

Great Bentley Parish News

Produced by the Community
for the Community



January 2023

Village Information

St Mary's Church

VICAR:

Revd Sharon Miles
Vicarage, The Bury, St Osyth,
CO16 8NX 01255 822055

CHURCHWARDENS:

Wendy Smith
Burnside, Great Bentley - 01206 250098

Mrs Mandy Miles
7 Finch Drive, Great Bentley - 01206 251382

TREASURER:

Annabel Stearn
01206 251518
email: wylieandsinger@talk21.com

CHURCH VERGER:

Rita Baverstock
01206 251271

READER:

Wendy King
17 Larkfield Road - 01206 250852

PCC SECRETARY:

Mrs Claire Pearson
01206 256433
email: gbpcsecretary@gmail.com

ELECTORAL ROLL SECRETARY:

Rosemary Branch
4 Wents Close - 01206 250137

TOWER CAPTAIN/BELL RINGERS

Roger Carey-Smith - 07422 880921

ST MARY'S CHURCH HALL BOOKING SECRETARY:

Lyn Gordon, 79 Birch Avenue
01206 681884 Mobile: 07870 311610
email: linda.bear@sky.com

PARISH MAGAZINE EDITOR/ADVERTISING/ DISTRIBUTOR:

Mary Maskell, Caldew Cottage, The Green
01206 250524
marymaskell@sys3internet.net

Carole Allington
carole@pncallington.co.uk

ST MARY'S FACEBOOK PAGE

St Mary's Church, Great Bentley.

ST MARY'S CHURCH WEBSITE

stmaryschurchgreatbentley.co.uk

ST MARY'S SUNDAY CLUB

For details please contact Mary Maskell 01206 250524
email: marymaskell@sys3internet.net

WEDDING CO-ORDINATOR FOR GT BENTLEY & ST OSYTH

Jennifer Ford 01255 821199
email: weddings.stosythchurch@hotmail.com

METHODIST MINISTER

Revd Tom Osborne
Email: tom.osborne@methodist.org.uk
Mobile 07305 805444 01206 396654

DOCTOR'S SURGERY:

The Hollies, The Green - 01206 250691

PODIATRIST:

Terry St George
45 Oakmead Road, St Osyth - Mobile: 07775 833200

POLICE:

Clacton 0300 333 4444
24 hour Non emergency number 101
In an emergency ring 999

GREAT BENTLEY PARISH COUNCIL

Chairman - Pippa Dennitts
07848 872018

Clerk to the Parish Council Grahame Walkingshaw
The Community Resource Centre, Village Hall,
Plough Road Great Bentley CO7 8LD
01206 256410
clerk@greatbentleyparishcouncil.co.uk

TENDRING DISTRICT COUNCILLOR:

Cllr Lynda McWilliams,
Mobile: 07564 613603.
email: cllr.lmcwilliams@tendringdc.gov.uk

COUNTY COUNCILLOR - ESSEX COUNTY COUNCIL:

Councillor Alan Goggin, Freshfields, Church Road
Brightlingsea, CO7 0QT
Mobile: 07860 519117
email: Cllr.Alan.Goggin@essex.gov.uk

NEIGHBOURHOOD WATCH:

Richard Nowak - 01206 250204

MEDICAL AIDS:

Richard Nowak - 01206 250204

TENDRING FURNITURE SCHEME:

Rocket House, Gorse Lane Industrial Estate, Clacton:
01255 476068

BOOKING CLERK FOR GREAT BENTLEY VILLAGE HALL:

Joanna Hesketh
email: bookings@greatbentlevillagehall.co.uk
07494 234049

METHODIST HALL BOOKINGS:

Robert Taylor, Dominica, Moors Close - 01206 250087

GT BENTLEY PRIMARY SCHOOL: - 01206 250331

COLNE COMMUNITY SCHOOL: - 01206 303511

VILLAGE HISTORY RECORDER

Heather Taylor - 01206 251004

COLCHESTER HOSPITALS: 01206 747474

CLACTON & DISTRICT HOSPITAL: 01255 201717

FOOTPATH REP: David Gollifer

Cambria, Weeley Road, CO7 8PD
01206 250309

VILLAGE TRANSPORT REP: Peter Harry

07503 153960

VILLAGE CARETAKER:

Robert McWilliams, 07598 640622

WHEELCHAIR LOANS

Alan Bayliss, 01206 250450

TREE WARDEN

Sue and Faris Shimali 07973 534301

EDITORIAL

First and foremost thank you to the Plummer family for providing the wonderful Christmas lights display and also for sourcing the village Christmas Tree which is such a beautiful shape. The Lights Switch on was a memorable evening enjoyed by all present and by children of all ages from babies to 70 plus! Father Christmas had plenty of time for all of the children who needed to speak to him personally and I am sure had a very clear idea of what was requested for 25th December.

We are extremely fortunate in that having lost a few advertisers we have also gained many new ones, see page 20. As a consequence we are almost full for 2023, which is amazing. I am so grateful for the support which our magazine receives each year.

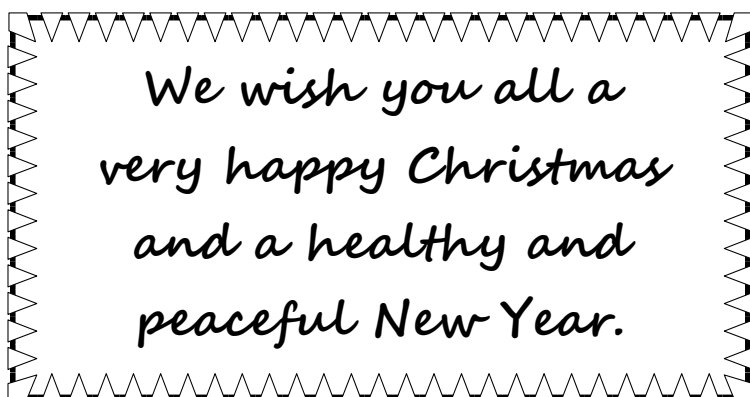
As the weather gets colder and Christmas approaches please remember that this can be a very difficult time for many people. For some it is more problematic to get out and meet others, the sense of isolation can be overwhelming. Also the festive season brings back memories of loved ones no longer here to share this special time. Please look after those neighbours and friends who need a little TLC. Great Bentley is so good at this.

Please remember that subs are now due and if you can put your money into your deliverers door that would be so helpful. We hope you agree that this magazine offers excellent value for money and once subs are paid, delivery is free. For readers who only look at this online, you will only be seeing a small part of the content and minus the photos.

CONGRATULATIONS to Great Bentley Primary School who have for the second time in a row achieved **OUTSTANDING** in their recent OFSTED inspection. Well done to all.

As we go to print we learn that the recent Carnival AGM was poorly attended and with only 3 committee members drastic action is needed. Please read the information from Bev and Jackie, the Trustees and Julie the Chairlady. Without your support there will be no Carnival in 2023. Please consider becoming a part of the team that organises this annual village event. Maybe it can be your New Years Resolution.

Mary Maskell



2023

CONTENTS

Editorial	1
Letters	2
Church services .. .	3
Christmas services	4
Deadline	5
Football	9
Pet Notes	11
Sesaw News	12
Youth Football.. .. .	14
Tending Council Notes ..	15
Pre-school	17
Police Report	18
Running Club	22
School News	23
Parish Council Notes.. ..	24
Surgery News	26
Children's Page	27
Cookery Corner	28
Quiz	29
Clubs & Organisations ..	31
Christmas Collection Days ..	35



DISCLAIMER

The statements, opinions and data contained in these publications are solely those of the individual authors and contributors and not of the Churchwardens, Parochial Church Council, the Editor nor the publisher. The appearance of advertisements in the Great Bentley Parish News or the website is not a warranty, endorsement, or approval of the products or services advertised or of their effectiveness, quality or safety.

LETTERS FOR JANUARY

The wonder

One of my favourite things about advent is visiting Christmas markets. In advent season, Christmas markets transform the main squares of our cities, reminding us that the festive season is upon us. In a modern age where most of our shopping is carried out online, you might expect Christmas markets to go out of fashion, but this isn't the case. They continue to bring a space where people can wonder and experience Christmas shopping. They provide a space where people can visit and explore market stalls, displayed arts and crafts, with the sound and smell of food in the air, the theatrical scene between the vendors and buyers rushing to buy a gift for family members or someone close to heart.

Giving and receiving presents is a wonderful part of the Christmas season. Yet, Christmas is more than giving and receiving gifts. It's not as much about that outward preparation, celebration, and feasting. Christmas is about Jesus, the light that shines in darkness. Today many areas of our neighbourhoods and our lives, are filled with darkness, hopelessness, and despair. Many people are isolated, many are homeless, or live in temporary accommodation, others live in accommodation unfit for human beings, and lack basic necessities. How can we bring the Christ light into those places of darkness?

We are called to take the Christ light into the world, to be sensitive to the needs of others, especially those who are poor and vulnerable. Christmas reminds us to show love and care for our neighbours, show hospitality to the stranger, and to be courageous in sharing the Good News of Jesus who is the true light that shines in the darkness of our world.

May God bless you this Christmas, may your hearts be filled with joy, love and wonder of the Christ Child born in a manger, who is our Lord and Saviour. Glory to God and in the highest and justice and peace to God's people and all his creation on earth.

All good wishes,
Deacon Angela Shereni

Dear Friends

As we look forward to the New Year, I would like to thank you all on behalf of St Mary's church for the support given over the past year not only to the church events but our various out reaches, Children's Society and Samaritans purse, (shoe boxes), donations to the food bank, which we will continue to support with your help.

At this time our thanks to all the visiting clergy and all the members of the congregation who have supported our services over the past months, during Rev Sharon's period of absence.

The New Year looms with its many challenges and unknowns not only for the church but for us all. We wish you all good health and happiness for the forthcoming year.

Blessings, love and peace to you this Christmas and a Happy New Year.

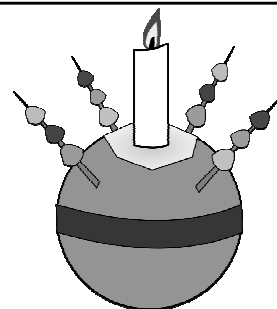
Best wishes from all at St Mary's church.

CHRISTINGLE SERVICE - CHRISTMAS EVE 5.30pm

Come and join us for a celebration of Christingle in the Church with carols and lighting of the Christingles for that special moment. The collection at this service will be given to the Children's Society. No need to book just come along.

St Mary's Church, 24th December at 5.30pm.

See you there!!!





**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 wish you a peaceful Christmas and New Year.

We welcome you to worship at Church or on Zoom with us during January.



All our activities are held at our Church in the centre of the Green.

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

The leaders of worship are set out below:-

January 1st Local leadership

**January 8th Rev Tom Osborne
Annual Covenant service.**

We are pleased to invite our friends from St Mary's to this service

January 15th Maddy Whittle

January 22nd 9.30 Week of Prayer for Christian Unity

We shall join our friends at St Mary's for this service, **Note the 9.30 am start**

January 29th Jane Allison

Events in January:

Coffee & Chat January 6th 10am in a warm place. We shall welcome a representative from Tendring District Council who will help you with any questions you may have about your mobile phone, iPad or laptop. Bring your device along for free help and advice.

Prayer Meeting. We meet for prayer on the second Wednesday of each month 9.45 for 10am at our Church. This month 11th January

Sandwiches for Hope @ Trinity, 11th January

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 9.30.

