

SHALFORD

Village Magazine March 2024

showcasing our community

Produced by the People for the People



SHALFORD

**WE ARE PROUD OF OUR
COMMUNITY**

At the heart of our Village
is its People. Our Family,
Friends, Neighbours and
even those we have yet
to meet.

- WHAT'S ON
- CHURCH NEWS
- PARISH COUNCIL
- SHALFORD SCHOOL
- LOCAL CHARITIES,
ORGANISATIONS
- ARTICLES
- NATURE
- & MORE

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Shalford Village Magazine can be downloaded or viewed from www.bendlowe.co.uk

**KNOW WHERE
YOUR NEAREST
DEFIBRILLATOR
IS LOCATED**



Jaspers Green
CM7 5AU



Shalford Village
Hall Church End
CM7 5EZ



The George Inn The
Street CM7 5HH

FRONT PAGE

THANK YOU

LOL

for keeping our

village tidy



Sending Appreciation
And Sympathy
To Amanda French
Who Has So Generously Funded
March's Shalford Village
Magazine

In Loving Memory
Of Her Husband
David French
Who Died On His Birthday
29th March 2020



*"As I sit here looking up at the stars and
whisper, I miss you, I believe somehow you
can still hear me... you are never forgotten
and forever loved."*



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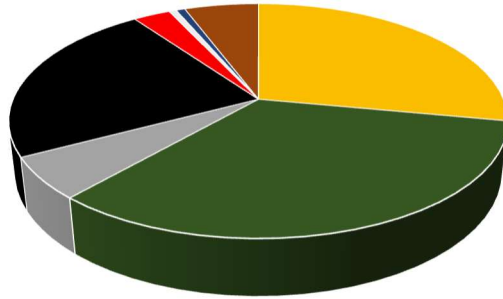
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■ Villagers

■ Parish Council

□ Craftnoon Club

■ Fete Committee

A HUGE THANK YOU



to **ALL** those mentioned in the pie chart above.

Without you we would not have been able to continue issuing the Shalford Village Magazine.

Should you wish to help strengthen the finances of the magazine we would welcome with great appreciation your donation – large or small it all helps!

Should you wish to donate by BACS please contact myself Alice by telephone 07850 264518 or email

shalford_village_magazine@btinternet.com and I will give you our bank details. Cheques made payable to Shalford Village Magazine or, of course, we can accept cash. Again many thanks.



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WETHERSFIELD CLINIC
1 WEST DRIVE, WETHERSFIELD,
BRAINTREE, CM7 4BT

WHAT'S ON

TABLE TENNIS IN FINCHINGFIELD



The group comes to the village hall on Monday evenings to play table tennis 7.30 pm for 2 hours. If you would like to have a chat beforehand, please call me on 07775 531781 - Brian

SHALFORD ROADSIDE & CHURCH FISHING LAKES



are affiliated to Billericay & District Angling Club
The river Pant in Shalford is also covered by the Club
For further details contact:-
Fishery Officer: Derrick Marriott, or www.bdac.co.uk

**COFFEE
MORNING –
ST ANDREW'S
CHURCH**
**EVERY 2nd & 4th
THURSDAY OF
THE MONTH**
**10.00 a.m. to 12.00
p.m.**



SINGING 4 ALL – LORRAINE PATIENT

This new singing group, which is held every Tuesday at Cornish Hall End Village Hall at 7.30 p.m. has become very popular. If you would like to try out this special group or join, please call 07775 531 781

**LEARN TO PLAY THE DRUMS
AT YOUR OWN PACE IN A
FRIENDLY**

**ENVIRONMENT
CONTACT: JAMES
TEL: 07704 070498**



SHALFORD CRAFT GROUP

Meetings are held on the 3rd Wednesday of the month.

At 2pm onwards.

Please bring along any craft projects you are working on.

Share ideas and learn new crafts.

Chat and craft over tea/ coffee and cake.

For dates of when and where please contact.

**Caroline Ottley
07734140478**

**Marianna Marriott
07450251525**

JOIN OUR FRIENDLY GROUP OF BELL RINGERS

**WE MEET
EVERY
MONDAY at
Wethersfield
Church, 7 p.m. &**

**FRIDAY at
Shalford Church,
7 p.m.**

**FOR MORE
DETAILS
CONTACT:**

**ROY
THREADGOLD**

**Tel: 01371
850481**

WALKING GROUPS

**From
SHALFORD
The George
Pub every
Wednesday
at 10 a.m.**

**From
FINCHING
FIELD
Green every
Friday at 10
a.m.**

RE-ENGAGE (Formerly Contact the Elderly)

Arranging monthly get togethers over a cup of tea for the elderly



For more details:
Contact:

**Sarah Cunningham
Sarah8750@hotmail.co.uk**

Or

The Charity Website:
www.reengage.org.uk
Freephone: 0800 716543

WHAT'S ON



SHALFORD VILLAGE HALL

THE heart OF SHALFORD SINCE 1925

Booking Tel: 07732 313530
Between 9am to 5pm

www.shalfordvillagehall.co.uk

<p>SHALFORD TENNIS CLUB</p> <p>Membership Annual Family of 4 Adult Junior (U17 or full-time Education U20)</p> <p>Casual Hire Cost To book the court and for further information:</p> <p>Contact: 07732 313530 Between 9am to 5pm</p>	<p>SHALFORD FOOTBALL CLUB</p> <p>Located at Shalford Village Hall</p> <p>For more information visit: http://www.cfcshalford.co.uk</p>	<p>ADC Dance & Fitness</p> <p>Shalford Village Hall Every Monday 16.45 to 19.45</p> <p>Tel: 07852 505153</p>
<p>PETANQUE (BOULES) LOCATED AT SHALFORD VILLAGE HALL</p> 	<p>PLAYING FIELDS</p> <p>Football Cricket Tennis Children's Playground Pétanque</p>	<p>ART CLUB</p> <p>Shalford Village Hall Every Tuesday 11.00 to 13.00</p> <p>Tel: 07505 282374</p>
<p>No Need to Book</p>	<p>SHALFORD PARISH COUNCIL MONTHLY MEETING</p> <p>EVERY THIRD WEDNESDAY OF THE MONTH HELD AT SHALFORD VILLAGE HALL TIME: 7.30 p.m. to 9.30 p.m.</p> <p>For more information https://shalford-esssex-pc.gov.uk</p>	<p>TODDLER GROUP</p> <p>Shalford Village Hall Every Wed 9.00 to 15.00</p> <p>Tel: 07764 204027</p>
<p>Meet & Greet every 1st Friday of the month 11am to 2pm</p>	<p>Indoor Carpet Bowls every Tuesday Contact Vic 07773 707404</p>	<p>PILATES CLASS</p> <p>Shalford Village Hall Every Thurs, 19.45 to 20.45</p> <p>Tel: 07969 557845</p>

SHALFORD HORTICULTURAL SOCIETY

Shalford Horticultural Society are hoping to get a group together to visit Thriplow Daffodil Weekend on Sunday **17th March 2024**.

Please contact one of the Horticultural Ladies if you are interested in joining us so that we can look into the possibility of a minibus/coach for the day.



SHALFORD FETE – SATURDAY 22ND JUNE 2024



Date: Saturday 22nd June 2024

If you would like to be part of this and volunteer your time please contact me.
If you are a local business and would like to have a stall at this event please contact me.
If you have a great idea again please contact me.

melfray@hotmail.com

WHAT'S ON

Plant Share

& Coffee Morning

Sat 13 April 10:30_{am} - 12:30_{pm}

Wethersfield Parish Church



Want to share your love of gardening, and can spare some surplus plants, seedlings etc with our community?

Want to pick up some new plants? Optional donation

Like a cuppa and a slice of cake?

Don't really want to drive to an overpriced garden centre?

Want to help our Grade 1 listed Church?

Then this event is for YOU!

