 2023.

Edlesborough entered this year's DeFraine Cup for Buckinghamshire Best Kept Village. The judging took place in June and Edlesborough were joint Runner Up.

EPC thanks the council contractor MW Agri Ltd, the council handyperson Darren Pearce, the EDaN Beautification Team, the

volunteer litter pickers and all the residents who help to ensure our village is well looked after.

VILLAGE/TOWN EDLESBOROUGH – 6 th JUNE 2023 CUP DEFRAINE JUDGES CLIVE PARKER, PAT MARTIN, RICHARD MATTHEWS				Possible Marks
1	Cemetery/graveyard (separate or	Evidence of very good care of the	19	20
	attached to a place of worship)	Cemetery particularly given its hillside		
		location.		
2	Green, playing field, children's play	The playing field and its facilities were in	34	35
	area, outdoor recreation facilities,	excellent condition and are obviously well		
	designated nature conservation	looked after. The relatively new		
	area	Clubhouse looked good. Children's play area well kept.		
3	Floral displays, hanging baskets, tubs, planters, flower beds etc	The floral displays in evidence were OK.	13	15
4	Community facilities (Village Hall, Community Centre, Church Hall	The Village Hall and other halls are well kept.	18	20
5	General environmental features	The hedges, ditches etc showed evidence	16	20
	(hedges, verges, ditches, pond,	of being well cared for. No evidence of		
	stream, pump etc.)	litter.		
6	Shops and Pubs	The areas and around the Shops were OK	18	20
7	Bus stops, bus shelters, public	These features were all very good. Bins	18	20
	seating, dog bins, notice boards,	were obviously regularly emptied. Notice		
	information signs	boards were informative and in good		
		condition.		
8	War memorial (Please include a photograph if the memorial is inside a locked building)	Well cared for.	20	20
9	Quality of Competition entry - up to	The quality of the information provided	7	10
	date and detailed map with features highlighted	with the entry form was OK.		
10	Evidence of community engagement	There was evidence of good community	16	20
	(e.g., website, newsletter, magazine,	spirit in the village.		
	posters, and general community			
	involvement in the Competition)			
	Additional Notes		179	200

Streetlights

Please report failed streetlights in Edlesborough, Dagnall and Northall to the Clerk for repair via clerk@edlesborough-pc.gov.uk or 01525 229358



When making a report please ensure you provide the Clerk with the

information displayed on the lamp post.

<u>Salt Bins</u>

The responsibility for filling these bins is with Transport for Buckinghamshire. When supplies are running low a refill request should be submitted via their website https://www.fixmystreet.buckscc.gov.uk/

It is more appropriate if a parishioner living close to the salt bin makes the request but in practice anyone can make the request.

Council Meetings

The next Edlesborough Parish Council Meetings will take place on:

- Thursday 19th October 2023 Northall Village Hall
- Thursday 16th November 2023 Edlesborough Pavilion

The meetings will commence at 7:30pm.

Parishioners are welcome to attend all Ordinary Parish Council meetings and may ask questions, raise issues, and give suggestions during the Open Forum before the formal start of the meeting. Council requests that where possible questions, issues and suggestions are submitted in writing to the Clerk by the Tuesday preceding the meeting.

The agenda and full minutes of previous Parish Council meetings are available to view on the website or from the Parish Clerk.

Clerk: Miss Penny Pataky Office hours Mon – Fri 10am – 2pm (Excl. Wed) Email: clerk@edlesborough-pc.gov.uk 01525 229358 Website: www.edlesborough-pc.gov.uk Facebook: www.facebook.com/EDANParishCouncil

£££GOOD NEWS£££ VCS COST OF LIVING SUPPORT SCHEME GRANT FROM CENTRAL BEDFORDSHIRE COUNCIL NORTHALL AND DISTRICT DAY CENTRE THE WEDNESDAY CLUB

In the past two/three years the club has witnessed the extensive cost of living with increases in electricity and basic food staples. The weekly visit has become even more important for our members as spending the day at the club reduces their own heating and food costs to meet their budget.

Our costs of running the club has risen considerably for the purchase of groceries, hall costs, energy and running/maintenance of the minibus.

The Wednesday Club has now received a VCS Cost of Living Support Scheme Grant of $\pounds 3,600.00$ from Central Bedfordshire Council. This grant will help tremendously towards the cost of running the Club this financial year especially towards hall costs and the electricity tariff which will be increasing later this year.

On behalf of the Wednesday Club a massive thank you to Councillor Philip Spicer and the wonderful administration team at Central Bedfordshire Council.









THE BEDFORDSHIRE AREA GROUP OF THE ASSOCIATION OF 16MM NARROW GAUGE MODELLERS PRESENTS

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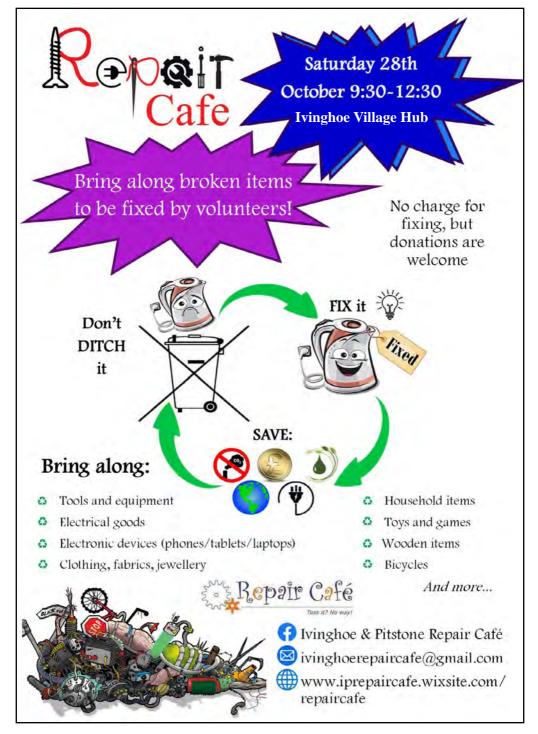




This lovely lass is Morgan Philip, a border collie who was born in 2022. She came to us in an anxious state, but is responding very well to training. Morgan is good with other dogs, but still a little wary of new people at first. We think she has lots of potential and would like to see her in a family with the patience and commitment to carry on with her training and give her plenty of exercise, on lead initially. Morgan could live with a male dog, pending introductions, but any children would need to be teenagers and she would not suit a home with cats. To offer a rescue

\$

dog a loving home you can find an application form on our website and details of the rehoming process. To support our work please make a one-off donation of £3 by texting APPLE to 70111, or donate via Paypal using the 'DONATE Support a Cause' option. Cheques are very welcome too! Appledown Rescue & Rehoming Kennels Harling Road, Eaton Bray LU6 1QY 01525 220383 (10am-1pm & 2-4 pm) E-mail: appledown.kennels@btinternet.com Website: www.appledownrescue.co.uk Viewings are by appointment only. *Registered Charity Number 1116848*





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YOUR LOCAL ACCOUNTANT



Halloween & Trick or Treat Advice

For some people, this time of the year can be a bother as your evenings are interrupted with people knocking on your doors for treats. Most of these children or teenagers are just getting involved in the Halloween celebrations and will be friendly.

If you feel unsafe:

- Don't open your door if you're unsure who is there. Use your spyhole, look out of a window, and use your door chain if you do decide to open your door.
- Have a contact number of a close relative or good neighbour to hand by your telephone, just in case you need to phone them.
- If you are part of a Neighbourhood Watch scheme, let your coordinator know that you will be on your own at Halloween. If you are a coordinator, please identify people in your scheme that may be vulnerable and offer them reassurance.