Each week the following events are 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

ST MARY'S SERVICES

Sunday 1st January

10.00am Joint Benefice Service at St Osyth

Sunday 8th January

10.30am Covenant Service at the Methodist Church

Sunday 15th January

9.30am Holy Communion - Rev Laurie Bond

Thursday 19th January

2pm Knit & Natter, Church Hall

Saturday 21st January

10-12 noon Coffee Morning, Church Hall

Sunday 22nd January

9,30am Word and Worship Service.
Our friends from the Methodist Church will be joining us for this service

Sunday 29th January

9.30am Holy Communion
Rev Stephen Carter

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

Sidespersons & Readers

1st	Joint Benefice Service at St Osyth
8th	Service at Methodist Church
15th	Lyn & Roger Carey Smith
22nd	Lyn Gordon
29th	The Wright Children

Prayer Rota

15th	Carol Kerridge
22nd	Nicky Justice
29th	George Wright



Coffee Rota

15th	Lynda McWilliams
22nd	Mandy Miles
29th	Rosemary Branch

Cleaning Rota

31st Dec	Edna Black
7th	Linda Hayes
14th	Bev Adams
21st	Mandy Miles & friend
28th	Carol Kerridge & Lea Howlett

CHRISTMAS SERVICES

ST MARY'S CHURCH, GREAT BENTLEY



- 24th December 5.30pm Christingle Service
24th December 11.30pm Midnight Service
25th December 10.00am We will join with our friends
at the Methodist Church

METHODIST CHURCH, GREAT BENTLEY

- 25th December 10.00am Christmas Day - Rev Tom Osborne sharing in
carols with Tamil church

Christmas Day collection for Action for Children supporting Children in Need in
Britain

- 1st January 10.30am New Years Day. A service to welcome 2023
6th January Coffee & Chat. TDC rep will be present to advise on
computer/smart phones
8th January Covenant Service, St Mary's are invited to join us for this
special service.

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

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 19th January

St Mary's Church Hall

2.00pm - 3.30pm

All Welcome



ST MARY'S CHURCH WEBSITE

stmaryschurchgreatbentley.co.uk

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

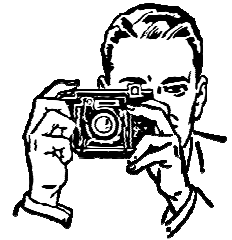
All the fun of the Fair

Gardener's Delight

Open

Children's Class

My Favourite Things



MAGAZINE COLLATING DAY FOR JANUARY

Magazine collating will be on
FRIDAY 27th JANUARY
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 FEBRUARY 2023 MAGAZINE

SUNDAY 15th JANUARY 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

Great Bentley Tuesday Carpet Bowls Club



We are always looking for new members to join a jovial, friendly Village Club for the over 55s. Enjoy an afternoon of gentle exercise in a friendly and stress-free atmosphere.

We play every Tuesday afternoon from 2pm to 4pm, the first two weeks are free then it's £3 a week towards Village Hall rental and insurance. Membership is £10 a year which goes towards Christmas and Summer lunches. Tea and Biscuits are enjoyed mid afternoon.

No experience required and all equipment is supplied.

For further details please contact Hilary the Club Secretary on 01206 250969 or 07535 107335.

Please note the club will be closed over the Christmas period and will commence 17th January 2023.

HAPPY CHRISTMAS

To all our friends and neighbours
We wish you a peaceful Christmas
and a very happy new year

Best wishes to everyone
from
Dave & Ulli

CHRISTMAS TREE SHREDDING

10am to 12 noon

Saturday 7th January

On the Green near the cricket pavilion

This is done free of charge

PLEASE MAKE A DONATION

This will be evenly split between
BRAIN TUMOUR UK and
AIR AMBULANCE



FOR SALE

38" Panasonic TV with stand.
Model TX-39A200B LCD TV with HDMI
£100 ONO

Contact Malcolm on 01206 250969

HAPPY BIRTHDAY

Wishing Margaret Fairweather a very
Happy 75th Birthday January 11th Lots
of Love and Best Wishes from Tony,
Gary and Toni, Justin, Claire, Vaughan
and Nate, and of course Milo and
Hannie. Have a Lovely day.



APOLOGIES

We apologise for the lack of our usual
January "colour supplement". Our colour
printer is nearing the end of it's contract and
has been playing up, as you may notice
from the black streak at the edge of some
pages. We are now ordering a NEW
machine which will arrive in March. Ed

ANSWERS TO THE CHRISTMAS TREE COMPETITION

TV PROGRAMMES

Friends of the Green	Eggheads
Bentley Show	Countdown
Football Club	Songs of Praise
Ladybirds Pre-School	Thomas the Tank Engine
Knit & Natter	Great Sewing Bee
Squirrel Scouts	Hey Duggie
Beaver Scouts	Postman Pat
Great Bentley Pre-school	Peppa Pig
Cubs	Mr Men
Gt Bentley Primary School	Great British Bake Off
Methodists Parent & Toddler	Paw Patrol
Bentley in Bloom	Gardeners World
Ladies Club	Great Sewing Bee
Gardening Club	Going for a Song
Jackie Kilby	Police Interceptors
Methodist Church	For the Love of Dogs
Gt Bentley Rainbows	Blue Peter
Bellringers	House of Games
Hannah Justice	Yorkshire Vet
Scouts	Pokamon
Parish Magazine	Gogglebox
Linda Hayes	The News
The winner was Ginny	

The weight of the cake was 4lb 5 oz.



Christmas Tree and Crib Festival 2022

A huge thank you to everyone who helped at the fund raiser last weekend, in whatever capacity, as we raised the magnificent total of £3305!

All the hard work paid off, and we are very grateful for the great input and team work from church members, and to the 250 people who came through the door, and spent generously.

Particular thanks to the cubs who livened up Saturday afternoon, and to all the groups who dressed a tree, creating a fun and at times taxing, quiz for the visitors. The money will help the church in many ways, from electricity bills to the services.

A real community success.

AHS

SUBS

Subs are now due and remain the same £5 or £4 concessions.

With your December magazine you should have received a note which tells you who delivers your magazine.

PLEASE write YOUR name and address on an envelope and put your subs in and put it through your deliverer's door.

They will be so grateful if you help them in this way.

Thank you so much
Mary Maskell

CHRISTMAS WREATHS THANK YOU

Thank you to everyone who donated foliage to enable us to make the wreaths and of course to the 9 ladies who came along to assemble them. We made 45 in the end and they all looked amazing and we only had 3 left. We were so grateful to Carol McDougal who kept us topped up with tea and coffee and who made our lunchtime sandwiches. Thanks to the kind people who pre-ordered and to those who bought over the weekend. Special thanks to Jackie Kilby who master minded the whole project and who made the wonderful bows which she attached skilfully.

Please remember to lightly spray your wreath especially if it is indoors. When you have finished with it maybe you can hang it in a tree with some fat balls tied on for the birds to enjoy. When it's nesting time your feathered friends can then gather the moss from it to make their nests.

Thank you so much everyone for your support,
Mary and Jackie



THE STRESS OF CHRISTMAS

So much to do, so little time to do it all before December 25th

- S TOP take a deep breath, count to 10.
- T TAKE on a different attitude. It's not what happens to you that counts, it's your reaction to it. If you cannot change a stress reducing situation, then change your attitude to it.
- O ORGANISE alternate stress for yourself. Switch to something that is equally stressful, but different. That way you are using a different part of the mind and body. A housewife may join a knitting group, a desk bound executive might take up squash, or mountain climbing. A sports professional on the other hand might dabble on the stock market, or set up a management consultancy. The important thing is that it is different.
- P POSITIVE thinking. If a new test seems overwhelming, think about your past success. Use them as a suit of armour to protect your confidence. Think of it as part of a learning process, continuation of something you've always done. Positive thoughts, such as "I can handle this" or "I know more about this than anyone here" will stop the physical response to stress – quick breathing and tensing muscles. It will draw you towards the intellect, the part that really can deal with it.
- S STOP trying to do more than one job at a time. If that is not possible, then you must prioritise. That way you have taken control and developed an action plan, otherwise you will jump from one job to another and achieve nothing but stress.
- T TAKE time out to learn mental relaxation. Most people have lost the ability to do this. Our bodies rest each day when we go to bed. How often have you awoken in the morning still feeling shattered? If you learn to switch off mentally for 20 minutes each day, you will be surprised how much better you will feel.
- R REASSESS your goals. Have your goals in life been set by you or someone else? If they are unrealistic, they will give you a continuing sense of failure. This leads to frustration and unhappiness. It lowers your ability to deal with stress. Reassess those goals, make them attainable, set your own agenda.
- E EXERCISE An extremely good way of managing stress. In a stressful situation the body's natural reaction is to either run or fight. It is called "Fight or Flight Response" and it works well because (a) it burns some of the stress chemicals tension produces and (b) a tired muscle is a relaxed muscle. So make exercise a part of your lifestyle. Perhaps tennis for those who are fit. For others swimming or walking, which ever you choose, make it part of your life, especially that Christmas day walk with the family.
- S SENSE of humour is very important. Laughter or tears are very good ways of reducing stress. Since tears at least for me are frowned upon, try and see the humour in potential stress situations. Learn to laugh at yourself. If you don't there will be plenty of volunteers willing to do it for you.
- S STOP thinking and start acting now. Just as thinking about going to the gym will not get your body fit, just thinking about managing stress will not bring it under control. Some of the methods mentioned will appeal more than others. Some of them will require more effort than others. Choose one that suits you most.

FOOTBALL CLUB NOTES

Essex & Suffolk Border League Div 1

KO 2.00pm unless stated

Sat Nov 19 th	Something from Nothing	(A) L	3 – 2	Essex Sat Cup
Tue Nov 22 nd	Brantham Ath Res	(A) W	2 – 1	7.45pm Amos Cup
Sat Nov 26 th	Kelvedon Social	(A) W	7 – 0	
Sat Dec 3 rd	Brightlingsea Town	(A) L	2 – 0	
Sat Dec 10 th	Harwich & Parkston Res	(H)	1 30 pm	League KO Cup
Sat Dec 17 th	Gosfield Utd	(A)		



Essex & Suffolk Border League Div 3

KO 2.00pm unless stated

Sat Nov 19 th	Bradfield Rovers	(H) D	2 – 2	
Sat Nov 26 th	Great Bradfords	(H) W	2 – 1	
Sat Dec 3 rd	Sporting Rebels	(H) W	3 – 0	
Sat Dec 10 th	Arlesford Colne Rangers	(A)	1. 30pm	Res KO Cup
Sat Dec 17 th	Fritch Utd	(H)		

The 1st team mini-bus driven by Gordon “Gumby” Lawrence left the club mid morning for the 70 mile drive to the wilds of the Wanstead Flats in Leytonstone, East London to play a team called Something from Nothing in the Essex Saturday Cup. The Wanstead Flats are part of Epping Forest and has boating lakes, extensive walks and in my day (pre decimal) had about 50 football pitches.

It seemed that every boy scout troop in the area played on the Wanstead Flats, so we tended to play there most Saturdays. Also, there was a local bylaw that cattle could be grazed on the Flats. So you had to dodge the “cow pats” as you ran. The pitches were rough in the 1960/70s and were now even worse. Having found this particular section of the Flats. The referee must have had trouble as he turned up late and KO was delayed 40mins. Extra time would have been interesting ! GB started well with Harvey Evans and then Jake Vaughan testing the opposition goal keeper. Skipper Jake Bell had to go off after a clash and the opposition scored a scrappy goal while GB were still re organising. The second goal was a comedy of errors. GB keeper kicked a clearance that hit defender Joey Whiting on the back of the head & the rebound looped back over Jake Allwood. GB managed to get back into the game and had several chances to score when a counter attack saw us now 3 – 0 down. In the last 15 mins GB scored from Jake Vaughan & a penalty converted by Harvey Evans. A fair result on the day.

