

Great Bentley Parish News

Produced by the Community
for the Community



February 2023

Village Information

St Mary's Church

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St Mary's Church, Great Bentley.

ST MARY'S CHURCH WEBSITE

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ST MARY'S SUNDAY CLUB

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In an emergency ring 999

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Alan Bayliss, 01206 250450

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Sue and Faris Shimali 07973 534301

EDITORIAL

It's great to see the snowdrops on flower, the bulbs appearing and the daylight hours gradually lengthening. January can be so dreary but with February, a short month arriving, Spring does not seem too far away.

We are so fortunate to have the support of our large number of varied and faithful advertisers. Please take a minute to look through them and use them when you can. Their financial support is what keeps the magazine going, so thank you to them all.

This month we learn more about the hedgehogs which might visit our gardens, how to help, feed and encourage them as they are justifiably known as the "Gardener's Friend", eating the slugs and snails we would rather not have in large numbers. Think you will find this really helpful and interesting. On another wildlife front don't forget the RSPB's Great Garden Birdwatch which takes place from 27th to 29th **January** so you will just have time to take part we hope. The number of species I have recorded since 2014 varies from 9 to 13 so I would love to beat that target.

Thank you to everyone who promptly paid their magazine subs and to those who deliver your magazine in all weathers. If you have not paid, **SUBS ARE NOW OVERDUE**. Please pay quickly, thank you.

There is good news on the transport front as Great Bentley Good Neighbours transport scheme is restarting from 1st February offering lifts to the doctors, hospital appointments etc. See page 7. By request we have also published the Bus Timetables as a reminder for everyone. Also on the transport front it would appear, at the time of writing, that Plough Road may still be closed and Weeley Road (Great Bentley), may also follow suit. Could be interesting if they clash. Just to add to the uncertainty/complications, there are problems with disabled access at Colchester Main Station see page 7.

Our District Councillor, Lynda writes about changes to the electoral system, or rather accessing it. I have to admit I was rather surprised that we will be asked for photographic ID. I wonder if even less people will bother to vote now, I do hope not.....just heard that Lynda will update us as to what happens if you do not have photographic ID! **NO FURTHER INFORMATION AT PRESENT.**

Your challenge for 2023 could be rearing its head right now. Local elections take place in May so why not consider putting yourself forward to become a Parish Councillor and help to shape the future of our village? See page 24.

Last but not least the Bentley Half Marathon takes place on Sunday 5th February and there will be brief road closures from the village hall/ Plough Road Centre at approximately 10.25am.

Mary Maskell



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FRONT COVER

The magazine
collating team

DISCLAIMER

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LETTER FOR FEBRUARY

Dear Friends

As I write this letter we are still praying for Rev Sharon's return to work and I'm sure I send all your best wishes to her. December seems a long time ago but we would like to thank all for their help with the Christmas services, from the donation of our lovely Christmas trees to the efforts of all at our Christmas Tree Festival, the pre school and school for their nativity services, the Deanery Choir's Carol Service and the service of Nine Lessons and Carols, the Christingle and Midnight Service, to the service on Christmas Day at the Methodist Church. None of these would have been a success without the support of all in the village in their individual ways. A big thank you.

As we enter February we are preparing for the Lent period. Ash Wednesday service will be our first steps into Lent, and we will be holding evening meetings as a time to share with one another. We at St Mary's Church continue to ensure that the church is kept open for all individuals to visit. Peace of the Lord be always with you.

Best wishes St Marys church

THANK YOU

Thank you to all the subscribers of the Parish Magazine in De Vere Estate for supporting the magazine and many thanks to all of you for paying the subs so quickly and for the extra donations, much appreciated.

Happy New Year 2023, May it be a happy and healthy one for you all.

Carol McDougall.

St. Mary's Church Facebook Page

St. Mary's Church now has a facebook page!

Here we will be posting news of upcoming services, as well as any forthcoming events or fundraising. Please like and follow the page to keep up to date with our news, the page name is 'St. Mary's Church Great Bentley'.

facebook

KNIT & NATTER

Thursday 16th February

St Mary's Church Hall

2.00pm - 3.30pm

All Welcome



ST MARY'S CHURCH WEBSITE

stmaryschurchgreatbentley.co.uk

Rev Sharon Miles

Sadly the Rev'd Sharon Miles is unwell and therefore if you have any queries regarding services or other church matters please contact the church wardens.

Wendy Smith - 01206 250098

Mandy Miles - 01206 251382

COFFEE MORNING

SATURDAY 18th FEBRUARY

ST MARY'S CHURCH HALL

10.00 - 12 noon

Proceeds towards
CAP
(Christians Against Poverty)





**GREAT BENTLEY
METHODIST
CHURCH NEWS**

Hire our warm, large or small halls with fully serviced kitchen.

Ring 250087

Don't forget our Facebook page. Search for GtBentleyMethodistChurch

We welcome you to worship at Church or on Zoom with us during February. If you would like to join our Zoom service by Computer please ring 250087 for the connection link.

Morning worship will be held at **10.30am** unless otherwise stated.

The leaders of worship are set out below:-

- February 5th** **Eirwen Grenfell-Essam**
- February 12th** **Rev Tom Osborne**
Holy Communion
- February 19th** **Mr Peter Wright**
- February 26th** **Church Leadership**

Events in February:

Coffee & Chat February 3rd Warm fellowship with drinks, cakes, books etc

Prayer Meeting. We meet for prayer on the second Wednesday of each month 9.45 for 10am at our Church This month 8th February

Sandwiches for Hope@Trinity, 8th February

Each second Wednesday of the month at 9.30am we collect sandwiches and take them to our Trinity Church in Clacton for those struggling to buy food for themselves. Collection at our Church before we go to Clacton at 9.30am.

Each week the following events are normally held at our Church.

Ring these numbers for more information

Messy Church once a month after school 250087
Parent & Toddlers Group Thursdays 9-15 a.m. 251537
The Adventurers Club. Fridays 7 p.m. Ring 250087

On Wednesday 11th January the church was full with the family and friends of Cyril Pettican as they gathered for his funeral service. Fellow golf club captains formed a guard of honour outside the church. The service was full of warmth and love, a reflection of the man himself. Following the service Cyril was laid to rest in St Mary's churchyard.

ST MARY'S SERVICES

Sunday 5th February - 3rd Sunday before Lent
Leviticus 19. 1,2,9-18: Corinthians 3. 10-11,16-end: Matthew 5. 38-end:

10.00am Joint Benefice Service at Gt Bentley
Vicar: Rev Stephen Carter

Sunday 12th February - 2nd Sunday before Lent
Genesis 1. 1-2.3, Romans 8.18-25: Matthew 6.25-end

9.30am Holy Communion
Vicar Rev Laurie Bond

Thursday 16th February

2pm Knit & Natter, Church Hall

Sunday 19th February - Sunday next before Lent
Exodus 24.12-end: 2 Peter 1. 16-end: Matthew 17.1-9:

9.30am Holy Communion

Saturday 18th February

10-12 noon Coffee Morning, Church Hall
in aid of CAPS (Christians Against Poverty)

Wednesday 22nd February - Ash Wednesday

7pm Led by Archdeacon Ruth

Sunday 26th February - Lent 1

Genesis 2. 15-17: 3. 1-7: Romans 5. 12-19: Matthew 4. 1-11:

9.30am Word and Worship
Wendy King

**ROTAS FOR ST MARY'S CHURCH
FOR FEBRUARY**

Sidespersons & Readers

- 5th Linda Hayes
- 12th Mary Maskell
- 19th Annabel Stearn
- 26th Chris Aplin

Prayer Rota

- 5th Wendy King
- 12th Nicky Justice
- 19th David Branch
- 26th Carol Kerridge

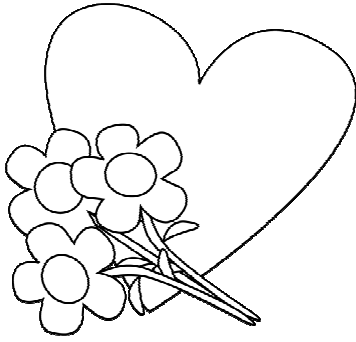
Coffee Rota

- 5th Lyn Gordon
- 12th Hannah Justice
- 19th Vicky Roth
- 26th Mandy Miles

Cleaning Rota

- 4th Wendy Smith
- 11th Jennie Moss
- 18th Wendy King
- 25th Nicky Justice





ST VALENTINE OF ROME

Valentine (Latin *Valentinus*) was a third-century Roman Priest at the time of Emperor Claudias who persecuted the church at that time. It appears that Claudias did not approve the marriage of young people based on the 'hypothesis that unmarried soldiers fought better than married ones because married soldiers might be afraid of what might happen to them or their wives or families if they died'.

However polygamy was much more popular than just having one woman and one man living together and as the church considered marriage was sacred between one man and one woman for life this was a great problem to the Christian church and what to do about it.

Valentine on the other hand encouraged couples to marry within the Christian church and he secretly married them but eventually he was caught, imprisoned and tortured for performing marriage ceremonies against the wishes of Emperor Claudius the Second. Whilst in prison there were legends surrounding Valentine i.e. "one of the men who was to judge him in line with the Roman law at the time was a man called Asterius, whose daughter was blind. He was supposed to have prayed and healed the young girl with such astonishing effect that Asterius himself became a Christian as a result".

In 269 AD Valentine was sentenced to a three part execution of beating, stoning and finally decapitation all because of his stand for Christian marriage. The story goes that 'the last words he wrote were in a note to Asterius' daughter which has inspired today's romantic missives by signing it "from your Valentine". He was executed on 14th February of that year.

The feast of St Valentine on 14th February was first established in 496 AD by Pope Gelasius I who included Valentine among all those "... whose names are justly revered among men but whose acts are known only to God". From these words Gelasius implies nothing was then known about his life. (N.B. I have been unable to find the actual date of Valentine's martyrdom and can only assume that the date quoted is the date he became a Saint).

It appears that the many legends that characterise St Valentine were invented in the 14th Century by Geoffrey Chaucer when 14th February became associated with romantic love. After much wassailing the next event before spring proper was Valentine's Day and in medieval times there were aphrodisiac carryings-on, inflamed by special music, food, drink and bowls of fragrant herbs such as rosemary, yarrow and marjoram. The air was scented with bay and resinous pine and herbs were burned in candles and on fires. Valentine salads had herbs in it for what reason it is not known. Medieval maidens resorted to divination by hemp-seed (similar to reading tea-leaves) yarrow leaves or eringoes (yarrow, rosemary and sea holly) placed in a pillow to cause prophetic dreams. However, using sea holly I think it would be more likely to cause painful scratches than pleasant dreams!

In the 1500's paper valentines originated and were popular in England. After the Battle of Agincourt, Charles, Duke of Orleans, was confined in the Tower of London and to pass the time he wrote romantic verses for his wife in France and today 60 of his romantic poems remain and can be seen in the British Museum. These verses are credited to be the first modern day valentines. Written valentines were commonplace in the 16th century and by the 17th century it was the custom to exchange gifts and notes on 14th February. In the early 1700's Persian poetical art known as the "language of flowers" came to Europe and during the 1800's floral dictionaries were published to enable couples to converse with one another through a bouquet of flowers. The more popular the flower more traditions were associated with it. The red rose (*the favoured flower of Venus, Roman Goddess of Love*) soon became known as the romantic rose. Hence today, one red rose is sufficient to represent true love.

Later in the 18th century as valentine cards began to increase in sales, a 'writer' booklet was produced with an array of verses and messages and later on these booklets not only contained verses for men to send to their sweethearts but also acceptance "answers" from the ladies.

It was during the Victorian era that printing advanced and Valentine cards became even more popular mainly due to the modern postal service which implemented the 'penny post' and were known as "penny postcards". Albums were created so that friends and guests would be invited to sit leafing through them whilst they visited. (Nothing is new as today albums are created showing weddings, babies and holidays which our friends have to endure!!).

There have been many changes since the medieval simple pleasures of enjoying Valentine's Day to the highly commercial industry we have today where just a single red rose can cost more than a card itself. But, if you wanted to give a true gift for St Valentine's Day then why not a pot of crocuses or primroses as these are the flowers associated with this man who encouraged marriage as far back as 269AD when he was put to death for his beliefs.



St Mary's Church Hall

Looking for a venue

Why not hire our hall

Beautifully stocked with fine bone china

£15 per hour - minimum charge £30

Please contact Lyn Gordon
79, Birch Avenue CO7 8LS

01206 681884 OR Mob 07870311610
email: linda.bear@sky.com

PHOTOGRAPHY CATEGORIES FOR GREAT BENTLEY SHOW 2023

Coast to coast

Say cheese

H2O

Flying High

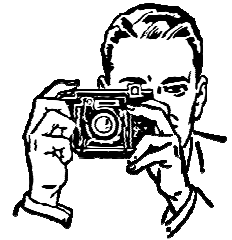
All the fun of the Fair

Gardener's Delight

Open

Children's Class

My Favourite Things



MAGAZINE COLLATING DAY FOR FEBRUARY MAGAZINE

Magazine collating will be on
FRIDAY 24th FEBRUARY
in St Mary's Church Hall
starting at 9.00am

**ALL WELCOME TO COME
AND HELP COLLATE**

Are you going to be booking
your wedding at
St Mary's Church?

