

FOCUS



JUNE 2025

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KINDLY NOTE

Articles and events for publication must be submitted to the Editor by the 10th of the preceding month. August/September and December/January are joint issues and articles must be submitted by 10th July and 10th November respectively. If an event falls in the first week of the month, it is advisable to submit the details into Focus a month earlier. The magazines are not delivered from the printers until the first of the month and it takes a few days for them all to be circulated throughout the villages by our volunteer distributors. ✉ Editor

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

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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



EDLESBOROUGH SURGERY

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



Focus is online at www.thefocusmagazine.co.uk

Village Info



EDAN COMMUNITY CAR SERVICE

CO-ORDINATOR: **Peter Williams** 01442 842506
Email: peterw500@aol.com



POLICE CONTACT DETAILS

GENERAL ASSISTANCE (RECOMMENDED NUMBER): 101 **EMERGENCY:** 999
TEXTPHONE SERVICE: 18001 101

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)

PCSO Tina Hobson Charlotte Cottage, 73 Leighton Road, Wing LU7 0RD
Email: WingNHPT@thamesvalley.police.uk

TO REPORT NON URGENT CRIME: www.thamesvalley.police.uk

BOOKING CONTACTS

NORTHALL VILLAGE HALL: Lorna Cabbage 07857 318696

Email: northallvhbookings@gmail.com Website: www.edlesborough-pc.gov.uk/nvh

EATON BRAY VILLAGE HALL: Norman Lee 07975 797202 & **Jane Taylor** 07852 586045

Email: northallvhbookings@gmail.com Website: www.ebvh.co.uk

COFFEE TAVERN: Julie Mahoney 07836 240467

Website: <https://eatonbray.com/coffee-tavern/>

DAGNALL VILLAGE HALL: Bev Way 07875 462128 & **Trish Owen** 07762 151364

Email: DVH_Bookings@outlook.com

EDLESBOROUGH MEMORIAL HALL: Penny Pataky 01525 229358

Email: manager@edlesborough-pc.gov.uk

EDLESBOROUGH PAVILION: 07836 240467

Email: booking@edthepav.org Website: <https://edthepav.org.uk/>

PARISH COUNCIL CONTACTS

EATON BRAY PARISH COUNCIL: 07931 479663

Email: clerk@eatonbrayparishcouncil.gov.uk Website: www.eatonbrayparishcouncil.gov.uk

EDLESBOROUGH PARISH COUNCIL (including Dagnall & Northall): 01525 229358

Email: clerk@edlesborough-pc.gov.uk Website: www.edlesborough-pc.gov.uk

EATON BRAY GOOD 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 getting to the surgery/hospital and collecting prescriptions.

We help people of Eaton Bray, Edlesborough, Northall and Totternhoe.

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Pavilion Cancer Support Group

This group meets in Edlesborough Pavilion on the first Thursday of each month from 2.30 pm. A get together to meet and share friendship, information and mutual support. There will also be speakers and medical professionals to address members' questions and requests.

We are grateful to the Pavilion Trustees and the Burghope Trust for their support. No need to book just come along to the pavilion.

Upcoming sessions will include speakers

talking about Cancer Information and Wellbeing, Lung Health, Lymphoedema, Citizens Advice and Macmillan about money matters and entitlements, Stoma care, local Hospices and the long term effects of radiotherapy.

Our speaker for June will be Kate Harris-Haigh looking at Wellbeing.

In July our group will be one year old so do come along to celebrate with us.

**NO ONE
SHOULD FACE
CANCER
ALONE**

WEEKLY

Mon-Sun	St. Mary's Edlesborough opening times are limited - Please see notice board and website
Mon-Sun	Pavilion Gym Mon-Frid 6:30am to 9:30pm Sat/Sun 8am-8pm Email Gym@edthepav.org.uk
Mon-Sun	Pavilion open for members. M-T 6:30am-9pm, F 6:30am-10pm, S/S 8am-8pm Email: General.enquiries@edthepav.org.uk
Mon-Fri*	Eaton Bray Pre-school Eaton Bray Lower School, 01525 220468, admin@eba.ec
Mon-Fri*	Dagnall Under 5's Dagnall Village Hall, 9.15am - 12.15pm, Mrs Ann Tobin 07816 358342
Mon-Fri*	Edlesborough Primary Academy Pre-School 01525 220431, epamanager@epa-primary.org
Mon-Fri*	Totternhoe Pre-school Totternhoe CE Acad 01582 662959 totternhoeoffice@tot.dsamat.co.uk
Mon	Pilates 10.45am, Totternhoe Memorial Hall, Lisa: 07832 230774
Mon	Dagnall Community Choir , All Saints Church 7.45-9.45pm, w:dagnall-community-choir.co.uk
Mon*	Movement and exercise classes with a dance flavour, Northall VH 2-3.30. Jan 01442 864271.
Mon	Cubs (8-10 ½ yrs old), 6.30pm - 8pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact Liz Coates 01442 842550
Mon	Yoga 6:45pm, Edlesborough Memorial Hall, contact 07837 727302
Mon	Barre 8pm, Edlesborough Memorial Hall, contact 07837 727302
Mon	Eaton Bray Tennis Club 4-7pm mini / junior tennis coaching
Mon	Eaton Bray Tennis Club 7-8pm Adult Coaching 'Get Back Into Tennis'
Tues	Pilates 10-11am, Eaton Bray Village Hall, Nicky Roussou 07861 162680
Tues*	Totternhoe Baby & Toddler Group 9.30- 11.15am, St. Giles Church Hall
Tues	Tap & Ballet Classes JoAnn Latus School of Dance, 4-8pm, Eaton Bray VH, 07800 518654
Tues**	Coffee Morning Bring & Buy, Table Top Sale, 10-11:30am, Salvation Army Hall, Booth Place, EB
Tues	Jazzercise 9:15-10:15, Eaton Bray Village Hall, Beth 07539 739136
Tues	Eaton Bray Tennis Club 6-7.30pm Social play for all adults
Tues	Berkhamsted Taekwon-do Kids 5.45pm-

6.30pm, Dagnall Village Hall, 07813 755785

Tues	Berkhamsted Taekwon-do Adults 6.30pm, Dagnall Village Hall, 07813 755785
Tues	Movement is Medicine Pilates 1:30-2:30pm, Billington Hall, moira@stjudesclinic.com
Wed	Pilates 8pm, Northall Village Hall, Lisa: 07832 230774
Wed	Northall & Dist Age Concern Wed Club 10am- 3pm, Northall Village Hall, Dee 07854 230243
Wed	Art Course online 9.30 - 11.30am, contact Lorna Moore 07896 619660
Wed	Art Course Bellows Mill Eaton Bray, 2-4.30pm, contact Lorna Moore 07896 619660
Wed	Pilates 6-7pm, Eaton Bray V.Hall, Heather Holmes 07305 023077 pilateswithheather@mail.com
Wed	Movement is Medicine Pilates 7-8pm & 8:05- 9:05pm Billington Hall moira@stjudesclinic.com
Wed*	Stay & Play toddler group 'Musical Monkeys' Eaton Bray Village Hall, 10am 07944 891235
Wed	Knit and Natter 12-2pm Edlesborough Pavilion Di Hedges 07794 075269
Wed	Lunch Menu at The Pavilion Email ecstrading@edthepav.org.uk
Thur	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
Thur	Berkhamsted Taekwon-do Adults 6.30pm, Dagnall Village Hall, 07813 755785
Thur	Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact: ebebeaverleader@ebescouts.co.uk
Thur	Eaton Bray Methodist Church Social Afternoons 2 - 4pm, All Welcome
Thur	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
Thur	Jazzercise 18:30-19:00 and 19:00-19:45, Eaton Bray VH, Beth 07539 739136
Thur	Retro Line Dance Class 11.15am to 12.45pm. Eaton Bray Village Hall. Beginners welcome. www.jukeboxjunction.co.uk info@jukeboxjunction.co.uk 07864 212171
Thur	Adult Board Games 12-2:30pm, Pavilion 07740 197392 Email Stevemunday1@gmail.com

Thur*	Move Better, Feel Better Pilates 10-11am, Edlesborough Memorial Hall Contact Lesley Pickering, 07767 823202, lesley@lesleypickering.com
Thur	Lunch Menu at The Pavilion Email ecstrading@edthepav.org.uk
Fri	Tap & Ballet Classes JoAnn Latus School of Dance, 4-8pm, Eaton Bray VH, 07800 518654
Fri	Jazzercise 9:15-10:15, Eaton Bray VH, Beth 07539 739136
Fri	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
Fri	"Little Luvvies" baby ballet classes 10am- 11.30am, Northall Village Hall. Contact Emma Whittemore on 01525 376124
Fri	Movement is Medicine Pilates 10-11am Great Gaddesdon Parish Hall, moira@stjudesclinic.com
Fri	Food evening at The Pavilion Email ecstrading@edthepav.org.uk
Sat	Jazzercise 9-10am, Eaton Bray VH, Beth 07539 739136
Sat	KFPA Musical theatre classes Edlesborough Memorial Hall 9.30-10.30am (4years+) Contact Kiri 07988161043 or visit Facebook page 'KF PerformingArts/ KFPA' for info
Sun	Sunday Worship at 11am Edlesborough Baptist Church, Moor End, LU6 2FL. Contact: 01525 222064 or edlesboroughbaptistchurch@gmail.com
Sun	Karate for kids & adults 3-4:15pm & 4:30- 5:45pm, Eaton Bray VH, Contact 07500 007779
Sun	Eaton Bray Tennis Club 10am -12pm Social play for all adults

MONTHLY

1st Mon	Eaton Bray Parish Council Meeting 7.30pm, The Coffee Tavern (except Jan-2nd Monday)
1st Mon	Eaton Bray W.I. 7.30pm. Eaton Bray Methodist Church Hall. Margaret Jones on 07478 061156
1st Tues	Sewing Class 7-9pm, Edlesborough Pavilion, General.enquiries@edthepav.org.uk
1st Tues	Jewellery Making 7-9pm, Edlesborough Pavilion General.enquiries@edthepav.org.uk (Dates can vary)
1st Tues	Dunstable & District Orbit (social & charitable) Club Dunstable Rugby Club, 8pm. 01525 222441

