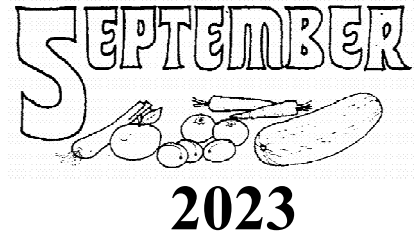


EDITORIAL



Totally out of character, I was going to start writing this at the beginning of August! I was somewhat shocked by the autumnal weather, the slightly different light, that feeling in the air, not to mention the array of fungi in the gardens and on the green. We include recipes for hearty autumn soups. Anyway, here I am on 22nd August rushing to get this done and listening to the bells ringing out, a rare treat on a Tuesday afternoon. The weather has improved and summer has returned and I do hope it lasts for a while.

September heralds Village Show Day and I really look forward to that. Its great to look at all the exhibits and meet up with people we just don't see every day. As I do every year, I ask you to consider just entering one thing, that would be amazing. The organisers spend a whole year getting everything planned so please do support them. There will be a wide variety of stalls and entertainment of course, plus the Dog Show. Don't forget **ENTRIES** need to be in by **TUESDAY 29th AUGUST**.

I have to say that we include so many things this month that you might like to consider joining, something to suit everyone I would think. So here we go; Patient Participation Group (PPG), Speedwatch, Probus Club of Colchester, St Helena Hospice offer many volunteering opportunities including new shops opening, Alesford Camera Club, plus all the village Clubs and Societies just waiting for you to join.

We repeat the short article about the village allotments and I am sure there will be a few plots waiting for new owners. If you are hoping to grow your own fruit, vegetables or flowers come and join us. Just send your request to the Clerk of the Parish Council. The allotments are special in so many ways, we really are like a big family, sharing advice, surplus produce, and plants and seeds. Best of all it is a peaceful haven and a wildlife area which does refresh your soul. Do consider giving it a go.

The Parish Council are proposing to site Outdoor Fitness equipment or a Trim Trail on the green. Please do respond to them with your views, information is on page 18, so that they can provide what the majority of people deem the best idea.

It seems fitting as Dani's Deli takes over the next door shop to open Dani's Lounge to republish a lovely article on Mrs Joan Fookes. This is where the shop stood and I have fond memories of this. It was more a Social Services outlet checking on the wellbeing of villagers and helping them wherever possible, certainly not just somewhere to buy groceries. We said farewell to Wendy the Tesco Manager recently and wish her all the best on her retirement. The staff in this store are all so lovely and helpful too, we are very fortunate.

Another event to look forward to this month is the Flower and Art Festival at St Mary's church. Do come along to see the exhibits, maybe buy a painting, have a lovely lunch or tea and cake. Any spare produce will be gratefully received to sell along with cakes, preserves, homemade cards etc. Something for everyone. Also on the Saturday is the Garage Sale Trail so another busy Great Bentley weekend for all to enjoy.

Mary Maskell

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FRONT COVER

Photos from the allotments including Donald Trump the scarecrow

DISCLAIMER

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LETTER FOR SEPTEMBER

Dear Friends

We have had a letter from Bishop Roger letting us know that Rev. Sharon is taking early retirement on health grounds.

We will continue with our services and running the church as we have been doing for the past year. We will know more about the interregnum and the appointment of a new vicar after our meeting with the Bishop towards the end of September.

We send Rev. Sharon all good wishes for her future and hopefully we will be able to acknowledge her ministry with us over the past 8 years.

Our Art & Flower Festival this year will be held on the 16th. and 17th. September.

Harvest Festival is on 24th. Sept. this will be a Family Service, we hope to see you there.

We have a Musical Evening with Peter and Judith Clayton on Sat. 7th. October at 7pm. Refreshments will be available during the interval and there will be a retiring collection towards re-decoration of the church hall.

Best Wishes

Wendy, Mandy and Annabel



St. Mary's Church Facebook Page

St. Mary's Church 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'.



ST MARY'S CHURCH WEBSITE

stmaryschurchgreatbentley.co.uk

HARVEST FESTIVAL St Mary's Church

Sunday 24th September

**9.30am
Family Service**

Please could you donate goods for
the Food Bank please.



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

If so, your first point of contact is

Wendy King
01206 250852





GREAT BENTLEY

METHODIST CHURCH

Forge Lane CO7 8GD

Don't forget our Facebook page.

Search for Gt Bentley Methodist Church

Hire our warm, large or small halls with fully serviced kitchen.
Ring 250087

Greetings to you all

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

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

The leaders of worship are set out below:

-	
Sept 3rd	Local Leadership
Sept 10th	Rev Tom Osborne HC
Sept 17th	Maddie Whittle
	Harvest Festival
Sept 24th	Lynn Dickinson

Events in September:

Next Coffee & Chat 1st Sept.

Prayer Meeting The one planned for September is on the 13th Sept.

Sandwiches for Hope @ Trinity, 13th Sept

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.

Messy Church We welcome children and carers back for these monthly events after school on the 19th September. Normally the third Tuesday of the month

Harvest Festival 17th Sept We join in decorating the Church on Saturday 16th at 11.00. Also bring harvest gifts on the Sunday. Join in lunch together after the service on the Sunday. Tins and packages will go to the food bank

Adventurers Club This club for juniors and lower secondary school children reopens on the 15th September at 6.30 and then meets weekly. Fun and games with Christian teaching.

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

Ring these numbers for more information.

Messy Church once a month after school 250087
Parent & Toddlers Group Thursdays 9-15 a.m. 251537
The Adventurers Club. Fridays 6.30 p.m. Ring 250087

ST MARY'S SERVICES

Sunday 3rd September - Trinity 13

10am Joint Benefice service
Laurie Bond

Friday 8th Standing Committee

Sunday 10th September - Trinity 14

9.30am Holy Communion
Rev. Pat Prestney

Saturday 16th September

10-4pm Flower Festival & Art Exhibition

Sunday 17th September - Trinity 15

9.30am Family Service
David Branch and George Wright

11-4pm Flower Festival & Art Exhibition

Thursday 21st P.C.C. Meeting, 7.30pm

Sunday 24th September - Harvest Festival

Wendy King

9.30am Family Service - Harvest goods for food bank

ROTAS FOR ST MARY'S CHURCH FOR SEPTEMBER

Sidespersons & Readers

3rd	Richard Wainer
10th	Linda Hayes
17th	Chris Aplin
24th	Lyn Gordon

Prayer Rota

3rd	David Branch
10th	Nicky Justice
17th	Carol Kerridge
24th	Wendy King

Coffee Rota

3rd	Lyn Gordon
10th	Hannah Justice
17th	Rosemary Branch
24th	Mandy Miles

Cleaning Rota

2nd	Mandy Miles
9th	Bev Adams
16th	Vicky Rothwell
23rd	Nicky Justice



AGEWELL EAST

Living happier and healthier

We welcome you to come to our

COFFEE MORNING Dementia Friendly

Every 4th Thursday of the month
between 10.00am - 12 noon

United Church, Chapel Road,
Brightlingsea, Colchester, CO7 0HF

A chance to have company,
chat and meet others over
tea, coffee and biscuits.

enquiries@agewelleast.org.uk
or phone 0300 37 33 333

Thursday 28th September

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 Mobile 07870311610

email; linda.bear@sky.com

Mobile library in Great Bentley and Aingers Green

The details for Great Bentley are as follows:

Larkfield Road, Great Bentley
Postcode
CO7 8PX

Time

14:00 - 14:30

The details for Aingers Green are as follows:

Crossroads Triangle, Aingers Green
Postcode
CO7 8NR

Time

14:45 - 15:15

2023 Dates

07-September, 28-September, 19-October, 09-
November, 30-November, 21-December

HAPPY 100th BIRTHDAY

Sending love and good wishes to

KATH BOWMAN

on 10th September

Love from all the family xx



NEW ADVERTISERS

Samadhi Soul Healing with Lukas

A unique healing that works deeply on all levels - physical, emotional, mental and spiritual by bringing unconditional love into your system.

See page J.

In Person and Online Tutoring for 7-11 with Maulin.

See page K

Constable Care - Care providers in your own home. page 21

Sept 10th

The Deanery choir will be singing at **St Georges Church, Great Bromley CO7 7HZ** at the 10.30am communion service. The anthem that they will be performing is, 'Almighty and everlasting God' by Orlando Gibbons.(1583-1625) Gibbons was an

English [composer](#) and keyboard player who was one of the last masters of the [English Virginalist School](#) and [English Madrigal School](#). The best known member of a musical family dynasty, by the 1610s he was the leading composer and organist in England, with a career cut short by his sudden death in 1625. As a result, [Gibbon's oeuvre](#) was not as large as that of his contemporaries, like the elder [William Byrd](#), but he made considerable contributions to many genres of his time. He is often seen as a [transitional figure](#) from the [Renaissance](#) to the [Baroque](#) periods. Gibbons was born into a musical family where his father was a [wait](#), his brothers - [Edward](#), [Ellis](#) and Ferdinand were musicians and Orlando was expected to follow the tradition. It is not known under whom he studied, although it may have been with Edward or Byrd, but he almost certainly studied the keyboard in his youth. Irrespective of his education, he was musically proficient enough to be appointed an unsalaried member of the [Chapel Royal](#) in May 1603 and a full-fledged [gentleman of the Chapel Royal](#) as junior organist by 1605. By 1606 he had graduated from [King's College, Cambridge](#) with a [Bachelor of Music](#) degree.



Supporting Church music in the Tendring area

Sept 24th

The Deanery choir will be singing at **All Saints Church, Walton-on-Naze CO14 8BU** at the 4.00pm Choral Evensong service. The anthem that they will be performing is, 'View me Lord' by Richard H Lloyd. (1933-2021) After National Service he was organist and choirmaster at [SHAPE](#) near Paris. From 1957 to 1966 he was assistant organist of [Salisbury Cathedral](#) under [Christopher Dearnley](#). In the year 1966 he was appointed [Organist and Master of the Choristers](#) of [Hereford Cathedral](#). He was chief conductor at the Hereford [Three Choirs Festival](#) in 1967, 1970 and 1973. In 1974 he moved to [Durham](#) on his appointment as Organist and Master of the Choristers of [Durham Cathedral](#). In 1985 he became deputy headmaster of [Salisbury Cathedral School](#). Ill health forced his early retirement in 1988.

Graham Bell
Deanery Choir

Thank You Ladies

In recent weeks 'my faithfull ladies who knit' have excelled themselves in providing a bumper amount of cosy, colourful, cheery blankets for cats and kittens awaiting a forever home. Oh how I wish I could say that the issues regarding cats not being neutered has improved but sadly that is far from being the case. Rescue organisations are overwhelmed and not surprisingly the pressure on them financially is enormous as more and more cats and kittens need their help. However we must never forget the army of good, selfless dedicated people who have given years of their lives working tirelessly in their own way in their own homes and gardens to provide a safe haven for countless cats and kittens who for a myriad of reasons find themselves unloved and unwanted. There will always be those who come in due to the passing of their owner or a change in family circumstances perhaps and that is a sad and very moving situation. However far too often cats are abandoned or simply dumped in cardboard boxes or worse, I will not dwell on that. I can tell you that all the small local rescues are full to bursting with far more coming in than prospective new owners seeking to offer a forever home. Very recently one local rescue was so full that the only available emergency space for a mum and her litter of newly born kittens was the shower! My friend made a joke of it but there is no doubting her frustration that as she reflects on all the years she has spent loving and caring and bringing about happy endings for hundreds of cats she sees no evidence of a decrease in the number of cats and kittens in need. Truth to tell it is worse.