Thames Valley Police will not tolerate any anti-social behaviour at any time of the year.

To report anti-social behaviour, call 101, the 24-hour Thames Valley Police non-emergency number. If you feel threatened, if it's an emergency, or if a crime is in progress, call 999.

For more information and to download a 'no trick or treat' poster / card please visit the Thames Valley Police website and search "Halloween"

Follow these tips to help keep everyone happy and safe this Halloween If you have young children:

- Never let them go trick or treating on their own.
- Make sure you accompany them and only visit people you know. If you have teenagers:
 - Make sure they don't have access to fireworks, alcohol, eggs or flour.
 - Explain why they must not play tricks on strangers.
 - Tell them that if nobody answers the door, or a 'No trick or treat' sign is on display, they must leave immediately.
 - Only knock on a door with a pumpkin or other Halloween decorations on display.
 - Remind them to stay with their friends and make sure they know that they should never enter the home of a stranger.

If you do need to talk to the police call 101 or dial 999 in an emergency. For further information visit: www.thamesvalley.police.uk. Receive FREE crime alerts, sign up to www.thamesvalleyalert. co.uk





Take a book you want to read - Leave a book you want to share

The next Book Swap is at St Mary's Church on Saturday October 7th from 10.30 – 12. 00 am

The Book Swap takes place on the 1st Saturday of the month to coincide with the church coffee morning. We are pleased to see new visitors every month as well as many familiar faces. The content of our shelves is continually changing, with books that people have recently enjoyed, so we hope that by bringing a book they have enjoyed people will, in turn find something in the library they will enjoy reading.

Please only bring as many books as you want to swap as our library space is limited.

The Book Swap is free and open to all adults. If you like reading, please bring a book to swap and come and join us.

For more informationabout Book Swap please contact:Chris SandersEmail: chris.sanders45@gmail.comJenifer MacKenzieEmail: jenimackenzie@hotmail.com



Charity No. 293080

We are looking for volunteer drivers and conductors to help with transporting the members to and from their homes on our minibus. This would be on a rota system, depending on the number of volunteers.

Call 07854 230243 if you can help.



Dagnall Community Choir

Please come and join us on Sunday 8th October, 7.00pm at Dagnall Village Hall, for our Autumn concert. We will be singing a selection of our favourite songs, and are excited to be joined by guest flautist Nicola

Quick, who will be entertaining with a flute solo, as well as providing a beautiful accompaniment to one of the pieces we will be singing.



Tickets are just £8 each and can be purchased online from www. ticketsource.co.uk/dagnall-community-choir or by calling 01525 **220189**. (Please note there is a small booking fee of 7%+VAT payable to Ticket Source if purchasing online)

Scan for online ticket sales

The choir is looking forward to Christmas, and preparations for our Christmas programme will be starting soon. We have three performances lined up for the festive season: the annual tree lighting at The Five Bells in Stanbridge on Saturday 2nd December; our own concert in Dagnall on Sunday 10th December; and a joint concert with other local choirs in Dunstable on Saturday 16th December. Watch this space for more information or check our website www.dagnall-community-choir.co.uk.

If you enjoy singing and would like to join your local choir, then the run up to Christmas might just be the right time for you to do so! All are very welcome to come along to one of our Monday night rehearsals, 7.45pm at Dagnall Church. You won't be asked to audition, and it doesn't matter if you can't read music, a love of singing is all that you need!

October at the Grove

Popular Music

Francis Rossi - Tunes & Chat - 1 Oct T-Rextasy - 5 Oct Thank You For The Music - 6 Oct Just My Imagination: The Ultimate Temptations Revue - 7 Oct Sounds of the Rat Pack Era - 10 Oct The Story of Guitar Heroes - 12 Oct 60th The Sensational 60s **Eexperience:** Anniversary Tour 1963 to 2023 - 13 Oct Think Floyd '23 - 22 Oct Radio Ga Ga - 2023 - 27 Oct Legends of American Country 2023 - 29 Oct

Comedy

Bridesmaids of Britain - 4 Oct Barnstormers Comedy Club - 26 Oct

Children's Shows



The Sooty Show - 28 Oct

Encore Screening

L'Elisir D'Amore: The Royal Opera - 9 Oct

Film

Past Lives - 11 Oct Haunted Mansion - 24 - 25 Oct My Big Fat Greek Wedding 3 - 24 Oct

Dance Emerald Storm - 15 Oct

Drama The Haunting - 26 Oct

Musicals

Stranger Sings - 8 Oct Sunset Boulevard - 20 - 21 Oct

Ticket prices vary; for more information or to book, call the Box Office on 01582 60 20 80 or visit the website at www.grovetheatre.co.uk.

Nigel's Thoughts



Dear Friends,

Some of you will know that I love music. Whilst never having mastered a musical instrument, I do enjoy singing in a choir.

Much of the music that we sing is charged with meaning. We have just started looking at parts of Bach's Christmas Oratorio, for our concert at Christmas. It

seemed surreal commencing rehearsals for Christmas at the start of September! Nevertheless, there has been a clear sense that something as deep and subtle as our relationship with God cannot be expressed in the use of mere language alone, and is lifted when our voices join together in the jubilant intonations of song.

Saint Augustine said that whoever sings, prays twice. This is because song can express the greatest desires and longings of the human heart.

Whether you think you can sing or not, and although some people might claim to be 'tone deaf', faith can enable your heart and mine to be in tune with the music of God's love.

One of our hymns says "How often, making music, we have found a new dimension in the world of sound, as worship moved us to a more profound - Alleluia!" ('When in our music God is glorified' by Fred Pratt Green).

As autumn draws on, may we be encouraged and moved by the music we make, and hear, and experience, and may God be glorified.

God bless you,

∕∠Nigel



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.



Age Concern NORTHALL & DISTRICT WEDNESDAY CLUB



Charity No. 293080

Well didn't August just fly by? Time for a review of my last Focus post and updates for the latest goings on - there's been such a lot of behind the scenes activity so please be so kind as to read on. We've only just returned to Club and the Welcome Back chatter was such a delight to hear, on my very brief visit this week.

Wednesday 19th July was our Afternoon Coffee Morning - a well attended event and generously supported by so many local friends - with the donations, cake sales, raffle and bric-a-brac raising approximately $\pounds 200$ - which has been ringfenced for our Winter coach trip booked for mid November. Thank you All.

August was a month of rest (supposedly) for staff and a chance to regroup for the committee. Club AGM was held on the 2nd August and gave us a chance to review, plan and propose ideas moving forward. There's a separate piece from The Committee and Trustees within this edition of Focus. It also seemed appropriate to have a good old fashioned clear out and tidy for the new shelving installation, courtesy of the Northall Village Hall Committee, Thank You.

Making the Most - we have also been appreciating the donation of excess fruit/vegetables from home growers to supplement our traditional home made meals menu. Maybe some of you reading this have a glut of seasonal produce that we could be very grateful for? ... to date we (well a dedicated cook) have prepared 50 sticks of rhubarb and over 30 cooking apples to assist us in making approximately 3 weeks worth of puddings. Please message or simply stop by and join us for a thank you cuppa.

Our new initiative of "Share Your Wares" has 3 confirmed booked slots already for local crafty makers to sell, demonstrate and share their crafts for a couple of hours within our sessions. Please message with contact details if interested on joining our waiting list and Jane shall be in touch.

Please Don't forget to save the very popular Harvest Auction date of 6th October - further details of which can be found within Focus. Thanks in Advance to The team at The Swan, Northall for hosting once again.