1st Wed*	Messy Church 6-7:15pm, Salvation Army, Booth Place, Eaton Bray, LU6 2DR
1st Sat	St. Mary's Church Eaton Bray Coffee Morning, 10:30am - 12 noon (July held on 2nd Saturday)
1st Sat	Book Swap at St Mary's Eaton Bray, 10:30am - 12 noon (July held on 2nd Saturday)
2nd Mon	Film Society Sept to June, 2pm, Eaton Bray Village Hall, Graham Chappell 07980 321977
2nd Tues	Dunstable & District Local History Society meeting, 7.45pm, Methodist Church Hall, Dunstable
2nd Tues	Edlesborough W.I. 7.30 pm, Edlesborough Memorial Hall. Contact Jackie Flint 01525 221618
2ND TUES & Thur	Adult board games club 7-9:30pm, Edlesborough Pavilion, 07740 197392, email Stevemunday1@gmail.com , Edlesborough Pavilion members, guests and new enquirer's welcome
2nd Thur	Sewing Class 10:30am -12:30pm, Edlesborough Pavilion, General.enquiries@edthepav.org.uk
2nd Fri	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 Thur	Edlesborough Parish Council Meeting 7.30pm, Edlesborough Pavilion or as stated in Edlesborough Parish Council News
3rd Sat	Junior board games club Edlesborough Pavilion, General.enquiries@edthepav.org.uk (dates can vary)
3rd Sun	Lunch club 11.30 to 2.00pm, Eaton Bray Village Hall, Chris Hewitt 222288
4th Wed	Book club 7-10pm General.enquiries@edthepav.org.uk (dates can vary)
Last Sat	Coffee Morning 10:00-12 noon, Edlesborough Methodist Church

THIS MONTH'S ONE OFF/ ANNUAL/IRREGULAR EVENTS

6/7 June	Edlefest at Edlesborough Church
8 June	Family Fun Day at Eaton Bray Cricket Club
28 June	Repair Cafe 9:30am-12:30pm, Pitstone Pavilion

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

I am writing this just after the 60th anniversary of VE Day. Once the Second World War had finally ended in August 1945, there were millions of displaced people all over Europe. In its aftermath, British and Irish church leaders were determined to assist European refugees, many of whom who had lost everything. Their purpose was not to evangelise, but to help ease the suffering of ordinary people no matter what their faith.

As the organisation grew it was named Christian Aid. The focus was to combat poverty not just in Europe but across the world. During the 1950s and 1960s it became apparent that treating the symptoms of poverty was not enough. More needed to be done to tackle the root causes. Severe famines in Pakistan, Sudan and Ethiopia in the 1970s prompted a huge rise in public support for aid. Alongside emergency relief, there was growing investment in long term projects to help poor communities become more sustainable. Through global events like Live Aid in the 1980s and through high profile endorsement more people were giving to aid agencies. Christian Aid's annual income increased from £5.5 million in 1979 to £28 million in 1989. That year, 1989, Christian Aid week, which is always held in the second week of May, raised more than £6 million.

Door to door collections raised much of the money, but there were numerous other events too. I remember as a teenager participating in the local Christian Aid hike, a sponsored walk of 25 miles which was very well organised and well supported. Events like these raised both the profile and the income and left participants with a great sense of achievement.

In the 1990s, Christian Aid was at the forefront of the campaign to cancel third world debt.

When countries were paying huge interest on loans, sometimes almost as much as their annual GDP, how could they hope to break the cycle of poverty? As the campaign to cancel the debt gathered momentum, it became part of the Jubilee 2000 coalition. Many of Jubilee 2000s pledges were adopted by the G8 summit and billions of dollars of debt owed by low-income countries was cancelled. Mozambique had its debt repayments reduced from £127 million to £52 million allowing more to be spent on housing and hospitals. In Uganda £715 million of debt relief was used to double primary school enrolment. (Source: Larry Elliott, 'The Guardian' 27/11/2000)

Christian Aid was also part of the Fairtrade movement that has benefited farmers worldwide by upholding fair wages paid to those who produce crops like coffee, tea and cocoa. Most Fairtrade projects include a community contribution which communities can use to finance schools or medical facilities to improve their health and life chances.

Current Christian Aid campaigns centre around the climate crisis and the actions of polluters and lenders who are trapping people in poverty. Christian Aid is calling on the UK Government to make polluters pay for the climate crisis and to introduce new debt justice laws that could pull millions of people out of poverty.

Together we can play our part in God's work to restore creation and see the flourishing of all people.

With every blessing, Joy, Vicar of Eaton Bray with Edlesborough

Rev'd Joy Cousins



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Email: **northallchapel@btinternet.com**

Website: **www.northallbaptistchurch.org**

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

The next Book Swaps at St Mary's Church on Saturday June 7th from 10.30 – 12.00 am

The July Book Swap will be on Saturday July 12th from 10.30 – 12.00 am

(One week later than usual due to the village fete being held on 5th July)

Our team will be helping at the Book Stall at the village fete. If you have any books you wish to donate, please do not bring them to the church; bring them along to the bookstall at the fete on the 5th July.

We look forward to seeing you all again next month.

For more information about Book Swap please contact:

Chris Sanders Email: chris.sanders45@gmail.com

Jenifer MacKenzie Email: jenimackenzie@hotmail.com

WHY FOOTBALL IS MORE THAN JUST A GAME

As a coach of an under-11 football team, I get to see first-hand how much more kids get from football than just goals and trophies. Football is a brilliant way for children to grow — not just as players, but as people.

Teamwork Makes the Dream Work

Every pass, every goal, every win (and even every loss!) teaches kids how to work together. No one can win a game alone, and learning to trust and support

teammates is a skill that sticks for life.

Fitness, Fun, and Friends

At this age, it's all about having fun. Football keeps kids active and healthy, helps them burn off energy, and gives them a space to make lasting friendships.



Learning Through Play

Through training and matches, kids learn discipline, how to bounce back from disappointment, and how to show respect — not just to teammates, but to opponents and referees too.

Top Tip of the Month: Try Something New

Encourage your child to play in a new position at training. They might discover hidden talents and gain a better understanding of the game. Whether your child is dreaming of the Premier League or just loves a good kickabout on the weekend, football offers something for everyone. Let's keep it fun, keep it fair, and keep it all about the kids.

Daniel Piley

Coach for EB Lions U11 Saturday Team



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EDLESBOROUGH PARISH COUNCIL NEWS

Including Edlesborough • Dagnall • Northall • June 2025

Clerk: Miss Penny Pataky | Office Hours: Mon - Fri 10am – 2pm (exc Wed) | Email: clerk@edlesborough-pc.gov.uk
Website: www.edlesborough-pc.gov.uk | Facebook: www.facebook.com/EDANParishCouncil | 01255 229358

Edlesborough Parish Council Councillors

Following the May 1st elections the following Councillors were elected for the Ward of Edlesborough.



Cllr Rosie
Booth



Cllr Dorothy
Ferguson



Cllr Julie
Goodman



Cllr Christine
Hurst



Cllr John
Wilkinson

Dagnall and Northall Councillors

The Wards of Dagnall and Northall were uncontested and are represented by the Councillors below



Cllr Trish Owen
Dagnall



Cllr Lynne Wells
Dagnall



Cllr Richard
Harpley Northall



Cllr Christine
Hurst



Mr Alan Williams

Mr Alan Williams has stepped down from the Parish Council after 18 years of service. He was co-opted onto Edlesborough Parish Council on 17 th May 2007. In his time as a

highly active Councillor, he has been instrumental in the following projects.

- Parish Plan.
- Edlesborough Neighbourhood Plan.
- Installing floodlights at the Church on the hill.

- Upgrading the streetlights in the Parish to LED lights - being beneficial to the environment, more economical for the Parish Council and provided better street lighting for all the parishioners.
- Researching and installing acoustic panels on the ceiling of Edlesborough Memorial Hall – vastly improving the acoustics in the building for all users.
- Collaborating with the Community Board to secure the purchase and deployment of three MVAS devices across the Parish. He has kindly consented to continue in the role of Speedwatch coordinator for the Parish.
- Building the new Edlesborough Pavilion.

Alan is also an active member of the Friends of the Church on the Hill group, being one of the key organisers for EdleFest and regularly gardening in the Churchyard.

Alan will be greatly missed by the Council and Council extends its enormous thanks to him for all he has done for the Parish in his 18 years both as a Councillor and volunteer.



Buckinghamshire Best Kept Village Competition

Both Edlesborough and Dagnall have entered the Buckinghamshire Best Kept Village Competition this year. Judging will take place between 1 st June and 14 th July. Thank you to all the parishioners who help to keep our villages clean and tidy.

Village Planters

The EDaN Beautification Team NEEDS more volunteers to help with the upkeep of the various planters in the Parish. Can you spare some time? If so, please contact Lorna Cubbage, Lornamcubbage@hotmail.com to find out more.

Grass & Hedge Cutting in the Villages

The Council contractor is scheduled to cut the Pastures hedge in the last week of June/first week of July, the timing of this is such that most nesting birds will have fledged. This is the hedge that borders The Pastures estate, on the roads The Green, Brownlow Avenue and Pebblemoor.

The Council is aware of concerns about nesting birds and endeavours to do all it can to protect them. However, the Council is duty

bound to ensure that the hedge does not overhang the

footpath so as to:

1. Endanger or obstruct the passage of pedestrians.
2. Potentially causes danger to the footpath.

Parishioners Hedges & Plants

- EPC reminds all parishioners that it is the home/landowner's responsibility to keep their borders maintained and trimmed back to the point that it does not encroach over the footpath/pavement/highway or obstruct or risk injury to passersby.
- Home/landowner's must also ensure their hedges do not obstruct any road signs.
- Should parishioners have concerns about hedges or plants obstructing a pavement or junction within the 30mph areas of the villages, the process is as follows:
 - You can approach the homeowner. People often leave and return to their homes by car and may not be aware that the growth from their property is obstructing the pavement/highway.
 - If this is not feasible the issue can be reported to Edlesborough Parish Council, who under Buckinghamshire Devolved Services can write to the homeowner and request that the hedges, etc. are cut back.
 - The resident then has 14 days to respond. If no response is received a second letter is then sent and the owner has a further 14 days to respond. If after a further 14 days, there has been no response or action the matter is referred to the Buckinghamshire Council Highways Devolution Officer.

Please note issues with roads, junctions, lights, hedges, etc **outside the 30mph** areas of the villages should be reported to Buckinghamshire Council via <https://fixmystreet.buckinghamshire.gov.uk/>



Additionally, EPC reminds parishioners NOT to park on the grass verges as this causes damage to them and prevents the contractors from cutting the verges.