I will always welcome knitted blankets and make sure they get to where they are most needed.
Thank you for caring.

Judy Bishop 5 Morella Close Great Bentley 01206 251702

HOMEHELP / PERSONAL CARE ASSISTANT
Required Part Time

St Osyth, Essex CO16
10 hrs per-week

Monday - Friday
8am - 10am

Candidate to be friendly, outgoing and motivated in their role to assist 21 year old with day to day activities.

Duties to include :-
Assistance with Dressings / medication
Housekeeping of apartment
Meal planning and preparation of food

Interested applicants to contact
Paula 07763589976

Great Bentley Patient Participation Group

The next meeting of our PPG is on Thursday 21st September at 6 30pm in the Mitchell Room of the Village Hall. Our Doctor's Surgery is under increasing pressure which I know is of huge concern to many people in our community and further afield as more housing is developed. If you have never attended a PPG Meeting may I take this opportunity and urge you to make the forthcoming one the first time you come along and join us. There is much to be discussed, concerns to be shared, questions to be asked, opinions to be offered and suggestions to be made. Have no doubt that our Doctor's Surgery is facing immense challenges and they need our support. I am absolutely committed in my efforts to bring about a solution as to how the existing Hollies Surgery building can be expected to accommodate the daily increase in patient numbers!

Dr Bhatti was our guest at the last meeting and very generous with her time as we spoke of the issues I have mentioned. We shall continue where we left off and move forward positively and with purpose and look forward to welcoming another guest to join us alongside Dr Bhatti.

You are assured of a genuine warm welcome just being there will be heartening for myself and PPG members, any input you can offer will be of great value.

Judy Bishop Chair of Great Bentley PPG

FRIENDS OF THE GREEN

GRAND GARAGE SALE

in **Great Bentley**

Saturday 16th September
(Alongside St. Mary's Church Flower & Art Festival week-end)

10AM – 3PM



Book in with Bev Adams 250724

Entry Fee £7.00 – must be booked by 31st August to be included on the map.

Maps will be on sale from Dani's Deli, Plough Road, Great Bentley from Monday 4th September

Proceeds to the upkeep of the Village Green.

BIBLE STUDY HUMOUR

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No", replied Johnny. "How could he, with just two worms."

BRIGHTLINGSEA
REGENT FC.
MONDAY
AFTERNOONS
2PM TO 4PM FROM
3rd APRIL.

YOU AT THE CENTRE OF WHAT WE DO



STROKE SERVICES

PROVIDING THERAPEUTIC REHAB SERVICES FOR STROKE SURVIVORS.

- 🌸 Emotional Counselling
- 🌸 Physiotherapy Services
- 🌸 Communication Support
- 🌸 Coordination
- 🌸 Supporting Independence
- 🌸 Increasing Mobility
- 🌸 Social Groups
- 🌸 Art Therapies

We are here to support stroke survivors and their families on the onward journey...

CALL:
01255 815905

"To be upset about what you don't have is to waste what you do have"

Ken Keyes Jr.

**Christopher & Virginia Palmer-Tomkinson
invite you to the Little Bentley Hall Son et Lumière**

Friday 8th September

4.30-10.30pm

In aid of Local Churches and Alzheimer's Society

Little Bentley Hall offers a rare chance to have a look round one of East Anglia's finest private gardens just outside Colchester, famous for its Lake and Ancient Waterway. You will be able to enjoy a unique light and music illumination show, all raising funds for local charities including churches and the Alzheimer's Society.

Suggested donations minimum of £25. RSVP to Nigel Dyson, Bentley Manor, Lt Bentley, CO7 8SE

The Gardens will be open for you to enjoy from 4.30pm. A variety of hot food, drink and Bar will be available all evening. Sorry no food or drink to be brought into the Gardens.

At 7.30pm take your places on the lawn for the Son et Lumiere show, with spectacular lighting of the lake, plus a selection of informal music including Rogers & Hammerstein, Mozart, Bernstein, Rossini and Verdi, performed by Orlando Jopling, stunning young singers and a miniature orchestra.

We will provide seating for you all around the Lake and Waterways so don't bring extra seating.

We are also seeking help and support on the afternoon and evening from anyone who would like to help with Car Parking, be on the Entrance Gate or another duty. Can you help with a Raffle Prize?

For more information contact Nigel on 07802 282193.

Community Speedwatch Update

Speed monitoring continued around the village in July with a further 61 speeding vehicles reported during the month. The running total of reports for 2023 in Great Bentley is now 365, with roughly half of those recorded in our 30mph zones in July doing over (sometimes well over) 40mph.

The Police will continue to join us occasionally on our monitoring sessions and can obviously visit the village at any point to do their own enforcement. They are much less visible than us, and after what they saw last time they were here, we certainly got the impression they want to be more active in Great Bentley in the future. In other news, the Speedwatch team have been given a second 'speed gun' monitoring device which gives us the potential to be at two different locations around the village at the same time.

The team really appreciates the friendly shouts, the quiet chats and the emails we get requesting that we come to new locations to tackle speeding that concerns residents. We'll continue to do our best. We're also still keen to increase the size of the team so if anyone would like to get involved in this voluntary and really worthwhile community activity, please get in touch at greatbentleyspeedwatch@gmail.com

FOOD BANK

The main needs at the moment are for basic tinned and packeted foods, longlife milk, squash, biscuits, tinned fruit, vegetables and meat, teabags 40s or 80s, long life juice, coffee, sugar, shampoo, washing up liquid, and washing powder/pods/gel. (At the present time they have a good stock of pasta thanks). These items can be left at the back of St Mary's Church in the boxes provided.

Thank you for your continued support as donations have decreased recently.

The Great Bentley Show

The Show Committee are looking forward to welcoming you to this year's Show, on the Green.

SATURDAY 2ND SEPTEMBER

AT 1.30PM

help us to make it the best ever

Show entry forms with a fee of 30p per class to

Mrs S. Scillitoe, The Warren, Sturrick Lane

by 8.00pm Tuesday 29th August





**Weeley
Veterinary
Centre**

Winner of Best Vet UK 2023

PET NOTES



Happy Birthday to us!

This month at Weeley Veterinary Centre we are celebrating one year since opening our doors for the first time.

To date we have cared for over 3,000 pets!

Our team has grown from nine to 13 and now consists of three vets, four registered veterinary nurses, one student veterinary nurse, one veterinary care assistant, three receptionists and a practice manager.

We are the only practice to win Best Vet UK in their opening year.

Did you know that when a pet spends a day or longer with us we record their name on a heart sticker within a special book? This month we will take turns browsing it and reflecting on all the patients we have helped.

This has been an incredible year. It feels like only yesterday I was cutting the ribbon outside the front entrance and welcoming our first pets with their owners. Veterinary medicine is demanding but extremely fulfilling and I am so pleased to have created a practice which allows both myself and my colleagues to serve our patients and their owners to the very best of our abilities. Thank you to everyone who has supported us during our first year and we look forward to serving you for many decades to come.



Dr April Young MRCVS

And now

SESAW NEWS

“Oh no, it’s that time of the year again” Mum groaned as she cleared another swarm of flying ants off the table. Presumably these annoying insects have their place in nature, preferably not in the kitchen!

All living creatures are welcome at SESA, whatever their traits. We see a variety of personalities, particularly in dogs, from quiet couch potatoes to adventurous daredevils. Most settle in new loving homes, occasionally one bounces back and becomes a permanent resident.

Such was Bobby, a delightful, mischievous terrier, completely unfazed by deafness. Unfortunately, he hated being alone and came back to us after causing much damage in the short time his new owner was out.

He was an exceptional character and seemed to be Houdini in canine form. If someone exclaimed “How did he get out?” you knew Bobby was up to his old tricks again. The fences were all made higher after a bemused householder in the next village phoned about a strange dog waiting for dinner in her kitchen!

At the age of seventeen years, Bobby has made his last great escape and our lives are the poorer for it.

Meanwhile we have Nico, a big, boisterous lad waiting for an experienced home with no small children. He is strong and bouncy, loves attention, long walks and swimming in lakes. He will make a fantastic dog with patience, kindness and on-going training. Please leave a message or send an email if he is the dog for you.

I’m off to find Mum who needs some extra love and attention from a little dog like me, Kenny (the Boss) Chihuahua.

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

PROBUS CLUB OF COLCHESTER

Those attending were treated to a very interesting talk by Chris Chippendale the Managing Director of “LASTING POWER OF ATTORNEY (LPA) MADE SIMPLE”

He stressed the importance of having an LPA as without an LPA Bank accounts can be frozen and your Health and Welfare may be left entirely up to authorities.. Far too many of us are left in a position with little legal standing and maybe powerless to ensure our loved ones financial affairs are managed as they would wish. About 80% of individuals over 65 years of age do not have an LPA.

Some individuals may have an Enduring Power of Attorney (EPA) these were replaced after 2007 by LPA's. Individuals who have an EPA should seriously consider setting up a LPA. There are a number of reasons for this. Nominees may have passed away. Personal circumstances may have changed. EPA's once set up cannot be altered/amended/changed in anyway. They do not cover Health and Welfare decisions.

Some individuals attempt to produce their own documents and without professional advice may lead to long delays. AGE UK recommends that individuals have a LPA and there is a no obligation and no charge for a discussion about ones personal requirements. You may send an email to info@lpamadesimple.co.uk if you wish to make an enquiry. LPA's should be treated as an insurance that you only pay once

This was a very interesting talk and many of our members were taking notes of the content.

Probus Club of Colchester is open to Male and Female members. PROBUS is short for Professional Business and in the past such clubs were set up by former Rotary Club members. If you like good company and a wide variety of interesting talks. Then please contact Bob Cash on 01206 523422 or E: jr.cash@ntlworld.com

Bob Cash - Publicity Officer

Fashion Forward: Giving fashion new life

Did you know that fast fashion companies generate more pollution than international aviation and shipping combined?



At St Helena, we believe in playing our part in transforming fashion by promoting sustainability, reducing waste, and supporting the local community.

This September and October, discover the benefits of shopping for pre-loved and the importance of donating your unwanted fashion, giving it new life. We have 24 shops across the north east Essex region so why not drop in to grab yourself a bargain or shop with us online.

Your support means we can continue to provide vital care to local people and their families facing incurable illness and bereavement.

Visit our website at www.sthelena.org.uk/fashion for more information about the campaign and how you can get involved.

St Helena is also delighted to be opening two new stores, in Tudor Parade in Jaywick and on St Christopher Road in Colchester, this September. We are looking for a team of friendly, dedicated and passionate volunteers to help us continue to raise vital funds to care for the growing number of patients and families in our local community who need access to our support and services.

If you're looking to meet new people, learn new skills and help make a difference then volunteering in our shops is the perfect role for you! No matter how much or little time you can give, your support is appreciated. You can find a full list of our volunteer vacancies at www.sthelena.org.uk/volunteer.

FOR SALE

2013 Bailey Pegasus Genoa GT65
2 berth caravan
£13,750

Includes motor mover, Alko wheel lock
and hitch lock .