Tuesday 22nd Nov under the floodlights at Brantham Athletic playing premier side Brantham Res in the Amos Cup Quarter Final. GB as always started well but still went a goal down after failing to clear the ball on the edge of our penalty area. Half time 1 – 0 down. Barney Morton had started his first 90 mins & was full of energy in the midfield. He was awarded “man of the match”. The first of many I think. In the second half GB started to control the game and 2 superb goals from Rory Warin put us through to the semi-final against Tiptree Jobserve away at Colchester Utd training ground, Florence Park. Date to be confirmed.

Yet another away fixture at Kelvedon Social saw GB continue to look more confident on the ball and a good all round performance saw us come home 7 – 0 winners. Scorers were Louie Olymbus x 2, Jake Vaughan, Barney Morton, Harvey Evans, Jake Bell and an own goal. Jake Allwood deserved his clean sheet in goal.

The Border League arranged yet another away fixture for the 3rd December at local rivals Brightlingsea Town. On the far distant pitch at Strangers Corner with the river estuary behind you it was a bitterly cold afternoon but GB still had over 20 supporters on the line. Every away game this season GB had had more supporters than the home side.

In a match that was always going to be very close it was disappointing to have a goal disallowed halfway though the first half for something that nobody could understand, even the Brightlingsea linesman. Into the second half Brightlingsea took the lead picking up a loose second ball from a GB clearance while defender Jake Bell was off the field in the “sin bin” for dissent. GB continued to press for the equaliser but Brightlingsea managed to score a second goal late in the game to claim the 3 points. Brightlingsea remain top of the league unbeaten after 12 games.

Div 3 League leaders Bradfield Rovers were held to a 2 – 2 draw on the green by the reserve team. GB scorers were James Wright and Mathew “Monty” Beard. Again on the green the following week, Great Bradfords made the drive from Braintree but were beaten 2 – 1. Jamie Pringle continuing his fine run of form scoring both goals.

The 3 – 0 win over Sporting Rebels saw the reserves go top of Div 3. Similar to last year at Christmas when they stayed at the top for the rest of the season. GB scorers were James “Jammo” Wright x 2 & Elliot McMillan. Mathew “Monty” received a red card for man handling an opponent who had flattened Tom Walker. When asked Monty said “he was only protecting his best mate”

The club has been open for all the England group games in the World Cup & will continue into the knockout stages. The bar has been opened by Gary Sargeant & Mary Amy. As always Mary is the first one at the club to set up and the last one to leave, insisting that she has to check that the dishwasher has finished its last cycle & the glasses can be taken out. Mary also always manages to produce tasty bar snacks at half-time.

The attendance & atmosphere has increased as England progress through the tournament. Follow Great Bentley Football Club on Facebook & Twitter for all the up to date information.

Come on the Bulldogs

Thank You

What a powerful means of communication our Parish News Magazine is, the response to my article regarding hope@trinity last month has been overwhelming and truth to tell has moved me to tears as I sort, pack and label bags as to their contents. I was there recently endeavouring to sort out the laundry and clothing etc. The pressure of trying to meet the needs of the men and women who come through the doors into the warm can be quite daunting when it comes to being able to provide suitable and appropriate items of clothing. Such was the case when a 40 year old young woman needed footwear there just was not anything for her, you have to see at first hand the depths that some people are reduced to. The circumstances and situations that may have brought it about are manifold and unknown to me however what I do know is they are someone's son or daughter and I make no judgements. Quite simply whilst I am one to one I just want to show them that they are not worthless, as is far too often how they feel, that they do matter and I care about them as do Deacon Angela and all the volunteers without whom hope@trinity would not function. Nor indeed would it do so without the generosity and kindness of many, many people who respond as you have done.

Supplies of items do not last long and replenishment is extra vital as we have entered the winter months, sadly hope cannot be open 24/7 so once again I call upon your help.

Items needed: men/women's warm clothing, particularly coats and joggers, underwear, men's boxers are desperately need, scarves, gloves, hats, socks, thermals, waterproof items, gents/ladies footwear trainers, sturdy strong shoes (clients do a lot of walking) warm boots, tents, sleeping bags, blankets, dog food for faithful companions.

Also if you can help by way of making a loaf of sandwiches placing them in individual sealed bags labelled as to the filling, Jackie and I do a monthly 'sandwich run' details of which can be found in The Parish Magazine included in Great Bentley Methodist Church information and diary events. The provision of a round of sandwiches to take away plays another vital part in making the men and women who find their way to the warm welcome always to be found at hope@ trinity lives brighter.

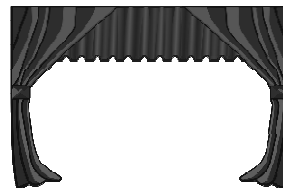
I am happy to take donations of clothing etc at my home, Jackie and I will take it to hope and we both agree that however sad we may feel at times, seeing the benefit and difference your thoughtfulness brings to someone who may only pass that way once, lifts our hearts and spirits.

Thank you so much for caring.

**Judy Bishop 5, Morella Close,
01206 251702**

BENTLEY GREEN PLAYERS

AUDITIONS



a comedy

‘MURDER WITH GHOSTS ‘
by Simon Brett

Monday 9th January 2023 at 7.00pm

Village Hall - Great Bentley

Production week is 15th – 20th May 2023

Rehearsals will be once/twice weekly
(Mondays and Fridays) as rehearsals
progress from mid-January onwards.

Contact Bev Adams for further
information and a copy of the script
via email.

Tel: 01206 250724

bev.k.adams@btinternet.com

GREAT BENTLEY GOOD NEIGHBOURS

The Committee would like to thank the enthusiastic quizzers who took part in the Quiz on 26th November. Congratulations to Quizzly Rascals who narrowly beat The Chancers.

We are pleased to report that a total of £201 was raised on the evening. Special thanks must go to Richard Nowak for preparing the Quiz and overseeing the evening.



Happy New Year everyone. During the cold winter months, one thing we fear is antifreeze poisoning which mainly affects cats as they are outdoors unsupervised. Read on to learn more....

Q. What is antifreeze?

A. Ethylene glycol, present in car radiators, and some screen washes and de-icers. Its sweet taste attracts cats to drink spillages. It may also be consumed during grooming if a cat has walked through a puddle of it. Even a teaspoon of antifreeze is enough to cause fatality.

Q. How does antifreeze affect cats?

A. Antifreeze is broken down in the liver. The chemicals produced during this process severely damage the kidneys.

Q. What are the symptoms of antifreeze poisoning and how is it diagnosed?

A. Within approximately thirty minutes the cat may appear drunk due to his or her wobbly gait. Vomiting, weakness and lethargy may also be noted. As the kidney damage progresses the cat may drink and urinate excessively, appear very unwell and collapse. Your vet will run blood and urine tests to confirm the diagnosis.

Q. What is the treatment and prognosis?

A. Depending on how recently the cat ingested the antifreeze, vomiting may be induced or an antidote given. Unfortunately in the majority of patients, their owners only become aware of a problem once they are already showing symptoms. Aggressive supportive care, including intravenous fluid therapy, may be attempted but the prognosis is usually guarded to poor depending on the severity of damage to the kidneys.

Q. How can we prevent antifreeze poisoning?

A. Safely store any products containing ethylene glycol away from children and animals. Use screen wash and de-icer sprays that do not contain this ingredient. If a spillage occurs during drainage of a car radiator, wipe it up completely and rinse the area thoroughly with water. If your cat appears suddenly unwell this winter, arrange to be seen by your vet *as an emergency*.

My team and I look forward to serving you and your pets in 2023.



Kind regards,
Dr April Young MRCVS

CHRISTMAS TURKEY SQUARES

A huge thankyou to everyone who sold and/or bought turkey squares on behalf of St Mary's. Your generous contribution, which amounted to £400, will help towards the upkeep of our lovely 12th Century village church.

The winner of the first prize of a £50 voucher was Lyn Gordon (number 121) and of the second, Pat Nunn (number 142).

Once again our special thanks go to all at Hubert's Happy Healthy Turkeys for their very generous contribution to our fund-raising event and to everyone who supported our venture.

Rosemary Branch

SESAW NEWS

Each year happy owners often return with ex-SESAW dogs for a Christmas visit. One of these catch-ups highlighted an issue which might interest readers so here is Carmen's story:

"Last year we were ready to open our hearts to another dog, having lost one in lockdown. We just missed one we liked at SESA W but were introduced to three Cocker Spaniels. Poor things, they were so scared and neglected, understandably after being used for breeding. We fell in love instantly and knew they were the dogs for us.

They came home where they are safe, cared for and very much loved but we noticed strangers giving us horrible looks when out on walks. We couldn't figure out why, but then it clicked.

They saw the girls' low hanging bellies, caused by having so many litters of puppies in their previous lives, and they were judging us for how they looked. It made us feel awful.

The moral is, please don't make assumptions based on how a dog may look or act. Maybe, like ours, it didn't have the best start and the owner is trying to make a good life for their pet and help it heal from horrible past experiences.

Our girls have come on so well since we've had them, but there is still a long way to go. So please don't judge a book by its cover, because you don't know what's happened on the inside."

Well said, Carmen. It's the same for canines like me. Many of my fans used to think little dogs were nasty and vicious until they met 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 the Church.

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



Village Christmas Lights

It takes many people to create our Christmas lights, Kevin, Jackie, Matt and Katherine would like to extend their thanks to the following people

David Black for helping to erect the tree

Gordon and Edna Black for storing the access platform

Derek Burdett for his electronic expertise in automatically controlling the lights.

Thank you to Julie & Coma for keeping the set-up team supplied with refreshments

Thank you to Henry and Polly for providing the power for the switch on and for refreshments supplied to Kevin, Matt and Steve

Thank you to Peter Harry, Matt, and Steve for erecting the lights

Thank you to Wendy Smith for providing refreshments to Matt, Steve and Kevin

Thank you to Mick (Gt. Bentley Garage), Reg and Dot, Bev and Roger, Gordon and Edna and the Cricket Club committee for providing the power for the lights. We are indebted to these people, without their help there would be no lights (Lovely to see Reg out on the green with Dot for the switch-on)

Thank you to Mark (R43) for switching your lights on in conjunction with the Village lights and all the families who also had their displays ready for the switch on

Thank you to George Wright for organising and sponsoring the fireworks

Thank you to Danny our village butcher for providing the sausage meat for the sausage rolls and Lorraine and Paul for donating the mulled wine

Thank you to Craig and Abbey, Paul and Lorraine and Katherine for your help with the set up and refreshments £280.70 has been sent to EACH from the sale of the refreshments

Thank you to Brightlingsea Rotary Club for bringing Father Christmas and his sleigh

And finally, to all of the homeowners and businesses who gave us access to their properties in order to fix the lights etc

We hope you all enjoy the lights

With our very best wishes for Christmas and the New Year

Kevin, Jackie, Matt & Katherine

A PLEA BY GREAT BENTLEY GOOD NEIGHBOURS FOR VOLUNTEER DRIVERS

to help transport village people to appointments at the hospitals/dentists/opticians and the surgery.

A DBS check will be required but we can help you with this.

Please phone Bev Adams on 01206 250724 for details.

GREAT BENTLEY YOUTH FOOTBALL CLUB - CHAIRMAN UPDATE

Our Under 4's have continued their winter training at the Colne School and recently experienced playing on a 4G pitch for the first time. All of the boys are enjoying their Saturday morning training sessions and are forming a good bond.

The Under 8 team visited Colchester United recently on a team bonding exercise and enjoyed watching them defeat Doncaster Rovers.

Our Under 9's blues would like to thank Jack French for all of his efforts in supporting and coaching our goalkeeper on Saturday mornings in recent months! Jack is a great promising young keeper himself, enjoying success for Great Bentley Mens team.