**Please bring any of the following:
yourself, plants, cakes**

Wine Tasting

in aid of

Wethersfield Parish Church

**Tickets £20
to include wines
+ a simple supper**



For Tickets please transfer the ticket price to

Name	St Mary Magdalene Wethersfield
Sort Code	60-03-22
Account No.	96304227
Type of Account	Business

and email your name and number of tickets bought to
community@wethersfieldchurch.org.uk

Wethersfield Pavilion
Friday 19 April
7:30pm PROMPT

EVENTS PLANNED FOR 2024

Saturday 20th April Village Hall 2.30 for 3.00pm

A Talk about **Scams and Fraud** given by Tammy Blest about ways to protect yourself against any scam or fraud

Thursday 25th April St Andrew's Church 7.00 for 7.30pm

FOSTAC Annual General Meeting – with Cheese & Wine

To report on past events and plans for the coming year – also to remind people that Subscriptions are now due (£5 single £8 Family)

Saturday 22nd June Shalford Village Fete

We will be providing a Games Stall

Saturday 29th June Wethersfield Pavilion

Hog Roast - Joint venture with St Mary's Church, Wethersfield

Saturday 13th July St Andrew's Church 7.00pm

Talk by Cherish Watton on the history and work of the **Women's Land Army**

Saturday 19th October St Andrew's Church 7.00pm

Return visit from **Nancy May** presenting an **Autumn Concert**

Saturday 16th November St Andrew's Church 7.00pm

Talking Turkey – promised talk by Mac Beanland



Wednesdays, 7.30 pm Village Hall

28 February	AGM, cheese and wine	
27 March	Lorraine Gagen Colchester NAFAS Group	'Sweet Memories'
24 April	Jane Ellis NAFAS Area Demonstrator	'A Box of Delights'
17-19 May	National Flower Show	Hylands House, Chelmsford
June date tbc	Visit to Neil Birks Rose Garden	
26 June	Janet and Jane	'A Day in the Life of ..'
July	Possible lunch out if enough interest	
August	No meeting	
25 September	Demonstrator tbc	
30 October	Lee Berrill National Diploma Florist	'Autumn Tapestry' OPEN MEETING
27 November	Susan Horne NAFAS Demonstrator	'Oh No It Isn't!'
December	No Meeting	

Contact: Julia Broad, 01371 851422/0771 2674929, broad.julia@yahoo.co.uk

WETHERSFIELD CLUB EVENTS CELEBRATING 100 YEARS

Come and join us as 2024 really gets underway!

This year the Club celebrates its Centenary, having started in April 1924

More info to follow, but the dates to keep free are Friday 12th – Sunday 14th April

Time to celebrate!



February/March

Six Nations

All England games will be shown, plus others as they fit in with Club hours, extended opening as outlined. During each game shown on TV, prices will be £4 for a Guinness, £3 for a pint of lager, bitter, cider or a glass of wine. All drinks will need to be purchased and poured during the game, from the start to the final whistle!

Friday 2nd February

8.00 pm France v Ireland

Saturday 3rd February

2.15 pm Italy v England (Club open at 2.00 pm)

4.45 pm Wales v Scotland

THEN OPEN UNTIL 11.00 PM

Saturday 10 February

4.45 pm England v Wales (Club open at 4.30 pm)

8.30 pm Live Motown and Soul with Chelsea Afton Taylor

Sunday 11 February

3.00 pm Ireland v Italy (Club open at 2.45 pm)

Friday 16 February

7.30 pm Private Party

Saturday 24 February

4.45 pm Scotland v England (Club open at 4.30 pm)

8.00 pm Legendary bingo night with John Barker, big cash prizes!

Sunday 25 February

3.00 pm France v Italy (Club open at 2.45 pm)

Friday 8 March

7.00 pm Private Party

WETHERSFIELD CLUB EVENTS CELEBRATING 100 YEARS

Saturday 9 March

4.45 pm England v Ireland (Club open at 4.30 pm)

Sunday 10 March

3.00 pm Wales v France (Club Open at 2.45 pm)

Saturday 16 March

8.00 pm France v England (Club open at 7.00 pm)

Sunday 24 March

3.00 pm Tim's Vinyl Afternoon - another chance to listen to those older vinyl classics, bring down your LPs to play



Centenary Weekend Celebrations Friday 12th April - Sunday 14th April

During this weekend there will be a Billiards Tournament running, and a small exhibition showing the history of the Club from 1924 to the present day

Friday 12 April

7.30 pm Live Music, details tbc
Come and party the night away as we celebrate 100 years of the club's history

Saturday 13 April

7.00 pm 1920/1930's themed night with live music from Dan Shute, the Singing DJ
Dressing for the occasion encouraged!
To include Adrian's legendary cocktails!

Sunday 14 April

2.30 pm Family race afternoon, horses at the ready and no TV in sight!
Children and adults races – it has to be seen to be believed!

Saturday 27 April

7.00 pm Live music, details tbc

Saturday 11 May

8.00 pm start Club AGM, details to follow, Members only.

WETHERSFIELD – WHAT'S ON

WETHERSFIELD CHAMBER CONCERTS

www.wethersfieldchamberconcerts.org.uk



Sunday 14 April 2024, 4 pm.

HATHOR DUO – flute and harp

Bach, Gluck, Sibelius, Saint Saens, Ravel and others

=0=

Sunday 28 April 2024, 4 pm.

KAMMERPHILHARMONIE EUROPA

A chamber group of 8 musicians

Vivaldi, Albinoni, Bach, Holst, Delius, Mozart

=0=

Sunday 12 May 2024, 4 pm.

CHARLOTTE SPRUIT - violin

Bach, Pisenadel, Berio

=0=

Ticket price: £20 (concessions £18)

Season ticket: £54 (concessions £48)

Children under 16: free

All seats unreserved

Complimentary refreshments during interval
and after concert

VENUE: WETHERSFIELD CHURCH

Further information:

www.wethersfieldchamberconcerts.org.uk



WETHERSFIELD – WHAT'S ON



We predominantly organise theatre trips to London from Wethersfield, with additional pick up points in surrounding areas. The price includes a top class seat at the show plus luxury coach travel. So there's less hassle & more enjoyment when you book with us.

Upcoming Shows 2024 (April - July)



Weds 24th April
SISTER ACT - £75



Fri 17th May
MAMMA MIA! THE PARTY
- £175



Tues 4th June
OPERATION MINCEMEAT - £80



Sat 29th June
NEWMARKET RACES - £55



Tues 9th July
MRS DOUBTFIRE - £79

www.wethersfieldtheatretrips.co.uk

Feel free to get in touch & remember to book your place early to avoid missing out.

T: 07975 735882

E: wethersfieldtt@outlook.com

f: Wethersfield Theatre Trips

WHAT'S ON

A DAY AT THE SEASIDE

“THE HUT” ON THE PROMENADE

Felixstowe IP11 7LR

<http://fopwa.onesuffolk.net/the-hut/>

MONDAY, 12TH AUGUST 2024



The Hut is an extremely popular venue situated on the promenade at Felixstowe.

Fitted with access ramps and disabled toilets in addition to standard WCs

Fully-equipped kitchen and comfortable lounge



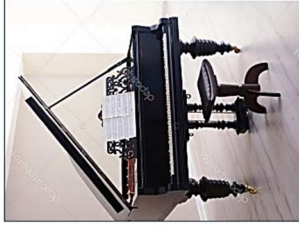
Stay comfortably indoors with a sea view or take a walk in the sea air and visit the sea-front gardens.

The Hut holds a stock of 8 wheelchairs for those finding it difficult to walk.



- | | |
|------------------------------|--|
| <i>Price</i> | - £25 including Fish & Chips |
| <i>Pick Up/Drop Off</i> | - Shalford Village Hall |
| <i>Times at Village Hall</i> | - Leave: 9.30 a.m. prompt Return: 4.30 p.m. approx |
| <i>Transport</i> | - Coach |
| <i>Contact</i> | - Marianna 07450 251525 |

Bendlowe's - People Working For People



ANGIE RUTLAND

Sunday 10th March | 11am - 12pm

Experience a delightful morning at the Hawthorns in the company of the highly regarded guest pianist, Angie Rutland. Angie will be pleased to perform your preferred musical selections upon request.



MONTHLY TALK

TUDOR TALES WITH CATHY GUILDER

Friday 15th March | 7.30pm - 8.30pm

Listen to a fascinating talk by Historian and Writer Cathy Guilder, who will be guiding you through Tudor dress, interspersed with a range of facts and anecdotes from the era.



LINE DANCE

Saturday 16th March | 3pm - 4pm

Get ready to groove and move like never before with the expert guidance of dance instructor Hayley Kiff, who will demonstrate her innovative line-dancing techniques.