Very Good condition regularly serviced
End bathroom, microwave, Awning, 2 Annexes
and many extras

Due to ill health we are having to sell our
caravan

PLEASE RING 01206 250413
for further information

Power base Garden Shredder

Good condition

£20

FREE

Garden vacuum leaf collector

Telephone:
01206 252182

GREAT BENTLEY CRICKET CLUB

Playing cricket on The Green since 1771.



Website: greatbentleycc.co.uk Email: info@greatbentleycc.co.uk

The colts season drew to a close late in July playing three matches since the last update. Unfortunately, two matches were cancelled due to the great British summer! Again, some great all round performances didn't culminate in wins with all three games ending in losses. Well done to all the Colts for a fantastic season and thanks again to the coaches and parents for all your support throughout the season. **Don't forget the awards evening will be held on 8th September.**

Date	Great Bentley	Score (Net)	Opposition	Score (Net)	Result	Highlights
July 11th	U13s	118/6	Frinton	121/1	Frinton won by 9 wickets	J Whitehead 57*
July 13th	U12s		Chappel		Cancelled	
July 16th	U11s	96/8 (256)	Great Bromley	137 (287)	Gt Bromley won by 31 runs	
July 17th	U12s	66	Coggeshall	149	Coggeshall won by 87 runs	O Lukey 17
July 23rd	U13s		Sudbury		Cancelled	

The adults also played three matches, firstly Galleywood at home on 23rd July in the NECL T40 league. GBCC skipper Alex Youngs won the toss and after some deliberation elected to bat. The top order struggled against a swinging ball and Bentley found themselves in trouble at 14-3 after 5 overs. Dan Barker and debutant Chris Milburn steadied the ship with a stand of 69 before Milburn fell for 10. Bentley then lost another four quick wickets (including the impressive Barker for 71 inc. 5 sixes and 4 fours) and looked to be struggling to make a competitive total. The skipper and Michael Wright formed a great 9th wicket partnership adding 52 before Wright was bowled for 28. With only one wicket left Youngs had little option but to attempt some big hitting but was caught in the deep for 30 leaving Bentley on what seemed to be an under-par 157 all out. After tea the Galleywood batters walked out under now clear skies to face the familiar Bentley opening bowlers of Mike Wright and Sam Busby. Both bowled with pace, bounce and swing passing the outside edge on many occasions. The batters saw off the early danger and it wasn't until the 7th over that Milburn, fielding at square leg, took a great overhead catch off the bowling of Wright. Nine overs of combined spin from Dan Barker and Mark Busby kept the runs down whilst Ed Kerridge bowled from the surgery end with accuracy. Unfortunately, when the ball was hit to a fielder Bentley let themselves down and we dropped two or three good chances – as the old adage goes, catches win matches! Youngsters Lewis Brandom and Ashton Rees came on and took a wicket each, but it was, unfortunately, too little too late and the good Galleywood side romped home with 7 wickets, and over 7 overs, to spare. Bentley Player of the Match: Dan Barker.

The evening of Tuesday 1st August saw GBCC play their first ever "Hundred" match against our near neighbours, and friendly rivals, Great Bromley. For the uninitiated the Hundred is a new format where each team, unsurprisingly, bowl 100 balls -- the format renowned for its big hitting, high scoring, "every ball counts" excitement. Debutant Bentley skipper John Hesketh won the toss and elected to bat. Bentley had a team packed with good batters and opened with Saanjeai Tharaneetharan (29) and Lewis Brandom. Both hit the ball cleanly in an opening stand of 31 off just three overs. The middle order of Joey Blackwell, James Pearce (22) and Hesketh (20) combined well and at the half-way stage Bentley found themselves well placed at 84-4. Some later powerful hitting, including sixes into the adjoining field of tall dense maize that the fielders disappeared into in search of the ball, from Mike Wright, Kajeai Tharaneetharan and Barney Morton (24) took the score to 154-8 off our 100 balls. A very competitive score. Skipper Hesketh chose to open the bowling with a mix of spin and pace from Morton and Alfie Youngs from the Parsons Hill Road end and the same combination from Mark Busby and Lily Wainer from the far end. All four bowled well, supported by some excellent fielding from everyone. At the end of their spells Bromley were behind the rate at 54-4 after 8 overs with Wainer being the pick of the four with 2 wickets for 11 runs. Wright, Pearce and Saanjeai then came into the attack and really applied the pressure with some fine accurate bowling. The fielders again backed up the bowlers with every chance taken. Pearce bowled his 3 overs for just 7 runs taking 2 wickets and Saanjeai, who ended wicketless, bowling 15 balls for just 4 runs. It was left to Lewis Brandom to bowl the tricky last over and he did not disappoint taking two wickets with the last two balls of the match – leaving him waiting until the next Hundred game to attempt every bowlers dream of a hat-trick! Bromley ended their innings on 93-8 meaning Bentley won by close to 60 runs. A great game played in the true spirit of cricket by both sides. Bentley Player of the Match: James Peace.

Our penultimate home fixture in the league saw us entertain the runaway leaders, Chelmsford, who we had lost to in our opening fixture in early May by 76 runs. The Bentley side featuring debutant, Mark Pearce (who was playing alongside his son Jakes) bowled first on a typically windy afternoon on the Green. Mike Wright bowling from the pavilion end was soon amongst the wickets as the visitors were quickly reduced to 11-2. However, the

powerful hitting Chelmsford number four started adding the runs forming a number of high scoring partnerships with the middle order. Wickets fell reasonably regularly but not the wicket we really needed! Lily Wainer bowled with her usual metronomic accuracy picking up a wicket while giving away just 13 runs in five overs. The Chelmsford number four was finally out for 80, to a great catch on the boundary by Adam Culthbert off the bowling of the ever-dependable Dan Barker with the score on 162-6. Player of the match Barker picked up four wickets off his nine overs for just 30 runs. In the closing overs with the batters looking for quick runs Josh Fowler bowled consistently with pace, bounce and accuracy but somehow never took a wicket while going for just 19 runs off seven overs. After a solid fielding performance, including six catches and an incredible direct hit run out from 30 yards by Alfie Youngs, Chelmsford ended on 205-8, what seemed like a gettable total. After tea, Bentley batting started slowly, struggling to get the ball away due to the very good bowling from Chelmsford's opening pair. Unfortunately, the wickets tumbled and none of the top four managed to reach double figures before being out. When Fowler and Wright came to the wicket with the score on just 28-4 they began what seemed like an impossible task. Both batted well hitting a number of boundaries in a stand of just under 50. But when Wright was out for 19 with the score in 74-5 the tail didn't wag and Bentley were skittled out for 82 with Fowler last out for 26, a loss by 123 runs. Disappointing but no shame in being beaten by a much better team. Bentley Player of the Match: Dan Barker.

Upcoming Fixtures and Events:

AUGUST

Sun 27th: Adults NECL Away vs Chelmsford 1pm
 Mon 28th: Jeff Wright Memorial Match Noon.

SEPTEMBER

Fri 8th: *** Colts AWARDS EVENING ***
 Fri 15th: Adults Friendly Away Frinton Barflies 1pm

GBCC is an inclusive, volunteer run, family friendly club welcoming new playing and non-playing members at any time during the season. The bar is open every weekend, all summer, from 5pm Friday and 1pm Saturday and Sunday serving a wide variety of drinks and snacks. Please contact the club via the email address info@greatbentleycc.co.uk if you or your child would like to give cricket a try or with any questions.

The British Red Cross

The British Red Cross and the English Football League are running an initiative over the next 2 years to combat loneliness and isolation in local communities around the country.

Alongside Colchester United Community Foundation and the EFL, we are holding a Colchester Community Celebration/ Fun Day at the Shrub End Football Grounds on Bank Holiday Monday 28th August.

CONGRATULATIONS

Congratulations to Sam (at the Post Office) and Mythily who was married on 21st August



FREE ENTRY INSPIRE ENRICH UNITE

28 AUGUST - 10AM TO 4PM
SHRUB END FOOTBALL GROUNDS

**COLCHESTER
COMMUNITY
CELEBRATION**

**FAMILY FUN DAY FEATURING
LIVE ENTERTAINMENT MARKET
MEET AND GREET CHARACTERS INFLATABLES
GAMES
FANCY DRESS COMPETITION
REFRESHMENTS AVAILABLE ALL DAY**

If you are a charity or organisation providing support in Colchester, would like to showcase or sell your work, or promote your business get in touch with us today to book a space mascommunity@redcross.org.uk

COLCHESTER UNITED COMMUNITY FOUNDATION EFL + BritishRedCross OFFICIAL CHARITY PARTNER

POLICE REPORT

RECORDED CRIMES

From 01/07/2023- 25/07/2023

CRIME TYPES - 13

DOMESTIC X3 - OWNER OR PERSON IN CHARGE ALLOWING DOG TO BE DANGEROUSLY OUT OF CONTROL- DOMESTIC x4 - GBH - OTHER X2 - THEFT - THREATS.

INCIDENTS REPORTED – 26

INCIDENT TYPES -

ASSAULT GBH - ASSIST OTHER AGENCY - BAIL BREACH X2 - CONCERN X2 - DISPUTE CIVIL X2 – DOMESTICS x4 - DOG- - HIGHWAY DISRUPTION X3 - INFORMATION X5 - MALICIOUS COMMENTS ROAD TRAFFIC COLLISION x 2 – THREATS - UNAUTHORISED CAMPMENT.

HARE COURSING

In an Essex first, and one of the first in the country, Rural engagement team (RET) have secured convictions against two males for trespass with intent to pursue hares. This new offence was introduced recently to tackle Hare coursing. Coursing is a cruel sport in which suspects trespass on farm land, dogs are released to chase hares and money is bet on how well they perform. The hares are killed by the dogs if caught. The Rural engagement team (RET) have worked with 6 other forces as part of Op Galileo and reduced hare coursing in Essex by 50% this season.

[Rochford: Men first to be sentenced in Essex for trespassing with intent to pursue hares with dogs | Essex Police](#)

Scams

Scams are still a problem everywhere, If you receive Emails or phone calls that don't look right, **don't reply and hang up.**

Spam emails can be forwarded to **report@phishing.gov.uk**

If you receive any calls like this, report to action fraud advising them what telephone provider you use. Or copy paste email and attach it to the online report.

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

Telephone 0300 123 2040 to speak direct.

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

Suspicious circumstances.

If you see anything that does not look right, report it.

Try and get as much information as you can, including registration numbers, which are key to a lot of activity.

The more you have, the more chance we have of a positive investigation, with results.

Reporting incidents the correct way.

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

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

local PCSO - Julia.brandon@essex.police.uk

FRENCH REVOLUTION

During the French Revolution, 3 noblemen – a priest, a lawyer and an engineer – were condemned to die on the guillotine. As noblemen, they were afforded one final courtesy of rank. That of choosing whether to die *face up* – or *face down* – on the guillotine.

The priest was led up the steps where the black-hooded executioner stood. “*How do you wish to die, face up or face down,*” said the executioner. The priest thought, looked up and said “*I wish to die face up – so I may see the heavens one last time and meet my maker face to face.*” With that the priest was placed into the guillotine and the executioner pulled the rope. The heavy blade fell swiftly – but an inch above the priest’s throat, the blade screeched to a stop. It was *jammed*. Under French law, if someone was spared death on the guillotine, he was a free man. So the blade was raised and the priest walked away — *free*.