If so, your first point of
contact is our new
Wedding Coordinator

Jennifer Ford

01255 821199

email:
weddings.stosythchurch@hotmail.com

The wedding co-ordinator is for St Osyth
and Great Bentley



DEADLINE FOR MARCH 2023 MAGAZINE

MONDAY 13th FEBRUARY 2023

Material to Mary Maskell, Caldew Cottage, The Green, 250524 **AND**
Carole Allington, Poplar House, Station Road, 251086.

Please mark all material - "Parish Magazine"

email: carole@pncallington.co.uk **AND** marymaskell@sys3internet.net

IMPORTANT - PLEASE SEND ALL INFORMATION TO BOTH OF US

DOREEN MEAD

Doreen Mead passed away on January 7th aged 91 years.

Doreen who was originally born in Colchester lived in Great Bentley for 55 years, along with her husband Roy who died in 2014. The couple were heavily involved in village life participating in the many activities the village had to offer. Doreen especially enjoyed painting and for many years was a member of the Art Club.

In later life Doreen suffered from Dementia, but, determined to remain in the Village she loved, continued to live at home up to her death.

RONALD HASLAM

The funeral of Ronald (Ron) Haslam will take place at 11am on 16th February at St Mary's church

BARRY SPAKE

Barry passed away peacefully at home on 29th November. Many thanks to everyone who has sent their condolences, it is clear from the kind notes, calls and cards that Barry was well respected and liked in the village.

JACK ALLINGTON

Jack passed peacefully away on 8th December aged 97 years. He had lived in the village for many years.

His funeral took place on 23rd January.

MICHAEL JOHN WEBSTER

I have received a grateful acknowledgement from The Salvation Army for a total of £240.00 donated in Mike's memory at his funeral.

Sincere thanks from them and us for your generosity.

CHRISTOPHER BAVERSTOCK

Chris died peacefully on 11th January. The family would like to thank everyone for their kind messages and cards.

His funeral will take place on Monday 6th February, 2pm at St Mary's Church. All welcome.



NATURE'S MUSIC

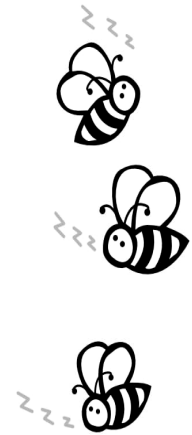
Listen to the music
That's blowing in the wind
Music that's made
From nothing but the breeze

Sometimes it feels
So quiet and still
Sometimes it's loud and firm
Just a few of Nature's ways
To dance the days away

A few notes and you can hear
The sound of rock and roll
The brushing drums
The keys in grass and reeds

Tangling of the wind in wires
Make up the sound of guitars
The humming Bees in flowers
The songs of birds in fields
Just listen to the music
Of Nature's natural ways.

G.D.P



THANK YOU

Thank you to Jon Glover and Brett Scott for giving up a mornings work to shred our Christmas trees on a damp and windy 7th January. This year 63 trees were shredded and £355.53 was donated half to Brain Tumour UK and half to the Air Ambulance. Thank you everyone.

WELCOME

Keri and Paul
new residents
to
De Vere Estate



THANK YOU!

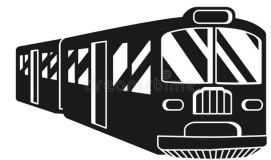
Thanks Matt Plummer for putting the Millenium clock back to the correct time. So many of us rely on that clock each day. ED

SPECIAL ARRANGEMENTS FOR DISABLED ACCESS / INTERCHANGE AT COLCHESTER MAIN STATION

Greater Anglia Railways have informed me that because the lifts for Platforms 1-2 and platforms 3-6 are at the end or near the end of their effective life and spares are becoming increasingly difficult to source the decision has been made to replace all the platform lifts all at once rather than let them breakdown causing difficult unplanned disruption and delays.

The planned works over the next 3 months means no lifts available so special mitigation measures are in place (If you have WEB access see the Greater Anglia Website) But in summary the temporary arrangements include

- Anyone with mobility or other disability should seek and use the Passenger Assistance option when booking their travel
- At the Station by pressing the Ticket Assistance virtual button on the Self Service Ticket Machines that enables passengers to speak to a real person at the Greater Anglia Railways Customer Service Centre based in Norwich.
- Stairway Chair Lifts have been installed, but they cannot cope with heavy wheelchairs or mobility scooters/ buggies
- There is a designated walking route that takes one from the North side Main Booking Hall Entrance down the slope of the approach road pavement and the main road overbridge and up the South Side Approach Road Entrance pavement
- A Mini Bus is available to ferry difficult cases from one side of the station to the other
- In extreme cases passengers may need to travel to Manningtree and use the lift facilities there to change trains/ platforms
- Two extra Agency Staff have been hired to provide extra support assistance
- Some trains down from London on occasions might be re-platformed



The work is planned to finish in early spring.

PH
Transport Rep

Good Neighbours Transport



After an absence, due to Covid, Great Bentley Good Neighbours are very pleased to announce that their Transport Scheme will be back up and running for Great Bentley residents from February 1st.

If you are unable to get a lift for appointments at hospitals, doctors or clinics etc, please phone Yvonne Gibson on 01206 252 387 to see if we are able to help.

We can't promise a lift every time, as all drivers are volunteers and have busy lives themselves, but we will do our very best.

We do not charge for this service but if a donation towards the cost of petrol is given, it goes directly to the Good Neighbours.

RECYCLING

RECYCLING AT GREAT BENTLEY PRIMARY SCHOOL HAS BEEN SUSPENDED

GREAT BENTLEY PATIENT PARTICIPATION GROUP

Great Bentley Patient Participation Group (PPG) meets bi monthly on a Wednesday afternoon at 2pm - 4pm in the Michael Wright Room in the Village Hall. This change of day and time has been accepted by those present at the last PPG Meeting. This makes it convenient for members to attend in day light especially during the winter months. It is our intention to arrange speakers for as many of our meetings as possible and when they come as part of their work they come free of charge, whereas in their own time in the evening there is often a charge.

Our Agenda for the meetings includes an update from the surgery given by one of the GPs from The Practice. There is an opportunity for the members to ask questions and raise any concerns that may arise from them using the services provided by The Practice. We have refreshments when there's an opportunity to meet existing friends and to make new ones. We hope that many of you will be able to attend some or all of the meetings arranged for this year.

MARCH MEETING on Wednesday 15th at 2pm. The speaker will be from Hearing Dogs accompanied by a dog with its owner.

MAY MEETING. on Wednesday 17th at 2pm.
The speaker will be David Robinson from Diabetes UK

JULY MEETING To be announced

SEPTEMBER MEETING To be announced

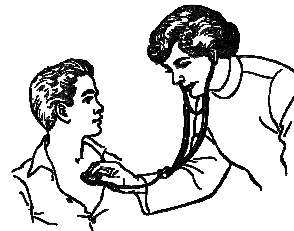
NOVEMBER MEETING on Wednesday 15th at 2pm Jim Maltby will give a presentation about Wills etc

If you wish to contact the PPG our Secretary is Charles Brown email jockbrown@aol.com if you register with him you will receive an agenda for each meeting.

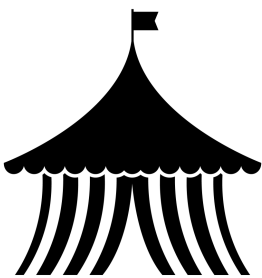
The Chairman is Diane Miles email diane@djimiles.com if you have any requests for speakers please let me know and I shall do my best to arrange them.

WE WISH YOU ALL A VERY HAPPY NEW YEAR AND WE LOOK FORWARD TO SEEING YOU AT THE NEXT MEETING.

Diane Miles.



The Great Bentley Show



On behalf of The Show Committee and the village I would like to thank Derek Burdett for many years of service as both chair and also as a committee member. Derek has chaired the committee for 16 years, from 2003 to 2012 and 2017 to 2022 and been a committee member for many more.

The village is fortunate to have retained a traditional show for so many years and it is down to the unstinting commitment of Derek and many others that have enabled this. A lot of work goes on behind the scenes for many months to make the show successful.

The show returned in 2022 after the 'lockdown years' and the weather was kind to us. Many positive comments were received after the event. I have agreed to take over as Chair for next year and am truly grateful that committee members all agreed to continue in their role as their wealth of knowledge about the show is phenomenal.

However, we are always looking for new members to get involved and continue this important part of village history. If you are interested in getting involved, please contact me at: chair@greatbentleyshow.co.uk

Thank you, Mary Barber

FOOTBALL CLUB NOTES

Essex & Suffolk Border League Div 1

KO 2.00pm unless stated

Sat Jan 7 th	FC Clacton Res	(H)	W	3 – 1
Sat Jan 14 th	Cavendish FC	(A)	D	1 - 1
Sat Jan 21 st	Harwich & Parkestone Res	(H)		1 30pm KO Cup
Sat Jan 28 th	Cressing Utd	(H)		

Essex & Suffolk Border League Div 3

KO 2.00pm unless stated

Sat Jan 7 th	Prettygate	(A)	L	3 - 0
Sat Jan 14 th	Tavern	(A)	W	4 – 3 (pens) T T Cup
Sat Jan 21 st	Gosfield Utd Res	(A)		
Sat Jan 28 th	Dedham Old Boys Res	(A)		
Sat Feb 4 th	Alresford Colne Rangers Res	(H)		Res KO Cup



December turned into a quiet month on the football front with frozen pitches and then the Christmas/New year break meaning we had no games for 4 weeks.

It was sad to see England fail in a penalty shoot out again but overall the World Cup was viewed enthusiastically by all at the club.

As is usual on New years day a friendly match is played on the green at midday to blow away the cobwebs after New Years eve. Teams this year were a mix of Great Bentley Football Club “past, present and future” Approximately 30 players turned up for the occasion and spurred on by a good crowd played out a 7 – 6 win for the Whites. Everyone then retired to the club for some well earned refreshment.

The Essex and Suffolk Border League resumed on Saturday Jan 7th. The 1st team hosting FC Clacton Reserves on the green. Clacton produced a piece of technology being used by some of the senior clubs. A wide angle video camera is installed on a mast positioned on the half way line that records the whole game and allows a club to review set pieces and phases of play for coaching purposes.

Great Bentley took an early lead when Barney Morton broke through the Clacton back four to drive a great shot into the bottom corner. Clacton, strengthened by some first team squad players who had played midweek started playing some good possession football and slowly got back into the game. Jake Allwood making some great saves to keep us in the game. Clacton equalised when the referee awarded them an “out of the blue” penalty for a tackle on the edge of the box. None of the Clacton players had even appealed for a foul ? Half time 1 – 1.

Halfway into the second half. Jamie Pringle perfectly met a cross from Harvey Evans to head the ball into the net. This was shortly followed by a great solo goal from Jake Vaughan. Leaving the final score 3 – 1. Great Bentley welcomed back to the club mid field player Ryan Gooch. Ryan had played for Wivenhoe in senior football and more recently local rivals Colne Ath. Ryan came on as sub in the second half and showed his experience and helped Great Bentley take the three points. Jake Allwood made some great saves in a fine performance.

Once again Great Bentley supporters far outnumbered the home fans at Cavendish approximately 25 lining the far side. The home goalkeeper was forced to make 2 great saves in the opening 10 minutes, initially from Barney Morton and then Harvey Evans. Harvey scored the opening goal, leaving the defender on his bottom and then curling his shot into the bottom left hand corner. Great Bentley leading at half time. The second half was disappointing. Both teams struggled to play good football on a surface that was deteriorating due to frequent heavy showers. Cavendish equalised with a good header from a corner mid way through the second half. It was agreed that a draw was a fair result for both teams on the day.

1st team captain Jake Bell has decided to “hang up his boots.” Jake has suffered with knee injuries for many seasons and had his latest operation at the beginning of the season. A classy and consistent defender, he will be sorely missed on a Saturday. We are hoping that Jake will take up a coaching role within the club.

Not playing for 4 weeks clearly affected the reserves who lost 3 – 0 away to Prettygate. They stay top of Division 3. They still keep a hold on the Tommy Thompson Cup after beating Division 1 side Tavern away at Clacton. After 90 mins it was 1 – 1 with Aaron Clifton scoring our goal. Goalkeeper Jack French was then the hero of the hour saving 2 penalties in the penalty shoot out. GB winners 4 – 3. We face Div 5 side Oyster in the 3rd round. Date to be arranged.

Follow Great Bentley Football Club on Facebook and Twitter for all the up to date information.