TEA DANCE

Saturday 2nd March | 3pm - 4.30pm

Put on your dancing shoes and join us as instructor Hayley Kiff shows you how to work the floor. Enjoy a delicious complimentary afternoon tea.



OPEN HOUSE

Saturday 9th March | 11am - 4pm

The Hawthorns Brantree invites you to visit our welcoming community for a private guided tour of our wonderful facilities and beautifully landscaped garden. Meet our friendly team, who will be on hand to answer any questions about our lifestyle and community.



SATURDAY NIGHT

AT THE HAWTHORNS

Saturday 9th March | 7pm - 8.30pm

Join us at the Hawthorns for cocktails and entertainment from talented country singer, Rick Christian.



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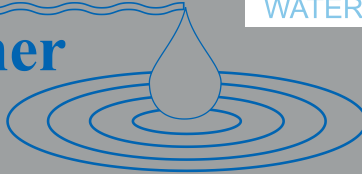
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LOCAL ORGANISATIONS & CHARITIES

INDOOR CARPET BOWLS

**EVERY TUESDAY AT
SHALFORD VILLAGE
HALL**

FROM 7.30 p.m. to 9.15 p.m.



All ages are welcome to our friendly club. Come along and enjoy a game of bowls, a chat, plus tea, coffee and biscuits

Contact: Vic 07773 707404

SHALFORD LOCAL HISTORY ASSOCIATION

meets on the fourth Tuesday of the month (except August & December) 2 pm at The George.

For more information contact us at historyshalford@gmail.com or call Sally on 07785235000.

SHALFORD HORTICULTURAL SOCIETY



For more information <https://shalford-essex-pc.gov.uk/horticultural-society/>

MEET & GREET 1ST FRIDAY OF THE MONTH

SHALFORD
VILLAGE HALL

11 am to 2 pm



*William Bendlowe Charity
People Working For People
It's good to talk!*

FOSTAC

Friends of St Andrew's
Church



Contact: www.fostac.co.uk
or
<https://shalford-essex-pc.gov.uk>

Bendlowe's Annual Christmas Meal



43 Bendlowe's regulars met up at our local restaurant for our annual 'Christmas' lunch.

Everyone had pre-ordered a two or three course meal and we have received many comments that the get together was thoroughly enjoyed.

The food was lovely, the service excellent and great company



At Weavers 24th January 2024 – Mel Fray



QUIZ EVENING 27TH JANUARY 2024

BY: JANE MILLS AND MEL FRAY

Below is a transcript of the welcome to the Horticultural's Annual Quiz Evening

Good evening everyone. Welcome back to Shalford for the annual Horticultural Society Quiz.

We still run horticultural shows in this village, they are non-profit making and this popular annual event keeps us afloat, last year we were able to buy the green cloths for show and as you can see our superb raffle displayed on one, so multi-use as well.

Welcome back to Debbie and Gary our hosts for the evening and of course our regular village teams, Marks Hall volunteers and this year we have two Walking for Wellbeing teams.

Good luck everyone.

--o0o--

There were 66 participants on the evening.

A superb but mainly boozy raffle was also enjoyed, supplemented with gifts of a tea hamper, other sweet treats, toiletries and just one token horticultural gift of secateurs.

Huge thank you to Debbie and Gary, also Vic for his help with public address, our stalwart committee and the many helpers who stayed at the end to put tables and chairs away before heading home on such a cold evening.

This year's quiz was a close contest where multiple anagram and photograph rounds made it quite challenging. It was eventually won by a tie breaker.

Winners - The S&Ms
Runners Up – The MGs (Owner's Club)
The Lemons were awarded to The Kinit Witts

The George Inn

OPEN ALL DAY EVERY DAY

Serving traditional Essex huffers
filled with our delicious
home-smoked meats

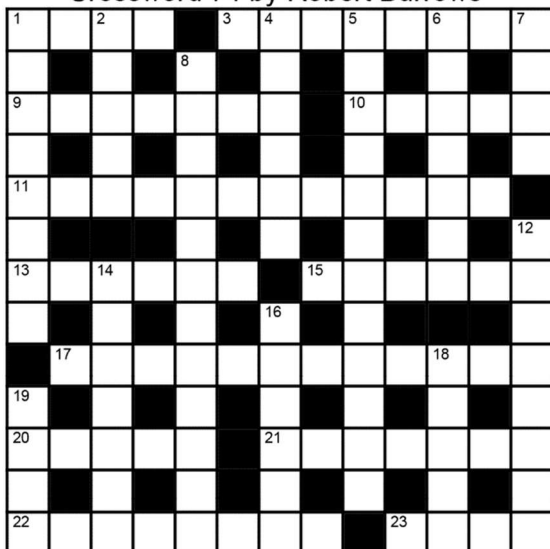


Opening Times: Sunday – Thursday 12-11 pm
Friday – Saturday 12 – midnight
Call us: 01371 850 207

Find us on Facebook: 

<https://www.facebook.co/thegeorgeinnshalford>

Crossword 74 by Robert Burrows



Across

1 Small sharp nail (4)

3 Cooking item (5-3)

9 Fresh start (7)

10 A servant of Christ (5)

11 Village named after a river and a family (5-7)

13 Holdings (6)

15 Vivacious wit (6)

17 Uttlesford hamlet (7-5)

20 Mental weariness (5)

21 Card game (7)

22 Know-alls (4,4)

23 Laborious walk (4)

Down

1 Change sides in conflict (8)

2 Artificial watercourse (5)

4 Decorate with vertical stripes (6)

5 Unwilling to negotiate (12)

6 Arranger (7)

7 Elderly (4)

8 Flattery (5-7)

12 Military flag (8)

14 Visions (7)

16 Difficult (6)

18 Usually a wooden frame (5)

19 Cat cry (4)

Cryptic Across

1 Direction change for loose stitch? (4)

9 Wear Len needs for fresh start (7)

10 Bertha Nelson hides royal official (5)

11 NE coal engine crashed in this village (5-7)

13 Could be Tessa's property (6)

15 Poor priest has lively wit (6)

17 Sadly Gran reels - bed needed in hamlet (7-5)

20 Boredom in Arden - nuisance? (5)

21 Can't Asa play this game? (7)

22 Magi perhaps, but not so clever (4,4)

23 Slang term for police (4)

Cryptic Down

1 One who changes clothing and sides (8)

2 Is Al able to find Suez, for example? (5)

4 Making fence lighter? (6)

5 Stubborn about training nets (12)

6 Nan left rep to be the organiser (7)

7 Egad! Could be mature (4)

8 Cajoling with chocolate? (5-7)

12 Normal flag? (8)

14 Sightings of bad gins - see? (7)

16 Not easy for prankster? (6)

18 Artist might rest, left work on it (5)

19 Maybe Mo, we hear cat's call (4)

Robert Porter, Royal Marines



Robert Porter, known as Bob, was born in 1920. He moved to Shalford when his Mother, Jane Porter, was appointed as Headmistress of Shalford School. She held the post from 1923 until 1948.

Bob appeared to have taken an early interest in military equipment when he took down a rifle that was on display at the School. He managed to locate the bullets for it too and was caught red-handed by his Mother loading them into the gun. Needless to say the rifle was then quickly disposed of.

After leaving school, Bob joined the agricultural industry and when war was declared his was a 'reserved occupation'. However, with a number of his pals joining up (including John Tarbin) he decided in 1940 to enlist. Bob soon found that

there was an awful lot of marching involved in training. One day an officer who was inspecting Bob's troop asked him what he was doing. When Bob replied that he was marching the Officer retorted "You're not marching, you're clodhopping!"

The recruits that were used to the outdoor life like Bob soon took the 'city boys' under their wings and all turned out to be good Marines. The leather boots issued to the men were thought to be lovely – a lot better than they were used to!

After training Bob spent time in Belgium, the Far East and the Desert amongst other places. He recounted a few episodes of his time in the Royal Marines to his family, not necessarily in this order.



One day, Bob was driving an AEC Matador truck (an artillery tractor) with an anti-aircraft gun and was part of a convoy of these. An officer ordered him to 'close up' ie reduce the gap between him and the truck in front. Bob did this only for the truck driver in front to promptly slam on his brakes. The turret of the gun went through Bob's radiator, over the engine and into his cab. "Is that close enough?" Bob asked the officer!