The U11's are really starting to gel and have been in the goals scoring 26 in their last four matches! The team are hoping to push for promotion in the new year and now have a waiting list of players hoping to join.

A massive thank you to Priory Estates of Frinton for sponsoring the U12's new coats. Kept the cold out and helped the boys get back to winning ways!!

Our Under 12 team are still recruiting experienced and capable players to compete in a strong league, please contact the club for more information.

The U16 Reds have unfortunately had a couple of games called off recently due to bad weather. They narrowly lost 3-2 at home to Colchester Villa in a very exciting game with 2 goals from Charlie Dobson. They were also very unlucky to lose 1-0 in extra time to Stanway Villa from a higher league in the Cup. They are hoping to bounce back in a league game against FC Clacton on the weekend of 11/12.

Yours in sport,

Great Bentley Youth Football Club

Guiding in Great Bentley

In response to the editorial in the December magazine, I would just like to say that Girlguiding were represented at the Remembrance Day by leaders, rangers, guides, brownies and rainbows from the units in Great Bentley.

Rainbows are the youngest section of girlguiding, aged 4-7 years. We meet 4.45-6.00pm on a Friday we take girls from outside of the village as well Great Bentley.

We take part in various village activities and work towards badges at our meetings and girls can also do badges at home.

We have spaces available if you are interested please contact me or look on the guiding website.

Deborah Hesketh
deborahhesketh@hotmail.co.uk

TENDRING DISTRICT COUNCILLOR - Cllr. Lynda McWilliams Report January 2023

PROPOSED BOUNDARY COMMISSIONS CHANGES

There has been much support **not** to agree with the proposed recommendations that have been made by the Boundary Commission for The Bentleys and Frating Ward being moved into the Clacton Constituency.

I am Tendring District Councils Councillor representative on the Tendring District Association of Local Councils (TDALC). I took the opportunity of mentioning at their last meeting the present Boundary proposal and was very pleased that the Association agreed unanimously to write to the Boundary Commission to support the reasons to not support the Boundary Commissions proposal to move The Bentleys and Frating out of the Harwich and North Essex Constituency into the Clacton Constituency. I understand that the decision will not be known until the 30th June 2023.

STILL TIME TO CONFIRM VOTER INFORMATION

Households can still confirm or amend their electoral register details. Letters were sent out in the summer to homes in the district asking them to check or update their details as held by Tendring's Electoral Registration Office as part of the annual canvass.

The check ensures the correct information is held for those who may wish to vote at upcoming elections. Electoral registration staff are now visiting homes to follow-up with households who did not reply when required to do so – but people can still confirm the details.

BUDGET PROPOSALS TO USE RESERVES TO HELP COUNCIL WEATHER FINANCIAL STORM

The Initial budget proposals for the coming year have been set out by Tendring District Council (TDC) Cabinet on Friday, 4th November which noted the financial position as part of the 2023-24 budget setting process, and that the authority was well-placed to meet the challenges brought about by the wider economic climate.

Included within the budget planning assumptions is a £5 rise to TDC's share of council tax for a Band D home – a move already set out in the authority's long-term financial plan.

ALMOST £660,000 TO SPEND IN RURAL TENDRING

Tendring District Council is to submit proposals to spend almost £660,000 of government cash. The funding has been allocated to TDC from the Rural England Prosperity Fund (REPF), a scheme to support capital spending projects in non-urban areas of the country. This funding is available to spend between 2023-2025, TDC's proposal is to use the cash in three broad areas of activity - supporting rural businesses to diversify or expand - help community groups to invest in facilities for their areas - and for TDC-led projects to support green initiatives and the rural visitor economy.

Whitehall is expected to announce REPF awarded funds and approved proposals in early 2023. TDC officers are working in the interim period on preparations to enable rapid delivery once approvals and funding are received.

I wish you all

"A Happy New Year"

Thank you all so much for your support and interest throughout the year

Many thanks

Lynda

Cllr. Lynda McWilliams

Tendring District Ward Councillor for the Parishes of Great Bentley, Little Bentley and Frating and TDC Cabinet Member with the portfolio for Partnerships.

Please do not hesitate to contact me if you have any concerns; I am always very pleased to help and hear from you.

email cllr.lmcwilliams@tendringdc.gov.uk

Mobile Phone Number 07564 613603

VITAL COUNCIL SERVICES TO CONTINUE DURING CHRISTMAS PERIOD

Critical services will continue as usual in Tendring during the upcoming Christmas and New Year period as most frontline services keep running for residents.

Tendring District Council (TDC) will deliver essential front line services and handle emergencies during the Christmas period, but its offices will be closed from 4 pm on Friday, 23 December until they re-open again fully from 8.45am on Tuesday, 3 January, 2023.

In an emergency which requires TDC's assistance residents can contact the council's Control Centre on 01255 222022, available 24/7.

Neil Stock OBE, TDC Leader, thanked staff at the council who would be on-call or working during the festive break.

"Our services are important to residents, whatever the time of year, which is why we keep the majority of frontline services running through the Christmas period," Cllr Stock said.

"Anything urgent requiring immediate attention will be dealt with, and other issues picked up in the New Year. This means most of our staff can enjoy a Christmas break, and my thanks go to those staff keeping TDC operating during the festive period.

"I wish all of our residents and businesses a very merry Christmas and a happy New Year on behalf of the council."

Waste and recycling collections will continue, with some changes around the bank holidays. TDC is working with its contractor Veolia Environmental Services to minimise disruption.

People can find updated information on TDC's Christmas services web page, which has full details of seasonal changes to services across the authority: <https://www.tendringdc.gov.uk/christmasservices>



Cllr Lynda McWilliams



COFFEE MORNING SATURDAY 21ST JANUARY 2023 St Mary's Church

Please come and join us for a leisurely cup of coffee, cake and biscuits plus a raffle on Saturday 21st January between 10am and midday, at St Mary's Church, Great Bentley

On this occasion funds raised will go towards our Flower Fund. We have a regular team of flower-arrangers who give up their time to ensure the church looks attractive and welcoming, and we are very grateful to them.

If you are unable to attend, but would like to make a contribution to the fund, please contact our Treasurer, the churchwardens or myself. Contact details are on the inside cover of the Parish news.

With many thanks in advance,

Rosemary Branch



Firstly, I would like to wish you all a Happy New Year and thank all the parents/carers and children for their generous gifts and kind words at the end of term.
We hope you all had a lovely festive period and made some lovely memories with your families and friends.

I would like to welcome Hunter and Rory who joined at the end of last year, and when we return for the spring term, I would like to welcome Willow, Rupert, Otis and 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.

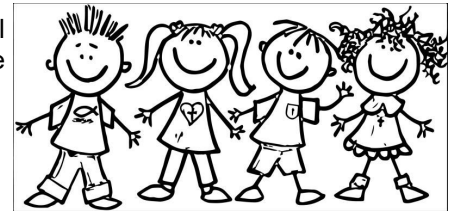
Our Christmas Nativity

What a wonderful performance the children put on both times, each year they amaze us. Sometimes we need to remember that these little children are only 2, 3 or 4 years of age, they all cope so well in what is a totally different environment and expectation for them, they all looked fantastic in their costumes, and not only did they make me and the staff so proud, but all their families too. When I look out and see all the audience beaming at these amazing children, it really does put a lump in my throat.
Thank you to all the parents for the lovely costumes the children wore, and for those that were lucky enough to come and watch, we really do appreciate your support.

A big thank you to all the Church members for your help and support too in letting us perform in such a perfect setting, you are always so accommodating and helpful.

Not much else to report this month, we will look forward to welcoming all the children back after the Christmas break and getting stuck into the new term.

Thanks for reading
Julie Wiles



WHAT WAS THE HIGHLIGHT FOR YOU IN 2022?

I am sure for many it was the Queen's Platinum Jubilee.

The village celebrations on the green were a huge success both the afternoon tea and the dance in the evening all arranged by a small Committee

We are just beginning to put into place a similar event to celebrate the King's Coronation in May 2023

The Jubilee event was sponsored by many very generous companies, organisations and individuals which enabled us to keep ticket prices at a reasonable level.

If you would be interested in sponsoring this event or organising a fund raiser, I would love to hear from you

Lorraine Mann
Lorraine.mann@riffhams.co.uk

POLICE REPORT

RECORDED CRIMES- 11

From 28/10/2022- 25/11/2022

CRIME TYPES - ALLEGATION - ASSAULT - BURGLARY- CRIMINAL DAMAGE - DOMESTIC - FRAUD -

HARASSMENT - INTERFERENCE WITH A MOTOR VEHICLE - MALICIOUS COMMS X2 - THEFT OF MAIL

INCIDENTS REPORTED –

INCIDENT TYPES -

Coffee with Cops - Methodist Church.

Concerns raised

Abandoned vehicle – After checking the details of vehicle, Reported to DVLA and Council for removal.

Speeding on Thorrington Road - Trucam was deployed 8 captured top speed of 46mph in the 30mph zone.

SPEEDING in the village is a regular occurrence.

Please drive with due care and attention, which includes taking **notice of the speed signs**.

Not seeing them is no excuse, They are there and were and still are a big part of a driving test to be adhered to.

Speed kills- Hit someone at **30mph** there is **80%** chance of survival.

Hit someone at **40mph** there is **20%** chance of survival.

Hit someone at **50mph** they are **unlikely to survive**.

And Animals have even less chance of survival at most speeds

Speed limits are there for a reason, it is law. It is better to arrive late, than have the inconvenience of a damaged vehicle in an RTC or Worse NOT arriving at all, or taking away someone's loved one or family pet.

Nitrous Oxide.

I am regularly finding these empty silver canisters in the church yard and other locations around the village.

These are used by young people everywhere and unfortunately, they do not know how dangerous this can be to their health. **Is a 20 second high worth losing your life for?**

Physical health risks.

.It is very dangerous to inhale nitrous oxide directly from the canister and doing it in an enclosed space is also very dangerous. If you take too much nitrous oxide you risk falling unconscious and/or suffocating from the lack of oxygen. People have died this way.

- Dizziness, which might make you act carelessly or dangerously.
- heavy regular use of nitrous oxide can lead to a deficiency of vitamin B12 and to a form of anaemia. Severe B 12 deficiency can lead to serious nerve damage, causing tingling and numbness in the fingers and toes. This can be very painful and make walking difficult. It can even lead to paralysis and the damage may be lasting.
- Regular use can stop you forming white blood cells properly.
- .It can be hard to judge the amount to use safely. If you have too much you can end up fainting, having an accident or worse.

These are just a few, for more information google the risks!

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.

If you suspect anyone of fly-tipping contact the police on 101 or email recycle@tendringdc.gov.uk

Tendring District Council web site has lots of information regarding carrier licence and what to check for, when paying someone to remove your rubbish.

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.

Fly Tipping

Fly tipping is still proving a big problem in most villages. If you suspect anyone of fly-tipping contact the police on 101 or email recycle@tendringdc.gov.uk Tendring district council web site has lots of information regarding carrier licence and what to check for, when paying someone to remove your rubbish.

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

PETER ALLINGTON

10.6.1943 - 5.11.2022

Peter was born in 1943 in Southern Rhodesia (now Zimbabwe) to Esther and Owen Allington. His father was out in Africa in the forces during the War. Peter came back to Great Bentley as a young child along with his older brother Michael. They moved into Plough Road, Great Bentley and Peter's sister Jennifer was born. Peter went to Great Bentley school and later to Clacton County High School. He left school at 16 and went to work as a laboratory assistant at BX Plastics in Manningtree. He met his wife Carole on a blind date and they and their many friends went to the local dancing school where they gained several medals in ballroom dancing.