Come on the Bulldogs

Thank You

Well the power of our Great Bentley Parish News Magazine continues to prove it's worth! In this time of rising prices, strikes, the concerns of our struggling NHS, a general feeling of frustration regarding all the challenges we face as a country and closer to home the changing face of our own village one element remains steadfast and unfailing.....the goodness and generosity that abounds in our community! Once again the response to my article in last month's Parish News regarding hope@trinity in Clacton has been overwhelming, please know what a difference your donations make to the lives of the men and women who come through the doors into the warm welcome that awaits within. The numbers seeking help and support are steadily increasing and each individual has their own problems and issues which are listened to. They vary of course and there is no knowing what has brought them to hope@trinity and it can take time before they feel safe and able to unburden themselves. It may involve bringing them back up from the depths of despair, reassuring and re-establishing their own self worth. I have been moved to tears many times over the years at the situations people have found themselves in and do you know how many times grown men have said to me " don't worry about me love I'll be okay" to which I always replied " but I do worry about you that's why I'm here!" If it was the in the days of The Clacton Soup Run I used to make cakes and quite often a bread pudding which became known as "navvies wedding cake" by one regular, I never did find out why!! Practical help, advice and information is provided by volunteers and organisations who specialise in all that is necessary in endeavouring to move lives on where possible, it isn't easy and takes time and patience but it is very rewarding and worthwhile.

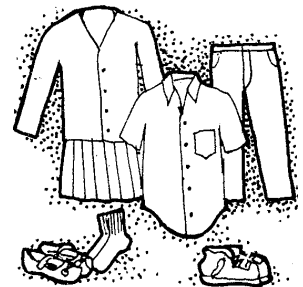
Keeping hope@trinity functioning is a huge task and needs all the help it can get to look after the men and women who need it. How I wish I could do it all but I have to accept that such is not possible, however with your continued help we can, between us, make that vital difference!

Donations of any of the following will be gratefully received.

Men's: BOXER SHORTS, socks, jeans/trousers, jogging bottoms, jumpers, sweatshirts, hoodies, tee/polo shirts, warm shirts, vests, thermal underwear, gloves, hats, scarves, warm coats, waterproof clothing, sturdy footwear/trainers (they do a lot of walking) disposable razors, deodorant.

Ladies: Underwear, socks, thermal vests, warm coats, waterproofs, hoodies, jeans, tracksuit bottoms, jumpers, tee shirts for layering up, gloves, socks, hats, scarves, boots, trainers, sturdy footwear.

Tents, sleeping bags, blankets, DOG FOOD and last but not least and very much treasured by recipients.... Good old fashion carrier bags! Tesco, Morrison, Sainsbury's (other supermarkets are acceptable!) plastic, hessian, whatever you have tucked away somewhere and do not want are always valued, so simple but guaranteed to raise a smile!

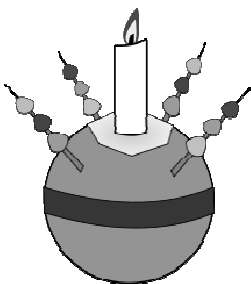


I will be happy to receive your donations and sort, pack and label them then Jackie and I will get them to hope@trinity. Your generosity and thoughtfulness allows us the privilege of physically delivering 'hope' where it is most needed.

Thank you for caring.

Judy Bishop.
5, Morella Close,
Great Bentley. 01206 251702

Christingle Service



I would like to say a huge Thank You to everyone who helped me on Christmas Eve with the making of the Christingles in the morning and the Christingle Service later in the afternoon.

I hope everyone who came to the Service enjoyed it (including the unscripted bits) and thank you for your amazing donations totalling £194.00. Every penny will be going to The Children's Society, a charity for children in any form of need.

Many thanks

Mandy Miles



Brrrr. It's a bit chilly outside. Those of us with arthritis are likely to feel the pain more when the temperature is low and the same is true for our pets. We all want to ensure our pets are pain-free so please read on to learn more.....

Arthritis = Inflammation of a joint.

Inside a joint, bone surfaces are normally covered with a thin layer of very smooth cartilage, lubricated with a small amount of joint fluid that allows the two surfaces to glide freely over one another with minimum friction. In arthritis, cartilage within the joint undergoes change or damage, becoming less smooth and resulting in the bone surfaces rubbing together. This causes discomfort to your dog, as well as further damage to cartilage. As a direct result of this increased friction, new bone starts to form around the joint making the joint stiffer, which limits its movement even more - a condition known as degenerative joint disease.

The diagram shows two hip joints. The one on the left is a normal joint and the one on the right has arthritis. You can imagine the pain resulting from movement of the arthritic hip.

Symptoms

Some pets are incredibly stoic and may not cry out even when the arthritic joint is examined by a veterinarian. Symptoms therefore can be subtle and often worsen gradually over time. They include:

- Difficulty rising
- Appearing to be "stiff" following long periods of rest then "loosening" once they begin to exercise
- Reduced exercise tolerance
- Lameness
- Licking a joint
- Slowing down
- Grumpiness

Many dog owners pick up symptoms of arthritis easily but it can be a lot trickier for cat owners. The most common sign of arthritis in cats is their coat worsening due to the pain associated with turning to groom themselves.

Treatment

Happily there are many different treatment options which can be used singly or in combination with others. One thing I love about being a vet is that medicine is constantly improving and there have been fantastic new developments in managing arthritis in the last few years.

There are lots and lots of options for oral medications which come in tablet, capsule and liquid forms to suit every pet. There are also injections, including a new option which has been phenomenally successful. At Weeley Veterinary Centre, our vets diagnose arthritis, explain the options and get treatment started, and then ongoing injections are given by our lovely nurses. We see many patients once a month to ensure they stay comfortable.

Another popular option we offer is acupuncture and we are happy to accept referrals from local practices. If you suspect your pet may have arthritis or would simply like them to be checked over, your vet will be happy to help.

Dr April Young MRCVS



SESAW NEWS

Anyone remember last summer's heat waves? Me neither, but there must be some sunlight getting through the clouds, judging by our quirky mascot outside.

A few years ago, a small plastic solar powered Pug was left at our gate. Perhaps a dog lover thought he would bring us more luck than the traditional waving cat. Apparently these Chinese talismans are actually Japanese and not waving but beckoning. The right paw invites good fortune but our Edmond beckons friendship with his left paw, perhaps suggesting true friends are worth more than money? We are certainly blest with wonderful people who come in each day to care for the animals awaiting new homes, including dogs like seven year old Buster who cannot see.

His sense of space and touch is fantastic but he likes his world to remain static so that he can negotiate it accurately. Buster enjoys his walks, he knows the exact whereabouts of his dinner - and the treat you are offering him! Slowly build up trust, talk to him as you approach so he is not frightened and a rewarding relationship will develop.

Please leave a phone message or email if you would like to meet this special boy, or if you would like to become a volunteer. New adults are always welcome to help with feeding, walking and cleaning the living quarters. All we ask is commitment to one morning per week. There are lots of grateful animals waiting to meet you, including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, www.sesaw.co.uk

FOOD BANK

We have run out of, or running extremely low, on the following items.

If you could add one item to your shopping it would make a world of difference.

We have collection points in all major supermarkets, or you can drop to us Mon-Sat 10-2. We are next to BM at Tollgate Stanway or you can leave donations at the back of St Mary's Church, just inside the door are two plastic containers. Thank you.

Pasta sauce
Tomato Sauce
Long life Juice
Long life milk
Squash/cordial
Tea bags
Razors
Shaving gel/foam
Toilet rolls
Size 5,6,7 nappies

We have run out of:

Shampoo
Washing powder/gel/pods
Washing up liquid
Toothbrushes
Deodorants male and female
Can openers



Planets

Jim's sister Violet entered the smallish living room of their family's cosy little house on an estate in Wales. The local clipper bus which would take her into town on this Friday evening wasn't due for another ten minutes, so she went straight to look at herself in an aging ornate mirror hanging on the wall above the mantelpiece. She hummed as she fiddled with her long dark hair after which she stepped back from the mirror to have one last glance, moving her head from side to side. Jim, her eleven-year-old brother, was sitting in silence at the small centrally placed dining table, one of those dark-oak drop-leaf tables with spiral legs. His elbows were resting on the tablecloth, close together, with his chin buried snugly in the palms of his hands. On the table in front of him was a tennis ball from which nine pieces of paper radiated in linear fashion away from it, each piece bearing the name of a planet, written clearly in large letters. Violet could not resist interrupting Jim.

She noisily dragged a dining chair from its position against the wall, pulling it across the wood-parquet patterned linoleum floor onto the central carpet, and placed it close to her brother. She sat next to him, putting her arm around his shoulders giving him a little cuddle whilst appearing to be interested in what he was doing. She surveyed the tabletop. 'What are they for?' she asked loudly, pointing at the row of neat squares he had carefully positioned. Their dad, sitting in his armchair near the wall shuffled a little, showing a little irritation as he dozed whilst listening to his favourite Radio Luxemburg. 'And what's that tennis ball for?' she further asked. Jim carefully explained to her that each bit of paper represented a planet and, for his forthcoming science examination on Tuesday, he needed to learn each planet's position in relation to the sun, in this case represented by the tennis ball. Violet immediately lost interest and rose from her chair to again titivate at the mirror over the fireplace. She stood with her back to Jim, playing with her earrings whilst resting one foot on the tiled hearth. Everyone loved his eldest sister, Jim thought to himself as he gazed at her, becoming a little distracted. Shaking his head, he returned to the task of learning the positions of the planets. *What about football clubs?* he whispered aloud. *Mercury could be Manchester United, Everton could be Earth,* he continued, but gave up when trying to find the name of a club beginning with the letter 'V'.

Leaving the mirror again, Violet returned to the table to look over Jim's shoulder. 'Why have you put my name on that piece of paper?' she asked pointing at the table. Jim looked at each one, puzzled. 'Which one?' he quizzed as he checked each word. 'Oh, that one near the tennis ball,' he said, 'that says Venus, not Violet.' Jim was beginning to get a bit cross. 'Oh, sorry,' said Violet apologetically, 'I just saw the 'V' letter and thought it was Violet.' She moved off again and waltzed into the kitchen to see how their mother was getting on with making the family treat; she was toffee making. Jim was left to ponder his problem.

Alone, Jim felt a little better, mocking the silly mistake his sister had just made. *Fancy thinking Venus was Violet,* he scoffed. Suddenly, it occurred to him. *Wait a minute. What if Venus IS Violet?* he mumbled wide-eyed. *My sister Evelyn, 'E' for Earth. My other sister Joyce, 'J' for Jupiter. Cousin Maldwyn will do nicely for Mercury and nephew Peter is perfect for Pluto.* His brain was now in overdrive.

Jim began writing a sentence using family names - Maldwyn, Violet and Evelyn - the process continued - Maldwyn, Violet and Evelyn Made Joyce - that's Mercury, Venus, Earth, Mars and Jupiter, all in correct order. He continued the process further, using those names in sentence format. Soon it was complete - Maldwyn, Violet and Evelyn Made Joyce Stand Up Near Peter - Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto.

By this time, Violet was ready to catch her bus, shouting her goodbyes to everyone and walking towards the back door of the house. 'Vi, look, before you go - please!' Jim shouted excitedly, calling to her to come and see that her idea had worked. Not wanting to disappoint her brother, she approached the table cuddling the youngster. She gazed at the pieces of paper but, on studying the names, she suddenly became upset, slowly releasing her grip. Jim noticed her look of disappointment. 'Your idea worked Vi,' insisted the lad, trying to praise her, 'there it is, I've done it, or rather you've done it. The family names will remind me of the positions of the planets. Look - Maldwyn, Violet and Evelyn.....Mercury, Venus and Earth.....'

She looked again at the two bits of paper nearest the tennis ball and turned to face Jim, shaking her head a little whilst prodding the name next to the tennis ball. 'You've got that all wrong,' she wailed sadly, 'I was born first, before Maldwyn, so I should be next to the tennis ball, not Maldwyn.' Jim tried to explain why the piece of paper with 'Maldwyn' on it must be first, that Mercury must be next to the sun, but she would not listen. She wandered off to catch her bus, noisily closing the door behind her.

Dad was still lying in his chair. He wasn't asleep, his eyes may have been closed but Jim could see a snigger. 'Good try, lad,' said his dad without opening his eyes, 'but, with her, it would be easier to move Venus next to the sun.'

J.E.

Some fantastic gardens in Essex are taking part in this year's National Garden Scheme Snowdrop Festival

On a wintry day there is nothing better than visiting a garden gleaming with one of the earliest flowering plants of the year. Whether you enjoy these delightful white flowers in woodlands, meticulously grown rare varieties or gardens boasting a colourful mix of early spring flowers – there is something for everyone.

There are five gardens opening in Essex as part of the National Garden Scheme Festival this February that fit each of these descriptions.

The first to open is **Dragons in Boyton Cross** CM1 4LS on Wednesday 8 February 11:30am until 3pm with admission for adults £5 and children free. Here there is a front garden displaying carefully named snowdrop varieties and colourful hellebores, while the back garden is a glorious mix of the more common varieties of snowdrop, scilla, aconites and a mix of deliciously scented flowering shrubs such as sarcococca, daphne and viburnum. Refreshments will be available along with a plant stall.

On two Sundays, 12 and 19 February, the garden at **Grove Lodge in Saffron Walden** CB10 2AB will be open between 2 and 5pm with admission for adults £5 and children free. The semi-woodland nature of this garden is ideal for the winter and spring bulbs which thrive below the tree canopies. Here, expect to see a sea of yellow winter aconites, crocus, hellebores and snowdrops, many of which are self-seeded. The yew hedging and scented winter shrubs are home to a wide variety of wildlife all of which is welcomed and encouraged. Tea and cakes will be available.