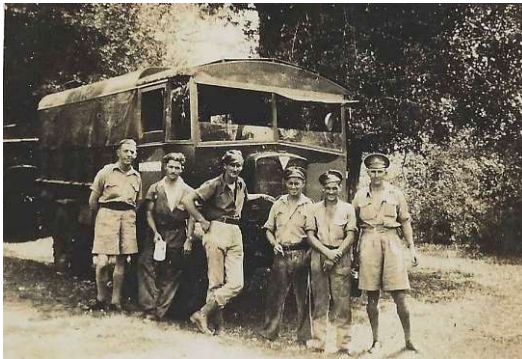
On another occasion Bob was moving through Belgium when he and his comrades were taken by surprise by a man



SHALFORD LOCAL HISTORY ASSOCIATION

appearing suddenly in front of them. They thought him to be an SS Officer as he was wearing a dark uniform, peaked cap and jodhpur-style trousers. Just about to shoot him, they realised he was in fact a Belgian Policeman. Suggestions were made (very politely I'm sure) to the man that the Belgian Police should rethink their uniform.

Catching Malaria whilst in the Far East was an occupational hazard. You can see in one of the pictures how black Bob's teeth were. This was the result of chewing Cinchona or Jesuit Bark which contains quinine, a known treatment for Malaria. He was sent to Crete to convalesce. Unfortunately at this point German paratroopers invaded Crete. Bob knew that they were unlikely to take prisoners as they would be unable to look after the sick. Luckily for Bob, two Australian soldiers took it upon themselves



to carry him, one under each arm across the mountains to where an evacuation ship was waiting. He continued to have great respect for Australians throughout his life.

On another occasion, he was in a truck transporting prisoners along a cliffside when they were attacked by a lone German fighter. The pilot seemed to grow angrier and angrier and persisted with his attack. All the prisoners got out

of the truck and put their backs against the cliffside and watched as the German then lost control and dived straight in to the sea.

Bob left the forces after the War and went back into farming and ran a successful agricultural business, living and raising a family in Shalford Green.

Bob was very proud to have been a Royal Marine and a member of 'The Firm' as he called it. In later years, he particularly enjoyed watching the Royal Marines Band perform at special events. His family continue to be very proud too and think it made him the man he was: well-respected, firm but fair.



Sergeant Albert Walter Dawson Royal

Air Force Volunteer Reserve

Killed in action 22 October 1944

Albert was son of Mary Ann and Charles Dawson of Jaspers Green, Shalford. He was the third of 4 children and his occupation was a 'Provision Distributive Trader'. His niece recalls that he worked for a shop in Braintree called Home and Colonial. Albert had been clever enough to have gone to Grammar School but unfortunately his family couldn't afford the school uniform.



Albert joined the RAF and did his training in Canada. He was then assigned to 70 Squadron.

70 Squadron were equipped with Wellington Bombers flying from Italian bases over northern Italy, Austria and the Balkans. On 22 October 1944, Albert was part of a 5-man crew on a Wellington that flew from a base in Southern Italy. He was the Bomb Aimer and Navigator. All the crew members were single men and had volunteered for this special mission over Yugoslavia.

Unfortunately the plane crashed in the mountains and the crew were posted as missing presumed dead. After 18 months the plane and crew were found and buried at the site of the crash.

They were later moved and reburied in the Belgrade Military Cemetery by the War Graves Commission. Albert was just 21 years old. His name is on the war memorial plaque in St Andrew's Church in Shalford.



Albert's niece Sue (Martin) still lives in Jaspers Green.



John Tarbin Royal Marines 1914 – 2012



John was the youngest of 10 children born to Fred and Anna Tarbin in Toppesfield. The family later moved to Shalford where John spent his childhood attending the local school and scout group. After leaving school he worked at Shalford Pit driving lorries hauling sand etc for roads and local airfield construction. Until 1940 he worked for a firm in Brentwood, Sykes Limited which was under a government directive to construct pill boxes. In 1941 he married Ella at Blackmore End Church before moving to Fakenham in Norfolk, where he continued to drive to local airfields.

On 16 January 1942 John received his call up papers and had his medical in Ipswich the following day. Initially he was posted to North Wales for training and then having passed a driving course with flying colours he was posted to 47 Royal Marine Commando early in 1944 and became Doc Forfar's driver.

He often helped Captain Forfar and his medical staff pick up wounded soldiers from the battlefield, receiving shrapnel wounds himself in the process and was instrumental in devising a system whereby wounded personnel could be transported using two stretchers lashed across a jeep.

He left the Marines prior to D Day and went back to driving a Ford V8 Tipper Truck to help with the laying of airstrips in East Anglia. After a stint working at Courtaulds at Bocking and then Braintree, John's later working life was spent with Ella as they owned and ran a local newsagent delivery service in and around the local villages before selling the business and retiring in 1979. He enjoyed riding his electric scooter around the village and did not stop driving his car until he was 90.

In 2004 John's son Paul and his daughter Sadie accompanied their Dad/Grandad to France for the 60th D Day Anniversary, where he was reunited with Doc Forfar and other colleagues. He passed away in 2012.

John was very proud to be a Royal Marine.

Shalford Local History Association meets on the fourth Tuesday of the month (except August & December) 2 pm at The George. Our AGM will be held on Tuesday 26 March 2pm at The George. For more information contact us at historyshalford@gmail.com or call Sally on 07785235000.



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150 YEARS OF SHALFORD

PRIMARY SCHOOL

By: Jennifer Penney, Head of School



According to records, our school opened its doors in 1874, so in 2024 we will be marking 150 years of our wonderful little school. We hope that local people can help us to gather information and celebrate this occasion.

We will be holding an open afternoon in the school hall 3-5pm on 19th June.

ALL ARE WELCOME

and refreshments will be available (to note - if it is a hot June - we have fabulous air conditioning!). By the time we get to 19th June, we are hoping to have gathered as much history about the school as possible.

Can you help us?

We are particularly interested in seeing any old photographs, newspaper articles, names of staff, anecdotes, school reports or anything else of interest you might have at home.

We are going to make displays in the hall under 3 broad categories:

1. The early days/Victorian Era
2. World War 1 and World War 2 Era (1914-1945 approx)
3. Post war Era to 2024

You can drop into school with your items (we will happily photocopy them if you do not want to leave originals with us) any time before 19th June. We know the pupils will really enjoy learning about the rich history and importance of their school.



GETTING TO KNOW

MAC BEANLAND

BY: CAROL PRAILL

Mac Beanland has lived in Shalford since 2017. Before this, he lived in Great Bardfield in Oxen End for 48 years. Many readers of the Shalford Magazine will have read and enjoyed Mac's Nature articles.

Mac was born in Old Basford in Nottingham. His house overlooked a factory called Saxby's and he could see the boilers burning from his bedroom window. Mac always wanted to be a farmer. No-one in his family had farming connections but his father's cousin Freda worked in the land army during WW2. She used to visit and tell Mac and his family all about the farm and farming so Mac thinks she must have sparked his interest in farming. Aged 14, Mac got his first job at a farm in Hucknall, 5 miles from home where he would cycle each day. He enjoyed working there and learnt a lot. At his father's insistence, Mac went to Brackenhurst Agricultural College where he learnt more aspects of farming and made lifelong friends. At the end of the course, Mac went to the Royal Albert Hall to receive his Master Craftsman certificate from the Duke of Bedford.

After college Mac took jobs which gave him a range of experience: a cow-man's job living-in on a very remote farm without electricity, followed by a job on an expanding family farm. During this time, Mac met his future wife, Joan. Mac and Joan lived happily in a tied cottage on the farm and started their family. In the mid-sixties, Mac became a farm manager in Leicestershire.

Following an advert in Farmer's Weekly, Mac, Joan and their children moved to Essex and to Frenches Farm, Oxen End. Initially, Mac worked Frenches as a mixed farm: arable, pigs and Christmas turkeys. Mac's resourceful nature and skills in welding, agricultural engineering and carpentry were put to good use in the early days! He also designed, patented and built a front-mounted furrow press which went into commercial production with Dowdeswell's. His welding skills led to a job at Writtle College as a part-time lecturer which he did for almost twenty years.