They married in 1965 in St Mary's Church Great Bentley and moved into Stonybroke, Station Road which they built themselves along with many friends in the building trade (and it is still standing!!). Stonybroke was built on land belonging to Peter's grandfather who owned Poplar Cottages as they were known then. Their children Mark and Julie were born and a few years later they turned the two cottages into one called Poplar House where Carole still lives.

Peter went on from Laboratory Assistant to Production Manager at BX Plastics and while the children were young he spent a lot of time travelling the world with his job. He retired early and he and Carole travelled the world visiting over 40 different countries.

He was an active member in the village. In his earlier days he played cricket for Great Bentley, he was Chairman of the Carnival Committee and in later days he was the founder member of Bentley in Bloom, he was Church Warden in St Mary's for a number of years, played bowls and loved his allotment and garden. He did the Gardening Notes for the Parish News for many years and was always available for advice on gardening. He fitted out 4 canal boats, the latest was fitted out in the village at Lords Farm and many friends visited and a party was held before it was launched onto the canals. Peter, Carole and family spent many years cruising the canals. Peter liked nothing better than spending time with their children and grandchildren Matthew, James and Daisy.

Unfortunately Peter developed Alzheimers a few years ago and for the last year he had been in a Home where he was well looked after. He is at peace now. He will be sadly missed by his friends and family.

Frederick Nathan Fairweather's Death 24th October 2022.

Fred was born in 1934 at 4 Plough Road, Great Bentley, the child of Victor and Dorothy Fairweather. He attended school at Great Bentley and later played football with the local Colts team. Before leaving school he was delivering the newspapers on his bicycle in the village for Philip Nevard, and later continued this work for him. This including the villages of Frating and Great and Little Bromley until 1952 when he was conscripted into the army. He served with The Royal Horse Artillery in Germany for two years, where he obtained his driving skills. On returning to Great Bentley he did delivery work for the Cudmore's and then the Wright families for about five years.

However it was farming work that drew his attraction and ultimately he found work in Mersea Island at Reeves Hall Farm for about 40 years where his life was in the open air. The site and sound of birds and being with animals was the main attraction, not only on the fields but in the Farm Cottage garden with his family. Visits back to Great Bentley and to his sister Doris in Brightlingsea and other parts of Essex and Suffolk was the main weekend activity.

Sadly his wife Margaret became stricken with dementia and then lived in a care home in Clacton where Fred did a 60 mile round trip to visit her two or three times a week for several years, until she died 2014.

Fred continued to live at the Farm Cottage where his younger brother Eric, who lives near Bristol, would visit from time to time, along with his wife Peggy. Eventually Fred gave up driving and moved to be with his daughter Andrea in Colchester until he passed away.



Do Good to Feel Good in 2023 by volunteering for St Helena Hospice

Are you looking for new opportunities in 2023? You can do good to feel good in the new year by volunteering with St Helena Hospice!

Whether you're looking to develop your CV, expand your skills, get out and meet new people or put your free time towards a good cause, there are a variety of opportunities to be had by volunteering with your local hospice.

Did you know that volunteering can be great for your mental and physical wellbeing? By volunteering with St Helena you can enjoy feeling part of a community, combat social isolation by getting out of the house and meeting new people, improve your confidence and communication skills and enjoy the feeling of giving back and making a positive contribution on the lives of others.

St Helena's Voluntary Services Manager Wendy Marcon said: "St Helena couldn't do what it does without the incredible passion, dedication and individual experiences of volunteers we have from all backgrounds and all walks of life. No matter their role, our volunteers all contribute towards making a huge difference to the lives of patients, their families and the general running of our organisation.

Volunteering has also proven beneficial for health and wellbeing and in a recent survey, over 80% of our volunteers have said they felt their volunteering improved their mental and physical health and wellbeing. Sign up to volunteer in 2023 and find out where volunteering will take you!"

Whether you are looking to volunteer in one of St Helena's 21 shops across north east Essex; within the complementary therapy team; as part of the maintenance team; or on the ward, there is a role out there to suit everyone. Regardless of whether you can volunteer four days a week, or four hours a week; no amount of time is too little.

Finding satisfaction in volunteering is all about matching your individual skills, interests, passions and personality with the perfect role which suits you and your lifestyle. If you have specific skills that you would like to offer to St Helena or simply want to find out more, please get in touch with the volunteer services team on **01206 931 466** or email volunteer@sthelena.org.uk or view all current vacancies at www.sthelena.org.uk/volunteer

Friends of the Churchyard 100 Club

Very many thanks to all those who renewed their squares for this year, whether by cash, cheque or BACS, and to those who have joined for the first time. Several new people joined at the village show, so they have had a bit of a wait for the first draw, which took place at the end of the Tree and Crib Festival 4/12/22, but the winners were:

1st prize, square 3: Lynn Carey Smith
2nd prize, square 55: Sally Morton

Very many congratulations to them, and good luck to everyone else for the next draw which will be in May.

AHS

NEW ADVERTISERS

WE WELCOME

TLC WELLNESS HEALING H
BENTLEY FLOORING J
ZOE PAGE CLEANING/GARDENING K
PLAYLE COURIERS/DELIVERY SERVICES Q
HOLIDAY COTTAGE TO LET Q
PATRICK AND MENZIES OPTICIANS S
JAYNE'S CLEANING SERVICES T



We Need Your Help

Gt Bentley Carnival and Fete Association Emergency AGM
7.30p.m
Thursday 26th January 2023
Michael Wright Room,
Great Bentley Village Hall

Do you want to keep village traditions, which bring communities together?

Do you want to support an event that raises money for local children's groups?

Are you able to offer a few hours of your time?

Are you new to the village and want to make friends

There are people who will be able to guide and support anyone who would like to volunteer for any the following tasks: (I have tried to breakdown each area into manageable tasks)

Street Procession

- Leading up to Event Day – Inviting old and new entrants; emailing and Collating Entry Forms; arranging rosettes, certificates and trophies
- On Event Day – Welcoming Procession Entrants and Liaising with procession co-ordinator.

Carnival Court

- Leading up to Event Day – Inviting Other Carnival Courts to our carnival; collating Carnival Court entry forms Organising a Carnival Court for Great Bentley village; arranging rosettes, certificates, and trophies; arranging carnival court refreshments.
- On Event Day – Welcoming Carnival Courts, liaising with procession co-ordinator, ensuring everyone has access to carnival court refreshments.

Programme

- Collating beneficiary and sponsor information for Programme, approaching prospective businesses to advertise in programme, prepare information for printing, communicate with printing company.

Website and Facebook

- Build and maintain our website, keep our Facebook page updated.

Getting Green Ready

- Leading up to Event Day - Mark out Arena and stall plots, putting out signs, organise roadblocks, organise health and welfare arrangements for visitors and volunteers,
- On Event Day – Welcome stall holders and direct to their allocated plot, monitor vehicles to keep parking and pedestrians safe.

If you would like to chat about any of the above tasks, please do not hesitate to contact Julie via 0758558660.



GREAT BENTLEY RUNNING CLUB

Saturday 19th November saw over 30 of the club take to a Parkrun somewhere in the UK. An up and coming star, one of our juniors, Ivy-Rose Hallahan ran her first sub 30 minute 5km, at Harwich. While another junior Xander Briggs braved the rain on the Sunday morning to run Colchester Junior Parkrun.

There was another outing to a Long Distance Walking Association event on the same weekend, in Bedfordshire. The Sundon Saunter is a triennial event, with the Shillington Shuffle and Steppingley Step taking place in the other years. There was a choice of 12, 17 or 27 miles. Scott Young and Paul Hollidge did the shorter route whilst Vicky Presland and Deborah Hollidge went for the 17-18 mile route. Report was that Bedfordshire is a lot hillier than they expected!

Sunday was a quieter day apart from the Hadleigh Hares who held their 5 and 10 mile race, on an undulating course around the Suffolk countryside. Peter Benton and Helen Carey ran this together and came in in 1:26:37 and 1:26:38 respectively. Great times considering the appalling weather conditions.

Sunday 27th November was the date for the 2nd of the North Essex and South Suffolk (NESS) Cross Country league. Great Bentley turned out in force at Gosfield School for a very challenging course which included fields, woods, epic 'puddles' and a few too many ups and downs, to make it an absolute classic. In fact the 'puddles' were so deep one or two runners got completely submerged when they tripped on the uneven bottom. Thanks to some very strong performances throughout from our men's and women's teams, we finished fourth on the day and are currently fourth in Pool A.

Avoiding the mud of Cross Country were Adam Robey and Josh Beaumont who both made the journey to London for the London Half Marathon and 10k at Queen Elizabeth Olympic Park. Adam took on the 10k event, finishing in the fantastic time of 54:15, whilst Josh took on the full 13.1 miles. Josh had a brilliant race and crossed the line in a new PB of 1:22:05.

A highlight of the club year is our annual Awards Night. This year's was on Saturday 3rd December at the Great Village hall. It's amazing what a few strings of fairy lights and some lengths of tinsel can make. The village hall is close to all our hearts as the scene of so many of our activities and it was great to use it for such a happy event. And a very happy weekend it was. We finished off with a club run on the following morning and a communal breakfast. The hall kitchen saw itself being put to very good use.



And as this is the last article of the year best wishes from all at GBRC to all in Great Bentley!! Wishing all a happy Christmas and a peaceful 2023!

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
Thank you, Mary Barber

SCHOOL NEWS

Year 5 & 6 Maths Challenge

Three children from Years 5 and 6 were visited by their counterparts at Elmstead and Frinton Primaries. Along with other children from our Federated Schools. They took part in an algebra maths challenge. This involved them working in pairs to spot patterns and determine an algebraic equation, to solve how many jumps and slides it would take the frogs to cross the pond. They then used this equation to apply it to an infinite number of frogs and consequently began to understand the reasoning behind using an algebraic equation, rather than trial and improvement. All of the children worked well in their teams and their love of Maths really shone through!

Wishing to celebrate with you

Otto learnt lots of new skills, lighting a fire using film and steel, sowing and drilling a log, chopping wood with an axe and then took part in a first aid course where he learnt how to treat burns, grazes and how to get someone in the recovery position.
Great learning Otto.

COLNE POINT: BETWEEN SKY, LAND & SEA

EDITED BY KEVIN MARSDEN & DAVID BAIN of EWT Tendring Local Group

A miscellany of contributions on Colne Point, the 683 acre EWT coastal nature reserve at St Osyth in NE Essex.

The book will be available early in the new year, published by the Tendring local group of the Essex Wildlife Trust with a foreword by Andrew Impey, CEO of the trust and includes contributions by staff members Emma Ormond-Bones and Rachel Langley and many others.

The imminent retirement of Bob Seago as part-time professional reserve warden after a dedicated 22 years is the main reason for focussing now on the reserve as a celebration and valedictory Festschrift.

The history including mineral exploitation and geomorphology, with the combination of spit and gravel ridges and saltmarsh behind, the latter is elucidated by Bernard Spilsbury. Bob Seago has also added his experience of the recent erosion and deposition. The campaign to secure it as a nature reserve and purchase by Essex Naturalists' Trust [now EWT] IN 1968 is outlined. The importance for ground-nesting birds including Little Terns resulted in determined conservation measures with, for a time a resident summer warden scheme is brought up to the present by RSPB's Keiren Alexander. The early formative, youthful direct experiences of this are recalled by Simon Wood, Jules Pretty and Jon Clifton as well as more general accounts of the birds of this site, also noted for passage migrants and winter visitors, over decades by Simon Cox, Peter Newton and Chris Balchin.