Also, on Sunday 19 February, the garden at **Longyard Cottage in Nazeing** EN9 2DA is open between 11am and 4pm with admission for adults £4 and children free. This is a thoughtfully designed garden where paths direct you through winter structure created by silver birch, bay tree spirals, last year's seed heads and the canes from clumps of grasses. Carpets of snowdrops, early flowering crocus and cyclamen are revealed on the journey. Tea and cakes will be available.

Blunts Hall in Witham, CM81LX is opening for the first time by arrangement this spring and throughout the summer. This time of the year there are carpets of snowdrops and aconites. During the rest of the year there is much to see throughout the 3-acre garden, orchard and vegetable garden included a Victorian potting shed, a greenhouse, and a cold frame area. A spring-fed pond is surrounded by a woodland walk. A raised terrace to the side of the Hall was built with steps leading down to a rose parterre surrounded by herbaceous borders. Specimen trees were planted around the garden. Details on how to or to organise group visits can be found on the website. Admission for adults £10, this includes refreshments.

And finally, on Saturday 25 February, the grounds of **Horkesley Hall, CO6 4DB**, are open between 12.30 and 4.30pm with admission for adults £6, children free and dogs on leads welcome. Here you can enjoy the Winter Wander which takes you through over 100 varieties of snowdrops with names such as 'Grumpy', 'Wasp' and 'Fatty Puff' then through the woodland where a mass of snowdrops lines the route down to the lake. Your visit should finish with tea and home-made cakes in the church next door which is also home to the plant stall.

Some gardens will also open by arrangement for private groups to visit during February. They include Dragons, Grove Lodge and Horkesley Hall and also a new garden for 2023, Blunts Hall in Witham. They make the perfect destination for a garden club group or group of family or friends. Details of minimum numbers and costs can be found at ngs.org.uk/snowdrops/ and clicking on the By arrangement button



FOR SALE

Polanter vertical planting system tubes with integrated watering for flower displays, complete with brackets for wall hanging.

7 tubes at £7.00 each, will sell separately.

Tel: 01206 251424.

TENDRING DISTRICT COUNCILLOR - Cllr. Lynda McWilliams Report January 2023

CHANGES TO THE VOTING PROCEDURE FOR ELECTIONS IN THE FUTURE

In case you are not aware of the changes that are being made regarding voting for elections in the future, I have given a brief summary below as to what to expect.

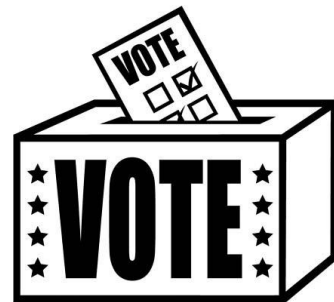
As from the 4th May 2023 voters in England will need to show photo ID to vote at polling stations. This will apply to:

- Local elections – which will be taking place on Thursday 4th May 2023
- Police (Fire) and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

You can use any of the following accepted forms of photo ID when voting at a polling station.

- Passport issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country
- A Driving licence issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence)
- A Blue Badge
- Older Person's Bus Pass
- Disabled Person's Bus Pass
- Oyster 60+ Card



You will not need to provide photo I.D. to vote by post.

At present I do not have any information stating there will be any changes when voting by post, as it appears to be the same as it has been in the past. If there are any changes I will let you know in next month's magazine.

SEAFRONT RICKSHAW RIDES CONSIDERED IN NEW BUSINESS OPPORTUNITY

Rickshaw rides along the Essex Sunshine Coast could be a possibility as part of a new business opportunity. Tendring District Council (TDC) is inviting expressions of interest from local businesses or entrepreneurs to maximise use of the area's 36 miles of coastline.

In particular the council is looking for a seafront train operator in Clacton, rickshaw operators, outdoor sport and fitness activities, water or beach sports, mobile bike-based food or drink businesses, and deck chair or sun lounger hire – but other ventures will be considered.

Cllr. Alex Porter, TDC Cabinet Member for Leisure and Tourism, said new ventures would help to keep the Essex Sunshine Coast an attractive place to visit.

"We have a lot of untapped potential and it has long been our ambition to make better use of our coastline, which is why we are inviting these expressions of interest now hopefully for implementation ahead of this summer season.

To submit an expression of interest for your proposed venture email propertyservices@tendringdc.gov.uk by **5 February 2023**.

PANTO BEATS BOX OFFICE RECORD AGAIN – OH YES IT DID!

This season's pantomime at Clacton's Princes Theatre has once again broken the box office record. In all, more than 14,000 people came to watch Cinderella, starring George Sampson and the rest of a stellar cast, with ticket sales up by more than £31,000 on the previous year. Theatre goers also enjoyed more than 1,500 ice creams during the interval!

Not only is the figure up on last year's panto, but is considerably higher than the 2009/10 season when professional pantomime came to the Princes Theatre for the first time, which saw just over 5,600 people come to see the show.

This was the third panto season with the Anton Benson Productions production company, who will be back at the helm next year with Aladdin.

The Princes Theatre has a packed schedule of shows throughout 2023.

TENDRING CARELINE SERVICE RETAINS TSA ACCREDITATION

An industry-standard accreditation has been confirmed for the Tendring Careline service – demonstrating its high quality.

The service, run by Tendring District Council (TDC), has received TEC Services Association (TSA) Accreditation to its Quality Standards Framework.

The recognised industry body for careline services, the TSA assesses 13 areas of performance; with Tendring Careline found compliant in all areas following a two-day audit.

Many thanks

Cllr. Lynda McWilliams

Tendring District Ward Councillor for the Parishes of Great Bentley, Little Bentley and Frating and a TDC Cabinet Member with the portfolio for Partnerships, which includes Education, Health, and Community Safety.

I am also the chairman of the Community Safety Partnership and Health and Wellbeing Board, I chair the Tendring Community Fund committee. I am also a member of the Police Fire and Crime Commissioners Panel, and involved with several other Partnership areas relating to TDC and Essex .

email cllr.lmcwilliams@tendringdc.gov.uk

Mobile Phone number 07654 613603

GREAT BENTLEY VETERANS CLUB - VISIT BRIGHTLINGSEA

On Saturday 14th January a group of our veterans joined Brightlingsea and Wivenhoe, for an excellent cooked breakfast at their Community Centre.

It was good to be invited to a different venue and meet a number of new and interesting people. It's times like these when you realise how small the world is, and you meet old colleagues or know someone who has been there or 'done it' before.

The group also support each other in many ways. It could be advice on local issues and giving each other tips. I heard one person recruiting and offering a job to others. Or it could be just be a bit of banter and a laugh.

Today, our Scottish Pipers John Roy and Rod Richardson kindly donated a sum of funds which they had collected while playing over the New Year festivities. This will be added to our small Welfare Account. So, our group is now 31 strong but if you know of any other Veterans (or still serving in HM Forces), RBL, SSAFA etc, please contact me. We meet informally once a month.

David Flinn B.E.M.
Mobile: 0742 114 1131

Friday 24th February 7.00m

Refreshments

St Peter and St Paul, St Osyth

Donations appreciated

THE HISTORY OF THE CHURCH

By Mark Roberts





This month I would like to welcome Evelyn, Floyd and Rueben and all their families to our Pre-school. We all hope you enjoy your time within our Pre-school, and we look forward to working with you all throughout your journey within Early Years Education.

We have had a great first month back already and enjoyed welcoming our new children who began with us last month, they have all settled in so well with lots of independence, social skills and confidence gained already.

Autism Coffee Meeting

Our first coffee morning of the New Year is arranged for Friday 3rd February at 9:30.

These sessions are held to support parents with children on the Autistic Spectrum or for parents who are concerned and want to find out more about Autism. If you are worried or concerned about your child, going through the assessment stages, or have a child who has been diagnosed and feel you might like to share your experience please come along and join in the discussion, we would love to see you.

You do not have to have a child attending the Pre-school to come along, if you know of anyone that might benefit from this then please let them know.

Staffing

We are pleased to let you know we have a new member of staff joining our team.

Rachel has many years of experience in working with children and holds a qualification in Early Years Childcare and Education, she is very much looking forward to bringing her knowledge to our group and meeting all the children.

Facebook Page

Don't forget we have our own Facebook Page that contains information and reminders.

If you are on Facebook search for 'Great Bentley Pre-school' and like our page so you are up to date with all that's going on.

Have a great month everyone and thanks for reading.

Julie Wiles

An observation from a concerned cyclist

As a keen cyclist, I am out and about on my bicycle every day, often in the evenings when it's dark. I've noticed the number of pedestrians who walk down the road alongside Pond House and the village pond more and more this winter. Unfortunately, it's really difficult to see people on that mostly dark road at night and I often don't see them until the last possible moment, in fact sometimes I merely notice a movement in the road in front of me. I am able to brake and avoid them, but sometimes that very act means that I alarm people and they sometimes walk directly into my path. I would like us all to be safe, so can I politely ask people to try to wear lighter or perhaps reflectively marked clothing or perhaps carry a torch?

Regards,

Name withheld

POLICE REPORT

RECORDED CRIMES- 13

From 26/11/2022- 30/12/2022

CRIME TYPES - ASSAULT X7 - DANGEROUS DOG - HARASSMENT X2 - INTERFERENCE WITH MOTOR VEHICLE - STALKING - THEFT OF MOTOR VEHICLE.

INCIDENTS REPORTED – 5

INCIDENT TYPES- ATTENTION TO – CONCERN - DANGEROUS DOG - DOMESTIC - HIGHWAY DISRUPTION

Coffee with Cops - Methodist Church. 10.30-12.00

Friday 3rd February

Friday 7th April

Scam Calls from a constabulary

A previous scam has again been reported in the area where you receive a phone call saying they have a woman in custody with your credit card. If you receive any calls like this, just hang up and report to action fraud advising them what telephone provider you use.

<https://www.actionfraud.police.uk/> for online reporting and extra information.

Telephone 0300 123 2040 to speak direct.

It is also worth ringing your telephone provider and asking for a call block for withheld numbers put on your phone line. This prevents all anonymous calls coming through to you, giving you some peace of mind.

Suspicious circumstances.

If you see anything that does not look right, report it. Try and get as much information as you can, including registration numbers, which are key to a lot of activity. The more you have, the more chance we have of a positive investigation, with results.

Reporting incidents the correct way.

To report an incident please **ring 101 or for Emergency 999**

Or report it online <https://www.essex.police.uk/do-it-online/report-a-crime/>

Local PCSO: julia.brandon@essex.police.uk

Anyone for Kittie Knitting?



Over the years I have been fortunate to have my 'wonderful ladies who knit' and the fruits of their labours have brought forth scores of colourful soft cosy blankets for rescued cats and kittens who are awaiting their forever homes. The issue of cats not being neutered is still a huge problem which sadly never gets better only worse. I listened to Michelle Obama speaking recently on BBC Radio 4 Extra about how she was drawn, at a difficult time in her life, to pick up some wool & a pair of knitting needles. She explained how she found the feel of the wool on her finger as she wound it round the needle soothing and calming.

Louise, who I pass the blankets on to is desperate for more to build up her store of them which is much depleted. Every cat or kitten who Louise and her band of selfless volunteers finds a forever home for goes with one of 'our ' blankets.' I will be happy to receive them and get them to where they are most needed.

Judy Bishop 5 Morella Close Great Bentley O1206 251702

GARDENING NOTES



A happy new year to all and even though the weather may continue to be wetter and warmer this year hopefully nothing as extreme as last year. You may be keen to get sowing seeds for your own garden plants this year, but try not to sow too many seeds in a propagator or greenhouse too early. Whilst you will get reasonable germination, remember, you will need some form of protection for the seedlings/plants until the last frost passes, usually late May to early June. Although we have not had many late frosts in recent years, it only takes one severe frost to damage or destroy several weeks work.

You also need to factor in that seedlings raised in early February will need to be potted on several times before being planted in the soil or their final container. Seedlings either direct sown or pricked out into a small module will need to be moved on again in 4 weeks and moved on again in a further 4-6 weeks, which can cause space problems in the greenhouse and cold frames.

In February unless you are really committed there are relatively limited jobs to do. Often the weather and soil condition is such that external work is either impracticable or uncomfortable. A few jobs which are recommended are:

- Gooseberries should be pruned with the end result of producing an open centred goblet shape. Any suckers growing off the roots should be torn off rather than cut.
- Any helebore leaves that have blackspot should be trimmed off at the base
- Subject to soil conditions it is still a good time to plant bare rooted roses and shrubs.
- Wisteria should be pruned again, usually to 2 or 3 buds.

It is a good time to plant extra snowdrops whether from small pots already flowering or by purchasing from a specialist nursery that sells them in larger quantities. We bought several hundred for the banks of our ditch from Euro Bulbs, Wisbech in January. They came as sprouting bulbs and as we did not have the time to plant them out individually, we have potted them, 3 and 4 to a pot. They should grow well in February/March for planting out once they have flowered and the banks of the ditch are more stable.