Then the lawyer was led up the wooden steps. “*How do you wish to die – face up or face down?*” The lawyer quickly looked up and said “*Ohhhh I too want to die face up to see the heavens one last time and meet my maker face to face.*” The lawyer was put into the guillotine and the executioner pulled the cord. *Whoosh!* The thick blade sped downward — but just over the lawyer’s throat, the blade came to a halt. And of course under French law, being spared death on the guillotine meant the lawyer was a free man. He hopped up and walked away.

Then the engineer was led up and the executioner asked — “*How do you wish to die, face up or face down.*” The engineer looked up and said “*I too. . . want. . . to dieface up too . . .*” He stopped and pointed. “HEEEY! *I think I see your problem up there!*”

GHOSTS, GHOULS AND GHASTLY TALES

The Ghosts, Ghouls and Ghastly tales talk at The Fusiliers in Aingers Green in July was very well received. 30 people enjoyed a fun evening of spooky tales on a Monday. A total of £150 was donated to New Town Community Larder in Colchester. Look out for the next one in October. Details to follow.

Recently I purchased a bundle of Essex Countryside magazines. They are a fabulous read and I have found a few interesting articles or readers letters about Great Bentley and the surrounding villages. I created a facebook group to share them and to encourage others with an interest in local history, to also do the same. Look out for the group - Great Bentley and Local Area Recalled - and join if you can. Social media is a great way to connect for things like this. And if anyone local does have any unwanted Essex Countryside magazines, I would give them a good home. Contact me by email mooneys1970@hotmail.co.uk or by telephone 07702885170.

So to finish up today, I thought I would share an interesting story I found about Sammy the chimney sweep. This article appeared in Essex Countryside in October 1974 and tells us that Sammy used to cycle around the local area cleaning the chimneys in our villages. Residents in Thorrington, Brightlingsea, Frating, Weeley, Great Bentley and Aingers Green would all have known Sammy as a ‘Clean Sweep’ for 6 pence a chimney and he would have been a regular sight wheeling the lanes on his tricycle, with his brushes on board and an Acetylene Gas Lamp in front to keep him safe when the nights drew in. The article mentions that Sammy wore a wide brimmed hat and resoled his own shoes with old rubber tyres when his soles were too worn for another day. He definitely sounds like he was a funny witty man, a character who wasn’t afraid of hard work, and with local respect and being kept busy, he worked well into his 70’s. The article mentions that Sammy’s real name was Samuel Fairs but a quick spot of research and I found that his name was actually Samson Fairs. Samson - Suffolk born, lived in Brightlingsea. He married an Esther Puxley in 1877 who was a native of Great Bentley. They never had any children. Esther passed away in 1934 and Samson outlived her for just 2 years and was aged 79 at the time of his passing.

Sharon Mooney

Monday morning in the Editor's office.....

Editor of the *'Sportsleuth'* sports journal: 'Come! Good morning Smithers. What have you got for me today?'

His Junior Sportswriter, Smithers: 'Morning sir, we're lagging behind regarding the 'Heading of a Football' debate, sir.'

Ed – 'Heading a football? Very sensitive issue at present Smithers, must appear to be eagerly supportive. As a matter of interest, does heading a ball happen these days?'

S – 'It certainly does sir. I've just got back from a tour of Argentina. Over there, heading takes place all the time.'

Ed – 'Argentina? I thought that was the 'Hand of God' place, where you look as if you are heading the ball but you get your grubby little hand to it first, you know, cheat a bit. Remember the World Cup?'

S – 'Yes, 1986, long before my time, sir. But these days, over there in Bahia, youngsters play head tennis every weekend, heading the ball over a high net, like juggling sir, the ball must not touch the ground.'

Ed – 'Head tennis? Juggling with the ball, you say? They play in a gymnasium I suppose.'

S – 'No sir, they play on the beach, thousands of kids. It's great to watch.'

Ed – 'You actually witnessed it Smithers? How many injuries did you see? There must have been quite a few.'

S – 'Not many sir, oh, one in fact. A young lad got sand in his eyes. He had to rinse his eyes before continuing.'

Ed – 'Mmm, temporary blindness eh? Could be dangerous. Was he wearing a helmet and goggles? Was there a coach present at the game? Do you think he was bullied into playing? What about footwear, do they wear boots?'

S – 'Didn't see any, sir. They play in the sunshine, on a sandy beach, so they don't wear shirts or flip-flops, sir.'

Ed – 'Good Lord! No shoes! From a deprived background, I fear. Sounds to me like exploitation, making young men run around barefoot. Were any of them crying Smithers, a scene of degradation perhaps?'

S – 'Don't think so, sir. They were laughing and cheering and had beautiful girls watching. Some girls even joined in.'

Ed – 'Good Lord, Smithers. Player swapping? Was there anyone filming this, making one of those videos my wife doesn't like? We have to intervene Smithers. Not only do these poor creatures have to head a ball, but also made to run around scantily dressed with girls watching. Such debauchery. And in broad daylight. Begin my *Sportsleuth* campaign immediately. Mmm, *'Sportsleuth'*, I like it. It looks jolly good in italics, don't you think Smithers?'

S – 'What are we campaigning in aid of sir? Getting sand in his eyes was an accident.'

Ed – 'How many 'Good Lords' do you need, Smithers? It's there in front of you, don't you see? It's the coaches. They are bullies, and hell-bent on addressing their own personal agenda. That sad lad was left with 'siliconcornealabrasivia' Smithers, temporarily blinded by unsanitized sand, simply to satisfy that coaching fellow's dream of fame, a wretched taskmaster prepared to destroy a young life, not only physically but also mentally by making them train to breaking point with not a smidgen of a winner's medal. How many innocent children were exploited that day?'

S – 'Err, it's a lovely big beach sir, err, 29 games with 12 in each game, that's 348 players sir. But I don't think....'

Ed – 'Good Lord, poor souls. Ok, let me see, one of 348 players was temporarily blinded by sand, that's 0.287%. Ok, that's, err, 28.7 per 10,000 or whatever, a vast number of young boys who suffered siliconcornealabrasivia, in just one day Smithers - one day! Write your exclusive, but remember, don't include the percentage sign, but add, in small print, a load of noughts, zeros or whatever. People won't notice, they'll just see 28.7 young deprived boys.....'

S – 'Very good. Anything else, sir? What about an expert? I can go on line to www.gov.uk/whaffle-smartipants and interview somebody from the National Database of Advisors. There's one expert who specialises in sand castles.'

Ed – 'Good thinking Smithers, he'll do nicely, he'll point out the dangers of a sandpit. I hope he's good with crayons, our readers love those colourful wavy chart things with lots of statistics, loads of them Smithers, thick red lines pointing upwards. What else do we need? Yes, blame someone famous for ignoring the plight of these unfortunates. Heads must topple Smithers, a photograph of a crying child will help. Oh, and acronyms, don't forget those big capital letters. For instance, only write siliconcornea..., err, whatever, once. After that, make up an acronym for it, your initials will do. Acronyms are jolly impressive but nobody ever bothers to look them up.'

S – 'There is one small thing, sir. I don't think these young people were being coached, nobody else was involved. I think they just meet up every Saturday for a game on the beach. They seem to enjoy it sir, a bit of fun in the sun.'

Ed – 'Don't be naïve Smithers, there's always someone involved. Why else would we report it? Get back on that plane. Find the parents - yes, that's it - abusive parenting, pushy and demanding.'

S – 'I've already met the lad's dad sir, smashing bloke. He's a famous footballer, able to head a ball 259 times, bouncing the ball in the air using his head. The kids love him when he heads all the balloons at birthday parties.'

Ed – '259 times? Repetitive disorder, I'll wager. Better find me that, err, what's-his-name bloke, England's Director of Head Tennis, he needs to consider resigning. Oh, while you're at it, have we heard any more about the danger of spinal injuries caused by playing snooker?'

JE.



Hello everybody, I hope you all had a wonderful summer, despite the fact we weren't blessed with the greatest of weather over the break. We still have a few days of the summer holidays left before we return which we are all looking forward to very much.

When we do return, I would like to say a big hello to Evie, Isla, Maeve, Anastasia, Aubrey and Joshua who all begin with us this month.

I can promise you will all gain lots of wonderful and exciting new experiences within your time at our Pre-School, we are looking forward to welcoming you all as families as you start this new journey with your child, and we look forward to working with you all over the coming terms.

That brings me on to wish our recent group of children that left 'Good Luck' as they start their new Primary Schools. We hope you have lots of fun and we get to hear how you are getting on from time to time.

Facebook Page

Just a reminder we have our own Facebook page. This is a great tool to keep you up to date with what's going on as we will post reminders, events that are coming up and what the children have been getting up to. Just like 'Great Bentley Pre-school' and all our updates will appear on your newsfeed.

Registers

I still have some limited availability if you would like to join our Pre-school, please contact me via our FB Messenger or email where I will happily give you details.

Not much else to report this month as we have all been on our summer break.

So, for now enjoy the rest of the summer holidays and we will look forward to welcoming back all our children on Monday 4th September.

Thanks for reading.

Julie Wiles

Are you interested in photography?

It doesn't matter if you are a "phone snapper" or a fully-fledged highly experienced photographer, who processes their images in detail on their computer. Everyone who takes a photograph does so for the same reason. To make a record of what they see before them be it family or friends, a memory of a place visited, an exciting moment in time or possibly a creative view of something others may have just walked past and not even noticed. A rotten tree stump? An ant carrying an egg? An unusual cloud formation? Shadows of a garden seat? The list is endless, BUT does anyone else ever see and enjoy your images? Does anyone else ever comment on, or offer friendly or helpful suggestions about your images?

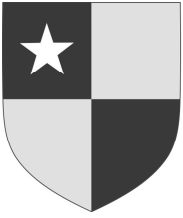
This may be the answer!

Our new season is fast approaching at Alresford (FRIENDLY) Camera Club, and new members and guests are always welcome to join us at our meetings in the very spacious village hall at Ford Lane Alresford. You do not have to enter images unless you wish to do so, (But we hope you will). You are welcome to just come along and listen to our speakers, or join in our discussions should you wish.

We meet on the first and third Thursdays of the month starting on October 5th through to May 18th 7.15 for 7.30-10.00. (Refreshment breaks 8.30-9.00)

We will have our stand in the big marquee at the Bentley Show on September 2nd where you will be able to see some of our images, chat with us for more information and collect a programme or visit our website www.alresfordcameraclub.org.uk or Phone John on 01206 250846.

We hope to see you there!



Subject of Proposal:	Parish Council proposal for outdoor fitness equipment / Trim Trail.		
Proposal published:	7th August 2023	Closing Date for comments:	6th September 2023

The physical and mental wellbeing of all residents remains a priority for the council. An initiative we wish to propose is the building of either an outdoor fitness area or a Trim Trail around the edge of the Green.

There are hundreds of local council-funded outdoor fitness areas in the UK that are free-to-use all year round to encourage a healthier community. Outdoor metal fitness equipment is usually centralised in an accessible location whereas Trim Trails the equipment tends to be wooden and spread out over a distance to enable walking or running between each station.

Benefits of having outdoors fitness equipment or a Trim Trail:

1. Regular exercise at a time to suit users.
2. No membership fees.
3. Convenience of location.
4. Year-round availability.
5. Visible cross generational promotion of healthy lifestyle and fitness.