The "Music Quiz - II" Team have confirmed the details for Friday 3rd November - further details (again) elsewhere in Focus. Tables/Teams of 8 @ £10 per head for a 2 course Supper - limited number of tickets - please check availability with Lynne on 07887944326.

Next Month ... details for Tea/Coffee Afternoon 29th November

We are always pleased to Welcome enquiries for:

- Regular Rota Volunteers: Help in the Kitchen, Mini-Bus Drivers/Conductors
- One Off Volunteer Offers: to entertain, musical talent sharing ...
- Donations:
 - Items for fundraising Harvest Auction and the Christmas sales table
 - Produce for our Homemade meals menu seasonal Fruit and Vegetables appreciated

For joining us as a Member:

Phone 07854 230243 - please leave a message & contact details - our leader Dee shall get back to you ASAP. We're also on Facebook https://www.facebook.com/WednesdayClubNorthall/ for following and any last minute updates eg any errors I may make in dates published here in Focus - why not head over and confirm you've read this piece in it's entirety - thank you.



On long, dark days there's nothing nicer than curling up by a real fire and enjoying the warmth and glow of flickering flames. And with fuel bills rocketing, homeowners are increasingly turning to wood-burning stoves as a cheaper alternative to other forms of heating. The Stove Industry Alliance reported a 40% increase of sales in the second quarter of 2022, and this trend shows no signs of abating. Whether you are replacing an older model or purchasing a wood burner for the first time, what are the key considerations?

Efficiency first and foremost

Since 1st January 2022, all newly manufactured stoves have had to comply with Ecodesign regulations relating to efficiency



and emissions. Some stoves, however, are more efficient than others. Look for the clearSkies label, which shows models that go above and beyond the regulations. In fact clearSkies level 5 – the highest – is almost 30% better than the standard Ecodesign requirement. In addition, stoves also have energy efficiency labels, just like fridges or washing machines, which range from A++ to G.

Smoke control areas

If you live in a smoke control area (find the map online at uk-air.defra.gov.uk/data/ sca/ or check with your local authority), you may only use a DEFRAexempt wood burner. Look for the round, green logo that says 'DEFRA approved'. The clearSkies accreditations 4 and 5 are automatically suitable to use in smoke control areas. Always discuss these requirements with the manufacturer or retailer.

What size to buy?

Buy too small a stove and it will place stress on the appliance, while if it is too large it will underrun, which can be damaging to the stove, the flue and the environment in general. "Before purchasing a stove, you should verify the heat requirement for its intended location," says Declan Kingsley-Walsh, managing director at Morsø UK. "To



calculate the heating demand of a specific space, simply work out the volume of the room in cubic metres and divide by 14." You'll find that stove capacities vary tremendously, from 3kw to 15kw. **Storing your wood**

Think carefully about where you will store your log supplies. Will you have them delivered in bulk – which takes up a lot of space – or are you able to buy smaller amounts on a regular basis? Some stoves have a small, built-in section in which logs can be stored, and you may have space near your stove or fireplace for a basket or other container. Bear in mind that logs must be kept in a dry and well-ventilated area, and if you are planning to buy or collect 'wet' wood and dry it yourself, this process can take at least two years. **Comply with regulations**

New stove installations must comply with building regulations to do with the flue, the hearth and the distance from combustibles. Provided you use a 'Competent Person' to install your stove, however, they can certify it for you. They will do a smoke test to check that your chimney is sound – if it leaks you may need a liner. Remember that you must have a carbon monoxide detector in the room, and consider fitting a fireguard to keep pets and young children safe from the heat.

Regular maintenance

A stove can take time and effort to light, needs to be fed with fuel at intervals and the ash has to be cleaned regularly. A removable ash pan will help with this task, a feature worth looking out for when you make your choice. When it's time for a spring clean, polish up the exterior with a lint-free cloth or a clean shoe brush. For the interior, make sure to clean the glass by dipping a damp cloth in the wood ash and using it to clean the door, then vacuum away any soot or remaining ash. When the stove isn't being used in the summer, remove the throat plate and leave the air inlets open to allow a flow of air to prevent rust.Don't forget that you must also budget for having the chimney cleaned at least once a year.

SOUTH BEDFORDSHIRE ASSOCIATION OF NATIONAL TRUST SUPPORTERS **TALKS 2023**

Monday October 2nd Leighton Buzzard in Fifty Buildings Paul Rabbits **Monday November 6th** Hilary Tuohy AGE UK Bedfordshire **Monday December 4th** Tales from the Auction Room-The Return! Evan Willison

TALKS WILL TAKE PLACE AT THE SALVATION ARMY CENTRE, BULL POND LANE, DUNSTABLE, LU6 3AH, ALL STARTING AT 2PM

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Birds of Bray

Newspapers wanted regularly Please call Chris or Sue Mitchell on 01525 221128 who can collect Answer machine in use if unavailable



Litter Pick Day, Saturday 14th October 2023

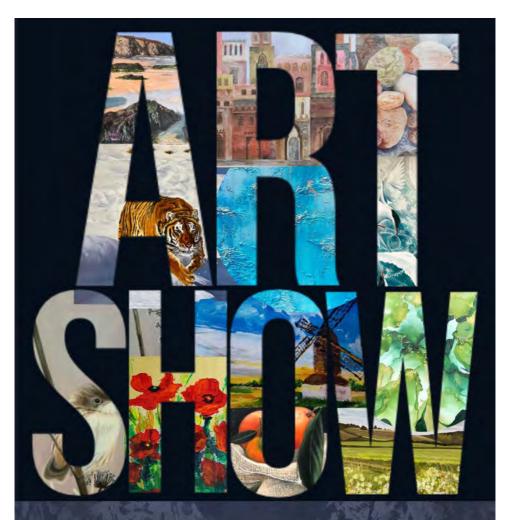
The Eaton Bray village litter pick is village-wide event and is open to everyone who would like to join in and give a little bit of time to help us tidy up the accumulated litter and rubbish around the village.



We meet in the car park on School Lane around 10.30am. The Parish Council will organise all the necessary safety equipment, such as high viz vests, grabbers, bags and we will arrange for CBC to collect up all the bags when we are done.

We are looking for an expression of interest at this stage to help gauge numbers so we know how much equipment we'll need. **Please fill in your details (website form)** if you would like to join us and we'll contact you nearer the time with some specific details once the numbers of volunteers is confirmed.

To sign up please visit the Parish Council's website: https://www.ebpc.co.uk/village-litter-pick-2023/ Thank you, Eaton Bray Parish Council



SATURDAY 18TH. SUNDAY 19TH. NOVEMBER 10AM - 5PM NORTHALL VILLAGE HALL SOUTH END LANE NORTHALL. LUG 2EX WHEELCHAIR ACCESSIBLE

Exhibition and Sale of Artwork from Local Artists



What a successful and enjoyable day we had on August 19th, when the 77th Totternhoe Village Show took place in St Giles Church Hall. 52 exhibitors displayed a wide variety of vegetables, fruit, eggs, flowers, baking, preserves, art, handicrafts and photographs, plus the children's entries, all of which were of a very high standard. With over 340 entries the judges had a difficult task selecting the best. During the afternoon we were joined by over 100 visitors, who were able to view the exhibits and then enjoy a cuppa with delicious homemade cake. Our local councillor, Philip Spicer opened the show, and later presented the trophies and awards.

A big thank you to all those who took part - exhibitors, volunteers, judges and visitors. This was a real celebration of what of means to be part of a community that values growing, cooking and making things.