Mac became Branch Chairman of the NFU for 2 years, and Chairman of The County Proficiency Test Committee which was a post he held for ten years. He qualified as an instructor and examiner for the National Proficiency Committee which set standards for the control and application of pesticides, and other operations in agriculture and horticulture. Socially, Mac was invited to join a very select group of gentlemen from Bardfield who had two annual events: a fishing expedition in Thorpeness and a dinner party with their wives.

In later years, turkeys became the main enterprise on the farm, both egg production for breeding-stock and growing free-range turkeys for the Christmas market: two very different

jobs which have to be kept separate. At that time there was a TV programme about poultry which created quite a scandal about the ill-treatment of turkeys. The programme affected the sale of turkeys for Christmas and lots of orders were cancelled which impacted on Mac's business. Mac decided to take action and became a speaker to raise awareness of high-welfare turkey production and to try to repair the damage done by the television programme. Most farmers love animals and would not ill treat them. He became a speaker on the WI speaker list and went to give talks in many areas in Essex and beyond. The talks did a lot of good to restore the reputation of turkey farming.

Mac continued to farm until he was 78 - quite a feat! When Mac, encouraged by his family, gave up farming, he moved to be nearer to some of them in Shalford. He loves living in Shalford and will often be seen early in the morning walking with a friend. He enjoys talking about farming and tractors particularly and is very knowledgeable about them. He has a tractor in his workshop which he hopes to repair and renovate in the summer months. (You will have to ask Mac which make and model it is!)

At our annual fete Mac arranges that all the vintage tractors are on the field ready for everyone to enjoy. They will be there this year once again. In May every year Mac is involved in organising the Tractor Run to raise money for the Air Ambulance service which is an organisation close to his heart. This year £11,240.00 was raised.

On the day, the tractor drivers are treated to hot bacon rolls before the run starts and a plough man's lunch when they finish made using bacon and beef produced and kindly donated by two local farmers who appreciate the good work of the East Anglian Air Ambulance.

As some of you may know, Mac has also written a book. It's called "From smokestacks to haystacks". It is his life story and is a great read. It was originally a memoir of his life for the younger members of his family. There was a book launch in Great Bardfield before Christmas which was very successful and the book is now in its second print.

Mac also enjoys cooking and always prepares his own meals using local produce. At Christmas he makes up Hampers containing Christmas cakes, mince pies, pickles and jams including apricot, strawberry and damson jam plus pork pies for family members.

Mac enjoys his vegetable garden and usually grows potatoes, onions, shallots runner beans, carrots, beetroot and sweetcorn. He also grows tomatoes and cucumbers in his greenhouse.

He likes to travel. Mac has 3 children, 7 grandchildren and 2 great grandchildren, all of whom live nearby. He is very proud of all his family and sees them often. His grandson Billy has followed Mac's footsteps into farming. He is presently at Agricultural College and five of Mac's grandchildren are members of the YFC. Mac is a busy man but always makes time to visit, call someone or help in any way he can.

It's been a pleasure talking to Mac. I recommend everyone to read his book.

What a wonderful life!





Waiting for the coach

Marathon Man - Jon Kemp

My name is Jon Kemp and I live on the Braintree Road. When I'm not looking after my 8 beehives at Keepers Cottage and flying my helicopters with Hedgehoppers you may have seen me training between half and full marathons. Many of you may have seen me in our local area of Shalford/Panfield running and training for my next challenge.



Crossing the finishing line

Having completed the Edinburgh marathon this year and completing it in my sub 3hrs (2hrs 58mins) not bad for an oldie, it allowed me to automatically qualify for the New York marathon, and, so all the training continues most of it of course around my local village of Shalford.

My support team (my wife Judi) and I arrived in New York on 1/11 to allow me to adjust to the time changes along with the clocks going back a week later in New York. Learning there are 51,300 runners and over a million spectators the nerves were quite settled and great to learn I am travelling to the start on Staten Island with the FDNY (Fire Department) on 5/11.

My start time is 9.10am but first I have to travel to my 6am pick up at Central Park so a 4.45am get up and fuel with some porridge and the secret ingredient Keepers honey, I quietly hope that with all the care I give them all year they would now be supporting me in my 26.2 mile run around New York City.

My son Stuart who is a resident here in this vast metropolis (for 15yrs now) will also be getting up at this unforgiving hour to travel with me, however the FDNY courtesy coach was probably the best way to arrive, bit of a rush to get to my start line but, 3hrs 14min later the marathon is over what an experience the crowds were something else.

Amazing doesn't do it all justice, and, I learned I qualify for the next New York marathon 2024. Probably need to get that sub 3hrs so if you see me running around the village you will know what it's for.

Grandsons Astor and Taron giving great support



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NEIGHBOURHOOD WATCH JASPERS GREEN / SHALFORD BY: MEL FRAY

I have volunteered to be the local Neighbourhood Watch co-ordinator which initially means I have agreed to forward (by email Bcc'd) weekly and six monthly newsletters.

I do already have quite a few contacts who want this information but please do contact me if you want to be added to the list. melfray@hotmail.com

It is FREE to be part of Neighbourhood Watch.

Please also look at www.essexnwa.co.uk and click on Braintree for more information but also the main menu "Taking Part".

We can then think about what we can do for our area and put a plan together. Possibly meetings in person and/or by ZOOM or such.

There are a few items (free) that I can obtain if required, such as window stickers, no cold call stickers, TV simulator, UV pens etc.



**Diane Pasfield, Safeguarding Officer
Essex County Fire & Rescue Service.**



ECFRS receive requests for Safe and Well visits which include the fitting of 10 year smoke alarms free of charge to all domestic properties (not rented as the landlord has responsibility for this) in Essex.

These requests are triaged and prioritised into groups of low, medium or high risk.

I receive the high risk requests to visit as soon as possible as they represent the most vulnerable in our communities. These would include those who have complex medical conditions, those who are confined to the property due to medical or mobility, hoarders or collectors of large amounts of items. All of these require more time and specific home safety advice.

The easiest way to make people safer in their homes is to provide tailored home safety advice and to fit working smoke alarms. I fit standard smoke alarms with a 10 year battery in a sealed unit – this prevents the batteries from being taken out at Christmas for toys.

I also fit sensory alarm systems for those who have hearing loss and take their hearing aids out at night time. The sensory system includes a flashing light next to their bed and a vibrating pad that sits under the mattress or pillow and will vibrate if the system is actuated in the event of a fire.

All we ever ask is that everyone evacuates from the home as soon as possible taking everyone with them, phone the fire service straight away from outside or at a neighbour's home. Dial 999 – we only have one number and if it is a false alarm that is fine as long as you are all safe and well.

Don't go looking for the cause, we can do that we have all the equipment, personal protection and expertise.

I can provide people who are confined to their bed or chair and are smokers and are not willing to give up smoking with fire retardant bedding, just in case they accidentally drop their lit cigarette onto their bed sheets.

I also give advice on slips, trips and falls hazards, crime prevention (yes I have completed the course), the use of mobility devices, the continuous use of emollient creams that are oil based along with how to reduce clutter (the items in your home).

If any room in the home has piles of items that average around your knee/thigh height please ask for a ECFRS Safe and Well. I am aware of several organisations/charities/local authorities who may be able to help give advice or provide services to support members of our community to continue to live safely in their homes.

It is important to ensure that all your emergency escape routes are clear. Why? Because in the event of a fire, you WILL be scared, shocked, confused and you WILL NOT see your hand in front of your face, let alone the vacuum cleaner or box you left in the hall or on the stairs until you trip and fall when rushing to leave.

All of these points are important if residents are having carers or cleaners into their homes as this becomes a place of work. We have to look out and think of safety for everyone who enters. To help inform our firefighters on route; I can add annotations to addresses on the ECFRS Emergency Mobilising System to indicate these premises require these extra hazards such as being confined to property or bed and high clutter ratings to be planned they enter.