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Friends of the Church on the Hill, Edlesborough

Mrs Christine Yates has retired from the group; she was a founder member and has contributed an enormous amount over many years including:

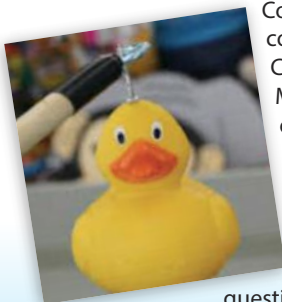
- Leading the project to floodlight the Church on the Hill.
- Introducing Christmas Trees and Christmas lights in the village, in particular lighting Edlesborough Memorial Hall.
- Fundraising activities such as car boot sales and fire walking.
- Organising and serving refreshments at EdleFest and other events at the Church.

Christine has also been the Chairperson of the EDaN Beautification group since it began. Edlesborough Parish Council wish to thank her for all her contributions to the Parish.

EPC Surgery

If you have a question or suggestion for the Parish Council the Clerk will be available on the first Thursday of each month in Edlesborough Pavilion from midday – 2pm.

Council Stall at St Mary's Village Carnival



Council invites all to come and meet the Councillors at the St Mary's Village Carnival on Saturday 5 th July. Our stall will enable you to find out more about the Council and our upcoming projects. You can ask questions, make suggestions, and even try to win a prize at our "Hook a Duck" game!



Vehicle Crime Survey

Following a request from Eaton Bray Parish Council, EPC has also set up a Vehicle Crime Survey on its website. The purpose of the survey is to find out about vehicle crime in Edlesborough, Dagnall and Northall over the past 12 months.

EPC will then collaborate with EBPC to compare and share results. Any parishioner wishing to respond to the survey can do so via Vehicle Crime Survey - Surveys - News & Campaigns - Edlesborough Parish Council

Traffic Calming in the Parish

The latest data collected by the Moveable Vehicle Activated Speed (MVAS) devices is available on the Traffic Calming page of the council's website www.edlesborough-pc.gov.uk/community-information/traffic-calming-in-the-parish/

Any parishioner wishing to volunteer for Traffic Calming or Speedwatch activities should contact Mr Alan Williams via speedwatch@edlesborough-pc.gov.uk

Council Meetings

The next Edlesborough Parish Council Meetings will take place on:

- Thursday 19 th June 2025 in Edlesborough Pavilion.
- Thursday 17 th July in the back room of Dagnall Village Hall

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.

Bucks Art Weeks 2025 at FIELD VIEW STUDIO

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Fridays to Sundays 13-22nd JUNE 10.30 am – 5.30 pm



Bucks. Art Weeks 2025 (BAW) is rapidly heading our way in Buckinghamshire – and here in Wingrave with Rowsham.

The **BAW** advertising signs - bright yellow posters and arrow signs - will be hard to miss locally and across the County; we've collected our allocation of boxes and more boxes of BAW catalogues which will be available from the Wingrave Village Shop (and Field View entrance) at the beginning of June.

Field View Studio, Castle Street, will be open on **Fridays, Saturdays and Sundays** (see dates above) during the Bucks. Art Weeks period, **10.30 to 5.30 pm** (or indeed at another time by appointment). We will be exhibiting our lively and contemporary work by this year's group of 12 Artists and Makers. Look forward to seeing Ceramics, Print Making, Textiles, Glass Art, Pencil and Pastel Portraiture, Hand-turned Wood, Watercolour and Mixed Media Paintings and of course the captivating art of 'Riveting Welds'. Expect to meet the Artists too - new BAW exhibitors are with us this year. (Catalogue/Website Numbers 51-62). The garden is also 'Open' and with plenty of seating for a moment of Rest and Relaxation, a drink and cake in hand.

Also in Wingrave, Julie Pugh's lovely Studio will be open (Friday 20 – Saturday 21st) showing '**One of One' Jewellery** at nearby **Home Farm**, so just head on down Castle Street for a warm welcome and a spot of enjoyable browsing at both venues.

Rowsham? Check out Jenny Lowe's wonderful animal sculptures – and her garden too - during selected BAW days. (Catalogue/Website Number 71). Then crossing the A418, find 'Rowsham Creatives' exhibiting at Manor Farm (Catalogue/Website Number 72).

So, save the dates, visit us locally and then head out around the County for an unrivalled feast of June Art.

Andrew and Margaret Liversidge, Field View Studio 07989 583556
(Parking within in the Village please)

Visit the BAW website/catalogue for specific details of artists' venues and opening times. Please note BAW full opening period is 7th – 22nd June.

Catalogues and advertising material available from Wingrave shop (and at Field View entrance gates) from the beginning of June.

BAW Website: <https://www.bucksartweeks.org.uk/for-visitors/>

BAW Instagram: <https://www.instagram.com/bucksartweeksofficial/>

Art At Wingrave Instagram: <https://www.instagram.com/art.at.wingrave/?hl=en>

Margaret Liversidge Art Instagram: <https://www.instagram.com/margaretliversidgeart/?hl=en>

Website: <https://margaretliversidge.co.uk/>



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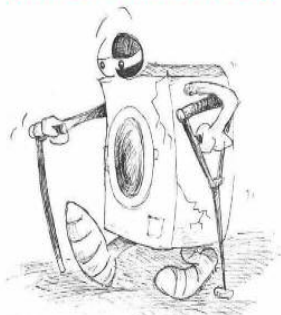
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EATON BRAY PARISH COUNCIL REPORT: APRIL 2025

A hard copy of the draft minutes can be viewed on the Parish Council notice board at The Coffee Tavern.

A full copy of the minutes for Eaton Bray Parish Council can be found on our website:
www.eatonbrayparishcouncil.gov.uk

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.eatonbrayparishcouncil.gov.uk

EATON BRAY FACEBOOK PAGE



Follow Eaton Bray Parish Council on Facebook, keep up to date with your Parish Council and what is going on in the parish:

<https://www.facebook.com/EatonBray>

EATON BRAY PARISH COUNCIL ACCOUNTS

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

PARISH COUNCIL REGULATIONS/POLICIES

Copies of the Parish Council's regulations/policies can be seen on the Parish Council Website.

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/>

EATON BRAY PARISH: Litter Picks

Saturday 15th March 2025: There was a good turnout at the event and helpers/volunteers collected more than 60x bags of rubbish. A separate group carried out a litter pick on the 29th March and collected 40-50x bags of rubbish, with The Rye litter pick group collecting another 70+ bags (mattresses, tyres, etc.). All the rubbish collected was removed by CBC.

The Parish Council would like to thank everyone who took part in litter picks, helping to keep our village clean. Your help is greatly appreciated.



BOWER LANE CEMETERY

Groundworks are being carried out at Bower Lane Cemetery, works are planned to start w/c 12th May (weather permitting), lasting around 2-weeks. The Parish Council apologise for any inconvenience to visitors to the site and contractor's vehicles parked on the road. We thank you for your understanding.

EATON BRAY PARISH COUNCIL MEETING

**HELD ON MONDAY 7th April 2025,
from 7:30pm**

(Minutes ratified at the Annual Meeting of Eaton Bray Parish Council on Monday 12th May 2025)

CBC CENTRAL BEDFORDSHIRE COUNCIL

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

- Results from a 'Survey of Appreciation of Councils' showed that satisfaction has dropped to 40%.
- Streetlights: CBC are experiencing issues with streetlights throughout the ward and the current portfolio holder has requested

more people (reallocation of staff) to help deal with this matter..

- The Rye: Water Mains work. Road closure currently planned for 23rd to 25th June 2025.
- A505 (Leighton Buzzard bypass). CBC have been monitoring the number of car movements in this location.
- Tidy Tip: New booking system (online/telephone), concerns with an increase in fly-tipping in the wards. Cllrs Spicer is raising these concerns to CBC.

BEDFORDSHIRE POLICE

- General Assistance/recommended number: 101 - Emergency: 999
- Textphone service: 18001 101
- Website: Local Team/Leighton Rural: <https://www.beds.police.uk/area/your-area/bedfordshire/central-bedfordshire/leighton-buzzard-rural/about-us/top-reported-crimes-in-this-area>
- Follow local policing team on Facebook: <https://www.facebook.com/leightonbuzzardpolicing/>

PLANNING APPLICATIONS/APEALS/ ENFORCEMENT NOTICES – APRIL 2025

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

RECREATION GROUNDS

- School Lane: Zip-Wire – the Parish Council wished to remind all users that there should only be 1x (one) person on the zip-wire at any one time. Large numbers will damage/break the equipment.
- The Rye: The Parish Council are reminding all recreation ground users that the bollard, at the entrance to the car park, will be raised prior to Bank Holiday weekends. This is to ensure that no unauthorised vehicles can gain access during these periods. The bollard is lowered after the long weekend.

ST MARY'S VILLAGE CARNIVAL, 5TH JULY 2025

Eaton Bray Parish Council are once again planning to join forces with Edlesborough

Parish Council to have a stall at the carnival. It will be lovely to meet parishioners from both parishes on the day.

MONTHLY PAYMENTS: APRIL 2025/ PERIOD 1

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

REMINDER - DATES FOR YOUR DIARY:

(1) St. Mary's Village Carnival: Saturday 5th July 2025

Carnival procession starts from The Orchards, Eaton Bray from 12:30pm

Stalls & Attractions at Edlesborough green from 11:00am

Representatives from Eaton Bray Parish Council will once again be sharing a stall with representatives from Edlesborough Parish Council. We look forward to meeting you then.

(2) Picnic in the Park with music from the Heath Band

Sunday 24th August 2025, 3pm-4:45pm at School Lane recreation ground

The Parish Council have organised a 'Picnic in the park with music from the Heath Band'. Bring your own food and enjoy the music. Two accessible/baby toilets will be available on site. Please check the Parish Council Facebook page/website for any updates (subject to cancellation for poor weather).