SVeronica Clarke, Show Secretary

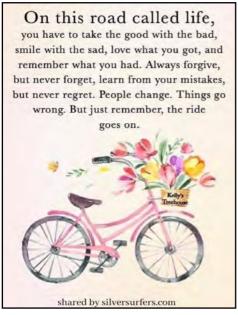
Edlesborough Baptist Church

All are welcome to our 11am service every Sunday

Keep up to date by visiting:

www.edlesboroughbaptist.wix.com/home

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Coffee Morning (fortnightly)	Tues 10am – 12pm
Home League	Weds 2:30pm – 3:30pm
Champion's Club Age 5+ (term time onl	Weds 6:15pm – 7:15pm _{y)}
Girls' Night Out (1 st Thurs of the mont	Thurs 7:30pm h)
telephone	ion please call into the hall, :: 01525 222087 or ct us by email:
eaton.bray@	salvationarmy.org.uk



Northall Baptist Church

200 years and still going A little Church with strong local links

Our Memories and Change

Have you ever thought about all the changes in your lifetime since you were small? It's quite difficult to remember (depending on how many years ago) as we just absorb the changes without thinking about them. We just say 'nothing stays the same'! But is that true? I was small in the 1950s and the country was still recovering from the war. Some things were still rationed. Most people did not have central heating! We had coal fires and generally only heated one room, lighting the fire in the lounge only when we had visitors. Then in 1956 the Clean Air Act came in and the coal was changed to coke fires.

Very few people had telephones (Landlines) and it was years before mobile phones were introduced. The first mobiles were so big, it was debatable how mobile they were! I had my first mobile phone in about 1985.

We were one of the few families who had a car when I was a child, so buses and trains were the general mode of transport. It was as late as 1983 when seat belts became compulsory!

One of my childhood memories is walking to school in the winter. Tights had not been invented! Girls were not allowed to wear trousers. The tops of my legs became sore and chapped. Who has heard of that these days?



Ecclesiastes 3 v 1

Then there has been a huge change in the range of foods available. Bananas and lots of other foods were more or less non existent during the war. Now you can buy virtually anything, particularly with the number of shops specifically selling goods from other countries. Peppers and lots of other things are just part of everyday diets.

So, lots of changes are widely welcomed, improve safety and provide so much more choice.

What does the Bible say about change? In common language is the saying 'to everything there is a season, a time for every purpose under heaven'. The Byrds had a hit song in 1965 called Turn, Turn, Turn taking up this theme. Most people don't realise

that this comes from Ecclesiastes 3 v 1 in the Bible. Some things aren't permanent but God is always the same. Malachi 3 verse 6 tells us 'I the Lord do not change' and the New Testament scripture in Hebrews13 verse 8 says 'Jesus is the same yesterday and today and for ever'. What hope that gives us as we sometimes feel that things in this life are changing too quickly. It gives us some stability to base our lives on.

Our Sunday services are in the Church at 11 am. We'd love you to join us for our worship and song. You will get a warm welcome. For those unable to attend in person we also stream our services.

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



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TO FIND OUT MORE ABOUT OUR CLUB PLEASE VISIT OUR WEBSITE ebitc.org.uk



Chances are that you are not!

Sitting for too long and in poor postural positions, can play havoc with our backs and necks, not to mention shoulders, hips lungs... Shall I go on?

Sitting has been described as the new smoking for some time.

Sitting, whether it be in a good or bad position, still loads the discs (shock absorbers) in our spine more than in standing or walking. (20 to 40% more). Leaning over a desk whilst sitting to pick something up and you are potentially in big trouble! (275% increase). That's 250% more pressure than lying down! Add on a poor work desk set up so that you turn and twist, or slouching as you fatigue from being in one position too long and...!

It doesn't just end with the day job though. As a Chartered Physiotherapist, I've heard many times from patients how they put their feet up "to relax or ease back pain", not realising that they are curving the spine and increasing the load on it and stretching the nerves coming out of the back.

Prolonged sitting can lead to "creep", the ligaments that support the spine lengthen and the stability muscles weaken if we don't use them, resulting in poor support and often consequent back or leg pain. Fact, 84% of adults have back pain at some point in their lives (Research data May 2022)

So, what can you do?

- 1. MOVE. Don't sit for too long. Put a timer on your phone or leave post it notes over your desk to remind you to move regularly.
- 2. A good chair. Back support, ability to swivel so you don't have to and one that fits under the desk to avoid forward lean. Adjustable height also ensures that forearms can be placed supported on the desk, with your eye level in line with the top of your screen.
- 3. A standing desk? Maybe sit to type and stand for calls. However, if standing is also a problem for your back, stand only in the time frame that you can tolerate, then walk or sit again.
- 4. Bin the pouffe!
- 5. Exercise. Gently at first if you are a newbie. However, whatever it is, it's got to interest you, or you won't stick with it.
- 6. Consider Pilates. This works on improving your core muscle stability and acts as a natural corset for your spine. A good core is your foundation to stability throughout the rest of the body.

If you have never done Pilates or have aches and pains that you want to ease but need expert guidance, why not join my small classes or do 1to1 sessions with me.

As a Chartered Physio and Rehab Pilates teacher, you will be carefully assessed and targeted exercises for your specific problems, will help you increase your stability, flexibility and strength, helping you to either prevent or get over an injury safely.

For further information, email me at moira@stjudesclinic.com

Moira D'Arcy MCSP (Chartered Physiotherapist) and member of The Australian Physiotherapy and Pilates Institute (APPI)

Eaton Bray Gricket Glub

Results

July 6th. Eggington 98 a/o. Josh Edwins 3-3. Eaton Bray Outlaws 99-9. Eaton Bray Outlaws won by 1 wicket.

July 8th. MK Warriors 158 a/o. Josh Edwins 3-36. Eaton Bray 1st X1 161-7. Eaton Bray 1st X1 won by 3 wickets.

July 8th. Harrold v Eaton Bray 2nd X1 cancelled rain.

July 9th Wolverton 262-8. Junaid Ashiq 3-56. Eaton Bray Sunday X1 182-9. Junaid Ashiq 75 n/o. Wolverton won by 80 runs.

July 13th. Eaton Bray Outlaws 130-6. Leighton Buzzard Town 102-7. Eaton Bray Outlaws won by 28 runs.

July 15th. New Bradwell 168 a/o. Quinn Wardle 3-25. Eaton Bray 1st X1 142 a/o. New Bradwell won by 26 runs.

July 15th. Eaton Bray 2nd X1 v Caddington cancelled rain.

July 16th. Bletchley Town 170 a/o. Sri Kalai 5-25. Eaton Bray Sunday X1 139-2. Eaton Bray Sunday X1 won By 8 wickets. Rain revised target.

July 22nd. Eaton Bray 1st X1 v North Crawley Cancelled.

July 22nd. Drayton Parslow v Eaton Bray 2nd X1 Cancelled.

July 23rd . Eaton Bray Sunday X1 60 a/o. Luton Town & Indians 62-2. Luton Town & Indians won by 8 wickets.

July 27th. Eaton Bray Outlaws 125-5. Potton End 113-8. Quinn Wardle 3-13. Eaton Bray Outlaws won by 12 runs.

July 29th. Eaton Bray 1st X1 197-7. Andy Norris 99. Olney Town 202-9. Ollie Harris 3-27. Olney Town won by 1 wicket.

July 29th. Milton Keynes 141-8. Stefen Bennett 5-34. Eaton Bray 2nd X1 140 a/o. Milton Keynes won by 1 run.

July 30th. Eaton Bray Sunday X1 v Flitwick Cancelled.

August 5th. Eaton Bray 1st X1 v Thurleigh. Cancelled.

August 5th. Thurleigh v Eaton Bray 2nd X1. Cancelled.