At the end of it all the main aim is to give information and advice to help people live safer in their homes. Request a Safe and Well Visit: - www.essex-fire.gov.uk/book-home-safety-visit or phone 0300 303 0088 or email home.safety@essex-fire.gov.uk

BRAINTREE DISTRICT NEIGHBOURHOOD WATCH SIX MONTHLY NEWSLETTER

Email: braintreenwsg@btinternet.com JANUARY TO JUNE 2024



WELCOME to the six monthly newsletter for 2024. It helps to raise the profile of Neighbourhood Watch also compliments the Braintree District NW weekly newsletter (every week for fifteen years) by email . Over the past six months there has been an increase in membership of Neighbourhood Watch in Braintree , Witham and Halstead. Why not look at www.essexnwa.co.uk and click on Braintree for more information. Also look the main menu "Taking Part" to scroll down to see the video for those who are hard of hearing. We provide not only newsletters but various NW items such as No cold caller stickers, NW wheelie bin stickers , purse bells and chains, TV simulators and much more. You may wonder why there are articles from Braintree District Community Safety Partnership and Essex Fire & Rescue Service well they both support Neighbourhood Watch ! If you are interested in being part of NW where you live (it is FREE) please contact Clive Stewart Chairman Braintree District NW Tel 0750 8057636 or email braintreenwsg@btinternet.com



Braintree District Community Safety Partnership (CSP) is a group of organisations with the shared goals of reducing crime and the fear of crime, anti-social behaviour, alcohol and drug misuse and reducing re-offending. In our area these organisations include Braintree District Council, Essex Police, Essex County Fire & Rescue Service, National Probation Service, NHS, housing providers and local support services, Essex County Council (Education) and Community360 (voluntary sector). Throughout the year partners work together to deliver successful projects and initiatives against identified key priorities. Many of these are aimed at raising awareness, education and

prevention as these add value to the work delivered by local agencies on a daily basis. Chris English, Community Safety Officer at Braintree District Council, said: "In the past, we have looked at the crime figures to see what they show and set our priorities around them. It was hard for all of our partners to see how they could get involved with combatting crime. We have found that, by talking to our partner agencies, we will get more people involved if we work more positively and look at prevention instead. "So, this year, we are focusing on protecting the vulnerable, promoting healthy relationships, keeping safe online, building community resilience and promoting safety in our communities. "It is all about getting as many partners on board to look at early intervention, looking at any gaps in provision and encouraging new ways of working and supporting the most vulnerable in our community. "It is great that we have all these partners who really want to be involved. Not one agency can solve these problems." This year, the partnership has been allocated £17,739 from the Police Fire and Crime Commissioner's Community Safety Fund. Recent work includes funding the domestic abuse charity Next Chapter to deliver a Child to Parent Violence and Abuse course to families of children aged seven to 18, and increased support to those at risk of losing their rented or social housing due to antisocial behaviour, substance misuse or domestic abuse. The CSP has previously funded Neighbourhood Watch signs, and recognises and values the important role active neighbourhood watch schemes play in improving safety and reducing the fear of crime within our communities. For more information on the CSP visit – www.braintree.gov.uk/community/community-safety-partnership

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NATURE NOTES

NUTHATCH

BY: MAC BEANLAND

I have always enjoyed seeing the birds which visit my bird table, they are not only entertaining but since I lost my faithful dog Jill, I have come to realize that in a small way they are also company and I have started to take much more notice of them. That is possibly what has made me realize that I have more than one stranger mixing very happily in with the great tits and blue tits which seem to have bottomless tummies as they seem to be feeding all the time.

The strangers are in fact Nuthatches and although they blend in quite well their markings and the colour of the plumage is very different; they also have longer beaks. Rather than trying to describe the differences I will attach a picture. The nuthatch is a woodland bird which is found in deciduous woods in most parts of England and Wales almost up as high as southern Scotland. There is also an Asian specie which has different markings and a red or yellow beak. Nuthatches are the only birds which can run down a tree as easily as they run up. As the name suggests they are fond of nuts and their main food is Beech Hazel nuts and acorns which they store for winter but they also feed on other kernels, seed, berries and insects. They have a very clever method of dealing with nuts. They jam the nut into a crack or crevice in a tree and peck a hole in the shell to get to the kernel their favourite work bench often has a small pile of empty shells under it. This clever way of dealing with a nut is what earned them their original name which was a Nut hack which later became Nuthatch.



They breed in late April early May and nest in holes in trees or nest boxes. If the entrance hole is too big they build it up with mud which sets rock hard. The bottom of the nest is lined with fragments of wood bark and bits of dried leaves. They lay six to nine white eggs which are boldly marked, especially at the large end, with red to purple blotches. The hen incubates the eggs on her own and incubation takes about two weeks; both parents feed the chicks. Considering the fact that the Nuthatch is a completely separate species to the Tit family it is amazing that they have so much in common and they are quite happy sharing the food on the bird table and in fact feeding at the same time.



Another feature they have in common with one of the tit family, the long tail tit is they are both communal roosters sleeping together in cold weather to keep warm.

Essex Bridleways Association

The Essex Bridleways Association was formed some years ago to protect and enhance Bridleways. Membership costs £15 to join and runs for a year. Under 16s can join free.

Our policy regarding the requirement for flu vaccinations for 2024 is that all horses attending our rides and holidays must be up-to-date with their annual flu injections (ie. the last booster is no more than a year old). On top of this we will implement any extra stipulations that our host may request (ie. passport checks, 6-month booster etc.). We will not know what these extra requirements are (if any) until we open each ride for entries.









We will also be following the new rules which are now in place for horses having new or restarted vaccines from 01.01.24 and any equine must not attend our events within 7 days of receiving any vaccination including boosters. Please speak to your vet if you require any further information or clarification.

BHS new hat requirements for rides:-



BHS EAG Hat Guidelines 2024 v1







Only hats to the following specification are acceptable at any BHS activity. Hats must meet ALL of the requirements of one of the following rows:

	Standard and Date	Quality Assurance Mark	Examples
1	PAS 015 (2011)	<p>AND MUST HAVE</p> <p>BSI Kitemark</p>  <p>Or Inspec IC Mark</p> 	
2	VG1 01.040 (2014-12)	<p>AND MUST HAVE</p> <p>BSI Kitemark</p>  <p>Or Inspec IC Mark</p> 	
3	ASTM F1163 (2004a or 04a onwards)	<p>AND MUST HAVE</p> <p>SEI mark</p> 	



BHS EAG Hat Guidelines 2024 v1

Only hats to the following specification are acceptable at any BHS activity. Hats must meet ALL of the requirements of one of the following rows:

Standard and Date	Quality Assurance Mark	Examples
4 SNELL E2016	Official SNELL label and number 	
5 AS/NZS 3838 (2006 onwards)	AND MUST HAVE SAI Global mark 	
6 EN1384: 2023	AND MUST HAVE BSI Kitemark  Or Inspec IC Mark 	

IMPORTANT INFO FOR CROSS-COUNTRY ACTIVITIES: Only a "Jockey Skull" of an even round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions should be worn for any XC activity. Noticeable protuberances above the eyes or to the front, not greater than 5mm, smooth and rounded in nature are permitted. A removable hat cover with a light flexible peak may be used.

HEAD CAMS: When hats are tested against the requirements of a standard, they are done so with no extra additions on the hat i.e. with no head cam attached. Therefore, it is currently not known how the addition of a protuberance such as a head cam, affects how the hat would respond during an impact. Therefore, the use of HEAD CAMS are not recommended at any EAG activity. This includes use on the head, chest, bridle or any other part of the horse or rider.

Ride - 12th May 2024

Berwick Farm,
Berwick Lane,
Chipping Ongar,
CM5 9PY

A mixture of bridleways, byways, headland tracks, and minor roads to provide a lovely 9 or 12 mile ride in the countryside with fine views.

Mandy French



EARLY STARTER – Chillies

Despite the cold weather some seeds will not wait for warmer temperatures to be sown, as the potential plants need a long growing time. Chillies are such early starters and, whilst best results are obtained by sowing and growing in a greenhouse, they may also be sown indoors then grown outdoors in a sunny, sheltered position.

The seed needs to be sown in February/ March to have time for the fruits to fully ripen. However, chillies that run out of time can be picked green for a milder flavour.

Method: -

- i. Sow the seed in trays which must be kept warm (18-21⁰ C) either in a heated propagator or covered with a polythene bag and kept indoors to aid swift germination;
- ii. Remove the bag every day and either turn inside out and recover, or cover with another bag. The resulting condensation needs to be removed otherwise it will drip onto the emerging seedlings and they will rot.
- iii. When the seedlings are large enough to handle prick them out into 7cm (3”) pots.
- iv. Once the plants reach 10cm (4”) high, transplant into growbags or 25cm (10”) pots and grow on under glass, or, harden off for a week or two then plant outside in a sheltered spot once all risk of frost has passed;
- v. When the first fruits have set, feed once a week with tomato fertilizer. The plants will need to be tied to cane to support the weight of fruit. As the fruits turn red, yellow, black depending on your chosen variety, harvest them to encourage further fruits to ripen.