PARISH COUNCIL MEETING (1st Floor, The Coffee Tavern, Eaton Bray)

Details can be obtained from EBPC website: www.eatonbrayparishcouncil.gov.uk

- Next full meeting Monday 2nd June

7.30pm at the Coffee Tavern

PARISH COUNCIL OFFICE (Ground floor)



10am-12noon at The Coffee Tavern, 18 High St, Eaton Bray, LU6 2DP

(Open dates/times subject to change, please check the

EBPC Website for updates)

Tuesday 10th June 2025 – Tuesday 15th July 2025 – Tuesday 12th August 2025

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Weather Conditions for April 2025

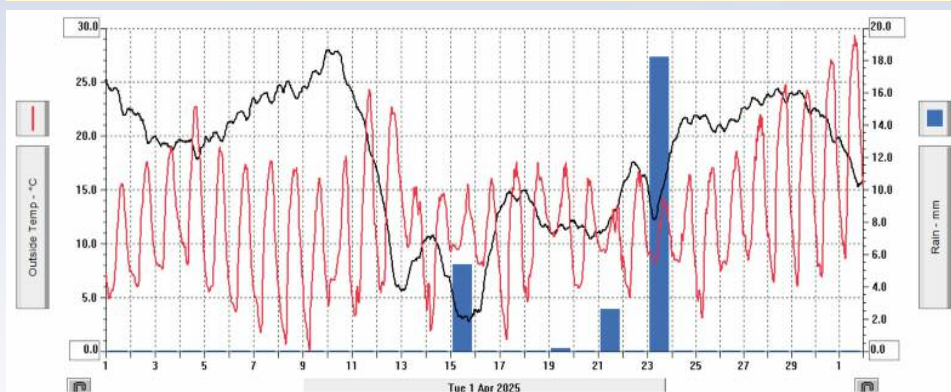
Elevation: 450 ft. - Latitude: 51° 50' 13" North - Longitude: 0° 33' 34" West

April started with high pressure which gave us a two-week settled, dry and sunny period. Daytime temperatures were in the high teens and rising into the twenties, but we still had chilly mornings on three days. On the 15th, we saw the first rain of the month.

The following five days were cooler, but dry and sunny. There was, however, rain on the 23rd and this turned out to be April's wettest day with a downfall of 18.21mm. The rest of the month returned to being dry and sunny with temperatures rising to a high of 27.2°C. The mean temperature was 11.8°C – above the average – with far more sun than normal. It rained on only four days, for a total of 26.4mm (just over an inch) which was 59% of the April average. So far this year, rainfall has been 77% of the average.

	High	Date/Time	Low	Date/Time
Temperature:	27.2°C	30 April 15.30	0.0°C	9 April 06.30
Mean Temperature	11.8°C			
Dewpoint:	12.8°C	30 April 10.00	-2.0°C	5 April 20.30
Humidity:	95%	19 -14 April	29%	11 April 1700
Barometer:	1032.0 mb	9 April 23.30	994.1mb	15 April 18.00
Wind Speed	36 mph sw	16 April 04.30	Months avg.	4.7 mph
Wind Chill:	24.3°C	11 April 17.00	-0.1°C	17 April 07.000
Dominant Wind:	N			
Rainfall *T= total rain days and moisture. R= Actual rain				
*Rain Days: 4(T), 4(R)	Wettest Day 23 April		18.21 mm	0.717 ins
Monthly Rain:	Total	April 2025	26.4 mm	1.040 ins
Yearly Rain:	Total	4 Month	183.1mm	7.208ins

April 2025 ~ Temperatures, Rainfall and Pressure



For weather data 24 hours a day, updated every 15mins, visit: www.dagnallweather.co.uk and http://bit.ly/weather_dagnall this site forecast and much more

If anyone has a question, comment or wishes to contact me please email: david@dagnallweather.co.uk or telephone: 01442 843883

Dagnall weather now has an app for your iPad & iPhone! Just go to the apple store, search for Wunderstation and follow the instructions to Dagnall Weather Station. Now updated every minute.

Cream Tea & Concert with Dagnall Community Choir



Sunday 6th July

2.30pm

at

Whipsnade Village Hall

The Green, Whipsnade, LU6 2LG

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Mozart *Solemn Vespers*

Haydn *Nelson Mass*

Alina Orchestra

Conductor Ian Smith

Tickets: £25, £18, £10, under 18s £5. Scan the QR code to book online or phone 01908 583460.



Danesborough Chorus reg. charity no. 1188026 www.danesborough.org.uk

APPLEDOWN RESCUE DOG OF THE MONTH



This friendly, affectionate boy is **General** a medium size crossbreed born in 2018. It was clear to us on his arrival that General had received very little training despite being

around six years old. He has responded well to the training he has received here and is learning to curb his enthusiasm and mind his manners! His new family will need to carry on with his training and ensure he gets the active life that he needs. He needs a home where he is the only pet, he has company most of the time and any children are aged 7+.

Please visit our website for details about adoption and an application form. To support our work you can 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

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01525 220383 (10am-1pm & 2-4 pm)

Email: appledown.kennels@btinternet.com

Website: www.appledownrescue.co.uk

Viewings are by appointment only

Eaton Bray Good Neighbours



We are so lucky to have a great team of volunteers and recently had a get together at The Edlesborough Pavillion to thank them. We have sixteen drivers who will take people to medical appointments. Another sixteen will do deliveries of prescriptions or shopping. Ten volunteers also take a turn with the phone which is answered Monday to Friday 9am to 5pm in order to arrange the help the client is requesting. Although this is a good team and we seldom have to turn a job down, we are always looking for new volunteers. So if you know somebody who might need the service or you would like to be a volunteer do contact us.

We are a valuable support for villagers who find it difficult to get out and about. Eaton Bray Good Neighbours is part of a network of similar groups operating under the umbrella of Bedfordshire Rural Charities. Our local group covers Eaton Bray, Edlesborough, Totternhoe and Northall and has now been in operation for over ten years. Volunteers are not on a rota or committed in any way. They can just opt into a job if it is convenient. Although we are volunteers, petrol is paid at a standard rate.

We look forward to hearing from you. Our telephone number 07930 987064

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Eaton Bray Cricket Club

We are all ready for the 2025 cricket season at the Rye. Our preparation has gone well with outdoor training and a couple of friendly matches in April.

Our first league games took place on the 4th May with an away game against Ampthill Town in the Beds Sunday League and on 10th May with the 1st X1 taking on Watton At Stone at the Rye and the 2s traveling to Harpenden in the Herts League. All support is most welcome.

DATES FOR THE DIARY

- June 8th Family Fun Day
- July 5th Quiz Night
- September 6th End of season party.
- September 27th Annual club dinner and presentation Evening

More to come as the season progresses.

Eaton Bray Cricket Club are always looking out for new players of any age or ability. We run 2 senior teams in the Herts League and a senior side in the Beds Sunday League. 5 Junior teams at aged U9 U11 2xU13 U15 and a Ladies Softball team. If you would like to join a progressive family friendly club pop down to the Rye Gardens or get in touch via Facebook or X @EatonBrayCC.

The club would like to thank our sponsors Meadow Marquees The Westrope Butchery Fine & Country Homes Prestige Kitchens Emma Jane Tutoring Castles Estate Agents and the Focus Magazine for their continued support. Please enjoy your cricket with Eaton Bray in 2025.



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NORTHALL BAPTIST CHURCH - 200 YEARS AND STILL GOING



*A little Church with
strong local links.*

Do you dream?

I woke this morning to see a panicky WhatsApp from my daughter. She had dreamt that she had decided, on a whim, to go to Ghana! She continued that only when she had got there, had she realised that she was looking after her 5-year-old nephew and she'd taken him with her! She had then started stressing about getting him the various vaccinations that he would need and more importantly that she hadn't told his Mother!

A trip to Ghana was not unheard of as she has been there before, during her training, as well as several other African countries when, as a doctor she has volunteered to train medics there, on behalf of the Christian Charity Mercy Ships.

But the logic of a sudden trip with her nephew in tow was weird. Do your dreams make sense?

I began thinking of the many dreams recorded in the Bible and wondered if they would have made sense initially. The Bible has a great deal to say about dreams, mostly in the Old Testament, and it was then a way that God regularly communicated.



Joseph and his dreams
(FreeBibleImage Sweet Publishing)

There are probably 2 dreams from the Bible that most people will have heard about. In the Old Testament Joseph (of the coat of many

colours) firstly had some dreams about himself, that his brothers and then also the sun and moon would be bowing down to him. Joseph's brothers already hated him because his Father, it says, loved him more than them. The brothers decided to sell him into captivity. He was taken to Egypt and put in prison where he was able to explain the meanings of dreams of the King's cupbearer and the King's baker. The cupbearer had a favourable interpretation and was restored to his job but the baker was told that he'd be hanged in 3 days. And so it happened on Pharaoh's birthday 3 days later.

Joseph later interpreted Pharaoh's dreams about the 7 years of plenty and the 7 years of famine, so they were able to prepare and Joseph's brothers came to Egypt to buy food and bowed down with thanks to Joseph.

In the New Testament, when Jesus was a baby, his earthly Father, Joseph was told in a dream to escape to Egypt with his little family because of Herod's plan to kill all the boys under 2. He was later told in a dream when it was safe to return. The Wise Men likewise, were warned in a dream to return home another way.

There are many other significant dreams, so some do make sense and some need interpretation.

Join us for our Sunday services 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**

DAGNALL COMMUNITY CHOIR

Our Afternoon Tea Concert takes place on Sunday 6th July 2.30pm at Whipsnade Village Hall. Tickets are £12.50 each, to include a cream tea, and are available to book online at www.ticketsource.co.uk/dagnall-community-choir (or scan the QR code on our poster) or by calling 01525 220189. We will be performing a selection of favourites new and old from our repertoire, encompassing a variety of different styles from musicals, contemporary songs and classical pieces.

Last year this was a really lovely event and we're certain that this year's concert will be just as enjoyable – don't miss it!



As we celebrate the 15th anniversary of the choir this year, we're really excited to give you details of an event coming up at the end of the summer. We have been incredibly fortunate to have booked the acclaimed composer and conductor **Philip Stopford** to run a choral workshop on Saturday 6th September. This is an all-day event, open to all, and a must for anyone who loves to sing and appreciates the beauty of choral music. Tickets are £15 per person and will go on sale in the next few weeks.

Philip Stopford is a name that is well known to the world of choral music. He has held prestigious musical positions, including Director of Music at St Anne's Cathedral in Belfast and Christ Church in Bronxville, New York, and is a gifted composer whose choral works are loved by choirs around the globe.

Philip isn't just a wonderful musician; he's also a local boy! Growing up in Leighton Buzzard, he returned to his hometown a few years ago, and now we're lucky enough to have him lead this workshop. It's a rare chance to work with a musician of his calibre, right in our own community.

For more information about Philip, take a look at his website www.philipstopford.com or look him up on Wikipedia. You can also listen to his compositions, including *Lully*

Lulla Lullay, *Do Not Be Afraid*, and *Irish Blessing* on Youtube.

We're thrilled to have Philip Stopford leading this workshop, and we can't wait to see you there. More details will follow but put the date in your diary now!