August 6th. Eaton Bray Sunday X1 163 a/o. Junaid Ashiq 56. Dunstable Town 159-8. Eaton Bray Sunday X1 won by 4 runs.

August 12th. Buckland & Aston Clinton 238-9. Eaton Bray 1st X1 190-6. Quinn Wardle 53. Revised target. Buckland & Aston Clinton won by 4 runs.

August 12th. Grumpy Monks 262-6. Ian Jones 3-33. Eaton Bray 2nd X1 62 a/o. Grumpy Monks won by 200 runs.

August 13th. Wolverton 132 a/o. Jaco Jacobs 5-17. Eaton Bray Sunday X1 79 a/o. Wolverton won by 45 runs.

August 19th. Cranfield University 180 a/o. Jaco Jacobs 3-32. Eaton Bray 1stX1 181-7. Andy Norris 58. Eaton Bray 1st X1 won by 3 wickets.

August 19th. Buckland & Aston Clinton 183 a/o. Owen Brown 3-27. Eaton Bray 2nd X1 72 a/o. Buckland & Aston Clinton won by 111 runs.

August 20th. Ickwell 204-6. Eaton Bray Sunday X1 185-7. Andy Norris 92. Ickwell won by 19 runs.

August 26th. Eaton Bray 1st X1 98-9. Westcroft 101-7. Westcroft won by 3 wickets.



Rain affected.

August 26th. St Andrews 226-6. Eaton Bray 2nd X1 179-2. Owen Brown 101 n/o. St Andrews won by 47 runs.

August 27th. Eaton Bray Sunday X1 conceded to Olney Town.

August 28th. Eaton Bray Outlaws 114-7. Buckland & Aston Clinton 115-7. Buckland & Aston Clinton won by 4 wickets.

September 2nd. MK Warriors 160 a/o. Jamie Osborne 5-59. Eaton Bray 1st X1 77 a/o. MK Warriors won by 83 runs.

September 2nd. Milton Keynes 231-7. Eaton Bray 2nd X1 79 a/o. Milton Keynes won by 152 runs.

September 3rd. Eaton Bray Sunday X1 172-4. Quinn Wardle 85 n/o. Flitwick 170-9. Quinn Wardle 4-31. Eaton Bray Sunday X1 won by 2 runs.

We are family friendly club situated in the Rye Eaton Bray. New players of any age or ability are always welcome. We run 2 senior sides in the FCCL on Saturdays and a senior side in the Beds League on Sundays plus a midweek T20 team. We also run 5 junior teams from ages 8-15 and a newly formed ladies team.

We would like to thank our sponsors Meadow Marquees, Mlilys Matress, Fine & Country Estate Agents, The Westrope Butchery. Topps Tiles, SMSS Ltd and the Focus Magazine for their continued support.

Drop in and have a look. Enjoy your cricket with Eaton Bray in 2023.





Edlesborough W.L.

Our Summer Event in August was a Fish and Chip Supper. Last year it proved very popular and the attendance this year proved again it was a winning choice.

Before we tucked in however, business had to be attended to, commencing with the minutes of the July meeting read and signed. Items of interest shared and birthday cards and plants distributed to the lucky ladies. The flower arranging 'competition' for the July Members' Evening was deemed great fun and lots of giggles.

Once again our Committee excelled themselves and the hall and tables looked very inviting. The hot food was promptly delivered by van. Members brought their own glasses and beverages of choice and a very convivial evening was enjoyed by all. The evening concluded with tea or coffee, after dinner mints and the usual raffle.

Our next meeting will be held on September 12th when the talk will be given by Anne Thomas on Roald Dahl.

Meetings are held on the second Tuesday of the month in the Memorial Hall at 7.30 pm. New ladies are always welcome.



Eaton Bray W.I.



What an amazing day we had at Stowe House on the 21st August 2023.

Stowe House is a Grade 1 listed country house in Stowe, Bucks and has a fascinating history. It is the home of the private Stowe School - owned by the Stowe House Preservation Trust and has a fascinating history.

In 1589 John Temple purchased the Stowe Manor and estate. His father had been leasing the house for 18 years. Their large fortune was built on sheep

farming and wool and, with farms in Oxfordshire and Warwickshire, Stowe made the perfect location for the family home.

It was inherited by Sir Richard Temple in 1653 and stayed within the family for many years. "In the 18th century, the powerful Temple-Grenville family chose to create an idyllic landscape filled with temples. Amidst these enchanting gardens, they built the most lavish temple of all, Stowe House. This temple was so grand that even Queen Victoria was bewildered by its interiors. Ceilings and walls decorated with hidden messages and mythology hinting at the family's former power and glory. But wealth and power do not last forever. Excessive spending led to bankruptcy. Extravagant parties, royal visits and Italian Grand Tours gave way to scandal, intrigue and eventually abandonment. The richest family in England became the greatest debtors in the world" Several attempts were made to restore the estate and house but in 1921 the estate was sold to Harry Shaw for £50,000. The estate was eventually bought by the governing body, that later opened Stowe School in 1923. It is still the home of the private Stowe School - owned by the Stowe House Preservation Trust which by 2013, had spent more than £25m on restoration!!

Our Group of 19 members arrived by 10.30 and, after coffee and cake, we were taken on a tour of the House. It was a delight to see all the restoration work that had been done and we could only wonder at the beautiful gold leaf ceilings and the digitally reproduced tapestries on the walls.



Definitely worth a visit.

On Monday 4th September we held our Harvest Supper with a Ploughman's supper provided by the Committee. Our competition for the evening was a Harvest Themed table arrangement.

Next month we are looking forward to a talk by the East Anglian Air Ambulance Service and in November a talk by Marys Meals. Our birthday lunch will be on Thursday 16th November at the Swan.

Eaton Bray WI meets at the Methodist Church Hall, Totternhoe Road, Eaton Bray at 7.30 p.m .on the first Monday of each Month and ladies of all ages are most welcome. If you are interested in joining our WI please contact Margaret Jones on 01525 220991.



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Good

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"The school is going from strength to strength. The school is focused on outcomes, the curriculum is now scaffolded and pupils want to learn." Trained Ofsted Inspector

1 Balance

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utterfly Funerals are specialist funeral directors Luton and owned and operated by Teresa Stack-Murray & Peter Murray, residents of Eaton Bray. If you have experienced a recent bereavement and don't know where to start then please call us on 01582 968130. We will organise everything for you, compassionately, professionally and at a reasonable price. Butterfly Funerals provide everything that you will need at this time for funerals and cremations throughout Bedfordshire, Hertfordshire, Buckinghamshire and the rest of England. This will include advice surrounding administration as well as service provision from other providers such as florists and headstone masons.

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Halloween Cake Pops

Prep: 30 mins Cook: 5 mins plus chilling **Ingredients**

100g/4oz madeira cake 100g chocolate sandwich cookies 100g bar milk chocolate, melted 200g bar white chocolate, melted Few sugar-coated chocolate beans and icing pens, to decorate You will also need 10 wooden skewers Small pumpkin or butternut squash ,

deseeded, to stand pops in

Method

Break the Madeira cake and cookies into the bowl of a food processor, pour in the melted milk chocolate and whizz to combine.

Halloween Toffee Apples

Prep:20 mins, Cook:10 mins **Ingredients** 8 red apples 400g caster sugar 1 tsp lemon juice 4 tbsp golden syrup red or black food colouring red or black food glitter (optional) You will need 8 sturdy, clean twigs or lolly sticks

Method

Pull any stalks off the twigs and push the sharpest end of each stick (or the lolly sticks) into the stalk-end of each apple, making sure it is firmly wedged in. Put a large piece of baking parchment onto a wooden board.