Jalapeno chillies are grown for pizza toppings to give a touch of heat and may also be served stuffed with cream cheese. Cayenne is considered medium heat, followed by Thai varieties which are hot. Even hotter, the Naga Viper and Carolina Reaper are best left to the expert grower as even the seeds need to be handled with hand protection and a mask should be worn to prevent choking on the dust from the seed.

The resulting heat of a chilli can be influenced by how it is treated. Plants which are stressed by the blazing sun, drought and poor soil will increase their heat i.e. Capsaicin levels, so keep your plants drier with less fertiliser for hotter fruits – “treat them mean to make them mean!” However, well-watered and fertilised plants will produce far less pungent chillies and will reward you with more fruits.

In 1912, American pharmacist Wilbur Scoville gave his name to the Scoville Scale for measuring the heat of chilli peppers. Capsaicin is the chemical which gives chilli its heat, the more capsaicin there is the hotter the chilli. The spicy heat of a chilli is created by the concentration of capsaicin which is measured in SHUs (Scoville heat units). The Scoville Scale ranges from 0 SHU (no heat, bell pepper) to 16 SHU million (pure capsaicin).



EARLY STARTER – Chillies (cont)

Jalapenos (medium heat) have about 10,000 SHU while Habaneros (extra hot) are in the 100,000-350k range.

Contrary to popular belief, the heat of the chilli is in the internal membrane of the chilli. The seeds do not contain any capsaicin.

Chilli plants are treated as an annual by most growers, however, if the plant is carefully nurtured through the winter it has a head start and will produce a sturdy plant and many more fruits the following summer.

Happy Gardening
The Theoretical Gardener

CROSSWORD 74 SOLUTION – ROBERT BURROWS

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My Great Notley parkrun story

By: Vic Goodey

In last month's Village Magazine an article was written celebrating the Gt. Notley parkrun at the end of which was an invitation to share a parkrun story. Here's mine:-

As pointed out in the article, many people take part in the run - although to me - it was more a "walk in the park" that I joined some years BC (Before Covid)!

When we arrived, I bumped into friends and relations I hadn't seen in years. Chatting away, I missed the call to start and eventually meandered into the crowd still talking and enjoying myself. It appeared that the Run course is two circuits of the park. Which is fine and on the first circuit I enjoyed the company of fellow walkers where we marvelled at the fitness of the runners who were completing their two circuits as we came up to completing our first. An impressive stream was being funnelled off the main course down to a finish where onlookers were clapping and cheering them on. It was here that their times and numbers were recorded. Inspired by this attention, we picked up the pace and I started to look forward to arriving back at the finish to do the "Walk of Fame"!

The Tail Walkers were great fun and stayed with us but as I was feeling quite sprightly I decided to stretch it out and when they stopped to take photos I put some distance from them. I reached a T junction and couldn't remember which way to turn. I looked to the left - no one in view - I looked to the right - and caught sight of a group of people disappearing round a bend in the path. Not having the best sense of direction, I followed them. Many minutes later I found myself beside the lake looking at a group of ducks - who were no help at all! Wondering whether to go left or right I chose left. Yes, I know now! The next landmark I saw was the big sign for the Tesco Supermarket. I realised at that point that I had left the Parkrun course. (Not entirely thick). Backtracking, I met my friends the ducks (still not helpful but looking smug!). I eventually cut across a trail that I recognized and made my way back to the organisers' podium. Unfortunately, all the tapes had been gathered in so no "Walk of Fame" and the Steward was just about to close his laptop. I blurted out that I had arrived and got my number recorded.

There was some confusion because I had managed to evade the Tail Walkers and I had to ***emphasise that it wasn't their fault!*** The organisers made a bit of a fuss which made me the centre of attention (Result!!!). I did feel like a naughty child and my wife will never let me live it down.

However, to rub salt into the wound, I later received an email to tell me that I had completed the course coming in 283rd out of 283, still my Personal Best (PB). I wish I'd framed it.

I now have the reputation of being known as someone who can get lost on a racetrack.

To all parkrun organisers: thanks for looking after me and for organising such amazing, good fun, & worthwhile, events. To the "runners": keep up the good work!

Three of my favourite parkrun photos – Len Marten

Junior parkruns are just like the 5k version that are organised on a Saturday morning except these have been especially designed for children between 4yrs and 14yrs old and they're held on a Sunday morning. Children can run or walk unaccompanied and the course is a much easier 2km.



These photos were taken at Great Notley Country Park on Sunday 28th January 2024. Great Notley junior parkrun's 355th event. Including Lucy, there were 34 finishers. If anyone would like to help out on a Sunday morning, drop an email to greatnotleyjuniors@parkrun.com



Buzzing News from the Hives of Gill Powell



At last the sights and sounds of Spring are evident all around us *once more*, heralding the start of a new bee season.

As a bee keeper it is reassuring to see our bees starting to make their cleansing flights from the hives, an exciting time for us as it lets us know all is well. I haven't seen inside the hives since August when I made the last inspection. This is because once the weather changes in the Autumn, all the holes and gaps in the hives are sealed up by the bees with a sticky substance called propolis. This is made from tree sap and other bee substances. Once everything is stuck down for the winter it is imperative not to disturb the hive.



At this time of year the Queen will have started laying eggs again which means the worker bees must find food (pollen) to feed the growing colony. Spring flowers such as winter aconites, snow drops, crocus and hellebore are good sources of food for bees and soon there will be an abundance of blossom on the trees and in the hedgerows for them to feed on. This year is my fourth year of keeping bees and I have decided it was time to rehouse my colonies, so I purchased some flat pack hives and duly set to work putting them together during the winter months.





It was not too difficult, just a great number of nails to bang in !

I managed to choose one of the coldest times of the year to do this, for which I based myself in my husband's workshop which was freezing until I employed a lovely electric heater to keep me toasty. I must say, I enjoyed the challenge and now feel quite proud of myself.

After finishing the hives I painted them with 'bee-friendly paint', and as a bit of fun I found some bee-themed stencils with which to decorate the hives, (watch this space for pictures in my next update!).

So now we wait until the end of April when the colony should have expanded and be finding plenty of food. This is a good time to move the bees into their new homes by what is known as the 'Bailey Frame Change'. I haven't done this before and I am sure that I will find it quite a challenge. This process requires the new hive to be stacked on top of the old one which doesn't have its lid. This facilitates movement of bees between the two hives. Then through a controlled set of moves over a two-week period 'hey presto' the bees plus their queens are magically installed in the new hives, please wish me luck, I think I might need it. Unfortunately this process is bound to cause the bees some consternation but I am sure they will appreciate being in their new clean homes.

The old hives can then be cleaned to get rid of any disease organisms that build up over time. The wax on the frames is taken off and discarded, the frames boiled clean, re-waxed and returned to clean hives.

That should keep me busy for a few months



Fun fact : Honey deposited in the tombs of the pharaohs was found to be still edible when evacuated some 3,000 years later, proof of the apparently limitless shelf-life of honey !!

May I wish you all a Happy Easter

“TWO ADVENTURERS, I KNEW ONE OF THEM”

BY: CARL MUIR

Patrick Leigh Fermor (PLF) was one of those enigmatic figures who had difficulty in fitting into “a normal life.”

He was expelled from school three times, the last one for school absence and being found in a nearby village shop making advances to the young shop assistant. He failed every exam, deciding at eighteen he wanted to go to Istanbul and walk across Europe to get there.

His mother (who had given him a wide home tuition) plus two friends saw him off at Tilbury. A little money was sent via the Post Restante system to a few preselected town post offices on his route. They gave him a luxurious well-stocked rucksack which was stolen with all his possessions a few nights later when he got drunk.

He followed the Rhine and the Danube, and apart from a brief lift on a Dutch barge, walked all the way.

It was pre WW2, and through Germany he had to make sure he raised his arm shouting, “Heil Hitler” in return every time he passed someone important. He joined the Army on returning home, now comfortably fluent in all the languages he’d heard spoken, including Greek. His teachers had no inkling he would write up his notebooks in exquisite prose as the classic travelogue “A Time Of Gifts.”