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

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Everyone welcome, particularly tenors & basses

Find out more at:

dagnallcc@gmail.com

www.dagnall-community-choir.co.uk

[f Dagnall Community Choir](#)

Music Quiz Night on Friday 13th June at Northall Village Hall, raising funds for Wednesday Club. £12 a head, teams of 8, or we can introduce you to others to make up an 8. Ticket includes supper, please bring your own drinks & snacks. Please Contact Lynne on 07887944326 to join us - Thank You

Does anyone have a glut of rhubarb?
We would be grateful for any spare sticks you might have - we are open to receive on most Wednesdays - thank you

We love to welcome visitors to entertain, educate and celebrate with us - for this Bingo is often put on hold. We have recently welcomed a Ukulele Band and a soloist - both offering great opportunities for a sing along.

For the 80th Anniversary of VE Day we were delighted that Nina entertained us with a medley of Vera Lynn songs and others. We all appreciated the opportunity to sing, or in some cases to dance along - thank you to all staff, committee, and helpers for the extra effort in marking the occasion. Hopefully, some photos shall be included in this article.

At the risk of repeating myself so soon ... We began our 2025 with an appeal for Volunteer Drivers and Conductors - Mike, our Transport Coordinator, would still love to speak to you about the opportunities available. To those that have been in touch we thank you and can't wait to meet you in person. We have our own minibus that travels locally on most Wednesdays, to collect and deliver our members from their homes. As we operate a

volunteer rota system this entails the team(s) committing to approximately 1 duty per month/5 weeks. The duty involves a morning collection, and an afternoon return journey. Please leave any queries in a message for Mike on the club mobile 07854 230243 and he'll be in touch ASAP. Thank You.

Becoming a Club Member? Simply contact us on 07854 230243, leave a text or message including your contact details, and our leader Dee will get back to you ASAP with a date to visit, our availability or the option to join the waiting list.

Your donations of goods always go a long way to support our activities: We gladly accept and appreciate regifting and items for fundraising, plus those seasonal fruits and vegetables enhance our homemade meals.

Volunteers we welcome you to chat and discuss with us any voluntary assistance you may care to offer. Your involvement and support can be tailored around your other commitments so one-offs, back-ups, or regular rota support would be most Welcome. Regular slots every 4/5 weeks exist for kitchen roles and minibus crew - drivers or conductors. Please feel free to leave your contact details on the Club phone 07854230243 and we'll get back to you ASAP. Dee, Club Leader, shall forward your info and details to the relevant point of contact. Thank You.

Next Month - Our Summer Canal Trip update



HONEY BEE SWARM



This swarm of bees decided to hang out on the porch at Eaton Bray Church. I'm told they tend to do this when the weather is warm in the early summer and they are looking for a new location. The British Bee Keepers association provide advice on swarms and even a list of local bee keepers who will collect the swarm if they can. A swarm of honey bees is highly prized by beekeepers and the only difficulty was the need for a



ladder to reach the swarm and place the temporary hive. Scott, a bee keeper from Eaton Bray managed to collect the swarm after quite a lot of gentle encouragement and being surrounded by a large cloud of flying bees. He placed a temporary hive on the parapet in the hope the bees would settle and take up residence only returning later that evening when the bees were calmer to collect them. By Martyn Hayden

Friend of Bucks



AGE CONCERN NORTALL & DISTRICT

Wednesday Club

AGE
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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

Wild bees

In the UK, there are around 270 species of wild bee (24 species of bumble bee and 243 species of solitary bee) that are divided into six different families (groupings based on relatedness), according to the Bees, Wasps & Ants Recording Society. These include four families of short- and two long-tongued species. Within these families, bee species are diverse in their appearance, seasonal lifecycle timings and nesting habits. Some wild bee species are experiencing declines in the UK, a recent study analysed species-level trends between 1980 and 2019; they found that a third of species have decreased in that time, the situation was especially bad for solitary bees that had decreased by 32%. This matters to everyone as pollination is of fundamental importance to the planet and most critically, the functioning and survival of ecosystems. A vast and diverse array of creatures provide pollination services, even if you concentrate only on supporting wild bees, you will almost certainly support other pollinators and the insects, birds and mammals that feed on them.

Differentiating between bee species can be challenging and requires skill and knowledge. Some groups are more easy to identify, for example, bumblebees with their characteristic stocky, furry bodies. Other insects may be confused with other taxonomic groups; for example many species of Nomad bees (Apidae) have a wasp-like appearance. More confusing still, many non-bee species look like bees.

Wild bees have a seasonal life cycle because they depend on flowering plants to feed themselves. They usually go into a state of dormancy in a safe, protected place during the winter. Some bees emerge early in the spring and can be seen foraging as early as February and March in warm parts of the country, while others emerge later to take advantage of the abundant floral resources available later in the year. Some wild bee species will continue to forage into autumn, perhaps into October but seldom later.

Wild bees have a wide variety of nesting habits. Some bees, for example mining bees or plasterer bees, tend to nest in small aggregations in light soils or sand. Mason bees often nest in tunnels in wood or in hollow stems, partitioning brood cells by making a mastic out of mud, leaves or petals. Leafcutter bees cut out sections of leaves or petals and carry them back to their nest which may be sited in wood, hollow stems or various artificial cavities including bee hotels.

Some bumble bee species nest underground or in cavities, for example, in unused rodent nests; others will nest above ground, in holes in trees and bird boxes. Carder bumble bees tend to nest in rough grassy tussocks, or the plant debris caught along stock fences. There are also 'cuckoo' species which exploit the nests of other bee species to rear their offspring.

What to do if bees are nesting in your garden or home

As many bee species are experiencing serious declines and some species have become extinct in the UK, anyone with a nest of wild bees in their garden is urged to leave them there and support them if they can. Most wild bee species are very unlikely to become aggressive and usually only sting if trapped. If possible, isolate the small section of the garden where the nest is, especially if the nest is accessible to pets or children, and try to avoid disturbing it. Something as simple as placing a potted plant between an exit hole and a garden path can divert the bees' flight path out of the way. Please do not try to relocate nesting wild bees, they will not be there for long and they are likely to have completed their breeding activities by the autumn. While honey bee swarms or hives can be easily relocated, the same is not true for wild bee species; moving their nests may result in their death. Some wild bees, such as red mason bees, may be seen nesting in cavities in brick work.

They do not cause any damage to the structure of the building as they use pre-existing holes in the brick work to lay their eggs. Occasionally they may expand existing holes so, if you have specific concerns and delicate brickwork, seal the crevices in mortar joints and bricks in autumn when bee activity has ceased. If you do this, consider replacing their lost nesting site with a new 'bee hotel'

If honey bees set up their nest in a building, they may become a serious nuisance. There are specialist companies that can relocate them without harming them. They will be able to provide advice on how to prevent future honey bee swarms from nesting in the building.



NIGELS THOUGHTS

Dear Friends,

Sunday 8th June this year marks the joyous festival of Pentecost, which for those of the Jewish faith celebrates the wheat harvest and the opportunity to bring 'first fruits' of other crops to the temple. It also commemorates the giving of the first five books of the Hebrew Bible (the Torah) to Moses on Mount Sinai.

Luke, in chapter two of the Acts of the Apostles, writes that the disciples came together in one place to celebrate. They experienced the noise of a strong wind which filled the house and what appeared to be tongues of flame touching them (Acts 2 v 1-4), and they were filled with the Holy Spirit empowering them to go out and spread the good news about Jesus. This event is celebrated as the 'birthday of the church' seven weeks (hence 'Pente'cost) after Easter Sunday, and in some churches it is the day for baptisms and admitting new members into the church. At one time newly baptised people dressed in white and paraded through the streets giving rise to its alternative name, Whitsunday.

Pentecost is a most important Christian

Holy Day, after Easter, of course, but similar in significance to Christmas, as we celebrate the new birth which the coming of the Holy Spirit brings.

As we remember the arrival of God's Holy Spirit, we might be encouraged to wear Red or Orange to worship as a visible sign of setting our hearts on fire!

All the peoples of our world, and ourselves as individuals, are in desperate need of being renewed by the Holy Spirit of God, who teaches us to live with one another in ways that are respectful, loving and kind. Together we should celebrate, with joy, the diversity with which he has blessed us, and seek to understand and value one another as happened on the first day of Pentecost when everyone, regardless of their language heard the same good news.

See you next month!

God bless,
until next month...

Nigel



Dunstable Probud Club

Dunstable PROBUS Club meets on the second Monday of the month at Tilsworth Golf Centre and membership is open to retired or semi-retired 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.



BIRDS OF BRAY NEWSPAPERS WANTED REGULARLY

Please call **Chris or Sue Mitchell** on **01525 221128** who can collect. Answer machine in use if unavailable.



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Sunday 24th August 2025

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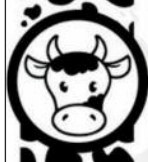
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Celebrating 100!

On 17 th April 2025, Celia French, who many of us know as a friend and neighbour, celebrated her 100 th birthday. Celia, originally from Gateshead, which you can still hear in her accent, arrived in the area as a WWII landgirl, first at Silsoe Manor and then onto Eaton Bray working on a chicken farm. She had to work more than hard and learn on her feet but with the kindness of the Bates family at the farm she was treated like a daughter and soon settled into the village.

Celia met local farmer Edwin French at a village social and went along with him to watch him play the drums with his band. Friendship turned into romance and the couple were married in Eaton Bray in 1947. Celia adapted naturally into arable, cattle and milking farm life with Edwin. Their first home had no electricity but as was the case for the war-experienced generation, they just got on with things.

Not unsurprisingly, the grafting nature of Celia, led into much more in our community, running the Keep Fit association after the war. She owned a large collection of dance music vinyl records which she was able to put into good use with her classes. Not content just to keep the village healthy, she went onto to perform at the Royal Albert Hall and in her spare time, bring much joy arranging days out at Clacton for her keep fit classes. Although she retired at 70, she carried on her Billington class until 80 and driving until 90.

Celia had tough beginnings of losing her mother at the age of 6, but went onto to have two children of her own; Sue in 1950 and Peter in 1952. Family life is evidently central to Celia now blessed with grandchildren and great-grandchildren. Renowned for cooking (cheese scones and wonderful cakes), Celia



was baking until relatively recently only stopping after a fall. It was with her wonderful family and friends who she was able to celebrate her 100th birthday recently with a party arranged by her son Peter, which included plenty of dancing and lots of fun together with a beautiful cake made by a special friend. Celia represents an era of great fortitude and resilience. I'm left still wanting to know more about "Tiddy Tuesday" bringing the pub goers back in horse and carts and many more stories besides.