Tip the sugar into a large saucepan and add the lemon juice and 100ml water. Bring to a simmer and cook until the sugar has dissolved. Swirl the pan gently to move the sugar around, but don't stir. Add the golden syrup and bubble the mixture (be careful it doesn't boil over) until it reaches 'hard crack' stage or 150C on a sugar thermometer. If you don't have a thermometer, test the toffee by dropping a small amount into cold water. It Tip the mixture into a bowl, then use your hands to roll into about 10 walnut-sized balls. Chill for 2 hrs until really firm.

Push a skewer into



each ball, then carefully spoon the white chocolate over the cake balls to completely cover. Stand the cake pops in the pumpkin, then press a chocolate bean onto the surface while wet. Chill again until the chocolate has set. Before serving, using the icing pens, add a pupil to each chocolate bean and wiggly red veins to the eyeballs.

should harden instantly and, when removed, be brittle. If it's soft, continue to boil. When it's ready, drip in some food colouring and swirl to combine. Add the glitter, if using, and turn off the heat.

Working quickly, dip each apple into the toffee, tipping the pan to cover all the skin. Lift out and allow any excess to drip off before putting on the baking parchment. Repeat with the remaining apples. Gently heat the toffee again if you need to. Best eaten on the same day.









21 UK spiders you're likely to find in your home this autumn By Lisa Joyner www.countryliving.com

UK spiders will often enter our homes in search of somewhere warm to shelter, especially in autumn and winter. From Cellar Spiders to Cupboard Spiders, you may spot these creepy crawlies in corners around the home and garden.

Most British spiders found in UK homes are harmless to humans, but lots of people are scared of them nonetheless. Whether it's in the corner of our living room, in the bath or hanging quietly from the ceiling, these are the most common UK spiders you're likely to spot.

Mike Norton, Trade and Projects Director at Magnet Trade, says: "Like all species, spiders need water and moisture to survive. From sinks and dishwashers to the warmth given off from appliances, it's the kitchen and bathroom that create the perfect moist environment to draw them in."

Take a look at the ones you may spot...



1. Cellar Spiders

One of the most common UK spiders is the Cellar Spider, also known as the Daddy Long Leg. The thin, spindly spiders have extremely long legs and are often found in corners of the home, particularly during late summer. During the day, this species will stay incredibly still, however, when they are disturbed, they will vibrate on their web to scare away any attackers.

2. False Widow Spider

While these UK spiders aren't usually dangerous to humans, if they get caught in your clothing they might give you a little nip on the skin. These bites don't cause much irritation, but it's always advised to head to your local GP if irritation continues over a prolonged period of time. Most False Widows are a brownish colour with white markings on their back. When the



weather cools down, you may notice the eight-legged creatures coming into your home to keep warm.



3. Giant House Spider

The Giant House Spider is one of the fastest spiders around, and can impressively run up to half a metre per second. It can be identified by its large, brown body and will commonly be found in UK homes during autumn. Places to spot them include behind

the fireplace, in the bath or under the sofa.

4. Cupboard Spider

Cupboard spiders got their name because they have adapted to living in our cupboards. They are also known as dark combfooted spiders. This spider lives in the UK but also abroad where, in places home to more venomous spiders, is often mistaken for the notorious black widow.





5. Lace Web Spider

The Lace Web Spider is usually around four to 15mm long and can be spotted living in the holes of walls and bark. These are very common and widespread around the UK, so don't be surprised if 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.

6. Zebra Spider

The Zebra Spider - or the Jumping Spider - can be identified by its black and white body. This species may be smaller in size compared to others, but they can move very fast (especially when they feel they are being attacked). During April and October is when you are most likely them.





7. Cardinal Spider

One of the largest spiders in the UK is the Cardinal Spider or the Tegenaria Parietina— which can grow up to 14cm in size. You'll be able to spot this species by its reddish-brown body and find it living mostly in walls of buildings. They're not prone to bite humans, but have been known to react with a bite if they feel threatened. Cardinal spiders can survive for months without food and got their name from a 14th Century

legend claiming that Cardinal Wolsey saw one in Hampton Court and was scared of it. 8. Money Spider

The Money Spider is a family of very small spiders, which are also often known as Sheet Weavers. They are often spotted close to ground level on garden plants, in long grass or around plant pots outside. Around five millimetres in length, they are small compared to others

found in the home. You'll be able to identify the spider by its glossy brown body.



9. Orb Weaver Spider

Orb weaver spiders are found between July and October, making webs in gardens around the country (and helping to keep the flies out). They are eight millimetres long and get their name from the large orb-shaped web they spin.

10. Buzzing spider

Buzzing spiders get their name thanks to the male behaviour of vibrating on leaves to attract mates.

In the UK, these spiders are predominantly found in the South and prefer to hide in shrubbery and in trees as opposed to on the ground, where they feel more vulnerable.



11. Cave spider

As the name suggests, you're more likely to find this UK spider in a cave as opposed to in a house. They like dark places with very little light and can be found all over the country. Cave spiders are 10mm to 15mm long.

12. Crab Spider

This is another UK spider you are more likely to find outdoors than in your home. The common crab spider is most frequently seen from March to August all over the country and their prefered habitat is low-lying







vegetation. When hunting, the crab spider jumps on their prey's back and pierces them from behind.

13. Cucumber Green Orb Spider

These UK spiders got their name thanks to their green colouring. They can also be identified by a red mark under their abdomen. Found in shrubbery and hedgerows, cucumber spiders are most commonly seen in the UK from April to October. The catch prey by waiting for flying insects to fall victim to their orb web.

14. European Garden Spider

Found all over the UK and Europe, as well as North America, the European Garden Spider has many names, including diadem spider, orangie, cross spider, crowned orb weaver and the pumpkin spider.





15. Four Spot Orb Spider

Distinguishable by the four white spots on their orbs, this is one UK spider species where the females are double the size of the males, at 17mm. This is the UK's heaviest spider and they prefer a habitat of gardens, wooded areas, marshes or long grassland.

16. Green Huntsman Spider

The huntsman spider is known for being dangerous in other countries but the UK has its own less harmful version - the green huntsman spider. They are very rare but, on occasion, can be found in woodland from May to September and are most common in South England and Ireland. Their green colouring gives them perfect camouflage.





17. Jumping spider

Jumping spiders are part of the largest family of spiders in the UK. They have excellent eyesight and use it to help them jump on their prey when hunting. They are mainly identified by their four pairs of eyes. They are also very small.

18. Labyrinth spider

The labyrinth spider is most commonly found in Wales and England in hedgerows and long grass. These large spiders are so named because they build sheet webs that lead prey to an intricate labyrinth of tunnels where they can eat in private.



19. Running Crab Spider

The running crab spider is very small and are common in Wales and England between April and October.

20. Sector Spider or Missing Sector Orb Weaver

The sector spider (also known as the missing sector orb weaver or the silver-sided sector spider) is a UK spider that lives only in houses. They are commonly found hanging in window frames. They are solitary spiders and the female is identifiable by a leaf-like mark on her posterior.



21. Spitting Spider

With long, slender legs, the Spitting Spider has a distinctive 'slow walking' behaviour. Rather than catching its prey in a web, it attacks flies and mosquitoes by spitting a mixture of sticky silk to capture them.





Down the Lane

Last week was a lazy week – far too hot to garden so I enjoyed sitting in the shade, thinking about an autumn tidy up and reviewing some of the planting.