Ken Adams, Tim Rich and Chris Gibson have focussed on particular aspects of the coastal flora and Ian Tittley on seaweeds. Peter Harvey, Ted Benton, Tim Gardiner and Steve Falk have described aspects of the insect and other invertebrate fauna. Mollusca and borrow dyke ecology has been elucidated by Simon Taylor, Malcolm Hardy and Pam Wilson. Graham Underwood has contributed on aspects of Essex University's longstanding research association with the site. Three local students from the university's Wild Writing course have written related poems and short prose. Kevin Marsden, as well as playing the major role collating contributions has also gathered reminiscences from local people on the social history. The periods when sand and gravel was taken off the beach by barges, as well as fishing, wildfowling and the development of Lee-over-Sands are included. There are some eighty pages of colour pictures and other illustrations.

The retail price is £20 with an additional? for postage & package

For further enquiries and to reserve a copy[ies] please contact David R Bain, 366 Harwich Road, Thorpe-le-Soken, CO16 0HL email david.r.bain@gmail.com

GREAT BENTLEY PARISH COUNCIL

Report of the Full Parish Council Meeting 01/12/2022

The Full draft minutes are available on the Parish Council Website:

www.greatbntleyparishcouncil.co.uk

We are really pleased that Jen Spear is our new permanent Clerk & RFO and we are currently recruiting an Assistant Clerk to work closely with her.

School Expansion Project

There will be a short consultation regarding this on the ECC website, running from 8th December for 2 weeks.

Footpath Diversion – Cala Homes

The Parish Council resolved to work with the members of public (from a legal standpoint) affected along with the Parish Council's allotment land to write a letter to Highways, Cala Homes, Network Rail and Bernard Jenkin.

Green Working Group

The situation of many utilities digging up different parts of the Green and the quality of making good was discussed. The Parish Council will continue to follow this up with the organisations concerned.

The Parish Council discussed the idea of making this group independent of the Parish Council and decided against this. Proposals were put forward by the Group for:

- Working with the Primary School on an environmental award for the children - agreed
- Supporting the '20s Plenty' campaign for speed reduction – agreed
- Setting aside an additional area of the Green in 2023 from the mowing regime to enhance biodiversity – more information needed

Southside Track Working Group

It was agreed that the letter prepared by Cllr Taylor be sent to various authorities to find out their views on the project in principle.

Community Safety Team Pop-Up Surgeries – Anti Social Behaviour

It was agreed to support this initiative in the village

Boundary Commission Review

It was agreed to support the argument to leave the Parliamentary Constituency boundaries unchanged.

2023 Elections – 4th May 2023

The Clerk & Chair will revert to the January PC meeting with a plan for promoting the 2023 Parish Council elections

Annual Parish Meeting – 13th April 2023

The Clerk & Chair will begin preparation for the APM in line with last year's meeting. There is one recommendation for a Parish Award so far.

Date and time of next meeting

Thursday 5th January 2023 at 7.00 p.m.

The January agenda will be closed on the 22nd December 2022, to new additions.

Rivers

During the recent drought, only the consequential threat of a hosepipe ban encouraged many households to focus more on the importance of water conservation, many of us perhaps guilty of thoughtlessly squandering it when in abundance then showing contrition when faced with the reality of a shortage of it. Be that as it may, nature has a propensity to maintain its ecological balance, an equilibrium most unlikely without the presence of that vital constituent. There is something magical about a rainstorm, a stirring experience in any environment, be that when walking alone in the high craggy Yorkshire Dales, or when challengingly engaged in a sporting arena, or perhaps just watching the meteorological dynamics unfold whilst in a snug and warm shelter. Nature always surprises and more often than not, a rain-soaked experience is exhilarating, the senses stimulated by the beautiful smell of wet pines, the feel of the water underfoot or the coldish splashing on the face.

But not all sources of water are the same. There is the effusive, flamboyant type like the said rainstorm, abundant water from the heavens often accompanied by its allies, the aggressive thunder and lightning. But there is also the quiet guy, another calmer and more placid source of water, this time not from above, but from deep in the ground, the advent of which, although less dramatic, is certainly more intriguing, namely, the spring.

When walking the hills of England and Wales during a hot, dry summer's day, a walker will often encounter wet soggy ground in the troughs between hilltops, an odd experience to find water lapping around the ankles even though the immediate surroundings resemble that of a western prairie. The reason for the presence of such a phenomenon is unclear. For those in need of clarification, google may offer a full explanation as to why that spongy ground should happen but the impact of that written explanation cannot compete with the awe of observation. One such observation can be found behind a small hill farm in Wales, where the land rises steeply up the mountainside to a field, the access to that field being a narrow path through a wood. A metre or so from the top of that hill, water oozes from the ground, beautiful clear water emerging through a patch of lush green grass. That ample seepage joins others, becoming larger as it finds the easiest route down the valley until it outflows into the parent river, a tidal river, the extensive origins of which lie many miles away up in the lakes and valleys of Snowdonia. That spring water is but one example, but in our hills there are other much larger areas which can be dangerous to those who choose to invade their territory.

The Pennine range is regarded as the midpoint of the Coast-to-Coast Path, Wainwright's walk from the Irish Sea to the North Sea. Nine Standards Rigg, the eerie parade of nine dry stone towers is the highest point of that section, after which the walker is faced with the descent which passes through a large peat bog. There is no obvious path along this hanging valley, just a row of poles to guide the walker through a myriad of peat banks and innocent looking layers of bright green moss which appear to be friendly but beneath that moss lies hidden, deep water. It is the walker's task to find suitable ground on which to walk making the exercise less than enjoyable. This peat bog may be worrisome to the walker, but far more importantly, this beautiful valley produces dozens of streams, all flowing down the valley sides towards Whitsunday Beck and on through Ravenseat farm, the home of the Owen family of television fame. These youthful, crashing rivers finally join the mighty Swale of Swaledale, a river which gathers the forces of further innumerable rivers as it snakes its way east past Richmond Castle and on to converge with other tributaries before outflowing into the North Sea. The Swale falls are spectacular.

However, not all rivers are spectacular, but all rivers are inspirational, including ours here in Essex. From the Thames to the Stour, important waterways include the Colne, the Chelmer, the Crouch and the Blackwater along with countless inlets and mudflats. Throughout history rivers have held the key to human settlement, be the river the provider of food from them, the chosen crossing point of them or transportation upon them. Many of these examples will be of the time when the river has already reached old age, where it is tidal and navigable, but it all began with the seemingly insignificant brook. Although a smaller water source, each stream has already and for many years before, played an integral role throughout its youthful existence.

Our local streams are stunning. Tenpenny Brook which flows into the tidal mill at Thorington is one, our own Bentley stream which joins Flag Creek, another, and the third and lengthiest, Holland Brook, all rise near Little Bromley and find their way to the sea, or the Colne. How long these watercourses have been flowing is not known to me but to have one close by and available for observation is a privilege. Recently when standing and casually scanning a post-drought newly replenished rill, it was noticed that, on the riverbed, there was a freshwater crayfish happily grazing among the dead leaves. Perhaps the water authorities, those essential guardians of our ecosystems who monitor the health of our young rivers will celebrate the presence of that beautiful creature, or possibly not, for it depends, I suppose, on whether the little fella is one of our own native good guys or one of its invasive and voracious American cousins. To avoid seeking the opinion of a local fisherman would be prudent. **J.E.**



SURGERY NEWS

We would like to wish all our patients a very Happy New Year

NEW YEAR NEW YOU!

With the start of the New Year, it's a great time to make some changes to try and stay as healthy as possible.

Did you know that if you are overweight this could really be having a huge impact on your health without you even realising it yet? With a huge increase in Type 2 diabetes, and other chronic health conditions such as high blood pressure, high cholesterol, your weight could be the number one cause! Likewise, if you have one of these conditions, making some changes now could have a huge impact and prevent future complications that these conditions can lead to.

We know that looking after yourself today will protect you from some of these health conditions developing in the future. Better diet choices and increasing your activity/exercise can drastically reduce your chances of developing these conditions or even put them into remission. Sometimes all we need is to understand some simple changes to what we eat or some alternative ideas that will help. One of the main pieces of advice is to cut down on the amount of sugar you are eating. Stop having it in your hot drinks. Switch to a sweetener! Try eating eggs for breakfast, boiled, scrambled, poached instead of cereals. If it's a case of time making eggs for breakfast will only take 5 minutes! Try looking at everything you buy that is in a packet and asking yourself can I make this with real ingredients, real food? Or can I exchange this packet that I'm opening and have a better choice? It normally is much easier than you think. In the busy world we live in – it has become all too easy to buy snacks, Jars, meals that are ready to eat almost instantly. **Sometimes all you need is a fresh approach.**

FLU VACCINATIONS

For anyone who is entitled to a flu vaccination, either because they are over 50 or younger than this but with a pre-existing condition, these can still be booked by contacting a member of the reception team on tel. 01206 250691.

SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12.00 noon on Tuesday, 31 January 2023 for staff training.

PATIENT PARTICIPATION GROUP

The next meeting of the Patient Participation Group will be held on Thursday, 19th January at 6.30 pm at Great Bentley Village Hall.



CHRISTMAS/NEW YEAR SURGERY OPENING HOURS

The normal Surgery opening times are from 8.00 am to 6.30 pm Monday to Friday.

Over the Christmas/New Year period the Surgery will be closed on Monday, 26 December, Tuesday, 27 December 2022 and Monday, 2 January 2023.

**Sue Mitson –
Operations Manager**

GREAT BENTLEY PRIMARY SCHOOL

The Great Bentley Primary School Christmas Fayre was a jolly event which raised £2,406.05 for school funds. Children, parents, carers and village friends enjoyed festive food and drink, played lots of fun games, won prizes in the raffle and tombola, listened to beautiful carols played by the Salvation Army and School Choir, and visited Father Christmas in his winter wonderland grotto!

Thank you to everyone who supported the event and a special shout out to those who made the magic happen.

Merry Christmas!

The Friends of Great Bentley Primary School


Children's Page

The hidden words can be found horizontally, vertically, diagonally – forwards, backwards, or upside down



WINTER

F	P	A	M	O	T	I	U	S	W	O	N	S	Q	B	S
R	X	G	O	Y	D	S	H	O	V	E	L	Z	J	N	C
Q	T	L	B	N	K	L	W	R	S	M	A	G	O	U	F
V	G	S	R	A	P	E	N	G	U	I	N	W	Y	H	D
I	W	N	T	E	J	G	X	M	Q	S	B	R	E	O	Z
U	C	E	A	Y	T	N	D	P	I	O	H	F	K	L	R
M	S	I	Z	G	Q	A	V	B	A	T	L	X	C	I	J
Y	H	K	C	F	G	W	E	R	N	U	T	P	O	D	G
S	J	M	V	L	S	O	D	W	R	X	Q	E	H	A	N
E	N	T	G	K	E	N	B	R	S	F	M	C	N	Y	I
V	L	O	I	N	H	S	I	O	X	J	U	Q	A	S	D
O	F	I	W	P	E	E	R	S	T	O	O	B	M	C	D
L	N	X	U	B	S	Z	J	Y	P	N	I	H	W	K	E
G	I	P	E	T	A	L	O	C	O	H	C	T	O	H	L
B	S	C	A	R	F	L	D	R	E	M	Z	U	N	J	S
H	R	E	T	N	I	W	L	X	F	P	G	Y	S	O	K



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Tree Valley Academy



COOKERY CORNER

WARMING WINTER PUDDINGS

RICE PUDDING

This is the ultimate comfort pudding. Most families have their own variation of this well known dish which has been handed down through the generations, invoking childhood memories of home cooking.