Seed potatoes are now available and should be set up in a cold but frost free space with good natural light where they will produce short sturdy shoots. They are easily set up in egg trays with the old withered stem down and the rose end with the majority of growth eyes pointing upwards. If left too long in poor light in the suppliers bags they will produce long thin shoots that may tangle in the net and could be broken off either when being taken from the bag or when being planted.

For those struggling with the use of peat free composts and the different techniques required to use them successfully, help is on the way. The RHS are leading a 5 year project with 5 commercial nurseries to develop and share best practice guidance. The RHS is committed to being peat free by 2025. For those of us who are unsure of the scale of peat use it is estimated that 1.7m cubic metres was used by the horticultural industry in the UK in 2021. When available, findings will be shared with the industry including specialist nurseries and the UK's home and community gardeners.

A.O.

The Great Bentley Show

The show this year will take place on Saturday 2nd September.

The committee is looking forward to welcoming you to this event and work is already underway to make this a special day.

New committee members are always welcome. We will also be looking for a team of people who can offer help over the weekend of the show.

Please get in touch and check out the website

chair@greatbentleyshow.co.uk

greatbentleyshow.co.uk

Post Master Sam

We are very fortunate to have a Post Office in the heart of our village and many of us make full use of this vital facility. However there may well be newcomers to Great Bentley who are as yet unaware that such exists due to it's location. You will find our wonderful 'Postmaster Sam' in what was **the front reception office of The Great Bentley Garage opposite Tesco.**

Opening Hours:

Monday 9am - 1pm

Tuesday- Thursday- Friday 9am to 12pm

Wednesday - Closed

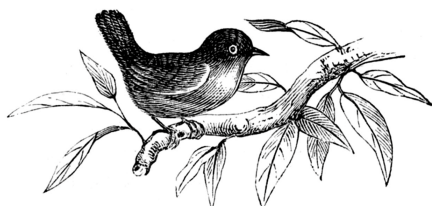


Do avail yourselves of this amenity, Sam has become a friend and there is a genuine fondness for this quiet unassuming man who is greatly valued by his customers.

Please support our Post Office AND remember **'If we don't use it we will lose it!'**

Judy Bishop

NATURE NOTES



The pre-Xmas cold snap has now receded in our minds with the return to mild wet weather that keeps the soil soft. The countryside has become rather a "mud museum", to use the disparaging words of the late London based artist Patrick Caulfield. Two creatures that have benefitted are badgers and earthworms. In Thorpe churchyard I have seen for the first time tell-tale rooting that is too extensive for rabbit scraping. Such badger signs have also been reported in nearby gardens. Earthworms will be their main quarry in such digging.

The Bird Flu epidemic that has necessitated free-range chickens being kept in has meant my hen runs have been left unoccupied. The most obvious result has been the accumulation of worm casts that would normally be raked out by scratching chickens. The density of earthworms is greater here because the soil is enriched with phosphates and nitrates from long use as a hen run - that also attracts moles and nettles. The height of worm casts is not quite on scale of mole hills but impressive enough with two-three-inch piles of upturned soil in patches like a ready-made seedbed This really demonstrates why No-Dig gardening can work, harnessing the powers of Nature's army of largely unseen ploughmen.

The great naturalist Charles Darwin studied earthworms and his final publication in 1881 was entitled *The Formation of Vegetable Mould through the Action of Worms*. He estimated that there could be over 53,000 earthworms in an acre of grassland, modern confirmation of such densities estimates a combined weight up to 600 pounds! He also showed that dead leaves often disappear through being pulled into burrows by worms and he even noticed they could work out that pulling them by the narrow end eased this burial. Worms processing soil also ensures the passage of vital minerals as well as organic elements are moved down to the level of roots with drainage also aided. More recent research has shown that in an orchard 90% of fallen leaves were removed over winter by worms. Soil passing through earthworm digestion in grassland can be up to 36 tons in a year per acre. Such amazing numbers relating to this humble creature show what useful work they do and why they should be more appreciated.

FOR YOUR DIARY: Thurs 23rd Feb at 7.30pm Tendring EWT Local Group AGM followed by presentation by Jeremy Dagley, EWT Director of Conservation

DRB

GREAT BENTLEY HEDGEHOG HIGHWAYS!

(Find us on Facebook) A Facebook group set up Demi Harvey and Emma Garrood. We are veterinary nurses, who work for Kinfauns Vets based in Little Clacton 01255 860555.



We want to help people create a safe environment for hedgehogs and other wildlife in their gardens, by creating linked gardens, a highway to allow hedgehogs to travel safely between gardens. This may reduce the amount of hedgehogs being killed on the roads. Hedgehogs are rapidly declining in numbers and need our help to survive. They live for 2 to 3 years in the wild, but have the potential to live for 8 years. They are nocturnal and travel 1 to 2km every night in their active months, they hibernate during the winter months and would benefit from a safe garden to do so. Here are some easy steps to encourage hedgehogs to your garden:

- 1) Link gardens by cutting a hole in the fence, wall or gate small enough to allow hedgehogs through, but too small for most pets. 13x13cm (5x5inch) makes a perfect door way.
- 2) Create a wild corner, let an area of the garden grow wild. Create a wood pile with fallen branches. A perfect overgrown area where the hedgehog will feel safe.
- 3) Make a home made feeding station – this can simply be a bowl of food and water. Alternatively provide a wooden hedgehog house or a home made plastic storage box, with small door way to prevent food from being stolen by cats and other animals. Hedgehogs are insectivores, their diet consists largely of beetle, caterpillars and earthworms. They eat a large range of slugs, snails and insects. They are opportunist robbers taking mice, baby birds and eggs, but hedgehogs do not seem to like woodlice. If feeding commercial food use specialised hedgehog food or ferret food, tinned meaty cat or dog food (not fish based) or crushed cat or dog biscuits (again not fish based). Avoid kibble containing colourants or E numbers. A good cheap food is Tesco's kitten dry food, as it is small kibble and contains no colourant. Always provide fresh water, NEVER give cows milk as they can not digest it and will develop diarrhoea and dehydration.
- 4) Make a home – This can be a purpose built, bought wooden hedgehog house, home made wooden/brick built. Or a woodpile.

Making the garden safe:

- Ponds and swimming pools – hedgehogs can swim, but if they can't get out will drown. Make a pile of stones, brick, wooden or chicken wire ramp. To ensure they can climb out.
- Insecticides, pesticides and slug pellets are all toxic
- Deal with rubbish/litter, wire, mesh, barbed wire and netting (elastic bands are hazardous)
- *Bonfires and compost heaps – check for sleeping hedgehogs
- Strimmer's and lawn mowers – check for hedgehogs and nests before turning on
- Drains and deep plant pots – ensure they can get out or cover them. Some people may be worried about hedgehogs in their garden, as they have fleas and ticks, and might infest their pets. But the fact is every species of animals have their own breed of specific fleas and ticks. This meaning if your dog has picked up a hedgehog and she/he has a face full of fleas, the fleas will not live on your dog, they will soon jump off. Thank you for reading.

Emma Garrood RVN, C&GCertVNE

QUIZ NIGHT
THE PLOUGH
MONDAY 13th FEBRUARY
7pm

Hosted by the famous Jack
£2.50 per person

Teams of up to 6

Food available until 8pm

Join the fun and run for St Helena's Superheroes!



Support your local superheroes at St Helena Hospice's Superhero Run this March – registration is now open!

You are invited to join the Superhero Run on Sunday 12th March 2023 at Colchester's Castle Park to take part in either a 1km, 5km or 10km fun run to raise money for your local hospice.

This family fun event is suitable for all ages and fitness levels and dressing up is highly encouraged – although optional.

Lisa Chenery, fundraiser at St Helena Hospice, said: "We are delighted to be bringing this event to Colchester to support our St Helena Hospice heroes who provide individual care wherever it is needed, every day, to people within our local community facing incurable illness and bereavement.

"We look forward to seeing lots of you get into the spirit and donning your best costumes to show support for your chosen hero. Your hero could be anyone, a family member, a nurse, a police officer, a firefighter or of course, your favourite Marvel or DC Comics character. Let's get creative!

"Superhero Run is a family-friendly event for all ages, with something for everyone! With three different routes to choose from you can enjoy a fun and active day out with the family, or why not challenge yourself or get competitive with friends or family, by taking on the longer 10km run.

"All the money raised from this event will go towards helping patients and families receive the care and support they need, when they need it, where they need it."

What are you waiting for? Grab your running shoes and sign up today at www.sthelena.org.uk/superhero

St Helena Hospice opens new charity shop in Clacton

St Helena Hospice opens the doors of its newest charity shop in Clacton on Tuesday 14th February and is looking for volunteers to help in the store.

The shop is located at 188 Old Road, Clacton, CO15 3LR, and stocks clothes, shoes, accessories and general items kindly donated by the community in support of St Helena Hospice. The charity already has a popular shop on Station Road in Clacton and a clearance shop on North Road, Great Clacton.

Ian Daniels, head of retail at St Helena Hospice, said: "We have always received amazing support from the people of Clacton, so we're thrilled to be able to give them another shop in a different part of the town."

St Helena Hospice is calling for people to volunteer in the new shop or in its other shops across north east Essex.

Wendy Marcon, volunteer services manager, said: "Volunteering in one of our shops is a great opportunity for people to make new friends and develop their skills while supporting St Helena Hospice.

"We would love to hear from people interested in volunteering regularly for a few hours in the new shop or any of our 22 shops across north east Essex. Our shops raise a huge income to help us support people living with incurable illness and bereavement and we couldn't do it without the help of our amazing volunteers."

To find out about volunteering in a St Helena Hospice shop email volunteer@sthelena.org.uk or call 01206 931 466 for details or visit www.sthelena.org.uk/volunteer to apply online.

The new shop on Old Road will be open Monday to Saturday 9am - 5pm and is closed on Sundays.

LENT COURSES

Lent courses will be held on Tuesdays from 7pm in St Mary's Church Hall. EVERYONE WELCOME.
Starting on 28th February

SCHOOL NEWS

Aine and Lucy wanted to share some news that they are super proud of. During the Christmas holidays they got selected to play for Colchester United girls under 9's. They played Stanway Rovers. Lucy scored and Aine got a couple of assists. They both had a fantastic time and look forward to playing more games for Colchester United.

Friday 3rd February

NSPCC: Number Day

On Friday 3rd February, we will be raising money for the NSPCC as part of Number Day. The children will be completing Maths themed Escape Rooms and completing a Times Tables Rocks Stars Tournament against other schools.

The children can dress up in non-school uniform with a mathematical theme. We are asking for a voluntary donation of £1 per child which will go straight to the NSPCC. This can be donated online.

BELLRINGERS UPDATE

Best wishes for the New Year from the Bell Ringers!

As a band, we have just been through the busiest time of the year for us when we rang the bells for all the church Christmas events and services in December.

We also rang the bells in gratitude for the life of Peter Allington, who provided a massive contribution to both church and village life. Peter was a Church Warden for many years and ensured that everything ran smoothly in the church for many years. Peter also took part in, supported and helped steer numerous village groups and is sadly missed.

We have sadly lost Ron Haslam and Chris Baverstock recently and will be ringing in memory of them both this month. Ron was a Church Warden and a regular attendee at services and events for many years. Chris was tower captain for over 20 years in St Mary's and also a regular attendee at church services.

Included in our plan for 2023 is that we will be concentrating on ringing to celebrate the coronation of His Majesty King Charles III. We are also looking for new members and are keen to teach new people so that you can join us to celebrate this major historical event.

If you would like to learn this ancient art, or have perhaps learnt to ring in the past and would like to return, then please contact me on the number below so that we can arrange for you to attend our Monday practices to learn this unique and quintessentially English art.

By joining us, you will be able to take part in this uniquely English skill, help celebrate major local and national events and have your name recorded on, what will become, historical records.

Remember:

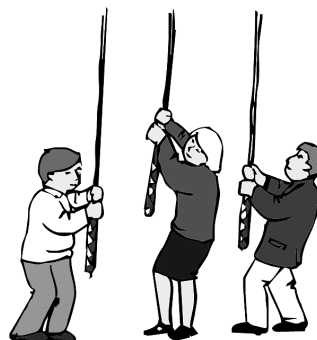
You do not need to be strong!

You do not need to have played a musical instrument!

Wishing you all a very successful new year!

Roger Carey-Smith

07422 880921



Great Bentley Parish Council

Abbreviated DRAFT Minutes of the Full Parish Council Meeting held on 5th January in the Village Hall,
Plough Road Great Bentley Colchester CO7 8LG

01.189.23 Footpath Diversion

Agreed for Cllr Plummer to arrange some proposal dates with the other interested parties, and then this can be confirmed with Cala Homes

01.190.23 Clerk's Report

Received the agreed tax base from TDC which shows that with the Great Bentley Precept increase the Great Bentley residents are paying less this year due to the increased number of residents in Great Bentley.

01.193.23 Environmental Working Group

Agreed that the council should meet with Christopher Blomely before the February meeting to discuss the CACF – Climate Action Challenge Fund - a £20,000 grant available for environmental projects.

01.196.23 Adult Gym Equipment

Agreed in principle the installation of adult gym equipment. The Clerk will be researching the S106 (or equivalent) monies available along with other funding sources.