Suggested options

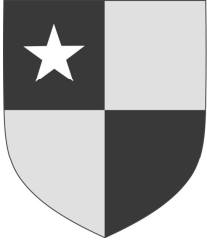
1. Purchase metal outside fitness equipment to be located next to the current playground;
2. Purchase metal outside fitness equipment and identify a dedicated area on the Green;
3. Purchase wooden equipment which can be situated on the Green.
4. Purchase wooden equipment which can be situated around the edge of the Green (both North and South side to create a circular Trim Trail.

Your Parish Council value your opinion

Please use the QR code below to submit your views. Alternatively, you can submit your views to the Clerk and Responsible Financial Officer by email clerk@greatbentleyparishcouncil.co.uk



Scan the QR code to
vote or go to
<https://forms.office.com/e/6gT0XKYy5W>



GREAT BENTLEY PARISH COUNCIL

Clerk and Responsible Financial Officer to the Council: Jennifer Spear

Tel: 01206 256410 Email: clerk@greatbentleyparishcouncil.co.uk

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

Although the Parish Council do not meet in August there are still a lot of projects going on behind the scenes. As you may have seen the Parish Council are running two questionnaires for the village, one about the possibility of installing play equipment and another about the speed limits throughout the village.

With the speed limits throughout the village in mind, the Parish Council agreed in July to purchase some of these stickers to be placed on Wheelie Bins throughout the Village. It is an initiative that has been trialled in other parishes local to us and it has been proven that the visual reminder when these bins go out along main roads does help to decrease the speed.

We have a limited amount available for collection from the office, (Opening hours Monday to Friday 10:00am until 14:00pm), so please pop along to collect one, and I will also have some with me at the next meeting.

As you are aware in Great Bentley, we have one of the largest (if not the largest) Village Greens in England. "It was purchased by The Parish Council of Great Bentley for £1700 in 1967 from Mr V. Marshall of Colchester and they now exercise all the rights over the green. The Green was registered under the Commons Act of 1965 during 1968 in the register. The Parish Council organise the upkeep and maintenance of the green, and there is also a committee called The Friends of the Green, established to keep a watchful eye on the green on behalf of the villagers." Paraphrased from David Gollifer's publication – The History of Great Bentley Green, November 1999.

This is a great asset for the village but it can only remain as one if the uses of the green are monitored as they are now, therefore if you wish to hold a local community event on the green, please contact the clerk who will forward your request onto the parish council for their consideration.

The Parish Council have recently launched their new the Great Bentley Parish Council Facebook page and also X account (formerly Twitter) so please give us a follow!

Please note these pages are for information purposes only, any contact with the parish council still needs to come through to the official contact email address as listed above.

The next Parish Council meeting will be held on 7th September at 7.00pm in the Village Hall.

Jennifer Spear
Clerk to the Council

Great Bentley Parent & Toddler Group

By the time you are reading this the start of a new school year will be fast approaching! I thought it might be timely to highlight the very successful 'Parent and Toddler Group' which will open its doors again on 7th September at The Methodist Church in Great Bentley.

It may come as a surprise to some of you that it was first established at least 30 years ago!

A nostalgic look back over the years will doubtless bring back fond memories of the ladies who took on the task of creating what The Church Council of the time felt then and still do 'that a group be made available where parents can meet together in a safe environment whilst their children play'. Nadine MacKinlay, Maureen Johnson, Jean Pettican, Anne Wilson and Brenda Gourley followed by Barbara Fookes, Rosemary King and Karen Williams were instrumental in laying the foundations of what is a very popular Group. If there are names that have not been included be assured your contributions will have played their part in its continued success.

Gill Crampton who currently runs our group takes it very seriously, speaking to her recently she was very grateful for a donation of money which will go towards the expenses of running the group, such as new toys, craft supplies, tea, coffee and snacks. She remarked "we are not a fancy group and may not have all the latest toys and equipment but we must be doing something right as we are still so popular after all these years!" Having enjoyed spending what I think must be at least two years helping I can tell you on Thursday mornings the two halls in the Methodist Church are filled with a welcoming warmth of friendship and an easy relaxed comfortable atmosphere. In between the two halls is the kitchen from whence comes tea/coffee and biscuits for parents, grandparents and child minders, it is nice to be able to wait on them as the children play, it is also lovely to watch how the newborns change from week to week, they seem to grow so quickly nowadays.

We do have some people who are new to the village who come along, it is the ideal opportunity to chat and make new friends and gives the children a chance to mix and socialise before they attend Pre-School/Nursery or Childminder.

Please feel free to come along on a Thursday morning during the normal school term schedule, all the toys and the craft table will be set up to the delight of the children whilst in the kitchen the kettles are filled and ready to make tea or coffee for the grown ups to enjoy along with a sit down and a chat.

For more information please ring Gill on 07969807566.

Gill, Janet, Marion and myself look forward to seeing you.

Judy Bishop

DEADLINE FOR OCTOBER 2023 MAGAZINE

FRIDAY 15th SEPTEMBER

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

Nature Notes

PINGOS

The Tendring Wildflower Groups away day in the Norfolk Brecks.

As a change from our local venues the group had decided on a day trip to Norfolk in order to look at the special flora and fauna that is associated with PINGO formations of which there are dozens in the Brecklands.

Readers may not be aware that Pingo is a native tribes 'Eskimo' name for hills that are also known as kettle lakes. Created at the end of the last ice age they were hard masses of ice that eventually became covered in soil. As the glaciers retreated the ice melted, the soil forming a deep depression that filled with water. The Breckland is one of the richest areas for this geological phenomenon. Due to their isolated and untouched nature many specialised plants colonised the pingos along with rare amphibians and scarce insects, with more than twenty dragonfly species being recorded.

Eventually we located the start point at the Thompson Pingo Trail car park off the A1075. There was however some delay in joining the second car as we were 'sat-naved' down a rutted track that culminated in the fenced barrier of a military exclusion zone! Wi-fi signal dead zone!

The 8 mile circular Thompson Pingo Trail, incorporates sections of ancient Roman Roads, Peddars Way long distance footpath, Thompson Common pingos, quiet lanes, grassy meadows, woodland and the wet wooded Thompson Carr. The trail follows a stream and continues through a holly grove to Thompson Mere, a man-made lake about 4 miles away. Further on the route incorporates sections of a disused railway.

The first small pingo was a mass of Water Violet a very attractive tall stemmed plant with light lilac flowers. The second, much larger pingo was a vibrant carpet of bright, acrid yellow, Great Yellow-cress. Pingo three held stands of Tussock Sedge, purportedly the dense spongy base of which were formerly used as kneelers in church. Around the fourth Pingo was Cotton Grass, a common moorland and bog species but rare in the east, true Bulrush, Marsh and Common Spotted Orchids, Valerian, Rough Hawksbeard, Timothy Grass and Marsh Maretail. As is usual with the group we soon became separated as tail-enders attempted to photograph the many interesting plants. "Over here you must look at this" was the most frequent call of the day with phone calls asking "where are you?" running a close second.

We managed to photograph Latticed Heath and Mother Shipton moths, the latter so named from the hook-beaked facial profile of the wing markings.

After several hours we arrived at the large reed fringed lake, an observation hide giving views over the water. Time to retrace our steps and head for home.

The latest TWFG botany survey finds were Eyebright and Ploughman's Spikenard at Wrabness. The former a diminutive, charming but vexing to identify plant, the latter a large reddish hued groundsel family plant. Both are very scarce in Tendring.

(More information available from Wikipedia and the Norfolk Wildlife Trust web sites) Tendring Local Group are having a beach clean at Colne Point on Saturday 23rd September.

BELLRINGERS UPDATE

With the holiday season upon us, there is no let up for the ringers as we continue to ring to announce church services and other events. Like others, we all enjoy holidays, so therefore we have to dig deep to ensure we have enough of our members to ring for all events such as church weddings.

Another such event was the 80th birthday of one of our newer members, for whom we rang 1260 changes of Plain Bob Doubles to help mark the occasion. We were then suitably rewarded for our efforts with beautiful cakes given to us by the birthday boy!

As a group, we are also continuing with our fundraising activities in order to have our ancient bells restored which will enable us to ensure that the centuries old English tradition of church bell ringing continues for, at least, the next 150 years!

Some of our members will be available on the church stall at the village show on the 2nd of September to provide information about bell ringing and our restoration project.

Roger Carey-Smith
07422880921

St. Mary's Wildlife Pond and Garden

It has been a long time since my last article about the pond and garden. I hadn't realised how much it has changed since I started it as my project during the Covid pandemic, until I looked at early photos and my articles.

Early this year some frog spawn was put in the pond and young tadpoles starting to form, then I found a plastic bag in the pond and a greasy film floating on the surface but sadly in the clean up, I didn't find any tadpoles but a Newt was seen on many occasions. Later dragonflies, bees and butterflies and other insects were seen on the flowering pond plants. The wild flowers were very slow to put on a show this year but after a hot spell the rain came and everything burst into life, some are still flowering or making seeds for next year.

More nest boxes for birds have been put up with more in line for next year but I haven't seen many birds around apart from the destructive jackdaws and sad to say a hedgehog was found dead in the churchyard but I'm hoping there will be others seen and occupying the three hedgehog houses. One morning after some heavy rain there were twenty or more rabbits going frantic in the churchyard. It is surprising what wildlife we see from the church hall including pheasants, the resident squirrels and lately three muntjac deer casually strolling through.

Mandy Miles

ANNUAL DIARY

9th October	Bentley Green Players AGM Village Hall, 7.30pm
4th November	Autumn Fayre, Methodist Church
10th November	Good Neighbours Quiz Night Methodist Church Hall
2/3 December	St Mary's Christmas Tree Festival

**The Post Office is situated
at the front of the Garage**

GREAT BENTLEY POST OFFICE

OPENING HOURS

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

FOOTBALL CLUB NOTES

ESSEX & SUFFOLK BORDER LEAGUE Div 1

Kick Off 3 00pm unless stated

Sat Aug 19 th	FC Clacton Res	(H)
Sat Aug 26 th	Wormingford Wanderers	(A)
Sat Sept 2 nd	Dovercourt Rovers	(H)
Sat Sept 9 th	Tavern	(H)
Sat Sept 16 th	CO4 Ultras	(A)
Sat Sept 23 rd	Stanway Rovers Res	(H)
Sat Sept 30 th	Cressing Utd	(A)

ESSEX & SUFFOLK BORDER League Div 3

KO 3 00pm unless stated

Sat Sept 2 nd	Prettygate	(A)
Sat Sept 9 th	Lawford Lads Res	(A)
Sat Sept 16 th	Dedham Old Boys Res	(H)

ESSEX & SUFFOLK BORDER LEAGUE Div 5

KO 3 00pm unless stated

Sat Sept 2 nd	Bradfield Rovers Res	(A)
Sat Sept 9 th	Mersea Island Res	(A)
Sat Sept 16 th	Ramsey & Mistley Res	(A)
Sat Sept 30 th	Boxted Lodgers	(H)

It's great to be able to start the club notes this month with the forthcoming fixtures for the new season. The 2023-24 season brings an exciting start for a new third team. Great Bentley 'A'. The Bentley youth under 16 side from last year has pretty much all moved up to adult football. Richie Herbert will continue to manage the team, assisted by Gordon "Gumby" Lawrence & Jim Smith. They will play their home games on the Southside of the green, use the cricket club changing rooms & use the clubhouse after the games as part of the GB family.