125g risotto rice such as arborio
15g unsalted butter

500 ml whole fat milk
a pinch of grated or ground nutmeg

60g sugar

1 vanilla pod

This serves four. Split the vanilla pod lengthways with a small sharp knife and preheat the oven to 180 degrees. Put the rice in a saucepan with a lid and add cold water to cover. Bring to the boil slowly over a medium heat and boil for 5 minutes. Drain the rice and rinse under cold water before setting aside to drain well. Put the milk in a lidded ovenproof and heatproof casserole and bring slowly to the boil. Add the sugar, and vanilla pod. Remove from the heat, cover and leave to stand for 15 minutes. Scrape out the vanilla seeds using the tip of a knife and stir them through the milk discarding the pod. Add the rice to the milk, then the butter, nutmeg and a pinch of salt and bring slowly to the boil. Cover and place in the preheated oven. Do not stir. Cook for about 25 – 30 minutes until the rice is tender and the liquid almost completely absorbed but not dry. Serve warm with a dollop of jam.

CRANBERRY BREAD PUDDING

375ml milk	225g white bread	1tbsp mixed ground spice	3 oranges	175g raisins
150g sultanas	50g mixed chopped peel	3 eggs	75g dried cranberries	
75g dried apricots	150g melted butter	1 – 2 tbsp black treacle	50g granulated sugar	

This will make about 16 squares. Remove the crusts from the bread before weighing and tear into small pieces. Grate the zest of two oranges and juice the third. Chop the apricots and beat the eggs. Preheat the oven to 180 degrees and grease a 23cm square shallow baking dish. Pour the milk into a bowl, add the bread and soak for a good 10 minutes. Add the remainder of the ingredients including the sugar and mix together thoroughly. Spread the mixture evenly in the prepared dish and bake for 45 – 50 minutes until it is lightly browned and set in the middle. Sprinkle with extra granulated sugar and cut into rough squares. Serve hot or cold with cream or ice cream.

STICKY TOFFEE PUDDING AND SAUCE

175g chopped dates	1tsp bicarbonate of soda	50g softened butter
175g soft light brown sugar	2 eggs beaten	175g Self Raising flour

For the sauce : 150g soft light brown sugar 150ml double cream 110g butter

This serves 8. Put the dates into a saucepan with ½ pint of water and bring to the boil, then simmer for 5 minutes in order to soften the fruit. Remove the pan from the heat, add the bicarbonate of soda and leave to stand for 10 minutes. Preheat the oven to 180 degrees and grease and line a 18cm square cake tin. To soften the dates put them into a saucepan with ½ pint of water and bring to the boil. Reduce the heat and simmer for 5 minutes. Remove the pan from the heat, add the bicarbonate of soda and leave to stand for 10 minutes. Whisk the butter and sugar in a bowl until soft and pale. Add the eggs gradually, whisking well after each addition. Fold in the flour, then fold in the date mixture. Spoon into the prepared tin and bake for 40 – 50 minutes until the pudding has risen and is firm. Put all the sauce ingredients into a saucepan and heat gently until the sugar has dissolved, then bring to the boil before reducing the heat and simmering for a couple of minutes until all the ingredients have combined and turned into a smooth toffee sauce. Cut the pudding into eight squares and serve with the hot sauce and some cream or ice cream.

M.E.

Santa's Sleigh Ride



Can you work out which countries Santa Claus is going to visit on Christmas Eve? (not in order!)

1. mango oil	
2. regalia	
3. a marine	
4. lizard newts	
5. torn genome	
6. a comedian	
7. moon race	
8. rabies	
9. dark men	
10. serial	
11. plane	
12. chain	
13. pains	
14. pure	
15. neon lab	
16. laced in	
17. voice editor	
18. prison age	
19. bag handles	
20. mistaken turn	

MERRY CHRISTMAS & A HAPPY QUIZZING NEW YEAR!

1.Mongolia 2.Algeria 3.Armenia 4.Switzerland 5.Montenegro 6.Macedonia
7.Cameroon 8.Serbia 9.Denmark 10.Israel 11.Nepal 12.China 13.Spain
14.Peru 15.Lebanon 16.Iceland 17.Cote d'Ivoire 18.Singapore 19.Bangladesh
20.Turkmenistan

UPDATE ON PARISH COUNCIL ENVIRONMENT WORKING GROUP

Further to earlier articles in the magazine about the work of the Parish Council's Environment Working Group, I thought it might be useful to let people know a little more about what we're focusing on currently.

First and foremost, I would like to flag up that we now have a Facebook page which you can find by searching for Great Bentley Parish Council Environment Working Group or you can just click this link: <https://www.facebook.com/profile.php?id=100088542849007&mibextid=I.QQJ4d>. So if you want to get in touch with us or if you have any ideas that you think might be of interest, please don't hesitate to post us a message on there or alternatively contact me at: alison.clarke@greatbentleyparishcouncil.co.uk.

We also had a meeting with the head teacher of Great Bentley Primary School recently and have agreed a couple of exciting projects with her. The first is an environmental awareness course (which the Parish Council has kindly agreed to sponsor) which will be delivered in the school. When the children complete the course, they will receive an award - the Order of the Bentley Environment (OBE)!

In addition, the school was interested in our suggestion of Walking Buses in order to encourage children to walk to school. This has a number of advantages. Firstly, it reduces the volume of vehicles arriving and leaving the school at the start and end of the day; secondly it teaches healthy habits to the children; and thirdly it helps busy parents who may struggle to include a school run into their schedules every day. However, to make that happen **we need to have a team of volunteers** who would be prepared to put their names forward. Anyone who is interested, please drop me a line.

We are also interested in reducing the speed limit in our village to 20, instead of 30, as part of the national 20's Plenty Campaign. We have several ideas on how to take this forward. Firstly, our Parish Council has agreed a motion in support of the campaign. Secondly, our parish clerk is going to reach out to other villages nearby asking them to do the same. Thirdly, we will submit these to Essex County Council demonstrating the level of support for the measure. We will be continuing to look at ways to move this forward.

Another focus at the moment is to look at whether we can do anything which encourages greater biodiversity in light of the biodiversity crisis. To that end, we've had an informal survey carried out on the village Green giving us an idea of some of the more unusual plants and grasses that can be found there. One thought is to consider parts of the Green where we could encourage that biodiversity by introducing a slightly different mowing regime next year, similar to the existing Conservation area between Heckfords Road and The Path. Some of the questions raised have been around possible increased litter, dog fouling and fire risk. We have been consulting closely with Wivenhoe Town Council as they have a similar scheme and also considered our own experience with the Conservation Area and have found that these potential issues can be easily managed. At the moment, we are discussing with the Parish Council which area/s of the Green might come under the new regime. We would welcome any thoughts or comments you may have – please get in touch!

Finally, it has been agreed by the Parish Council that one of our members, Andrew Whitefield, can work with the clerk to try to produce our first energy audit. More details will follow on this in later articles as well as ideas for other projects that are on our radar.

Hopefully you will see we have a lot of enthusiasm for all things environmental which impact our village – whether that is about our immediate surroundings or the wider climate crisis. We would love to hear from you if you have any expertise or support to offer or any other areas of environmental focus you would like us to consider.

alison.clarke@greatbentleyparishcouncil.co.uk

THANK YOU

**Thank you to everyone involved
in producing our village magazine;
Contributors
Collators and staplers
Advertisers
Deliverers
Proof readers
And especially Carole for
typesetting
and printing.
A HUGE TEAM EFFORT.**

GREAT BENTLEY GARDENING CLUB

Very best wishes to you all for 2023 and we hope for a happy and successful gardening year.

The Club's programme for the forthcoming year includes some very interesting speakers, garden visits in the summer months, the Members Spring and Autumn Shows and our popular Plant Sale and Coffee Morning in May. As the year progresses we will keep you informed of what is happening and hope you will be able to come along to some of our meetings and events.

The first meeting of the year is on **Tuesday 17th January** in the Village Hall at 7.30pm when our speaker will be Ann Latchford from the Colne Valley Tea & Coffee Company, a family run business based in Coggeshall.

Our second meeting will be on **Tuesday 21st February** when The Director of Tending Tool Refurb will be coming to talk to us. New members and guests, as always, will be very welcome so do come and join us.



BENTLEY GREEN LADIES CLUB



Bentley Green Ladies Club

*would like to wish all Members and Friends
a Happy Christmas and a Healthy New Year !*

GREAT BENTLEY HISTORY SOCIETY

Thursday 12th January 2023
7.30pm Village Hall

Frances Boardman will talk about
'The Book of Transforming an Old Man into a Youth'.
This is an ancient Egyptian Beauty Book.

Members and visitors are very welcome.

ART CLUB



The Great Bentley Art Club will not be meeting up again in the village hall until February 2023, starting off with a 1 day workshop. Details of the workshop will follow in 2023. But for now we would like to wish everyone a very Happy Christmas and New Year.

GREAT BENTLEY POST OFFICE

OPENING HOURS

Monday	9am - 1pm
Tuesday	9am - 12 noon
Wednesday	CLOSED
Thursday	9am - 12 noon
Friday	9am - 12 noon



INSPECTION OF AN OUTSTANDING SCHOOL: GREAT BENTLEY PRIMARY SCHOOL

Inspection dates: 2nd and 3rd November

Outcome

Great Bentley Primary School continues to be an outstanding school.

What is it like to attend this school?

Leaders expect nothing but the best from pupils. They live up to these expectations and develop wide ranging knowledge, skills, and experiences. Pupils love coming to school and learn extremely well. Pupils celebrate differences between themselves and others. They know that everyone is different but, no matter what their beliefs, religion or background, they treat each other as individuals.

Throughout the school, pupils behave extremely well. They are polite and are kind to one another. Pupils with additional responsibilities delight in carrying out these tasks. The librarians, school council and prefects are rightly proud of their roles. These opportunities support pupils to grow into active citizens.

Pupils enjoy a wide range of clubs, such as photography, choir and gardening. Trips and visits are planned carefully to make sure they further enhance pupils' quality of education.

Bullying is rare. If it happens, pupils know they can rely on adults to help put a stop to it quickly and keep them safe. From a young age, children develop independence. As they grow older, their self-control and motivation to learn is such that adults trust them to work with increasing independence.

What does the school do well and what does it need to do better?

Pupils receive an exceptional education at Great Bentley Primary School. Because of the highly respectful relationships that have been built, the whole school community works in harmony to be the best they can. By the time pupils leave the school in Year 6, they are confident, articulate and knowledgeable young people.

Leaders have designed a curriculum that precisely identifies the knowledge pupils need to know and by when. Pupils revise important ideas as they move through the school. Their work across the curriculum is of an excellent standard. Pupils develop a deep and detailed knowledge and achieve highly. Pupils learn and use a wide vocabulary. Consequently, they clearly articulate their thoughts, views and ideas across a wide range of different subjects.

Reading sits at the heart of the curriculum. Pupils quickly become confident and fluent readers because the school's phonics programme is extremely well taught. Those pupils who find reading tricky are helped to catch up very quickly. Older pupils read and listen to a wide range of high-quality texts. In weekly assemblies, pupils hear adults read snippets from different books. This excites them. They want to read more and develop a real love for reading.

Teachers provide pupils with carefully designed activities that help them practise and apply their new learning. Staff make regular checks to ensure pupils remember new knowledge. This helps pupils to build their knowledge steadily as they progress through the school. For example, children in Reception are fluent in identifying different numbers. This helps them become proficient at adding and subtracting. Older pupils have rapid recall of mathematical facts and different calculation strategies they have learned over time. They draw on these with ease to help solve more complex problems.

The specific needs of pupils with special educational needs and/or disabilities (SEND) are identified accurately. The curriculum that pupils with SEND learn is precisely matched to their needs. Adults skilfully adapt activities and the way they present information, meaning pupils with SEND access the same rich curriculum as their peers. These pupils, too, learn exceptionally well.

The school's well-being programme helps pupils to become resilient when faced with challenges and to grow their self-confidence. This exemplary work has been shared widely with schools across the county.