01.201.23 Planning/Housing 22/02011/FUL, Admirals Farm Heckfords Road Great Bentley Colchester

Proposed revised application for the construction of a new mixed-use building consisting of medical wellness and polyfunctional facilities (Use Class E (e), retail (Use Class E(a)) and professional services (Use Class E (c) (i)) alongside associated vehicle access, parking, and landscaping.

Agreed objection & request for this to be called in to the planning committee.

Retrospective Planning application - 22/01601/FUL, The Grange Heckfords Road, Great Bentley – the erection of a building for storing machinery, materials and ancillary domestic/leisure use, all related to the existing property.

Agreed objection.

22/00286/FUL, Appeal against refusal - The Moors, The Green Great Bentley

Proposed construction of three new houses, new garages and access, (Appeal Reference APP/P1560/W/22/3307385)

Agreed objection and seek legal advice re access.

The next Parish Council meeting is to be held on Thursday 2nd Feb 7:00pm.

Are you:

- Passionate about Planning?
- Enthusiastic about our Environment?
- Piqued about Potholes?
- Overjoyed with our Outside spaces?
- Driven to make a Difference?

In May 2023 there will be elections for Parish Councillors and if you live or work within Great Bentley, are free to attend our monthly meetings on the first Thursday of the month and are ready to make a difference in the Parish then you can apply.

Call Cllr Pippa Dennitts on 07848 872018 if you'd like to talk through what the opportunities are, or email clerk@greatbentleyparishcouncil.co.uk
Training is provided.

Applications will close in early April, so enquire now!



BUS TIMETABLE

ST OSYTH BEACH - AINGERS GREEN - COLCHESTER

77/A

Monday - Friday

	77A	77	77	77	77	77
Colchester, Norman Way Schools					1552	
Colchester, Tufnell Way	0840	1110	1255	1530		1740
Colchester, Mainline Rail Station	0846	1116	1301	1536		1746
Colchester, Head Street					1608	
Colchester, High Street	0852	1122	1307	1542*	1612	1752
Colchester, Stanwell Street arr	0855	1125	1310		1617	1757
Colchester, Stanwell Street dep	0856	1128	1315		1620	1802
Hythe, Tesco Store	0906	1138	1325		1630	1812
Greenstead, Longridge, Owls Retreat	0913					
Burnt Heath	0917					
Great Bromley, School	0925					
Great Bromley, Hare Green	0928					
Great Bromley, Balls Green, Snooty Fox	0931					
Elmstead Market, Budgens		1143	1330		1635	1817
Frating, Kings Arms	0934	1147	1334		1639	1821
Great Bentley, Sturrick Lane	0939	1152	1339		1644	1826
Great Bentley, Rail Station	0942	1155	1342		1647	1829
Aingers Green, Plough Road	0946	1159	1346		1651	1833
Chisbon Heath, Clay Lane	0951		1351			
St Osyth, Kings Arms	0955		1355			
St Osyth Beach	1004		1404			

* Time at Crouch Street, operates via Balkeme Hill

	77	77	77	77	77A	77
St Osyth Beach			1006		1406	
St Osyth, Kings Arms			1015		1415	
Chisbon Heath, Clay Lane			1019		1419	
Aingers Green, Plough Road	0725		1024	1204	1424	1654
Great Bentley, Rail Station	0729		1028	1208	1428	1658
Great Bentley, Sturrick Lane	0732		1031	1211	1431	1701
Frating, Kings Arms	0737		1036	1216	1436	1706
Elmstead Market, Budgens	0741		1040	1220		1710
Great Bromley, Balls Green, Snooty Fox					1439	
Great Bromley, Hare Green					1442	
Great Bromley, School					1445	
Burnt Heath					1453	
Greenstead, Longridge, Owls Retreat					1457	
Hythe, Tesco Store	0746		1045	1225	1504	1715
Colchester Osborne Street	0757		1055	1235	1514	1725
Colchester, Head Street		0823	1058	1238	1517	1728
Colchester, Mainline Rail Station		0828	1103	1243	1522	1733
Colchester, Tufnell Way		0834	1109	1249	1528	1739
Colchester, Norman Way Schools	0811					



SURGERY NEWS

SERVICES TO HELP WITH THE WINTER PRESSURES

This winter we have found the demand on our Practice services even greater than ever. In order to try and manage this demand I have given details of services below that you may find useful.

Community Pharmacies – Most people are not aware, but your local pharmacy can provide a wide range of help and advice. They offer advice on common problems such as coughs, colds, aches and pains, as well as healthy eating and stopping smoking. They can also help you decide whether you really need to see a doctor.

A&E – Please remember that A&E is for **emergencies only**. Before going to A&E please consider if another service might be more appropriate.

Urgent Treatment Centre, Clacton Hospital – This service is available for help with minor ailments such as rashes and minor skin infections, ear and throat infections and coughs and colds. They are also able to deal with minor injuries such as wounds, sprains, strains, minor dislocations, suspected fractures, removal of foreign bodies, burns, scalds, bites and stings. This is not exhaustive but gives you an idea of what NOT to attend A&E for.

Urgent Treatment Centre, Colchester – This service can be used for the same things as the Urgent Treatment Centre at Clacton Hospital.

NHS 111 – This service can be used 24 hours a day, 365 days a year and can provide telephone advice out of hours when we are not available. They can also advise you of the best place to go if you do need to see someone face to face.

There is also additional health information on the ICB website which can be found via the following link:
[Your Health and Services - NHS Suffolk and North East Essex ICB.](#)

FLU VACCINATIONS

With an increase in the number of patients having flu symptoms, if you haven't booked your flu vaccination yet, it isn't too late to do this. Please contact a member of the reception team on tel. 01206 250691 who will be happy to book this for you.

SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12.00 noon on Thursday, 23 February 2023 for staff training.

PATIENT PARTICIPATION GROUP MEETING

There isn't a meeting of the PPG in February. The next meeting will be held on Wednesday, 15 March 2023 at 2.00 pm in the Michael Wright Room at Great Bentley Village Hall.

Sue Mitson – Operations Manager

CHRISTMAS CARD DELIVERY

Just to let you all know the Christmas Card delivery for the village raised £194 for the Foodbank which has been rounded up to £200 and duly delivered. Thank you all so much for your support, to those that offered me hot drinks and words of encouragement thank you, to those that gave a donation but no cards thank you, to the very many good folks of Great Bentley who gave me a couple of cards & far too much money thank you. I guess we'll do it all again next year!!

Nean Powell

THANK YOU

Thank you to everyone who supported the Coffee Morning at St Mary's Church in January.

£145 was raised for the Church Flower Fund



COOKERY CORNER



ABORIGINAL BUSHFOOD A FEW RECIPES

For the Aboriginal people, Australia's wildflowers, bushes and trees have been a traditional source of nutritious food and medicines. The fruit of the Boab tree is full of vitamins and minerals and has a tangy citrus flavour. It encases a storehouse of seeds covered in pulpy flesh and its seedling roots and young leaves are edible. The reddish-purple fruit of the Pigface has a salty strawberry taste and its sap will soothe stings or burns.

AUNTY E'S QUANDONG JAM

The Quandong(wild peach) is one of the few drought tolerant fruit trees and grows everywhere, producing small, bright red berries . Its sweet fruit can be eaten raw or cooked to make jam or fill pies.

1k quandong flesh 1 ½ cups sugar zest each of half a lemon and orange
juice of 2 oranges juice of a lemon

Place all the ingredients into a large, heavy based saucepan with a little water. Bring to the boil and cook rapidly stirring often until the mixture gels when a teaspoonful is dropped into cold water. Bottle in hot, dry sterilised jars leaving a space of 1cm at the top. Quandong nuts (seeds) can also be eaten, usually roasted.

DALE'S CHOCOLATE WATTLESEED BISCUITS

The Wattleseed plant belongs to the Acacia genus with over 1000 species native to Australia. It is a very abundant tree which grows in all climatic zones and all soil types. Many of the seeds are edible for humans, but many are toxic so unless you possess the knowledge of the Aboriginal people, it is safer to use a shop bought packet. Wattleseed is a low glycaemic food containing high levels of potassium, calcium, iron and zinc, and was traditionally ground to make a type of flour which was mixed with water into a cake, a valuable and portable source of protein and carbohydrate in times of drought. The seeds have a roasted coffee aroma and the nutty flavour lends itself well to cakes and biscuits.

100g butter ¼ cup roasted wattleseed ½ cup white sugar 1 egg 1 cup plain flour
¾ cup cocoa ¾ cup brown sugar 1tsp vanilla extract 100g chocolate chips
unroasted ground wattleseed.

Just cover the roasted seed with hot water and leave to soak for 5 minutes. In another bowl soften the butter and blend in the soaked wattleseed. Leave to infuse for 30 minutes. Cream the seed and butter mixture with the white sugar. Add the egg and stir thoroughly. Gradually add the flour, cocoa, brown sugar and vanilla extract and mix well to combine all the ingredients. Fold in the chocolate chips. Preheat the oven to 180 degrees and line a large baking tray with baking paper. Place tablespoon sized balls of biscuit mix spaced evenly on the baking tray and flatten slightly. Sprinkle some unroasted wattleseed over the biscuits and bake in the preheated oven for 8 to 10 minutes. Leave on the tray to cool. The biscuits should still be soft when you remove them from the oven and will firm up as they cool. This should make about 24 biscuits. If you do not have unroasted wattleseed, then finely chopped sandalwood or macadamia nuts make a good substitute.

LEMON MYRTLE CAKE

The fresh leaves of Lemon Myrtle are used in teas, syrups, cakes, sauces, and dressings in both sweet and savoury dishes. Essential oil distilled from the leaves has a refreshing lemony scent.

125g butter ¾ cup caster sugar 1tsp vanilla essence 2 eggs 2 cups SR flour
½ cup milk 1tbsp lemon myrtle powdered spice

Preheat the oven to 180 degrees and lightly grease a deep 20cm cake tin. Line the base with baking paper. Beat the butter, sugar and vanilla until pale and creamy. Add the eggs one at a time, beating well after each one. Lightly fold the flour into the mixture alternately with the milk, ending with flour. Mix in the lemon myrtle powder. Spoon the mixture into the prepared cake tin and bake for 40 to 45 minutes. Top with vanilla icing when cool. **M.E.**

Saint Valentine (& friends)



1. As well as being the saint associated with love and romance, Saint Valentine is also the patron saint of a) asthma or b) beekeepers?
2. Sisters Nicole & Natalie Appleton, joined which girl band in 1996?
3. Which saint's feast day is on Boxing Day?
4. Where is St Edmund, an English martyr, buried?
5. Who is the patron saint of doctors?
6. What are the two former names of the Russian city, St. Petersburg?
7. According to folklore, what will happen if it rains on St. Swithin's day?
8. On which date is St. Andrew's Day celebrated?
9. What did St Patrick use to explain the Holy Trinity?
10. Which classic horse race is run at Doncaster?
11. What did St Patrick banish from Ireland?
12. Who is the patron saint of animals?
13. Which fictional school for 'young ladies' was created by Ronald Searle?
14. Which U.K. football team are known as the 'Saints'?
15. On which South Atlantic island did Napoleon die in exile?
16. Which "good king" looked out on the feast of Stephen?
17. Which Caribbean island has Castries as its capital?
18. Which English football club plays at St James' Park?
19. When is All Saints' Day?
20. Where does E.R.N.I.E. live?



1. both 2. All Saints 3. St Stephen 4. Bury St Edmunds 5. St Luke 6. Petrograd & Leningrad 7. it will rain for 40 days 8. 30th November 9. shammock 10. St Leeger 11. snakes 12. St Francis 13. St Trinians 14. Southampton 15. St Helena 16. Wenceslas 17. St Lucia 18. Newcastle United 19. 1st November 20. Lytham St Annes

RUNNING CLUB



So the two full weekends that we have had in this year have been as busy as ever.

On Sunday 89 runners contested our 10 mile inter club road race with Harwich Runners, our biggest turnout since the race was introduced in 2016.

The first male runner home was our very own Doug McGillivray, just ahead of last year's winner, Ram Osman, to the finish line by the closest of margins. Doug crossed the line in 59 minutes exactly, with Ram just one second behind him in 59:01. The first male runner home for Harwich Runners was Mark Lloyd in 1:01:32, who finished in fifth place overall. For the women, Magdalena Komorowska was the first Great Bentley runner to finish in 1:15:47, whilst Harwich Runner's Karen Stapleton crossed the line in 1:17:43.

But this event isn't just about the faster runners and every single person who completed the course contributed to the points total for their teams. In the end, a strong turnout from Great Bentley meant that we retained the coveted winner's trophy with a total of 2412 points compared to Harwich's 1608.

Not content with one race some blues ran the Essex Cross Country Championships at a very hilly Gloucester Park, Basildon. Lisa Briggs and Meera Rajoo-Oakley ran in the Ladies 8k event, to finish within the top 50 with Lisa crossing the line in 37th place and Meera in 49th. Running the 12k men's event were Robin Oakley (123rd), Paul Davison (132nd) and Tomasz Komorowska (157th).