They have entered the Border League at Division and we are hoping that a mix of youth and experience will push us up the league ladder.

All teams have been in pre-season training since the beginning of July and have been playing pre-season friendlies for the last few weeks.

The clubhouse is open for all home games and new supporters are always welcome. Follow Great Bentley Football Club on Facebook and Twitter for all the up to date information.

Come on the Bulldogs

MUSICAL EVENING WITH PETER AND JUDITH CLAYTON

Saturday 7th October
7.00pm

St Mary's Church

Refreshments available during interval

There will be a retiring collection
towards re-decoration of the
church hall



JOAN FOOKES

Back in the days before the First World War, a young fellow from Great Bentley used to accompany a mate of his on Sunday bicycle excursions to Bury St Edmunds: a long hard ride but no problem for a tough young man who used to walk daily to Thorrington to school. His name was Horace Oxborrow and he worked with his father, William at an establishment where the Post Office now stands, mending and hiring out bicycles, bath chairs and governess carts, together with other work connected with the Smithy on the other side of the Green. Father William had come to Bentley from Kirby back in 1885, a Smith and Wheelwright and he set up at the Forge, renting accommodation for his family just across the way at Peacehaven. In 1905 they moved the business over to Plough Road into a wooden building constructed by Mr Wadley of Suitall Stores and re-erected next to Rambler Cottage to become Oxborrow's A1 Stores.

The route to Bury took the lads close to Hawley where a certain Miss Linford was a teacher and this young lady must have caught Horace's eye. Imagine his delight when this same Miss Linford turned up actually in Great Bentley, teaching the boys in the Church Sunday School. Well a courtship developed and in June 1918 the couple were married and moved into Rambler Cottage next door to the Stores. Four years later, a daughter was born and they christened her Joan - the subject of our profile.

Joan had lived the majority of her life in Ramber Cottage. Her early schooling was at the Church School, only a few steps from home. Among the other pupils was James, the local dairyman's son from just around the corner; but Joan was friends with everyone and paid him no special attention. Their family had moved up from Brightlingsea some years earlier; their name was Fookes.

Music was an early and abiding interest and, in common with so many other Bentleyites, Joan looked back with pleasure to her piano and singing lessons with Dorothy Went. Not just the lessons but all the other activities that Miss Went organised; Concerts, Picnics, Nativity Plays and Outings. Other concerts were held in the Golf Hall and run by the Co-operative Society in aid of the Sunshine Homes for blind babies; Joan was to have sung at one of these but, overcome by nerves and lack of confidence, she stood down - something she regretted.

Soon she had outgrown the village school so took the train daily to attend St Monica's Church of England School in Clacton. Many of us may be surprised that such a staunch pillar of the Methodist Chapel today should have been educated at C of E schools. The Oxborrows were regular worshippers at St Marys in those days but the congregation was slowly but surely draining away during the long and eccentric incumbency of the Rev. Colley. Some went to Thorrington, others to Frating, Elmstead or Little Bentley. Horace Oxborrow, seeing that the vicar would soon be preaching to an empty church, took his family across the Green to join the Methodists, where in fact his father had worshipped thirty years previously.

Schooldays over, Joan became apprenticed to a hairdresser in Frinton. She swept the floor, washed the brushes and combs, made tea and ran errands ... and hated it! One morning, whilst out buying cakes for the stylists, she slipped across Connaught Avenue and got herself a new job in a dress shop - far more to her liking. She took lodgings in Frinton, bicycling home for the weekends. This lasted for a year or two until the outbreak of war when threats of invasion drove many families away from the East Coast with the consequent closure of businesses and shops. Joan now moved inland to Colchester to work in a wallpaper shop.

Meanwhile the Fookes family had moved to Portsmouth where young James was called up in the Navy and saw a good deal of action during the war. He was mentioned in Despatches but to his dying day, he never let on what it was for. In 1943, Jim Fookes married Joan Oxborrow at St Mary's Church, Great Bentley and took her away to Portsmouth, a naval bride.

The war ended at last and in 1947, Jim was demobbed and the couple came back to Great Bentley, Jim to join his father-in-law at the A1 Stores and Joan to help though she soon had plenty to occupy her time following the birth of Barbara and then Rosalind. They lived with Joan's parents at Rambler Cottage to begin with, Jim working hard to widen the scope of the business. He bought the Chemists shop just around the corner on the Green, from Mr Pearson and had it moved, lock stock and barrel to stand next to the Stores, thereby expanding the trade even further. But disaster was just around the corner.

To be continued next month



Surgery Newsletter

We are fast approaching flu vaccination season and I want to take this opportunity to remind everyone who is eligible to book in for their NHS flu jab. Text messages will be sent out inviting patients to book via a link, or alternatively they can be booked by calling the Surgery on telephone 01206 250691. Flu vaccinations will be available this year for all patients aged 65 and over and those under 65 with chronic health conditions.

Our Flu Clinics will be starting in October 2023. We will of course continue to provide vaccinations opportunistically during normal routine appointments for eligible patients, so there is no need to book a separate flu appointment if you are seeing a clinician for a face-to-face appointment after the 1st October.

Flu is an unpredictable virus that can cause mild or unpleasant illness in most people, BUT it can cause severe illness and even death among vulnerable groups including older people, pregnant women and people with an underlying health condition. If you are not sure if you are eligible, please give us a call. We are unable to provide private vaccinations, but many local pharmacies do.

By having your flu jab, you are not only helping yourself, but you are also helping to protect the wider population from this nasty virus which can easily spread to vulnerable people who are much more at risk from complications.

Autumn Covid Booster

The autumn Covid boosters will not be administered by the Surgery this year. At the time of writing this Newsletter, we do not have details of where patients will be able to attend to get their booster. We will however keep you updated once we have further information about this.

September is Blood Cancer Awareness Month

Blood cancer is a type of cancer that affects your blood cells. Leukaemia, lymphoma and myeloma are some of the most common types of blood cancer. There are also types called MPNs and MDS.

Blood cancer is caused by changes (mutations) in the DNA within blood cells. This causes the blood cells to start behaving abnormally. In almost all cases, these changes are linked to things we can't control. They happen during a person's lifetime, so they are not genetic faults you can pass on.

Some types of blood cancer affect children. Symptoms and treatment can be different between children and adults.

Over 40,000 people are diagnosed with a blood cancer each year in the UK, and over 250,000 people are currently living with blood cancer.

There are different types of blood cancer, including **leukaemia, lymphoma, myeloma, myelodysplastic syndromes (MDS) and myeloproliferative neoplasms (MPN)**. They each have different symptoms, treatments and prognoses. (Prognosis is the medical term for what's likely to happen in the future.)

If you're diagnosed, you'll be told more about the specific type of blood cancer you have. For example, types of lymphoma include Hodgkin lymphoma and non-Hodgkin lymphoma. Types of leukaemia include chronic lymphocytic leukaemia (CLL) and acute myeloid leukaemia (AML).

Blood cancers are sometimes described as acute or chronic. Acute means fast-growing and chronic means slower growing.

People with blood cancer may experience a range of symptoms, including:

- Weight loss that's unexplained
- Bruising or bleeding that's unexplained
- Lumps or swellings
- Shortness of breath (breathlessness)
- Drenching night sweats
- Infections that are persistent, recurrent or severe
- Fever (37.5°C or above) that is unexplained
- Rash or itchy skin that's unexplained
- Pain in your bones, joints or abdomen (stomach area)
- Tiredness that doesn't improve with rest or sleep (fatigue)
- Paleness (pallor) – the skin under your lower eyelid looks white rather than pink.

Surgery Training Afternoon

Along with all other surgeries in the area we will be shut from 12 noon on Wednesday, 27 September for staff training. If patients require urgent care on this afternoon then they can contact 111 for assistance.

Patient Participation Group

The next PPG Meeting will be held on Thursday, 21st September at 6.30 pm in the Mitchell Room at Great Bentley Village Hall.

Sue Mitson
Operations Manager



COOKERY CORNER

HEARTY AUTUMN SOUPS

Quite a few of our friends, as we all get older and have more time on our hands, are making their own soups. Following a recipe or inventing your own combination of ingredients will produce a tasty bowl or more which is a quick meal and very much appreciated after a hard day or a long walk. Also it is an excellent way of using up all the little forgotten bits of vegetables lurking in the fridge or those half used packets of pasta or noodles and sauces at the back of the cupboard. These recipes will serve four to six and can also be successfully frozen.

PEA AND HAM (LONDON PARTICULAR)

1 ham hock about 1kg 1 large onion 1 large carrot 1 celery stalk
300g dried green split peas bouquet garni handful chopped parsley 1tsp white peppercorns

Soak the hock overnight in cold water (essential if it is smoked) Also soak the peas, although now this is not always necessary. Peel and cut the onion in half and rinse the hock under cold running water discarding the soaking liquid. Peel and halve the onion, peel and cut the carrot and trim and slice the celery. Put the ham in a large pan with the vegetables, bouquet garni and peppercorns. Cover with cold water and bring to the boil. Using a slotted spoon skim off any scum that rises to the surface. Reduce the heat and simmer gently for 2 to 3 hours, topping up with boiling water if necessary and skimming off any more scum that appears on the surface. This could also be done in a pressure cooker or slow cooker. When the meat is falling off the bone, remove the pan from the heat and lift out the ham, leaving it to cool slightly. Strain the liquor through a sieve into a clean pan and discard the vegetables and herbs. Rinse the soaked peas and stir them into the poaching liquor. Bring the liquid to the boil and simmer gently for 1 to 2 hours until the peas are really soft. Pull the meat from the bone and shred into small pieces. Puree the soup, reserving a little of the ham, and adding a little water if the soup is too thick. Check the seasoning and mix the reserved ham with the chopped parsley. Reheat and ladle into bowls, sprinkling with the ham and parsley.

SCOTCH BROTH

500g stewing lamb 1 carrot 1 leek 2 celery sticks 500ml chicken stock
1tbsp light soy sauce 95g brown rice or pearl barley 2tbsp light olive oil

Peel the carrot, clean the leek and celery and dice all the vegetables, also cutting up the celery leaves. Trim the lamb of as much fat as you can and cut into cubes. If using the more traditional pearl barley it may need soaking beforehand. Heat the oil in a large saucepan. Add the carrot, leek, celery sticks and leaves and cook on high for 5 minutes, stirring often. Add the lamb, stock, soy sauce, rice and 1 litre of water and bring to the boil. Reduce the heat to low, cover and leave to simmer for 1 hour. Season to taste and serve with soft buttered rolls.