We wish Celia a wonderful 100 th year and hope for many more.

Sarah Padilha
Padilha Images / Photojournalist
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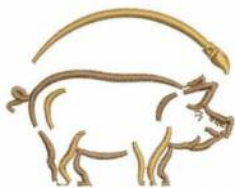


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FORGET THE GYM - LET THE MUSIC MOVE YOU JAZZERCISE EXPANDS IN EATON BRAY

A Local Favourite for Over 30 Years

Jazzercise isn't just a passing trend. It's been part of the local fitness scene for over three decades, with a loyal following across our villages - and Eaton Bray has been at the heart of it. Now, in response to growing demand, the Eaton Bray Village Hall schedule is expanding from five to six weekly classes, making it easier than ever to get involved.

So, what is Jazzercise?

It's not just a blast from the past - Jazzercise has evolved into a dynamic, music-fuelled workout that blends dance cardio, strength training and functional fitness into one upbeat, full-body session. Born in the USA and embraced globally, it's loved here for its energy, inclusivity, and genuine feel-good factor.

This isn't just a fitness programme, it's a community of people who want to move, feel better, and enjoy themselves doing it.

Why people keep coming back

What sets Jazzercise apart is how accessible and welcoming it is. There's no pressure to perform. You don't need to be a dancer or super fit - if you can move to music and smile through a sweat, you're doing it right.

And the benefits go far beyond burning calories. Jazzercise lifts your mood, builds strength and confidence, and - perhaps most importantly - makes you want to come back. Because when a workout feels like a dance party, it doesn't feel like a chore.

Right here in Eaton Bray

With six classes now running every week at Eaton Bray Village Hall, there's a time slot to

suit everyone. Whether you're squeezing in a session after work, looking for a daytime boost, or easing into fitness again, you'll find a warm welcome.

Instructor-led and set to motivating music, each session offers modifications so everyone can work at their own pace. You'll see a mix of ages and abilities in every class - from complete beginners to regulars who've been coming for years.

Class Schedule - Eaton Bray Village Hall

Venue: Eaton Bray Village Hall

• MONDAY	7:00 - 8:00pm
• TUESDAY	9:15 - 10:15am
• THURSDAY	6:30 - 7:00pm & 7:00 - 7:45 pm
• FRIDAY	9:15 - 10:15am
• SATURDAY	9:00 - 10:00am

(Class times correct at time of print; check online or contact Beth for updates.)

Ready to join the movement?

Whether you're looking to build strength, boost your energy, or just dance your way into a better mood, Jazzercise might be exactly what you didn't know you needed.

Introductory offer: 3 classes for just £10

- the perfect way to see what it's all about.

So dig out your trainers, bring a water bottle, and come see why Jazzercise has stood the test of time.

Questions?

Call or text Beth on 07539 739136

- she'll be happy to help!

Come as you are.

Leave buzzing with energy!

GETTING TO GRIPS WITH THE BBQ!

A bad workman blames his tools, so the saying goes. Well in the case of BBQs, he could have a point!

Your first choice is charcoal or gas. Flavour wise, if you want that traditional, smoky barbecue taste it's got to be charcoal. If you do prefer cooking on gas, but you still want to get a smoky flavour, you can buy smoking chips especially for gas BBQs.

Whatever your cooking fuel, the main thing you need is a lid. It will allow you to keep the temperature constant and helps to lock in flavour.

You should also consider how you want to use your BBQ. Do you just want a simple grill, or do you want the ability to grill and smoke for example? How big does your grill need to be? If you do a lot of entertaining, a larger grill area will be beneficial.

A good set of tools will also help. We recommend a pair of tongs, a spatula and a wire brush.

Rather than rushing to the nearest petrol station and grabbing whatever charcoal they have in stock, be prepared and have some ready for when the sun makes an appearance. The charcoal you use can make a huge difference.

We recommend lumpwood charcoal because it gives the best flavour, it's the kind that looks like burnt wood. You can also add wood chips to your charcoal to give additional flavours.

If your grill is clean you're much less likely to get food sticking during cooking. Get a grill brush and, after you've heated your BBQ give the grill a good brush to remove any remains for the last cooking sessions. Then dip some kitchen roll in oil and wipe it evenly over the cooking area.



When's the right time to start cooking?

Don't rush to put your food on! On a charcoal grill, you need to wait for any flames to die down and for the coals to be grey and glowing. Once they are, you'll have the hottest and most even heat and you're ready to get started.

If using a marinade do so as long as possible beforehand and also save some of the marinade to brush over your meat or fish whilst you are cooking. This will help to hold the flavour of the marinade in the meat and will also add moisture and trap the smoky flavour.

As juices drop from your meat or fish on to the charcoal, you are likely to get flaming. If this happens try the following to prevent the black, burnt look:

- Move food from the hot zone to a lower heat zone until the flames have gone down
- Close the lid (and if cooking on charcoal, close the top and bottom vents). This will deprive the fire of oxygen.
- Try to resist poking, stabbing or piercing your meat with a fork to check if it's done, more juices will escape which will feed the flames and make your meat drier.
- Use a spatula or tongs to move/turn your food.

Clean the grill as soon as you've finished. Give the grate a clean whilst it is still hot to remove burnt on bits of food.

If you're serious about BBQ season...

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Lucas (Northall)

★★★★★

After responding to our query very quickly, Paramount Plumbing and Heating came to our new home to work on our bathroom. They were extremely professional and knowledgeable - would absolutely recommend to anyone!



Bernadette (Edlesborough)

★★★★★

I cannot speak highly enough of this local business. Excellent speed of service, professional staff, all work and pricing fully explained and job completed to our full satisfaction. I will be confidently recommending them to others.



Warren (Eaton Bray)

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Jim (Eaton Bray)

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Andrew Jones (Edlesborough)

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10 AUTHORS WHOSE BOOKS WERE REJECTED BEFORE BECOMING BESTSELLERS

1. **J.K. Rowling - Harry Potter and the Philosopher's Stone.** Rejected by 12 publishers before being accepted by Bloomsbury. It's now one of the best-selling book series in history.

2. **Stephen King - Carrie** His debut novel was rejected 30 times. He famously threw it in the trash before his wife rescued it. It became a bestseller and a film.

3. **William Golding - Lord of the Flies** Rejected by 20 publishers, one calling it "an absurd and uninteresting fantasy." It became a modern classic.

4. **Kathryn Stockett - The Help** Rejected 60 times before being published. The novel spent over 100 weeks on The New York Times bestseller list.

5. **Agatha Christie** Struggled for five years before her first book was accepted. She went on to become the best-selling fiction writer of all time.

6. **George Orwell - Animal Farm** Initially rejected by several publishers, including one that said it was "impossible to sell." It became a landmark of political satire.

7. **John Grisham - A Time to Kill** Rejected by 28 publishers. Once his second novel (The Firm) succeeded, the first one gained popularity.

8. **Louis L'Amour** Received over 200 rejections before finally being published. He became one of the most prolific Western writers ever.

9. **Beatrix Potter - The Tale of Peter Rabbit** Self-published after multiple rejections. Sold millions of copies and became a children's classic.

10. **Jack Canfield & Mark Victor Hansen - Chicken Soup for the Soul** Rejected by over 140 publishers. Now a mega-successful series with over 500 million copies sold worldwide.

BOOK REVIEW

Kristin Hannah's **The Women** is a poignant historical fiction novel that brings to light the overlooked contributions of American women - particularly nurses - during the Vietnam War. Published in February 2024, the book quickly became a bestseller and was awarded the 2024 Goodreads Choice Award for Best Historical Fiction .



The story follows Frances "Frankie" McGrath, a 20-year-old woman from a privileged family in Coronado Island, California. After her brother Finley is killed in Vietnam, Frankie defies her family's expectations and enlists as an Army nurse, seeking both purpose and a way to honour her brother's memory .

Frankie is deployed to Vietnam, where she endures the harrowing realities of war, working under grueling conditions and witnessing the devastating effects of combat. She forms deep bonds with fellow nurses and experiences profound personal losses, including the deaths of close colleagues and a romantic partner. Upon returning home, Frankie faces a society that is hostile to veterans and dismissive of women's roles in the war, leading to a challenging reintegration into civilian life .

Overview

The Women explores the themes of courage, friendship, and the struggle for recognition. Hannah's meticulous research and vivid storytelling shed light on the sacrifices made by women during the Vietnam War, a narrative often absent from mainstream histories. The novel has been praised for its emotional depth and compelling portrayal of a woman's journey through and after the war.

Some critics have noted that the story centers predominantly on Frankie's experiences, potentially limiting the broader representation of women's roles during the war .



DOWN THE LANE

JUNE 2025

After the long grey and leafless months of winter my garden is so green! The shrubs seem to have continued growing all winter and have an abundance of flowers particularly Portugese Laurel and, around the villages, Forsythia. I think that there will be a bumper fruit crop of apples, pears and plums as there was so much blossom during the good weather. This must have attracted hoverflies, important pollinators, especially when it wasn't warm enough for honeybees. I've never really noticed hoverflies in previous years. They look like bees when they are on the wing. When they are at rest you can see that they have only one set of wings, whereas bees have 2 sets.



Magpies aren't my favourite birds! In previous years they killed a whole family of thrushes and this year, several times, I have heard the commotion when they raid the nests of other birds. They do have one activity in their favour: they behave like a scarifier on the grass and pull out lots of moss, presumably digging up leather jackets and other creatures. The mower picks up the moss when the grass is cut. That should mean a few less daddy-long-legs in the summer



Hardy sedums are excellent low maintenance plants. I have them growing in several containers in the garden,

including this one which I use as a table centrepiece. Nurseries often sell them, sometimes in variety packs, so you can plant an inexpensive, interesting display. I think they are great plants to encourage children to garden. Sedums grow quickly and are easy to divide to make more plants. They need very little water and it's amazing how they can revive if they get dry and are then watered. Sedums are also used to create green rooves as they need very little soil or maintenance so you could use them on the roof of a bug hotel.



Clematis seem to be flowering prolifically this year. This one was growing up a trellis, which rotted, and now is happily using the fig tree instead and flowering while the fig leaves are in bud. The fig tree looks as though it will have a good crop of fruit this year which should ripen enough to eat.

Finally, a beautiful hawthorn and cow parsley, in full bloom, nature at its most splendid.



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Our Countryside

5th July 2025

After the torrential rain last July, the Carnival Committee has been taking stock of the equipment we use and find that we are **DESPERATELY SHORT OF GAZEBOS** to protect stalls (and stallholders) from the rain or even from the sun.