Elsewhere, Caroline Searle was on the tourist trail at Crosby parkrun on Merseyside. This challenging route, which comprises a mile of sand, a mile of promenade and a mile of grass, was made even harder by a strong headwind, but Caroline didn't let that put her off as she completed the course in 30:20.

On Sunday like we had the choice of mud or muddier with the options being Cross Country at Writtle or the muddy hills of the Benfleet 15 mile. Despite a few being lured to Benfleet, XC saw a great turnout with our women coming in 3rd place and our men in 4th. We are currently 4th in our pool but closing that gap on Witham.

At Benfleet Doug was the 1st blue back with an amazing 9th place finish in 1:44:32. Hot on his heels were Tim Ballard (1:50:12), Craig M (2:16:43), John Booty (2:22:39), Tricia (2:28:08) and Dave J (3:12:34) despite having issues with his calf.



Sunday 5th February is the date for the Great Bentley Half Marathon this year. The race starts on Plough Road at 10.30. The race sold out in a few hours and we have 800 entrants. **There will be a brief road closure on Plough Road from 10:25 to let the runners get away safely.** As ever, we will do our very best to ensure there is as little disruption to the village as possible. Hopefully if the weather isn't too cold many will get a chance to come out and see the runners as they negotiate the roads around the village, coming in to finish on the green. If you do get out there give them a shout of encouragement: it helps!!

Happy New Year from all at the Running Club.

HOW THE MAGAZINE IS "MADE"

When the magazine lands on your mat you probably have no idea how it was "born"!

Carole typesets it and then prints the black and white text on our Riso printer and the coloured cover is produced on a smaller and different machine. (We are buying a new one in March).

Then the boxes full of the pages are taken over to the church hall where 3 sets of tables are laid out the length of the hall and the pages spread out in order.

On the last Friday of the month the lovely ladies and gentlemen pictured on our front cover gather together to collate and staple the 950 magazines which we produce every month. You may notice in the foreground homemade cake which our very own "Mary Berry" also known as Elaine, kindly brings. To be truthful, in all honesty this is the main reason why we all turn up to help!!

Ann counts them out and puts names on the bags and boxes and they are then delivered to the "deliverers" doors and these 40 lovely volunteers put them through your letter box each month.

A **HUGE** team effort.

THANK YOU TO EVERYONE OF YOU.

GREAT BENTLEY GARDENING CLUB

Our next meeting is on **Tuesday 21st February** at 7.30pm in the Village Hall when our speaker will be the Director of Tending Tool Refurb.

New members and guests are welcome to join us.



Bentley Green Ladies Club

A.G.M.

Tuesday 7th February 2023

7.30pm Village Hall



Refreshments & Social Time

GREAT BENTLEY HISTORY SOCIETY

Thursday 9th February

7.30pm Village Hall

'Postal History'

A talk given by Andrew Skilling

Members £2 at door

Visitors £4 at door

GREAT BENTLEY POST OFFICE

OPENING HOURS

Monday 9am - 1pm

Tuesday 9am - 12 noon

Wednesday CLOSED

Thursday 9am - 12 noon

Friday 9am - 12 noon

ART CLUB



Our first 2023 Gt. Bentley Art Club meeting is on Tues 28th February in Gt. Bentley Village Hall.

We start the year off with a mixed media 'workshop day' held between 10am and 4pm. Times and the materials required do need further confirmation, plus we are advised to bring our own food for lunch and snacks.

The talented Wivenhoe artist Diana Garrett has kindly agreed to visit and guide us in the use of some mixed media techniques. A chance to experiment with a combination of paint and other materials. So it could be an artistic adventure and we may learn some useful tips in the process.



Wildlives

Wildlife Rescue & Rehabilitation Centre

'Catkins', Frating Road, Thorrington, Colchester CO7 8HT

www.wildlives.org.uk

Opening hours: n/a 07802 767016

Outside of Wildlives' hours, please call the RSPCA on 0300 1234 999 or log on to our website for advice on what to do with a sick animal until we are open again in the morning. **See the web site for extra pictures too!**

Tawny owl rescued from the snow

February 2023

A tawny owl was luckily found and picked up by a kind gentleman who spotted him lying in the snow by the side of the road. He was brought straight to the centre, where he was found to be very underweight, and, unsurprisingly, hypothermic. He was immediately given a heat lamp, which he sat underneath for several days while being hand-fed. As the hospital was bulging with hedgehogs, Peter Marchant kindly offered to take him. Peter continued to keep him under a heat lamp for some time until he finally started to eat on his own. He was then transferred to a flight pen where he built up his weight. A colleague went to check the site where he came from, and since all was well the owl was released there, fit and healthy.

Buzzard's wing injury could not be repaired

A buzzard (below left) was found collapsed. When he arrived he proved to have wing injuries not previously seen here; it appeared that the tendons were not only exposed in multiple places but had been pulled up out of the shoulder, which may have been caused by barbed wire. He started a course of pain medication, anti inflammatory drugs and antibiotics. The external wounds started to heal nicely but after ten days an inflammation inside the wing caused shredded tendons to appear at the base of the wing, which couldn't be seen at first but on later close inspection proved to be ruptured. Despite further antibiotics the wing broke down irretrievably around the ruptured tendons and he could not be saved. Bird wings are delicate in spite of the work they do, because they are composed of light bones, tendons, skin and feathers. The big muscles that power flight are located across the chest.

Maintenance help desperately needed

If you could spare a few hours or half a day a week we desperately need some help with maintenance and repairs, so that all our enclosures can be ready to receive the Spring/Summer influx..

Hedgehogs finally released but more need help

Due to the unprecedented mild winter, we have been able to release all the 'bed-blocking' hedgehogs who were at or over the required weight. This has freed some hospital space, but we are still admitting very underweight hogs. Please keep an eye out for small or underweight hedgehogs; with the weather about to change they will be unable to survive the rest of the winter. If you see one about please place it in a box with a heat source immediately then call for advice. If you call first and go back you may not be able to find it. One little hog was admitted after an old strimmer injury. One leg was completely missing and the other was hanging by a thread, so he had to be put to sleep. This little hog would have been suffering for some time before we saw him. Please be careful with strimmers and if you do injure something don't just leave it to die in agony.

MAKING BIRD NESTBOXES

February is the ideal time to build a nestbox for birds to use in the spring. The sooner you do it, the greater chance of its attracting a pair of birds. To see a pair of birds rear a family in a box you have made yourself is worth all the effort.

How can a box be made?

For the usual hole-nesting type of box use a plank about 150 mm wide and 15 mm thick. See the diagram which shows the sizes of each section to be cut. Remember that the inside of the box must be at least 100 mm square and the bottom of the entrance hole must be 125 mm from the floor. If it is less, young birds might be scooped out by a cat.

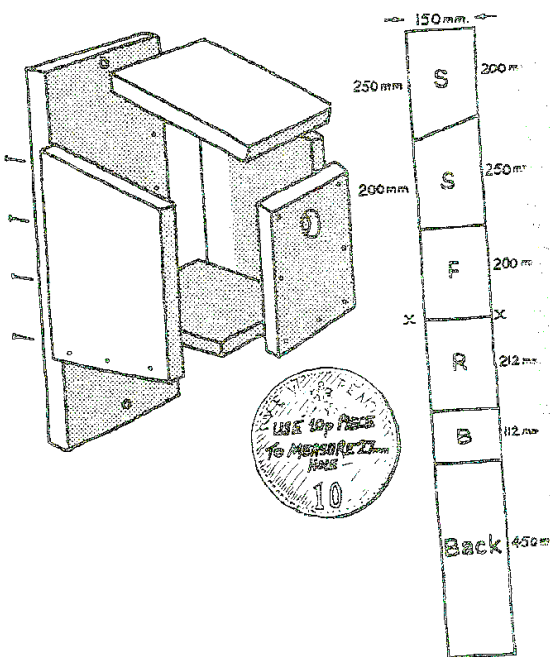
The size of the hole varies from each species - 27 mm for coal, marsh and blue tits, 30 mm for great tits and 32 mm for nuthatch, pied flycatcher, redstart and tree sparrow. A brace and bit should be used to drill the hole, but you could use a fretsaw.

Hinge the lid with a strip of leather or rubber (a piece of old bicycle inner tube would do).

Make the same box with the upper half of the front taken away altogether for robin, pied wagtail and wren. Spotted flycatchers prefer a shallower open-fronted box.

A similar box, but enlarged to 200 x 16 mm inside, with the hole 250mm above the floor and 70 mm wide, 150 mm deep, will suit jackdaw, stock dove and starling.

Use screws instead of nails if you can. Galvanised nails are better than wire ones. A good catch to fasten the lid is essential. Wood preservative applied each autumn will prolong the life of the box - but do not use creosote.



CASTLE PUDDING

Recipes approved by the Ministry of Food published by the
Stork margarine cookery service to help solve your wartime cookery problems.

2 oz margarine:

½ teaspoon vanilla essence:

A pinch of salt.

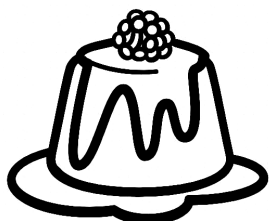
6oz self-raising flour:

2 eggs:

2 tablespoons sugar:

A little milk to mix

Cream the margarine and sugar together and beat in the eggs gradually. Fold in the sieved flour and salt, add vanilla and mix with milk to a dropping consistency, as for a rich cake mixture. Three-quarters fill 10 well-greased dariole moulds; place on a baking sheet and bake for 20-25 minutes in a moderately hot oven (Reg. Mark 5) Serve with a little hot jam or syrup.



NOTE:

To make one large pudding from the above mixture, place in a greased pie dish and bake for 1 hour in a moderate oven (Reg Mark 4) or put into a greased pudding basin and steam for 1 hour. The small puddings can be steamed for ¾ hour.

(Serves 6 portions)



GRUMBLEWEED

I suppose it's not easy maintaining a happy and sociable community and by and large Great Bentley does pretty well. But there'll always be things that some folk do that'll annoy and inconvenience others. Mostly the complaints just rumble on quietly under the surface but I think it's better to bring them out into the open. Old Grumbleweed, they call me! Well, happen I am; but I think it does a bit of good to

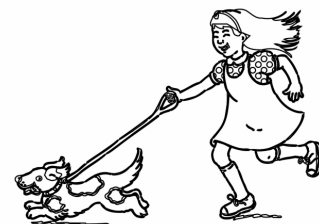
air these things in public when whatever it is affects everyone.

Take this Green of ours: the biggest Village Green in England so they tell us. Something to be proud of, you might say. So how do we show our pride? We chuck all the junk and rubbish and muck we can find all over it! Bottles, cans, cartons, take-away containers, sweet papers, plastic wrappers ... you name it, you'll find it littering the green. And don't tell me it blew out of the refuse bins neither: Believe me, it was never IN THE BINS IN THE FIRST PLACE. It was just dropped by thoughtless guzzlers who are too idle and selfish to keep hold of it until they reach a suitable depository. My granny used to say ... Alright I know! Silly old Grumbleweed going on about the good old days ... but it's right. My granny used to say when we went out for a picnic, "If it's no trouble to carry out, it's less trouble to carry home coz it's not so heavy empty". Thing is, catching 'em doing it! Most of it gets dropped in the evenings though plenty's spread about on Summer afternoons. So it's up to all of us: If you see a litter bug in action, have a word. You'll probably get a rude answer—but maybe they'll think on next time.

And talking of muck ... what about the dogs? Do you know, it's well nigh impossible to walk across the Green these days without getting your feet in it. Oh, I'm sorry if you find the subject offensive - but it IS offensive when you foul your footwear in dog dirt. And what about the cricketers and footballers who slip and fall in it not to mention the children playing and rolling in it. I spoke to a woman the other day who'd arrived by car with her two dogs. They were hardly onto the grass before they'd performed. "I'd have you know, my man" she replies (a bit grand, she was), "This is Common ground and I have the right to exercise my dogs here!" "Right, Missus," I says, "And I have the right to walk here without stepping in the results."

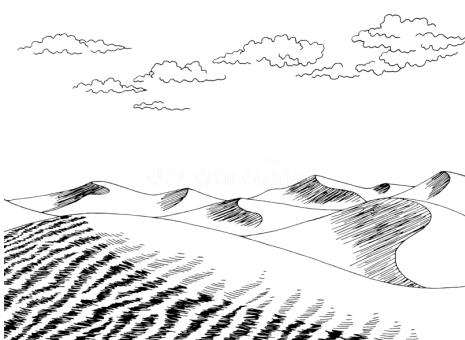
And it needn't be a problem, you know. I've a dog myself. I don't own one of these posh "PoopaScoops" but whenever I take him out on the Green I've always got a few squares of newspaper and a plastic bag in my mac pocket. As soon as the dog's finished his business it's no bother to pick it up in a bit of newspaper and keep it in the plastic bag until you find a suitable bin to get rid of it in. If everyone did that we'd have a far cleaner and healthier Green. Some Parish Councils provide Dog "Loos" - special sunken containers for dog muck - in public places where dog exercising takes place. Not ours, though: Maybe, we should lobby our local councillors. But in the first place, complain to the offenders and let's try to get our Green cleaned up before next Summer.