PUMPKIN SOUP WITH HONEY

1kg pumpkin or butternut squash 75g unsalted butter 1 small onion 1 carrot 1 garlic clove
3 heaped tbsp clear honey 750ml vegetable stock 75ml double cream lemon juice
3 sprigs sage

Finely chop both the onion and carrot and peel and crush the garlic clove, de-seed and peel the pumpkin or butternut squash and cut into cubesand rename the recipe. Gently melt the butter in a large saucepan or casserole dish. Add the onion and carrot, stir a little and cover. Cook over a low heat for about 4 to 5 minutes, then add the cubed pumpkin/butternut squash, honey and sage. Stir again, replace the lid and continue to cook very gently for 10 minutes. Pour in the stock, bring to the boil and cook for about 10 minutes until the vegetables are soft. Turn off the heat and leave the soup to cool slightly then remove the sage and sieve the soup, reserving the liquid. Put half the cooked vegetables into a blender with enough of the reserved liquid to blend into a smooth puree. Pour this into a clean saucepan and repeat with the remaining vegetables, adding the puree to the first batch in the saucepan. Pour any remaining liquid into the blender and whizz to pick up the rest of the puree, and add that to the pan also. Bring to the boil slowly then stir in the cream without boiling any more. Season to taste with a tablespoon of lemon juice, a teaspoon of salt and some freshly ground black pepper. Serve in bowls with a swirl of cream and crusty bread. **M.E.**

Only Connect

Can you name a 4th group member and say what connects them ...

1. Spike Milligan, Harry Secombe, Michael Bentine & ...
2. Bramwell, Anne, Charlotte & ...
3. John, Paul, George & ...
4. Heathrow, Gatwick, Stansted & ...
5. Kings Cross, Fenchurch St, Liverpool St & ...
6. George Washington, Thomas Jefferson, Abraham Lincoln & ...
7. Leonardo, Raphael, Donatello & ...
8. Mister Fantastic, Invisible Woman, Human Torch & ...
9. Miranda, Samantha, Charlotte & ...
10. Micky Dolenz, Michael Nesmith, Peter Tork & ...
11. Bob, Carol, Ted & ...
12. Meg, Jo, Beth & ...
13. Chico, Zeppo, Groucho, Gummo & ...
14. Romeo, Cruz, Brooklyn & ...
15. Margot, Gerry, Tom & ...
16. Dipsy, Laa-Laa, Po & ...
17. Roy Jenkins, David Owen, Bill Rodgers & ...
18. The 2,000 Guineas, The 1,000 Guineas, The Oaks, The Derby & ...
19. Dorothy & Toto, The Tin Man, The Scarecrow & ...
20. Ted Hughes, Andrew Motion, Carol Ann Duffy & ...

1. Peter Sellers, Goons 2. Emily, Bronte siblings 3. Ringo, Beatles 4. Luton, London Airports
5. Marylebone, Monopoly Stations 6. Theodore Roosevelt, Mount Rushmore 7. Michaelangelo, Ninja Turtles
8. The Thing, Fantastic 4 9. Carrie, Sex in the City 10. Davy Jones, The Monkees 11. Alice, Film title
12. Amy, Little Women 13. Harpo, Marx Bros 14. Harper, Beckham children 15. Barbara, Good Life 16. Tinky-Winky,
Teletubbies 17. Shirley Williams, Gang of Four 18. St Ledger, Classic horse races 19. Cowardly Lion, Wizard of Oz
companions 20. Simon Armitage, Poets Laureates

RUNNING CLUB

This month saw the final race in the club's Mickey Edwards series take place. As with all of the other 4 in the series it was hot. However, this didn't stop Stewart Baggs continue to improve on his previous times and to become the 2023 winner of the series! The fastest male time for the whole series was a stunning: 16:44 from Doug McGillivray at Handicap 4. This set a new male course record. The fastest female time for the whole series was on Handicap 3 when Lisa Briggs broke the female record with a scorching 20:29 finish. Well done to both Doug and Lisa. To achieve these impressive times in the prevailing conditions was no mean feat.

We also had the fifth race in the Friday 5 series in Stowmarket at the end of June. Eight of the team took part. They were: Rob Dyer (35:31), Jonathan Briggs (37:46), Caroline Dyer (40:08), Donna Harris (45:37), Laura Cook (47:36), Mark Harris (47:41), Bee Harris (49:51) and Frank Gardiner (50:08). Sophia Dyer also did herself proud in the 2k junior race, finishing in 13:43.

Then Great Bentley hosted the 6th and final race in the series on Friday 7th July. It is widely acknowledged to be the best event of the series as it is the flattest and fastest! We are the only club to sell out on the race and it was a full house of 500 entrants. There was also a great turn out for the children's event on the green. Despite the heat the young runners had a great time and they loved the warm up led by friend of the club Shawn Leek. Despite the heat all seemed very pleased with their performances as did the adult competitors. Many thanks to all of those who came out to spectate and cheer and we hope the race didn't cause too much inconvenience in the village.

On Saturday, 45 GBRC members completed a Parkrun. With no sign of tiredness the morning after their Friday 5, Laura Cook and Bee Harris continued their run of Parkrun tourism, visiting Milton Keynes and finishing in 31:48 and 31:51 respectively.

Other tourists included Josh Beaumont, finishing second at Great Yarmouth North Beach parkrun in 23:32 (which I think confirms what we already knew about this being the hardest parkrun in the UK!) No one likes running in sand!!

A bit further afield, Rob Blackman finished second at Land's End parkrun in 20:10. However, prize for furthest away parkrun goes to Debs and Paul Hollidge. They ran fast enough not to get eaten by a bear at Nosehill parkrun in Calgary, Alberta.

On Sunday, Charlie Keitch completed the Bewl 15 mile, a challenging route through trails and country lanes around Bewl Water Reservoir, in 1:52:55.

Scott Young and Claudia Keitch were also busy on Sunday, enjoying the 'Wickham Trails', which is a 9.25 mile self-navigation trail race around Wickham St Paul. They finished in 1 hour 38 minutes.

In Poland, Magdalena Komorowska completed 'Górski Półmaraton Pętli Tatrzańskiej', meaning 'Mountain Half Marathon of the Tatra Loops', which sounds as if it was as challenging as the name suggests. Mags described it as a 'cross country half marathon'. Anyway, the mountains, tree roots, sand and stones were no match for Mags, and she finished as second lady in 2:22:40.

Multi-sport season is now in full swing, and Vicky Presland placed third lady in the Gosfield Lake triathlon (standard distance) on Sunday, completing a 1.5k swim, 40k bike and 10k run in 2:45:58. Vicky has really mastered the swimming and cycling to complement her already strong running, but apparently it's best not to take any transition tips from her for the time being! Well done Vicky!

MAGAZINE COLLATING DAY FOR OCTOBER MAGAZINE

Magazine collating will be on FRIDAY 29TH SEPTEMBER

in St Mary's Church Hall starting at 9.00am

BENTLEY GREEN LADIES CLUB

Members were welcomed to our August meeting which was an Italian themed evening held in St Mary's Parish Room. We enjoyed a tasty Italian buffet followed by a table quiz, a 'find the tenner' game and our monthly raffle. A vote of thanks was given by the members to the committee who had organised and prepared the evening's food and entertainment.

Dates for your diary....

Tuesday September 5th 'Turkish Farmhouse Restoration ' with Jenny Gibbs

Tuesday October 3rd 'Medical Detection Dogs' with Norma Howell

Tuesday November 7th 'An Evening of Magic' with Paul Clancy

Monday December 4th Christmas Lunch at 12 noon

New Members & Guests always welcome

GREAT BENTLEY HISTORY SOCIETY

Thursday 14th September 7.30pm Village Hall

"The first settlers, Clacton Man & Woman, our Neolithic ancestors"

A talk given by Adam Wightman.

Adam is a member of the Colchester Archaeological Trust

Members £2 at door.

Visitors £4 at door.

GREAT BENTLEY GARDENING CLUB

Our next meeting is in the Village Hall on **Tuesday 19th September** and this will be the **Members Autumn Show, AGM and Social Evening**. Members, this is your opportunity to display your fruit and vegetables, flowers and pot plants, floral art and garden craft. Please enter as many exhibits as you can – there is a category for everyone. If anyone still needs a Schedule please contact Bob on 01206 251433 or bob.newman@mac.com . Staging of entries is from 7.00pm and is to be completed by 7.45pm. Judging will commence promptly at 8.00pm.

While judging takes place we will hold our AGM. Please, Members, come along to this even if you are not exhibiting in the Show as the future of the Club depends on you. Hopefully we will be able to welcome a few of you on to the Committee as more people are needed to share the work if the Club is to continue to function. After the AGM, and while the show judging is completed, we will continue with a Social Evening with a garden-related activity, raffle and refreshments.

Dates for your diary:

Tuesday 17th October with Peter Miller of Kings Seeds speaking about the history of the business and the changes he has seen in the industry, sweet peas, and generally about seeds.

Tuesday 21st November with Ken Crowther, former radio gardening programme presenter and author speaking about the changes through his years of gardening.

GREAT BENTLEY ART CLUB

The Great Bentley Art Club will meet up on Tuesday afternoons, from 2pm, in Gt. Bentley Village Hall on the following dates in September.

Tuesday 12th September Tuesday 26th September

During our August meeting we sorted out some new meeting dates up to the end of this year. We also made a list of potential activities, which still need matching to suitable dates (we do not have a secretary, so this is still in progress). So what happens on the 12th and 26th could be a surprise.

The programme will be completed before we have pitched our tent on the village green, to join other stall holders on the 2nd of September for the village flower show. So why not drop in for a chat on the day. Lets hope the weather stays sunny and dry for all.



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!**

Careless fisherman causes terrible suffering for gull

September 2023

The adult gull (left) was found wandering on Clacton sea front dragging a whole fishing rod by two hooks embedded in his throat. A member of the public caught him and cut the line, detaching the fishing rod. He was then brought to Wildlives. It was extremely difficult to remove the two inch, heavy-duty, barbed hooks, which were deep in his throat where it diverges between the stomach and lungs, getting tangled up. One was successfully pushed through so that it could be pulled out by the barbed end. The second necessitated getting wire cutters deep into his throat to cut off the barb so that the smooth part could be pulled out. Obviously the entire episode was extremely painful and stressful for the poor gull, and entirely due to a careless fisherman leaving his rod unattended. It is sad to say that 96% of our admissions are entirely avoidable and due to thoughtless human actions. The gull was given a course antibiotics and pain medication before being placed in a rehabilitation pen where he immediately started eating. He is now doing well.

Hoglets are still coming in of all sizes, but sadly many people are still ignoring them for days when they are spotted out in daylight. By the time they arrive at Wildlives they are profoundly hypothermic and often infested with maggots and it is too late to save them. Quick action would have saved many little lives of a species that is in danger of extinction in the UK.

The cuckoo who featured last month as a nestling was ready for release, so the BTO ringed him under special licence (as cuckoos are critically endangered) before he was taken to an area where other cuckoos are breeding and released there. Hopefully he will join up with other cuckoo fledglings for their imminent migration to the Congo to overwinter.

This female mallard duck was brought by the RSPCA. She had a broken tibia, which was splinted and bandaged by a vet. The splint will come off in a couple of weeks so we have our fingers crossed that the bone has healed properly.

The tufted duck featured last month was flying and diving well, so was taken to an area where there are other tufted duck and released.

Great Bentley Hedgehog Highways



A Facebook page set up by Demi Harvey and Emma Garrod. We are both veterinary nurses from Kinfauns vets based in Little Clacton 01255 860555. We want to help people encourage hedgehogs into their garden by writing a monthly diary of a hedgehog's life.

September is here and this is a really important month to start helping hedgehogs. If you haven't already started helping, please start now. This is when all hedgehogs spend autumn nights feeding as much as possible to build up their weight ready for hibernation. The ideal weight for hibernation is 600g plus, to be able to survive the winter.