Should you have one lying unused in your garage or shed, we would be very happy to take it off your hands and put it to good use.

If you can help, please contact **Chris Banks** on **07970 712447** THANK YOU



ARE YOU INTERESTED IN PLAYING BOWLS?



Little Gaddesden Bowls Club invites you join our friendly club and discover competitive and social Bowls in a beautiful country setting. Beginners and experienced players are very welcome.

If you couldn't make the Open Afternoon, we hold regular informal 'roll-ups' on Monday mornings between 10 and 12 starting on 21st April (weekly thereafter). If you would like to come along to a Monday morning session just get in touch so we can be sure that someone is on hand to welcome you.

If you have any questions or would like more information please contact **Anne Isherwood** on **01442 842780**

or email: anneisherwood@btinternet.com

Hope to see you on the green soon!

LITTLE GADDESSEN BOWLS CLUB

Church Road, Little Gaddesden HP4 1NX

OPEN GARDENS 2025

Sunday 27 July 12 – 5pm

Roving Tickets £5

from St Mary's,

Eaton Bray - 11.30am



Since 2006, one of the social highlights of the year in our villages has been our Open Gardens event. We have had some wonderful summer's days years enjoying the gardens that were

opened by willing gardeners; both the gardeners and visitors have enjoyed some delightful days.

This year we are once again inviting proud garden owners to display their garden so, given kind weather, we should have a lovely afternoon out for all concerned.

If you would consider opening your garden or would like more information please contact either Gordon Gray on 01525 220136 or Kay Griffiths on 07866 889 498.

Do make sure the date is in your diary – we look forward to seeing you once again. It should be a tremendous afternoon for everyone interested in gardens.

Rare hazel dormice born at Whipsnade Zoo given clean bill of health before wild release



Wildlife vets at conservation charity ZSL have given nine rare hazel dormice the all-clear, ahead of the tiny rodent's release into the wild next month. The dormice – including three born at ZSL's Whipsnade Zoo – each received a health screening from ZSL's Disease Risk Analysis and Health Surveillance Team (DRAHS), as part of ongoing national conservation efforts to recover populations of this vulnerable mammal, which was once widespread across England and Wales.

During the 10-minute-long health checks, the fluffy-tailed dormice were placed under general anaesthetic so that the team of vets could gently check the heart and lungs of each dormouse, before carefully looking over their eyes, ears, nose, teeth and fur, to ensure the animals are ready for release. Each mouse was fitted with a microchip to help conservationists accurately identify individuals during follow-up monitoring, when they check how the dormice are doing in their new woodland home.

The health checks are part of wildlife charity People's Trust for Endangered Species' (PTES) annual dormouse reintroduction programme, which restores hazel dormice to their former range. With dormouse numbers having declined nationally by 70% since 2000 due to habitat loss, fragmentation and climate change (PTES' State of Britain's Dormice 2023 report), and populations lost from 20 counties over the past century, the programme is

crucial for the long-term recovery of this threatened species.

Dr Clare McNamee, wildlife vet at ZSL's Institute of Zoology who led the health checks, said: "We're delighted to report that all nine dormice passed their health checks and are now ready for their big move in just a few weeks' time. These dormice might be tiny, but they have a big impact on their woodland habitat. By restoring dormouse populations, we're making huge steps to protect and recover all the wildlife they live alongside."

This year marks a special moment for ZSL's involvement in the project, with the cohort including three dormice bred at ZSL's Whipsnade Zoo, under the Common Dormouse Captive Breeders Group (CDCBG), as part of the conservation charity's wider mission to recover native species.

Luke Pharoah, a zookeeper at Whipsnade Zoo responsible for monitoring the dormice said: "Whipsnade Zoo is the UK's largest zoo, so we're known for the larger animals that we care for – but behind the scenes we're also working with these charming little dormice. Watching these three dormice grow from tiny, dozy newborns into adulthood has been so rewarding, and it's exciting to know that with the all-clear from our vets they are now one step closer to raising their own young and boosting wild dormice numbers.

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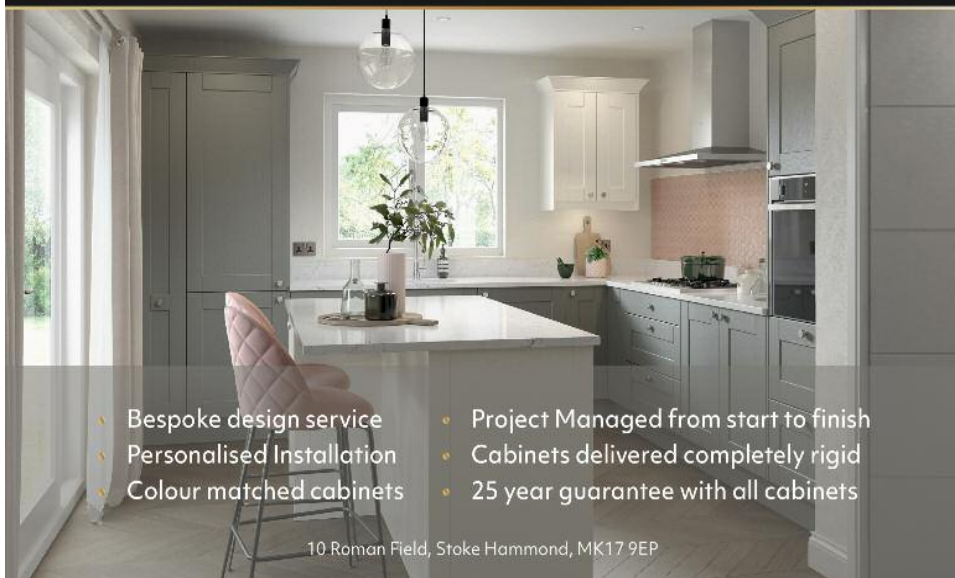
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DAGNALL

CHURCH OF ENGLAND SCHOOL

Dagnall Church of England School commemorated the 80th anniversary of VE day with a series of special events culminating in their own street party, complete with a conga line.

The children thought about how people would have been feeling all those years ago and the mix of emotions that everyone would have had at the time.

They also considered why it is so important to remember and honour those who gave so much for us as well as thinking about all those that continue to give to keep us safe.

We shall remember them.

Toni Godbold

Office Manager

Dagnall VA Church of England School

'Rooted in God's love, we aim high'



EATON BRAY WI

theWI

INSPIRING WOMEN

Our April 2025 meeting was listed in the programme as a Wine and Cheese evening with quiz. In the event the quiz was replaced with a paper craft competition to ring the changes.

However, first the WI traditions were observed. We sang Jerusalem, Minutes of the March meeting read and signed. Items of interest shared - for example, we hope to have a Canal Boat Trip in June - and birthday cards, plants and best wishes distributed to the lucky ladies.

While the platters of various cheeses, pate, cheese biscuits and side dishes were served to the tables nibbles and natter and wine or soft drinks kept the members busy. The WI Committee once again excelled themselves by supplying and preparing this repast and it was much appreciated.

After we had enjoyed and finished our meals and the tables cleared it was time to show our skills with coloured thick paper, sticky backed Sellotape, scissors, colouring pens and so on. Very much echoes of Blue Peter! Competition was fierce, members displayed a great deal of imagination and talent and efforts provided much chat and laughter. The end results were exhibited on a large table and ranged from Easter cards, paper fortune games, paper chains and the eventual winner, a paper Angel.

A very relaxed evening concluded with a raffle.

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

Caroline Colleran



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These are just a few of the things you can do on a phone/computer, and there are many more.

If you would like to get more out of your mobile and/or computer (or maybe haven't dipped your toe in the water yet and would like to), we're here to help.

Sharing our experiences, problems and solutions and remember that no question is silly, we all start somewhere and learn as we go.

We certainly don't have all the answers; our idea is that this is a support group where we help each other

If you would like to join us we'll be meeting, at the Pavilion, in the small meeting room

7pm - 9pm Thursday, 12th June

We hope to see you there

Steve Munday ~ 07740 197392

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- Children learn good manners and know how to treat each other with respect



If you think your child would be happy here please phone our Pre-School Leader, Ann Tobin on 07816 358 342

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Seville

Famous for its orange trees that decorate the city with blossom in the spring and provide shade in the summer, Seville is the largest city and capital of Andalusia. In early years it was ruled by the Romans and then the Moors whose influence can be seen in the spectacular architecture throughout the city. It was a vital port for Spanish trade and exploration of the Americas.

Getting to Seville: There are direct flights from Gatwick with British Airways, Easyjet and Vueling. Ryan Air fly from Luton and Stansted. Some of the flights are seasonal so it will depend on the time of year you are planning to travel.

Staying in Seville: There is a wide range of accommodation in Seville from boutique B&Bs to luxury 5-star hotels, though we would recommend finding somewhere with a roof top bar to take in the stunning views of the city and the Guadalquivir river.

Must See Highlights:

- The Real Alcázar de Sevilla is the Royal Palace of Seville, and is still used by the Spanish King today. A UNESCO World Heritage site, it is a stunning example of Moorish influence on Spanish architecture. Book tickets in advance as the queues can be very long. A small group tour is recommended if you would like to learn more about the history of the palace.
- Seville Cathedral, built over the remains of a Moorish mosque, it is one of the largest Gothic cathedrals in the world. It houses the tomb of Christopher Columbus.
- The Giralda is the iconic bell tower of the cathedral. It was originally the minaret of the mosque that stood on this site. If you climb to the top, there are great views of the city!
- Plaza de España, located in María Lusia Park and nicknamed the 'Venice of Seville' due to the fountains, canals and bridges, this spectacular plaza was created for the Ibero-American exhibition in 1929.
- Take a walking tour of Santa Cruz, the former Jewish quarter in the old town. It is a maze of narrow streets, alleyways, terraces and restaurants and is the main tourist area of the city.
- Possible day trips from Seville are the White Villages and Ronda, as well as Córdoba and Cádiz so ensure you add a day or three to your itinerary!
- Top Tip – cross over the Isabel II Bridge to visit the neighbourhood of Triana, which is known for its painted ceramics and flamenco; there are also some great local restaurants to try and make sure to visit the Triana Market too.

For more information and help in planning your visit to Seville, contact Sarah and Michelle at Travel Impressions of Tring

01442 890265 or via enquiries@travelimpressions.co.uk
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A Brief History of Whipsnade Zoo

The park covers 600 acres (2.4 km²), and can be located from miles to the north and from the air because of the **Whipsnade White Lion**, a large hill figure carved into the side of the Dunstable Downs (part of the Chiltern Hills) below the white rhino enclosure. The lion has recently been restored by dedicated volunteers.