When I planted my tubs with summer bedding, I took out the heucheras from the winter and put them in pots, in a large tray, to plant out in a flower bed until I needed them again. I was very pleased because only a couple had been destroyed by vine weevils whereas the previous winter I had lost them all. Perhaps the cold killed off any weevils. The heucheras are still in their pots (too dry and then too wet to plant them on) and have grown very well as they were easy to water in the dry weather and have grown well. They can go back into the tubs, with some tulips, when the dahlias have finished.



Heuchera



Single dahlia. I love the colour.

I have had a woeful year growing vegetables. I will use some of the vegetable patch for cut flowers for next year. A seed company sent me a reminder of hardy annuals and perennials which can be sown now and will flower next year. I'm going to try alstroemeria seeds which are planted in pots and left in a cold frame for the winter. They flower for several months over the summer and last well in water. I've also bought snapdragons, larkspur, poppies and mixed aquilegia. I thought it would be fun to see all the different colours and forms of aquilegia. I'm just waiting for the weather to cool down because seeds won't germinate above 25 deg C.

I haven't replaced most of the shrubs I lost in the winter. Some which I cut right back but left the roots are growing from the

stumps, including a white jasmine which

has a heavenly smell. I will buy some more pittosporum in the autumn. I took some cuttings of rosemary so I can plant them out and have found lots of lavender seedlings for a new hedge to border a path.

The autumn raspberries have a big crop this year. They are very easy to grow. When the canes have finished fruiting, I cut them down to the ground, no pruning or thinning out. They don't need netting as the birds ignore the fruit but they do have to be supported by wires as the canes are top heavy once the fruit forms. The thornless blackberries have ripened and are very easy to pick. They will need a new support building in the winter as wires aren't sturdy enough to support them.

Lots to keep me busy!



Blackberries



Nanny's Gang



My children love their Nanny, they love their Grandad too, They take them out to play you see, they very often do, They do things that often scare me now, and worry me a while, But always when they wander home, I see a beaming smile. I see a smile of innocence, mixed up with mischief too, I see a face of mystery of what they've been up to, I see a crumb upon their cheek, left over from a treat, And I see laughter in their eye, and satisfaction sweet. The rules don't work that I impose when Nanny rules the day, She throws them from the window, she puts the rules away, And Grandad is as bad as them, he lets them run so wild, Sometimes I often question here, as to which one is the child. They tell me stories, all of them, they form a secret pact, The four of them together all perform the same old act, I cannot quite imagine the tricks they've taken part, But when they tell me sometimes, it warms a Mother's heart. "Oh mum what fun we've had today, what places we have been, We've been out on the common, and we've paddled in the stream, We've wandered in the open air, splashed puddles in the rain, And Nanny says that very soon we'll do it all again. We built a fort with Grandad, from a great big cardboard box, We made a flag, from a piece of string and one of Grandad's socks, And Nanny was a princess, who we rescued on this day, When Grandad and this brave white pony carried her away. We had a feast of bilberries, oh! and a custard pie, A picnic in a rainstorm with raindrops in our eye, We built a tent and hid inside until the storm had gone, All four of us together, just like we are at home. We have such fun together when Nanny takes us out, We keep each other happy, of that there is no doubt, We share we care we are a gang, all children here as one, 'Cause when we are in Nanny's gang, the fun goes on and on." I will never cease to worry, for I love them all you see. I love them as a Mother, and a Daughter's memory. For the life they lead was the life I led, when I was Nanny's child, When my Mom and Dad were raising me and letting me run wild. "Run wild", they said. "Let nature lead you in the open air, And give to you a legacy of its freedom everywhere". And this I see repeated now and this I understand, And as long as they're in 'Nanny's gang', then they will rule the land. Bv Mick Westwood Have you penned a verse with local interest that we could publish in Focus? We would be happy to accommodate any budding poets.

Your Photos

River Ouzel between Edlesborough and Eaton Bray by Denise Edens





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The Labour in Vain Beerhouse Eaton Bray 66 Totternhoe Road (formerly Westcott Square), Eaton Bray (courtesy of the Bedfordshire Archives)



66 Totternhoe Road July 2012

The countywide licensing register of 1876 states that the Labour in Vain beerhouse opened in 1852. The owner in 1876 was John Batchelor of Dagnall. He was still the owner at the time of the countywide licensing register of 1891.

By the time of the countywide register of 1903, the owners were Fuller, Smith & Company of Chiswick [Middlesex]. The property was: "clean and in good repair" and was 560 yards from the nearest licensed premises. The beerhouse had one back, one side and one front door. The beerhouse closed in 1914.

The Rating and Valuation Act 1925 specified that every building and piece of land in the country was to be assessed to determine its rateable value. The valuer visiting 66 Totternhoe Road found that it was owned and occupied as a small farm by A. Pryer.

The brick and slate, detached premises comprised three living rooms, a kitchen and a dairy on the ground floor with four bedrooms above. A later hand has noted that the dairy became an office and that one of the bedrooms was replaced by a bathroom and WC. A brick and slate coal shed and a brick and corrugated iron earth closet stood outside. The valuer commented: "Double front, big square type".

The farm buildings comprised a north and a south block. The north block included: a brick, weather-boarded and tiled cow house for six, an old brick, weather-boarded and corrugated iron cow house used as an open shed (a later hand has noted that this later became used as a garage), a brick, weather-boarded and tiled barn, store shed (later used as a meal house) and a cooling place. At the rear stood a weather-boarded and corrugated iron hen house and four piggeries. The south block comprised a weather-boarded and slated open trap shed. Pryer had two grass fields measuring 1.246 acres and 3.757 acres respectively and an orchard ("poor") measuring 1.103 acres.

Licensees: note that this is not a complete list and that dates in italics are not necessarily beginning or end dates, merely the first/last date which can be confirmed from sources such as directories and deeds:

1876-1904: Richard Gadsden; 1904-1906: John Facer; 1906: David Andrews; 1906-1911: Mark Overington; 1911-1914: Arthur Eastaff.

Beerhouse licence not renewed 3rd February 1914



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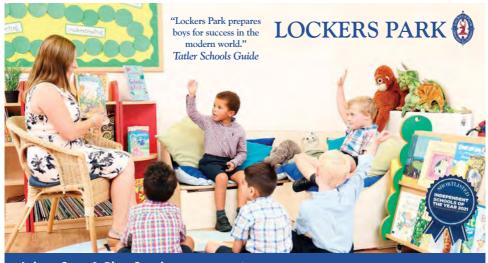


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Peek-a-boo at Whipsnade Zoo



A Francois langur baby pokes his amber head out from his mum's tender embrace, as Whipsnade zookeepers celebrate the new birth as part of a successful European breeding programme for the Endangered species. Born at the conservation zoo in the early hours of August to parents Lee Lee and Wang, the tiny male weighed just over 450g at birth.

Zookeeper Hayley Jakeman said "We knew that Lee Lee was pregnant and have been caring for her while patiently waiting for the birth for six months. We are over the moon that he is here - growing stronger and more confident by the day - and that visitors can now see him and be inspired to learn more about this Endangered species. The team have nicknamed the little

one 'Citrus', due to his brightly-coloured fur, but the team are waiting to get to know the newborn's personality before deciding on a permanent name."

"While his distinct fur will help visitors to spot Citrus, over the next few months his bright locks will start fading to black. In the meantime, Lee Lee is being the perfect mother, supported by the other females in the troop. Francois langurs live in a matriarchal society. Whipsnade Zoo is home to one male langur, Wang, and three females who are essentially the bosses. Visitors will be able to see aunties Nguygen and Lulu helping to care for the youngster, grooming and carrying him around their wooded home."