The problem with September is this is when the young hedgehogs go their separate ways, now they have learned to find food for themselves. But some adult females may still be giving birth to their second litter or if they failed to become pregnant earlier in the season they are now raising babies born late into autumn. The winter juveniles need to put weight on to survive the winter months.

This is why it is so important to provide fresh water and food to help not only the adults, but also the vulnerable juveniles. The hedgehogs will be searching for food as they are insectivores. Their diet consists largely of beetles, caterpillars & earthworms. They eat a wide range of invertebrates, slugs, snails and insects. They are opportunist robbers taking mice, baby birds & eggs. Hedgehogs do not seem to like woodlice.

If you can help supplement their natural diet by making a feeding station in your garden. A feeding station can be purpose built of wood, bricks or a plastic storage box. Whatever you choose just remember the entrance needs to be small to prevent cats or other animals stealing the food. For ease offering commercial foods such as, specialised hedgehog food or ferret food. Tinned cat or dog meat, but not fish based as they can not digest fish. Crushed cat or dog biscuits (not fish based). Also avoid kibble containing colour as this will contain E numbers. A good food is Tesco's Kitten as it contains no colourant and is a very small kibble and also reasonably priced. Hedgehogs also smell less when fed on dry food and it will help keep the teeth clean.

Always provide fresh water – Never give any hedgehog cows milk, they cannot digest cows milk Hedgehog's are lactose intolerant they will get diarrhoea, dehydration and will die.

September top tips :

*Link gardens, making a hedgehog highway and talk to neighbours. As hedgehogs have set routes and set times.

- Provide a feeding station, with fresh water.
- Depending on the weather some large adults start hibernation early in September. Make an area of the garden a quiet space, that is overgrown with plenty of logs to attract insects and other such food. Leave fallen leaves to provide winter nesting material.
- Make or buy a hedgehog house or two, this will allow a hedgehog to hibernate safely over winter
- If your garden is not safe because of having a resident dog, can the front garden be used?
- If you see a small hedgehog out during the day it may be struggling to find food, weak and dehydrated. It is confusing to know when is the right time to interfere. As hedgehogs can be out in daylight, but it could be late morning or early evening. Sometimes they are just smart and want to beat the rush to the food provided. A healthy small hedgehog still has enough time to put weight on before winter hibernation. If you are concerned about a hedgehog contact us at Kinfauns Vets or on the Great Bentley hedgehog highways fb page.

Emma Garrod RVN, C&GCertVNES

TENDRING DISTRICT COUNCIL

Tendring District Council's Corporate Plan - 2024

The newly elected Administration for Tendring District Council (TDC) is now preparing the Vision for TDC, due to the required process of updating its Corporate Plan which is due to expire at the end of 2023. It sets out the council's key document of its high-level priorities for the organisation over the next four-year period.

A draft of the new Corporate Plan, being called Our Vision, has been agreed by the new TDC's Cabinet to go out for consultation.

The draft of the Vision picks up five themes, all encompassed with an approach of Community Leadership. The themes are:

- Pride in our area and services to residents
- Raising aspirations and creating opportunities
- Championing our local environment
- Working with partners to improve quality of life
- Financial sustainability and openness

The Vision will be reviewed following the consultation, with a target adoption date by full council in November of this year – with the plan coming into effect from 1 January 2024

Nine Tendring Car Parks Have Received a Top Safety Accreditation.

The Tendring District Council (TDC) facilities have been awarded The Safer Parking Award Scheme Park Mark from the British Parking Association.

A sign of safety, means each car park has passed an assessment relating to the quality of lighting, cleanliness, security measures and quality management.

Car parks which have received the award in the 2023 phase one review are: Elm Grove and Agate Road in Clacton; Ipswich Road in Holland-on-Sea; Jaywick Sands Beach; Tower Street, Brightlingsea; The Quay and Wellington Road, Harwich; and Walton-on-the-Naze's High Street and Church Road sites.

It is said that these British Parking Association awards are worthy recognition of quality.

The Householder Parking Permit allows free parking after 11 am at most TDC car parks, except in July and August – visit the TDC website at www.tendringdc.gov.uk/householder-parking-permits for details.

A further six TDC car parks are due to be assessed by the British Parking Association later in the year.

Annual Voter Check

Households will soon or already have received a letter requiring you to check the details of everyone living at the address is correct. It is an annual canvass to ensure that Tendring's Electoral Registration Office holds the correct information for those adults who are UK, Commonwealth and EU Nationals, and 16-17 year olds, living in the district.

Those residents who get a white letter only need to respond if there are changes to be made; whilst households who receive a green letter must confirm their details, and submit any changes if needed. Those with a green letter must reply.

Please do not hesitate to contact me if you have any concerns; I am always very pleased to hear from you and to help you if I can, and if I am not able to help you, I normally know of someone who can.

Cllr Lynda McWilliams
Tendring District Councillor for The Bentleys and Frating Ward

Mobile Phone number 07564 613603



GARDENING NOTES

September is the ideal time to take cuttings of bedding plants such as Geraniums and perennial plants such as Penstemons and Fuchsias.

Choose strong healthy young shoots about 3 inches long that are composed of semi hard wood. This is the inbetween stage of soft young sappy growth and the old hard wood. Trim the cutting shoots just below a leaf joint using a sharp knife. Don't use a pair of scissors or secateurs as these crush the stem and damage it. (Secateurs are okay to prune old hard wood).

Remove the bottom leaves leaving just two or maybe three leaves at the tip. The idea is to leave the growing point and a little bit of leaf support for the cutting. If you leave too much leaf the cutting will not be able to supply enough moisture until it develops roots and then it will dry out and die. Dip the base in either a hormone fluid or hormone rooting powder before planting in a compost containing about one third coarse grit which helps keep the cutting free from rotting. Also water sparingly and add a fungicide to the water.

Either arrange several cuttings around the edge of a 4 inch pot or plant singly in one of the multicell containers which have say 10 or 12 small pots in one. The difficult bit is keeping the plant moist without going too far and starting wet rot. The secret is ventilation. Don't keep the cuttings enclosed all the time in say a polythene bag. Geraniums in fact like to be kept on the dry side. Don't fertilise until February or March when a bit of heat will encourage them into growth when they can be potted on into individual 3 inch pots.

The other thing that needs to be done for new plants for next year is the saving of seeds. Choose a dry day and look for flower heads containing dry brown seed pods. Cut the whole head off and carefully put it into a paper bag. Always use paper for this job as it lets out any moisture still in the seed head. It is also easier to write on the outside of the bag the name of the seed and the year. After a week or so shake the seed head inside the bag and you may have to gently rub the seed pods to make them release the seeds. Place onto a newspaper and gently blow off the chaff - the broken seeds pods - and either sow some of the perennials now and keep in the greenhouse or cold frame or save them again in a paper bag ready for sowing next year. Obviously seed such as runner beans are a lot easier to collect. Dry in a tray in the greenhouse then pod them and put into bags.

JOTTINGS FROM THE ALLOTMENTS WHERE ARE THE ALLOTMENTS?

A gentleman riding through the village on his bike a few days ago, asked where the village allotments were situated. I expect there are many people reading this who will be shocked to know that this oasis of peace and tranquillity even exists. The plots originally came down to the roadside where now the Village Hall Car Park stands. All changed to allow the Village Hall to be built and allotment holders at the time, some thirty plus years ago, agreed to give up their plots at the front of the site and to move further back towards the fields. All ancient history now, but an important landmark for allotmenters and Great Bentley alike.

To find the allotments you need to drive in to Hall View and on the left hand side are double gates which allow you access to the plots. I would guess that currently there are around 70 plots which all vary a little in size, each individually measured out. I think it fair to say that as variable as the size of the plots, are the ways in which they are tended and planted and the characters of those charged with their custody. For some vegetables are the only way forward, for others its flowers or of course a combination of both. Dahlias, grapevines, hops, pumpkins, lavender, tomatoes, potatoes, cherries, the list is endless. So too is the wildlife from mason bees, butterflies and their favourite buddleia bushes, lizards, along with nesting birds from goldfinch to red legged partridge, Harold the Hare and just last week there was also deer.

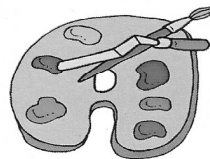
If you are not prepared for hard work, then an allotment is not for you. If however you are willing to give it a try then please ring the Parish Office and leave a message on 01206 256410 to register your name with the Parish Clerk or email clerk@greatbentleyparishcouncil.co.uk. September is the traditional time for rents to be paid and I am sure there will be some plots becoming available after this deadline. We are a friendly bunch and enjoy having a chat, sharing plants, seeds and advice. If you are around at the weekends why not see if any plot holders are working up on their plot and have a little look around.

We repeat this article to try and encourage more villagers to take up an allotment plot.



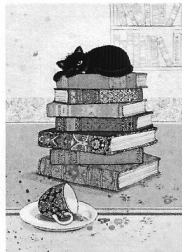
**St Mary's Church
Great Bentley**

**Flower Festival
&
Art Exhibition**



**Saturday 16th September
10.00am - 4.00pm**

**Sunday 17th September
11.00am - 4.00pm**



**TOMBOLA - RAFFLE - LUNCHES
REFRESHMENTS - CAKE STALL
& PRODUCE**

**Floral Theme:
'A Book'**

Calling all Gardeners !!!

If you have an abundance of garden or allotment veg and fruit, please would you consider donating it to the cake and produce stall at St Mary's Church Flower and Art festival on the 16th and 17th of September. We will be selling Cakes, preserves, fruit and vegetables of all kinds in aid of Church funds. I am happy to collect any items or they can be delivered to the Church.

**Nicky Justice
07941 357122**

SEPTEMBER DIARY

- Fri 1st **COFFEE & CHAT**, Methodist Church, 10-12 noon
- Sat 2nd **GREAT BENTLEY SHOW**, 1.30pm
- Tues 5th **BENTLEY GREEN LADIES CLUB**, Village Hall,
7.30pm
- Thurs 7th **PARISH COUNCIL MEETING**, 7pm
- Fri 8th **LITTLE BENTLEY HALL SON ET LUMIERE**
- Sun 10th **DEANERY CHOIR**, St Georges, Gt Bromley 10.30am
- Tues 12th **ART CLUB**, 2pm, Village Hall
- Thurs 14th **HISTORY SOCIETY**, 7.30pm, Village Hall
- Fri 15th **MAGAZINE DEADLINE**
- Sat 16th/Sun 17th **ST MARY'S CHURCH FLOWER FESTIVAL &
ART EXHIBITION**
- Sat 16th **GRAND GARAGE TRAIL**
- Sun 17th **HARVEST FESTIVAL**, Methodist Church, 10.30am
- Tues 19th **GARDENING CLUB AUTUMN SHOW & AGM**,
Village Hall, Staging of entries from 7pm, Judging 8pm
- Thurs 21st **PATIENT PARTICIPATION GROUP**, 6.30pm,
Village Hall
- Sun 24th **HARVEST FESTIVAL**, St Mary's Church, 9.30am
- Sun 24th **DEANERY CHOIR**, All Saints Church, Walton, 4pm
- Tues 26th **ART CLUB**, 2pm, Village Hall
- Fri 29th **MAGAZINE COLLATING**, Church Hall, 9am