Provision for pupils' personal development is highly effective. Every pupil learns to read music and play a musical instrument by the time they leave the school. The 'junior coach award' allows older pupils to train in becoming a sports coach and go on to lead sporting activities with younger pupils. The choir performs regularly, including at Wembley Arena.

Pupils have incredibly positive attitudes toward their learning, meaning lessons are rarely disturbed. Pupils behave extremely well and older pupils act as exemplary role models for younger pupils.

Leaders take great care to manage staff workload. Teachers receive high-quality training that helps them continually refine their practice. Staff are proud to work at Great Bentley Primary School.

Governors carry out their roles with great diligence. They have an accurate view of the school's many strengths. However, they do not rest on their laurels. They challenge leaders to make further improvements and visit the school regularly to check how well pupils learn.

A few of the comments from the recent Ofsted Inspection

The Future of Great Bentley Carnival

Having attended the recent AGM of the Carnival Committee, Jackie, and myself, as Trustees, came away feeling sad.

The Carnival Procession and Fete (in its present form) has been running since 1975. We believe the procession was introduced in 1975 but prior to that a fete had been held on the Village Green for many years, certainly from the early 70's.

The committee is made up of one representative from each of the beneficiary youth groups (Village children's groups who receive funds from profits each year at the AGM held in October – usually around £500 and this helps to keep the groups going, pay for trips, equipment and overheads) and hopefully non beneficiary members who want to join in, attend meetings, discuss ideas, help out in some form and then be available on the day for a few hours to help man stalls, do some marshalling, look after the arena and importantly, see the procession off from Plough Road in an orderly and safe manner.

The maximum number of beneficiary groups that can receive money is 12 and at the moment there are spaces available.

What we saw at the AGM was a very small group of people valiantly battling to keep this tradition alive – there are very few of these events locally, we are becoming unique. The Chairlady, Treasurer and Secretary had practically organised everything (by the skin of their teeth) that took place on that last Saturday in June this year and the few beneficiary group representatives were a great support, but MORE people are needed to keep it going.

There are only half a dozen main meetings throughout the year and of course the actual day, and I do know that Julie the Chairlady said she couldn't possibly try to organise another day like last year without extra help and so there is the possibility that the last Saturday in June next year could be very quiet which in turn would probably mean that the fair would not come along as they rely on visitors to the carnival (they have always given a generous donation to the carnival since the first year they attended) Are you able to give a few hours to attend a few meetings? Could you take on a role within the committee (I know that help and guidance would be given all the way) Can you spare a few hours on the day?

Please see the attached article from Julie Wall and come along to the AGM – THEY NEED YOU DESPERATELY or this village tradition will disappear. **See page 21**

Bev Adams
Jackie Plummer

THANK YOU

May I pass on my thanks to the members of The Friends of the Green and to Bentley in Bloom for their efforts during the past year! All members of both groups are continuing next year! (Still need new blood on the Friends of the Green-many hands make light work.) There seems to be more and more need for the protection and maintenance of this unique Green!!

Finally thanks to the people who have supported our monthly litter pick both on the Green area and in Aingers Green!

Happy Christmas to all!
Michael Dorling.

CHRISTMAS GREETINGS

Ursula and Michael Dorling will not be sending Christmas cards again this year except for Family! To all our friends and acquaintances we wish you best wishes for Christmas and a healthy and happy New Year !

From the two of us to the doctors and nurses at both hospitals and the doctors and nurses at the surgery in Gt Bentley whose services we have needed during the past year our thanks for being there and your often much needed attention !



Great Bentley History Society

The Program of Speakers 2023

12 th January	Frances Boardman	The Book of Transforming an Old Man into a Youth – An Ancient Egyptian Beauty Book
9 th February	Andrew Skilling	Postal History
9 th March	Adrian Wright	'By Train to the Seaside' – Part 1
13 th April	Adrian Wright	Part 2 - 'Colchester to Clacton'
11 th May	Jayne Overett	It's all about Alpacas – learn about the joys & tribulations of keeping these woolly beasts
8 th June	Charlie Haylock	History of Spoken English & Why Our Spelling Makes No Sense
July	No meeting	– Visit to the Alpaca Farm to meet these friendly and unusual pets
August	No meeting	
14 th September	Adam Wightman	The first settlers, Clacton Man & Woman, our Neolithic ancestors
12 th October	George Hardwick	Unusual people in Clacton
9 th November	Paul Rogers	The war in Iraq from the perspective of a serving UK police officer in Basra
14 th December		AGM & Christmas Get Together with a quiz Please bring a raffle prize if you can

BELLRINGERS NEWS

Happy Christmas from the Bell Ringers!

As a band, we are once again at the busiest time of the year for us as we will be ringing for all church events and services in December as usual.

You will hear the bells rung for the Carol Service on the 18th of December, for the Crib service on the 24th of December and at 23.00 the same day for the Midnight service which heralds our Christmas day celebrations. We won't be ringing the bells rung on Christmas Day as there is no service in St Mary's church but we will ring them approaching midnight on the 31st of December to announce the dawning of 2023! With 2022 fast approaching, we will then be concentrating on ringing to celebrate the coronation of His Majesty King Charles 3rd. We actively seek new members and are keen to recruit new ones to join us for the celebration of this major event.

If you would like to learn this ancient art, or have perhaps learnt to ring in the past and would like to return. Please contact me on the number below so that I can arrange when you can attend our Monday practice to learn this ancient art.

By joining us, you will be able to take part in this uniquely English skill, help celebrate major local & 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 rung a musical instrument!

Wishing you all a very happy Christmas and an excellent and successful new year!

Roger Carey-Smith
07422 880921

Christmas and New Year Revised Collection days

Please place the refuse and recycling that was due for collection on your NORMAL day of collection out for collection on your REVISED day of collection **before 7am.** Please store your waste within the boundary of your property until it is due for collection.

With Christmas comes extra waste and recycling, so to help, you will be able to place a maximum of 2 black bags by the side of your wheelie bin for collection. This will only be for your first scheduled wheelie bin collection following Christmas Day after which any unauthorised side waste will not be collected. Please remember that the Garden Waste Service is suspended over the Christmas period which runs from

Monday 26 December 2022 to Friday 6 January 2023 and will resume on the week commencing Monday 9 January 2023. Any resident signed up to the Council's garden waste collection service will be able to put their trees out on collection day next to their bin to be picked up.

Normal Day of Collection	Revised Day of Collection
Monday 26 December	Wednesday 28 December
Tuesday 27 December	Thursday 29 December
Wednesday 28 December	Friday 30 December
Thursday 29 December	Saturday 31 December
Friday 30 December	Tuesday 3 January
Monday 2 January	Wednesday 4 January
Tuesday 3 January	Thursday 5 January
Wednesday 4 January	Friday 6 January
Thursday 5 January	Saturday 7 January
Friday 6 January	Monday 9 January
Monday 9 January	Tuesday 10 January
Tuesday 10 January	Wednesday 11 January
Wednesday 11 January	Thursday 12 January
Thursday 12 January	Friday 13 January
Friday 13 January	Saturday 14 January

Normal service resumes on Monday 16 January 2023.

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!**

Hospital bulging with hedgehogs but numbers finding help are down January

The hospital is bulging with hedgehogs, but unfortunately not at the levels seen in previous years. This may be partially attributable to the great decline in hedgehog population levels - they are now classed as endangered in the UK - but may also be due to less people seeking help when they find a hedgehog in trouble. Even in the bitter weather there will still be some hogs out there in desperate need, so please keep your eyes open. If you find one please call for advice immediately and place it in a box with a heat source, e.g. a towel-wrapped hot water bottle. Hypothermia can very quickly go past the point when it can be remedied. Most of those in the hospital are ready for release but due to the freezing weather they will have to stay until conditions improve. compost bin but was in fact quite happily overwintering in the warmth with the handy benefit of all the insects and invertebrates that inhabit compost, Fortunately the hog wasn't injured; we have had them speared by garden forks from compost heaps. Please be careful if you are digging in your compost heap to avoid hurting any residents, A man digging in his compost pile found a hedgehog, which he assumed had been dumped in his .

Barn owl left to die for hours outside garage

A lady received a phone call from her friend to tell her that she had just seen an injured barn owl on the forecourt of a garage at Orwell, but left it there. The lady drove for 45 minutes to collect the owl, and brought it straight to Wildlives, Sadly it had been hit by a car and had multiple serious bone fractures so could not be saved. However, it would have been in agony, freezing cold and terrified. There it no way of knowing how long it had already been there. By bringing it to Wildlives, at least the lady enabled it to be relieved of awful suffering, ringed this year's juvenile nesting site near where found.

From his ring we were able to know that he was one of this year's juvenile, from a new nesting site near where he was found. Ringing birds provides important data so that we know which species are threatened and need support, as well as enabling us to understand the underlying causes. The data is used in conservation work, helping to create habitats and circumstances where birds can thrive.

A juvenile great crested grebe was brought in by the RSPCA with a back injury. He was placed in a biosecure isolation unit where he was feeding well. However after a few days his head suddenly flopped, among other avian flu symptoms. He was immediately euthanised. The body was disposed of by incineration and the whole area deep cleaned with virucides.

Happy Christmas and a very happy New Year to all our readers.

Without the help from you all we would not be able to do the work we do. However, right now the planet is experiencing the largest loss of wildlife since the extinction of the dinosaurs. This crisis needs everyone to help, so why not make a New Year's resolution to do something extra to help our wildlife? It doesn't have to be a huge thing. Plant some native plants; many are as beautiful as

cultivars, and will provide pollen for the bees. A berry bush will also provide a welcome feast for birds. Make a small log pile; rotting logs are home to many insects and invertebrates, as well as creatures such as toads. You'll find lots more ideas at <https://www.rspb.org.uk/birds-and-wildlife/natures-home-magazine/birds-and-wildlife-articles/food-chains/wildlife-habitats/> to help you make your garden better for wildlife and more interesting for you.

cubs



Over a cold weekend back in early December the Cubs had a Christmas Fun Day.

Activities included making their own festive T-Shirt, a paracord Christmas Tree and sewing puppets. We also visited the St Mary's Christmas Tree Festival (see front cover!) and when we returned to the HQ we were served a full Christmas Dinner followed by watching a Seasonal Movie.

The Headquaerwea was decorated with a tree, lights, lots of tinsel.

If you'd like your child to learn **#SkillsForLife** then Cubs is on Tuesday from 6:30pm and is for any child aged 8 - 10 ½. Full details can be found at **www.great-bentley.co.uk**

Akela & Baloo
Cub Scout Leaders
Samantha & Gary Smith

JANUARY DIARY

- Thurs 5th **PARISH COUNCIL MEETING**, 7pm, Village Hall
- Fri 6th **COFFEE & CHAT**, 10am, Methodist Church
- Sat 7th **CHRISTMAS TREE SHREDDING**, 10-12 noon, The Green
- Mon 9th **BENTLEY GREEN PLAYERS AUDITIONS**, Village Hall, 7pm
- Thurs 12th **GREAT BENTLEY HISTORY SOCIETY**, Village Hall, 7.30pm
- Tues 12th **CARPET BOWLS**, 2pm, Village Hall
- Sun 15th **MAGAZINE DEADLINE**
- Tues 17th **GREAT BENTLEY GARDENING CLUB**, 7.30pm, Village Hall
- Thurs 19th **KNIT & NATTER**, 2pm, St Mary's Church Hall
- Thurs 19th **PATIENT PARTICIPATION GROUP**, 6.30pm, Village Hall
- Sat 21st **COFFEE MORNING**, 10am, St Mary's Church Hall
- Thurs 26th **GT BENTLEY CARNIVAL EMERGENCY AGM**,
7.30pm, Village Hall
- Fri 27th **MAGAZINE COLLATING**, 9am, Church Hall