In 2023 we do of course have dog poo bins on the green.



JOTTINGS FROM THE GULF

The Parish magazine was posted to the Gulf on 21st December - received on Boxing Day 1990. The following are extracts from letters by Lt Col Bruce Reece Russel, a Great Bentley resident presently posted to the Gulf.



"We have now been here for some four days and are preparing to move to the desert tomorrow and on Christmas Day. The lads appear in good heart though at present I only have 200 odd with me, the rest arriving after Christmas. When they all arrive I should have a unit of all up strength of over 300 which also includes six women, two of whom are doctors. We are living in a small camp on the outskirts of Al Jubail, some 180 kms from the southern border of Kuwait. Everywhere one goes there is more and more military hardware. I have never seen so many tanks in my life. Life goes on much as usual with us working a 15 hour day. We are all in good heart and intend to do a professional job as and when the time comes."

COUNTY BROADBAND - GREAT BENTLEY PROJECT

My name is Harry Lowman and I am the project lead for Great Bentley. I cannot wait to get started!

We are building a brand-new infrastructure with new fibre cables delivering a full fibre network, with no copper in whatsoever. The benefits of having a full fibre connection rather than copper are:

- Over 10x faster speeds.
- Much more reliable as not so much of a 'fight' for the network.
- Fibre is designed to carry broadband and cannot degrade as it is a laser passing through a glass tube, so distance is irrelevant from the green cabinet too.
- Choose how fast you want to go (slower speed is cheaper than faster speed)
- Future proof your home - Once it is installed, you have the potential to go as fast as you would like to.
- Add value to your home - broadband is now of vital importance when purchasing a house since the global pandemic (people working from home etc).
- Technology within our homes is getting more advanced and faster, thus requiring faster speeds from our broadband.
- Save money - our basic package could be cheaper than your current package for a faster, more reliable, and future proof solution.

I can now confirm our second phase of investment from Aviva has come through, totalling £100m, with recognition from the Government on this historic milestone as we roll out our full fibre network. Here is the link where you can see the details:

<https://countybroadband.co.uk/100m-investment-aviva-investors-2022/>

How is it different to what I already have?

From our research, the current provision is very poor and there are no plans from other providers to rectify this with a full fibre connection.

Your current provision in the area is called an FTTC connection (fibre to the cabinet). This means that there is a fibre cable from the exchange building into the green cabinet in your area, but to your home, zigzagging under the road or on poles overhead is a copper cable that currently delivers your broadband and landline service. Copper is causing a lot of problems currently such as:

Unreliable - at certain times speeds are very low or signal is dropping out since the majority of the village is all sharing the same network.

Copper is degrading - it was built 50+ years ago to carry phone signals not broadband.

Working at its maximum capacity - currently the best speed anyone in the area can get is only 80mbps along a copper connection but that is a very small minority and usually directly next to the green cabinet.

No choice of going faster - whichever provider you go with such as BT, EE, TalkTalk etc will all use the same copper cable as no one else is building a full fibre network.

Distance - from the green cabinet hugely affects speed. The further the data signal has to face, the higher the resistance of the degrading copper.

What are County Broadband building and why is it better?

This is completely free to place, we do not take bank details or do any credit checks, only details needed is simply the address of the property, name, and email address (which I already have from when you have registered your interest).

Why Pre-Order the service instead of waiting until the network has been built?

Free standard installation (Those who join after the network has been built have to pay install costs which start at **£225**)

- **Free high spec router (worth £150)**
- **12 months completely free on our service whilst you see out your existing contract**

Ensure your property is secured within our build (If we do not reach our target of 25% pre-orders for the village, we will most likely still build our network but only to those properties who have pre-ordered).

Our New Fibre plans

Full Fibre - 100mbps - £33.99 per month

Full Fibre - 200mbps - £35.99 per month

Full Fibre - 300mbps - £37.99 per month

Full Fibre - 600mbps - £49.99 per month

Full Fibre - 900mbps - £69.99 per month



Phone Plans

Everyone who pre-orders a full fibre plan will receive a free VOIP phone line with unlimited inbound calls and outbound calls at 10p per minute. For those customers who are still actively using their landlines and feel they will need a call plan to keep costs fixed can choose from the following;

Phone basic – unlimited landline calls for £6 per month

Phone standard – unlimited landline and mobile calls for £13 per month

Phone international – unlimited landline, mobile and international calls for £17 per month

Harry Lowman
Community Sales Executive

CYRIL PETTICAN

I frequently note that it takes a lifetime to tell the story of a life and we don't have that kind of space but we reflect on Cyril's life and faith, helped by huge input from many of his family, I hope that what is mentioned will act as picture hooks on which you can hang your own memories of him and what he has meant to you over the years.

Cyril was a Londoner born and raised in Kilburn and despite living most of his life in Essex, he was a lifelong Spurs supporter. Following school, he got a job with DeHavilland Aircraft, which took him away from his family in London and moved him northwards – all the way to Hatfield, in Hertfordshire! Working as an aviation engineer, it's probably obvious that national service was served in the RAF – Such work and experience also gave him a lasting interest in flying and gliding.

Well, not only was there an interest in planes and football, but there was also music – the trumpet to be precise. And what is more synonymous with brass instruments than the Salvation Army? So it was that on one occasion Cyril found himself playing, on a visit, at the Clacton Salvation Army Citadel, at which there was a particular volunteer – Jean. And Jean, remained the love of his life from that day forward.

In 1954 Cyril married Jean and moved to Clacton, starting a business and then a family – 4 children, 12 Grandchildren, 2 step-Grandchildren, 5 Great Grandchildren, yes, all that but also more – there were also the children they fostered together in their younger days, while former au-pair Martine became a sister to the children and calls Cyril and Jean Daddy and Mummy to this day.

Family, as you can tell, meant a great deal to Cyril and time with the family was precious. This was especially the case when Jean moved into the care home – Cyril would visit for many hours each day. It wasn't just family though – Cyril's energy and enthusiasm meant he gave his time to all those who needed it. Whether it was giving people lifts to the doctors or the hospital, driving folk in the local minibus to lunch clubs and day trips (often noting he, as the driver, was the oldest person on the bus), fundraising with Rotary, or supporting the Salvation Army on Christmas Day as they ensured the lonely and elderly could share food and fellowship together, Cyril had time, energy and companionship to share.

There were also sports clubs including golf (he was a former Captain of Clacton Golf Club) and bowls – with good play often accompanied by shouts of "Nice one, Cyril" from his team-mates!

And it wasn't just humans – he had a love for animals too. While he and Jean's children grew up the house had a long stream of pets and other animals – the more usual dogs, cats, and rabbits, plus horses, and chickens. There is some admission from the family that Cyril may not have personally wanted quite all of these additions, but he always let himself be over-ruled and loved each animal that joined the Pettican family. Kind, caring, enthusiastic, hopeful, humorous, gracious and loving – loving towards all he encountered, and especially towards his family, and most particularly his beloved Jean.

So it is that we can find hope and comfort in knowing that Cyril is not lost, but to be found in the eternal love of God, resting in a room of his choosing – maybe one with "Last of the Summer Wine" on the TV and a big bar of Cadbury's chocolate to hand, dressed comfortably but oh so smartly, deciding which story to regale his friends with next, and waiting to once again greet his beloved Jean with a smiling, "Alright, my lovely?"

For this love is the love that is reflected in all other love. That love we experienced from and for Cyril goes on within that greater love. And for that love, and for Cyril who shared it with us all in so many ways, large and small, thanks be to God.

Taken from the lovely eulogy prepared by Rev Tom Osborn.

The memories and thoughts of my Mum, Sylvia Adams

Mum was the second daughter of Maud and Charles Warren; she grew up in New Southgate during the war and left school at 14. Mum worked for Standard Telephones where she met Dad who was her supervisor/boss. They married in March 1951 when she was 20 and moved into a relative's flat in Holloway. My brother David joined them in November 1953, and I followed in November 1956. By this time, they had outgrown the flat and moved to Blakesware Gardens in Bush Hill Park where we lived until 1969.

Mum didn't drive so we travelled by either walking or catching a bus. Going to Edmonton market was a regular excursion, here we would buy a bag of broken biscuits for us as a treat and live eels for Dad, these used to wriggle in the bag all the way home. Mum didn't like the water and therefore couldn't swim but she did make sure that we did by taking us to lessons every Monday after school. We would catch a bus to Edmonton swimming pool which was always cold as I am sure it was never heated.

Mum was very much a homemaker and would make all the soft furnishings for the house, and her love of clothing meant she made all her dresses including mine and we were often seen in matching Sunday best outfits. She also liked knitting and we would have matching cardigans, Dad and David would also have jumpers.

The family plus Cocoa the dog and Hercules (David's tortoise) moved to Great Bentley in the summer of 1969 where it was much quieter and was only served by a train to Colchester and infrequent buses and this resulted in Mum learning to drive in our family car called Orville, this was a green Standard 10. Both Mum and Dad embraced village life joining and participating in the Cricket Club, Great Bentley Carnival committee, Rotary, WI, Bentley in Bloom, Cleaning the Church, Good Neighbours where Mum was a road steward, coordinating the village medical aids, aquacise classes (which meant she had to get wet which she hated !!), went to the local gym & joined the Walking Group. Mum started work at Brightlingsea primary school looking after a special needs child. Later she did a similar role at Grey Friars on St Johns' estate and became one of the school secretaries, she loved this occupation and remained there until she retired at 60.

After retirement Mum became more involved with the village clubs and also volunteered to help at St Helena Hospice in Colchester. Mum and her friend Dreena would go every Thursday to participate, she was very proud to achieve a 20-year service award badge. Mum also belonged to Evergreens and would say she was driving her old ladies to the Methodist Church for their meeting, when questioned about their ages she said 75-80 years old, Mum was 83 at the time, this always tickled me. Mum also joined a walking group in the village and Rosemary remembers she was not fond of getting over stiles, due to being shortish in the leg department. Her favourite walk was at Stutton, and they celebrated her 80th birthday in the pub garden with a big cake and enjoying a glorious sunshine day in August. Mum and Dreena appeared on the front cover of the Parish Magazine at one time when they were planting for the Bentley in Bloom team and Rosemary's husband Bob commented that those two ladies ages totalled 160+ between them. She also loved going to the theatre whether it was in London or the Mercury Theatre in Colchester and the Great Bentley plays with Pam, Mike, and Pam's Mum.

Mum was a great Nanna looking after Adam, Ryan & Ross and would often look after them on Saturday night's when we were going out and we would collect them on Sunday and benefit from having a Sunday roast. When I was working, during the school holidays, Mum would again look after them for two days a week. She often took the boys to Brightlingsea for crabbing, (or dabbing as Ross would say), Colchester Zoo, and visiting Mrs Tweed and her animals and lots more.

Mum started showing signs of dementia in her late 80's, and this is when she gave up helping the clubs and association's she was involved with. Mum at this time needed home care and this is when Quyen came into mums' life after she became suddenly ill with severe septic shock. The hospital informed us that they didn't think she would survive the night. However, Mum was a fighter and surprised them all by getting better, but this sadly accelerated her dementia and she then became house bound and Quyen would come in 4 times a day 7 days a week and 52 weeks of the year to give mum great personal care. Quyen, in our opinion was an Angel, showing kindness and care for mum and we are very grateful to Quyen. For Mums last 5 years she was totally housebound and more or less non-verbal and very sleepy. However, when I visited, I could see what type of mood she was in by her eyes. I would sit and tell her what we and the boys had done, and she had an amazing twinkle in her eyes and a beautiful smile which told me she understood what I was saying to her.

I would like to thank David for looking after Mum during her last years as I know Mum and myself were very appreciative of what he did.

Mum you were an amazing person, always elegant and we all love you dearly. You will be greatly missed by all but never forgotten.

Gill Butcher (Abbreviated from the eulogy at Sylvia's funeral service).

FEBRUARY DIARY

- Thurs 2nd **PARISH COUNCIL MEETING**, 7pm, Village Hall
- Fri 3rd **AUTISM COFFEE MORNING**, Village Hall, 9.30am
- Fri 3rd **COFFEE AND CHAT**, Methodist Church 10.00-12 noon
- Sun 5th **GT BENTLEY HALF MARATHON**, 10.30am
- Tues 7th **LADIES CLUB**, 7.30pm, Village Hall
- Thurs 9th **GREAT BENTLEY HISTORY SOCIETY**,
Village Hall, 7.30pm
- Mon 13th **MAGAZINE DEADLINE**
- Mon 13th **QUIZ NIGHT**, The Plough, 7pm
- Thurs 16th **KNIT & NATTER**, Church Hall, 2-3.30pm
- Sat 18th **COFFEE MORNING**, Church Hall, 10am-12 noon
- Tues 21st **GARDENING CLUB**, 7.30pm, Village Hall
- Thurs 23rd **TENDRING EWT GROUP AGM, 7.30pm**
- Fri 24th **THE HISTORY OF ST OSYTH CHURCH**,
St Osyth Church, 7pm
- Fri 24th **MAGAZINE COLLATING**, 9am, Church Hall
- Tues 28th **ART CLUB**, Village Hall, Workshop, 10-4pm