Francois langurs (Trachypithecus francoisi) are listed as

Endangered on the IUCN Red List of threatened species. Native to China and northern Vietnam, their numbers continue to fall in the wild, making the birth internationally important. Conservationists estimate there are only 2,000 of these incredible primates left in the wild as a result of illegal hunting for their meat and for traditional medicinal purposes. Caring for a back-up population in zoos is vital to protecting their future.

ZSL, the conservation charity behind Whipsnade Zoo, works across the world to tackle the illegal wildlife trade, including in Thailand - the largest transport point for the illegal wildlife trade in Southeast Asia. In April, ZSL signed a ground-breaking agreement with the Land Transport Federation of Thailand to help stop the illegal trade of threatened animals - including Francois langurs and other mammals, birds and reptiles, being taken from the wild.

Alongside monitoring activities along trade routes, ZSL experts will work with the LTFT to increase environmental awareness among the 20,000 companies represented by their 10 member associations, encouraging the adoption of zero-tolerance to illegal wildlife trade practices across the country.

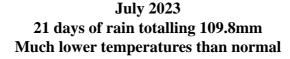
Visit Whipsnade Zoo this October to get closer to nature and help protect threatened species. Every ticket supports ZSL's vital science and conservation work around the globe: www. whipsnadezoo.org

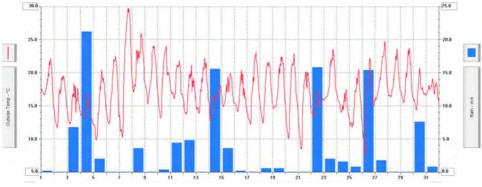
Weather Conditions for July 2023

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

July was an unsettled month: frequently on the cool side, windy, dull, and wet with 21 days when rain was recorded. At times, it felt more like autumn, which was such a contrast to June. We had 109.8mm of rain, double the average for July, with the 4th being the wettest day at 21.2mm of rainfall. There was a brief period of better, warmer weather around the 7th-9th when we had the highest temperature for the month at $29.8^{\circ}c$.

	High	Date/Time		Low	Date/Time			
Temperature:	29.8°c	7 July 16.30		7.3°c	26 July 05.30			
Mean Temperature	17.3°c							
Dewpoint:	19.1c	8 July 09.30		6.3°c	26 July 05.30			
Humidity:	97%	26 July 06.30		35%	July 16.00			
Barometer:	1019.9mb	18 July 00.00		997.5 mb	14 July 14.30			
Wind Speed	37 mph SSW	15 July 13.00		Months avg.	6.2 mph			
Wind Chill:	29.4°c	7 July 16.00		7.4°c	26 July 05.30			
Dominant Wind:	W							
Rainfall * T= total rain days and moisture. R= Actual rain								
*Rain Days: 21(R) Wettest Day 4 July				21.2 mm	0.835 ins			
Monthly Rain:	Total	July		109.8 mm	4.323 ins			
Yearly Rain:	Total	7 Months		483.9 mm	19.031 ins			



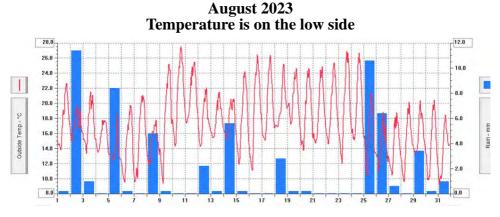


Weather Conditions for August 2023

August was an unsettled month, similar to July, but with a lot less rain. The month started cool with some days not reaching 18°c. On the 9th, the temperature started to rise and reached 27.7°c. However, that only lasted for three days. As we continued through the month, we only averaged 25°c and ended with another cool spell. It was disappointing for August. The only good thing to say is that the rain, at 59.8mm, was 80% of the average.

Dagnall Weather Station (AONB)

	High	Date/Time			Low	Date/Time		
Temperature:	27.7°c	10 August 16.00			9.2°c	31 August 02.30		
Mean Temperature	17.3°c							
Dewpoint:	19.8°c	19 August 02.30			7.8°c	31 August 02.30		
Humidity:	99%	9 August 07.30			48%	17 August 15.00		
Barometer:	1023.4 mb	21 August 08.30			983.6 mb	2 August 16.30		
Wind Speed	28 mph S	12 August 16.30			Months avg.	4.1 mph		
Wind Chill:	27.5°c	10 August 16.00			8.2°c	6 August 05.30		
Dominant Wind:	NW							
<u>Rainfall</u> * <i>T</i> = total rain days and moisture. <i>R</i> = Actual rain								
*Rain Days: 7(T), 7	(R) Wett	test Day 2 August			11.4 mm	0.449ins		
Monthly Rain:	Total	August			59.8 mm	2.354 ins		
Yearly Rain:	Total	8 Months			543.8 mm	21.409 ins		



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Danaskable Probas Glab

Dunstable PROBUS Club meets on the second Monday of the month at Tilsworth Golf Centre and membership is open to retired or semiretired professional and business people. The Club's main purpose is the promotion of good fellowship. Members enjoy some social activities and the occasional organised visit throughout the year and after their regular monthly lunch meetings are entertained by speakers who give talks on a wide range of topics. If you are interested in joining the Club, please contact the Secretary, Philip Savage on 01582 662462.



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Books – I've just finished reading a book entitled "Adventures of the Yorkshire Shepherdess" by Amanda Owen (you may have seen her programme on T.V.) Sheep are "silly" creatures, so often they get into difficulties and usually they are unable to help themselves out of a situation. It is therefore easy to see why humans are often classed as sheep in the Bible. Psalm 100 says "The Lord is God, he hath made us, we are his people and the sheep of his pasture". Humans, like sheep, have problems, but we can call on God for help, He alone has the power and ability to set us free from the ensnaring sins that hold us.

There were ninety and nine that safely lay in the shelter of the fold. But one was out on the hills away, far off from the gates of gold – away on the mountains wild and bare, away from the Shepherd's tender care. How deep were the waters crossed, how dark was the night that the Lord passed through, ere he found the sheep that was lost. Out in the desert, he heard its cry, sick and helpless, ready to die. "Lord, whence are those blood drops all the way, that mark out the mountain track?" They were shed for the one who had gone astray. Ere the Shephard could bring him back, "Lord, whence are thy hands so rent and torn?" They are pierced tonight with many a thorn. –Then rose a cry to the gate of heaven-Rejoice I have found my sheep and the angels echoed round the throne. Rejoice, for the Lord brings back his own!

Psalm 23 – The Lord is my Shephard who leads me down to quiet pools and soft green ground, He feeds, restores, beholds, relieves me, shows the right road, then precedes me! Yea, though I cross the valley of dying, I do not fear, I am not crying. Thy rod for the beast, Thy staff for my learning, Thou art my present, beginning and ending. The oil that I feel on my forehead descending, The goodness that follows my every endeavour, The temple I'll dwell in for ever and ever.

Time for harvest once again, When we think of fruits and golden grain, Yet we reap all through the year, The harvest of the Lord's presence near, From Him we have the gifts of friends, Fellowship and fun, Days spent relaxing under summer's sun, The rich tapestry of autumn colours blend, And lead us to the stillness, Of snow-covered years end, Onwards into springtime rain, Harvest we reap once again, For there with all the new- born things, Another cycle of life begins, All year round, sight and sound,

Scent and touch,

The good Lord gives to us so much, Harvest is not just the thing we gain, By sowing seeds on God's good plain, The fruits of life whether within our work or play, Are there to gather every day,

- So Lord, for the beauty of this place,
- Your creation of time and space,
- I thank you. How can I not see,
- And feel within the heart of me,
- The greatness of Your hand,
- When I behold the harvest,
- As I walk this beloved land.





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