Whipsnade Park Zoo opened on Sunday 23 May 1931. It was the first open zoo in Europe to be easily accessible to the visiting public. It was an immediate success and received over 38,000 visitors on the following Monday. The brown bear enclosure is a surviving feature from the earliest days of the zoo.

The collection of animals was boosted in 1932 by the purchase of a collection from a defunct travelling menagerie and some of the larger animals walked to the zoo from Dunstable station.

The distinctive white lion hill figure was completed in 1933 and refreshed in 2018 and 2025.

During the Second World War, the zoo acted as a refuge for animals evacuated from the Regents Park London Zoo. The celebrity giant pandas Ming, Sung and Tang were among these animals but were soon returned to London to boost morale in the capital. During 1940, 41 bombs fell on the park with little damage to the zoo structure; some of the ponds in the park are the remains of bomb craters from this period. A spur-winged goose and a 3-year-old giraffe named Boxer, which had been born at the zoo, died as a result of the bombings; the giraffe ran herself to exhaustion in fright at the explosions.

In 1996, a new elephant house and paddock was opened to replace the architecturally outstanding but cramped original elephant house designed by Lubetkin and Tecton in 1935. The old house remains at the zoo as a Grade II* listed building and its associated enclosure contains the zoo's lemurs.

In the early 2000s the zoo added new exhibits including Lions of the



Serengeti in 2005, a walk-through lemur enclosure in 2007 (officially opened on 28 March 2007 by Dominic Byrne from The Chris Moyles Show on Radio 1, who is a regular visitor to the park), the Rhinos of Nepal exhibit in February 2007, Cheetah Rock on Easter 2008, a sloth bear exhibit in May 2008, and Wild Wild Whipsnade in May 2009. In July 2008, the Café on the Lake was reopened after remodelling, with its name changed to the Wild Bite Café.

In May 2009, William Windsor (known as Billy), a goat mascot of the British Army's Royal Welsh regiment, retired to the zoo after eight years' distinguished service performing ceremonial duties.

In April 2024, the new Monkey Forest habitat was opened. A 2km walk where you have a different perspective of the passage through Asia on one side, and two new mixed-species enclosures on the other, housing langurs, macaques, babirusa, and anoa.

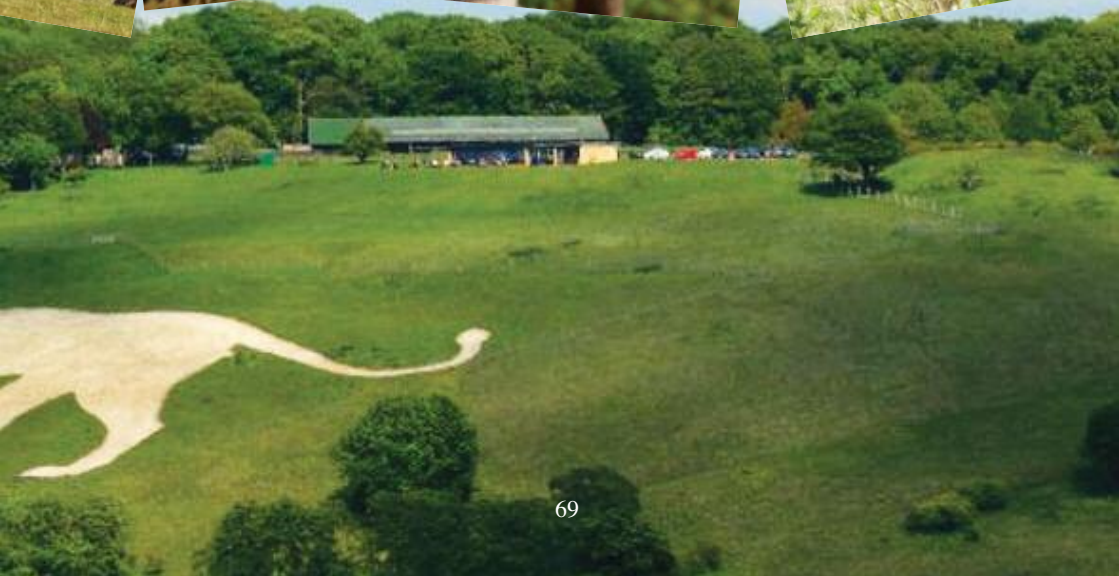
Exhibits

A resident of "In with the Lemurs", an attraction at the zoo.

The Butterfly House opened in 2016, the house is home to various species of butterfly and dwarf crocodiles, it is a walkthrough exhibit so the Butterflies are flying around when people go through the exhibit. This house is also home to one of the largest moths in the world; the atlas moth.

Passage Through Asia is a large paddock with no boundaries between visitors and the animals. Visitors can only access the area by driving through it in their own cars or riding on the Jumbo Express train. The paddock houses herds of Bactrian camels, barasingha, fallow deer, sika deer, Père David's deer and yaks.

To find out more you can join one of three different 1.5 hour heritage tours at Whipsnade Zoo, each of which touch on different parts of the extensive and colourful history.





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Better bra, better you

Mama used to say and at first sight this article appears to suggest that I am just re-inventing the wheel.

We all know the importance of a good fitting bra but these days there are research figures and medical facts that suggest that a lot of us are getting it wrong, especially where sports bras are concerned.

So medically, we are not just talking about the aesthetics of wearing a good fitting bra but about prevention of breast pain, back pain (including around ribs and lower back) and with better posture comes better function of the Pelvic Floor and all that that entails.

Now being a Rehab Pilates Teacher (and a Chartered Physiotherapist) in the articles that I write, I am normally extolling the virtues of how Pilates can help you get a better core, pelvic floor, and better body awareness, so a better posture. And it does ALL of that.

However, if we consider the weight of our breasts, estimated for a 34C lady of being equivalent of strapping a squirrel to our chests (do not ask me why they chose a squirrel, sounds like it could be painful anyway!). Or for a 34 F or 36E , that is a Jack Russell (hopefully cuddlier). Or for a 42gg lady, a duck (which is heavier I am told than a Jack Russell!

Amusing images aside, that is a lot of weight to carry in our top half, especially if it is not well supported and I'm not just talking about the larger ladies amongst us.

Us ladies are constantly resisting gravity, or not as the case may be.

So, making sure that you get a fitting assessment when you buy a bra is important. We change shape and size throughout our lives, so please do not just assume you know what size you are.

For the sporty, the facts are startling. In running, for example, breasts move up/down, out to sides and back and forth. They will

bounce an estimated 10,000 times in 60 minutes of running.

Most bras tend to compress but this only accounts for 27% of the movement. So good sports bras are hybrid ones that both encapsulate and compress. Razor back styles are also good because that gives us proprioceptive feedback, helping us to stand tall too.

In summary, when running.

Bad fitting bra = bad posture, affects back, ability to breathe properly, = poor performance, adverse effect on Pelvic Floor, possible leaking and even contribution to prolapse.

Heavy facts if you pardon the pun!

A good health investment is a good bra, whether you are sporty or not. Fact, in the general population, there is a high incidence of neck and back pain amongst women. Is there a correlation? Where in one study it found that 85 to 100 % of women were not in the right bra, it leaves food for thought.

Oh of course, attending my Pilates classes may prove to be another good health investment!

Moir's D'arcy MCSP APPI AACP

For more info about my Pilates classes, please visit moira@stjudesclinic.com



Your Photos



WALK OR RUN TO REBUILD LIVES AT THE DENS WOODLAND TRAIL



Local charity, DENS, is thrilled to announce the launch of its brand-new fundraising event, the Woodland Trail.

Taking place on Saturday 21st June, this exciting challenge invites participants to walk or run their choice of 5 or 10-mile routes – immersing themselves in stunning woodland scenery while making a real difference in the community.

Starting from the historic Berkhamsted Castle, participants will follow well-signed trails through outstanding natural landscapes, before receiving a special finisher's token at the end of their adventure.

Whether you're an experienced runner looking for a scenic challenge, a keen walker wanting to enjoy the beauty of nature, or someone in the community eager to push yourself to complete a long-distance route, the DENS Woodland Trail offers something for everyone.

More than just a day out in nature, every step taken will help local individuals and families facing homelessness, poverty and social exclusion.

Wendy Lewington, DENS CEO, said: "We're excited to launch the DENS Woodland Trail and offer a fantastic outdoor experience for local people, while raising much-needed funds. Every penny raised will go towards our vital services, ensuring that those most vulnerable in our community have the support they need to rebuild their lives."

The event is proudly sponsored by Safran Electrical & Power UK, a leading aerospace

company, based in Pitstone, that is committed to supporting local causes. Ellen Bigmore, Head of HR at Safran added: "We are delighted to partner with DENS on this wonderful new event. The DENS Woodland Trail not only encourages people to enjoy the great outdoors, but also highlights the importance of community spirit in helping local people facing crisis."



Booking for the DENS Woodland Trail is now open.

For more information and to secure your places, visit www.dens.org.uk/trail.

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You are warmly invited to any of our services and activities at The Salvation Army in Booth Place, Eaton Bray.

We have our regular Sunday service at 11am each week for about an hour as well as a number of clubs suitable for a variety of ages. We would love you and your family to join us for any of our activities.

If you would like more information about what goes on at our Church please email us at eaton.bray@salvationarmy.org.uk

In our Champion's Club (children's club) recently, we had a very noisy hour focussing on the Bible verses below using our voices and various musical instruments to praise God. The children had lots of fun and laughter whilst doing so.

Psalm 100

- 1 Shout for joy to the Lord, all the earth.
- 2 Worship the Lord with gladness; come before him with joyful songs.
- 3 Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.
- 4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
- 5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.

The Salvation Army, Booth Place, Eaton Bray Programme



Sunday Worship: Sun 11am-12pm
(followed by Tea/Coffee)

Coffee Morning: Tues 10am-12pm
(fortnightly)

Home League: Weds 2.30-3.30pm
(Ladies fellowship)

Messy Church: Weds 6pm-7:15pm
(1st Weds of the month term time - for all the family not just the children)

Champions Club: Weds 6.15-7.15pm
(Term time only - Age 5+)

Girls' Night Out: Thurs 7.30pm
(1st Thurs of the month)

For further information please call into the hall, telephone: 07796 980565 or contact us by email:
eaton.bray@salvationarmy.org.uk



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