Crete, a huge mountainous, largely undeveloped Mediterranean island was occupied by the Nazis and he was placed there to organise the scattered partisans into a resistance force.

One night, with two companions, he ambushed and captured the top Nazi general. For three months his prisoner was subjected to a nightly march through forests, waterfalls, across ravines, up mountains. Crete was in uproar, their war effort hindered. PLF outwitted an army of pursuers, reached a secret cove and despatched his prisoner into a Royal Navy submarine. This was excitingly enacted in the film “Ill Met By Moonlight”, starring Dirk Bogarde.

When I was in the medical branch of the reserve Army the T.A.V.R., a mobile hospital in actualite` personnel only, we travelled through part of PLF’s Rhineland walk. We had a study afternoon in Bayer Pharma near Cologne, visiting their Cardiovascular research unit, shown into a big dissection lab, about 10 pretty young women in spotless whites each poring over a pig heart lung subject with drips and manometer attached. The poor pigs had been amputated at neck and diaphragm. Half had lived in a pen and half were free runners. We were told this showed an exact comparison in arterial disease to urban and rural humans.

Next room with no pause we faced two full barrels, one large with steaming Wiener Schnitzel and the other full of Rhein Wein. Our charming science hosts began to banquet instantly. We’d had no lunch. After 2-3 schnell goblets, the word provenance wasn’t mentioned.

The warm late evening in the nearby Rudesheim wine festival was an alcoholic morass of football crowd dimensions – a main street with at 10-12 “hotels”, on one side of the road, each with a blaring ompah band on two floors plus a third on the adjacent pavement. All bands played deafening noise. Buildings and streets were packed with drunks. PLF never saw anything like it.

As we escaped along the opposite pavement, a group of young obvious US military were trying to revive an unresponsive friend in the gutter. Gareth, a young Welsh anaesthetist, Regular Army posted to us for two weeks was pushed off trying to help - "he gets like this every Saturday night". He pumped the fellow's chest for an hour plus mouth-to-mouth, all in the pitch dark. Miraculously the corpse-like sack began to revive.

We two left, finding the last ferry across to our hotel at Bingen had gone. The jetty flood light showed the Rhine flowing at a frightening speed and its width at least 400 yards. A problem quickly arose.

My friend, now on a high, excited at his success began to be affected by his ration of festival wine and insisted on swimming across. It was very late, deserted. I had no one to help in restraining him from the surging torrent feet away. He was too drunk to struggle very long, we fell over and slept on the pavement until the first ferry. After two hours flat out in the hotel, very luckily someone found us and we ran from bed to train.

Sadly, we lost touch. He was an all-round sportsman, sailor and skier. He had even brought his skis with him to us in Germany "in case we were going to some trouble spot." Clearly restless.

About two years later I saw a report of a dreadful sudden storm off the West Wales coast. He had gone out sailing earlier, but did not survive.

I think he would have fitted into the more illustrious parts of our Defence Forces.

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THE FLITCH WAY

**By: Sandra Reynolds
Trustee & Secretary**

The Flitch Way Country Park stretches almost 15 miles along the track of the former railway line between Braintree and Bishops Stortford which opened in 1869. Although the last passenger train ran in 1952, goods continued to be carried until the end of 1971. Most of the track was removed in 1972 with the final stretch towards the Bishops Stortford end going in 1974.

Originally purchased by Essex County Council in 1980 as a possible alternative route to the A120, the site opened as the Flitch Way with the first Ranger appointed in 1994. It provides a safe, traffic-free greenway along most of its length for pedestrians, cyclists and equestrians. A variety of landscapes and habitats can be found along the Flitch Way, ranging from open stretches affording views of farmland on either side of the track to enclosed areas such as the Dunmow Cutting.

The Flitch Way is managed by ECC Country Park Rangers assisted by volunteers from the Friends of the Flitch Way. At weekends the Friends run a museum sited in an old railway Carriage at Rayne Station. The museum contains a working model railway of Rayne Station and surrounding area as it would have been in around 1945, together with items of railway history and photos and information on the Flitch Way.

The Friends of the Flitch Way bring together local people keen to keep active and with an interest in the outdoors and conservation who want to maintain and improve the environment for the benefit of the community. There is a role to suit everyone from Flitch Way work parties and Footpath maintenance to Carriage Museum Stewards. We have around 90 members and 50 volunteers. The annual membership fee of £12 is used to provide training and safety equipment for volunteers. It also helps with the cost of sending out information to members and volunteers.

Why not join us? Last year our volunteers worked over 3,800 hours.

For further information see our website at <https://www.friends-of-the-flitch-way.org.uk>



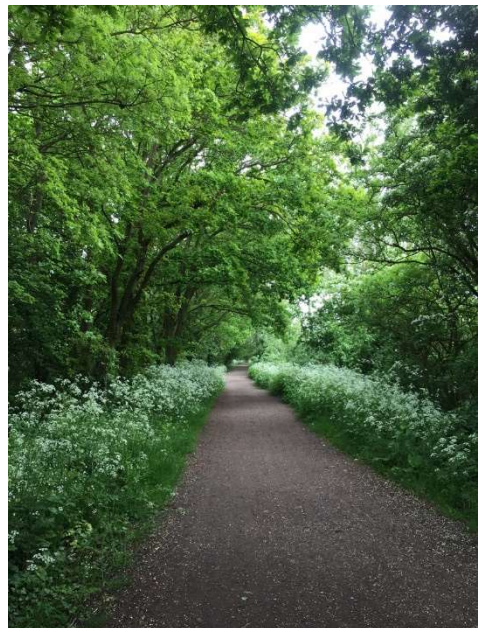


FLITCH WAY KEY FACTS

- With a length of 15 miles, the Flich Way covers around a third of the breadth of Essex and is an important greenway.
- It connects the four Essex Wildlife Trust Living Landscape Areas of Hatfield Forest, Pincey Valley, Upper Chelmer and Pods Brook Valley.
- It links the nature reserves and open spaces of Hatfield Forest,

David Cock Community Woodland (Great Dunmow), Oak Meadow (Rayne), Great Notley Country Park and Hoppits Mead and John Ray Park (Braintree).

- Of the 46 observed common bird species, a third are on the BOCC red or amber status list
- 400 plant species recorded and 78 species moss & liverwort
- 150 invertebrate species
- 5 herptile species including Great Crested Newts (*Triturus cristatus*), Slow worms (*Anguis fragilis*) and Common toad (*Bufo bufo*) which are on the Essex or UK BAP list.
- 17 mammals including Common Pipistrelle (*Pipistrellus pipistrellus*) and Brown Hare (*Lepus europaeus*) which are on the Essex BAP
- Many historical railway features including two Grade II listed stations
- Picnic tables at High Cross Lane and Rayne
- 70+ access points, the majority of which are from Public Rights of Way
- Part of National Cycle Network route 16 from Wickham Bishop to Birchanger
- Open to all - Fee free access to Flich Way and most parts are wheelchair accessible.
- Over 2,000 people visited the self-funding Carriage Museum at Rayne last year.



Flich Way Timeline

1864	Work started at Great Dunmow on building track between Bishops Stortford and Braintree
1869	Line opened with first train from Braintree station calling at Rayne, Felsted, Great Dunmow, Takeley and Bishops Stortford stations
1894	Easton Lodge Halt built
1910	Hockerill Halt built
1922	Stane Street and Bannister Green Halts built
1948	Nationalisation of railways
1952	Last scheduled passenger train
1966	Dunmow Viaduct declared unsafe and closed to rail traffic
1971	All freight traffic ceased
1974	Final enthusiasts train ran between Bishops Stortford and Easton Lodge
1972-4	All tracks removed
1977	Dunmow Viaduct demolished
1980	Former branch line purchased by Essex County Council
1994	Flich Way Country Park opened with HQ at Rayne station
2004	Friends of the Flich Way formed
2005	£1.25 million secured for path surface and access improvements as part of National Cycle Network
2007	Designated Local Wildlife Site in Braintree and Uttlesford.
2008	Rangers HQ move to Discovery Centre Great Notley
2009	Booking Hall Café opens at Rayne station
2011	Bannister Green and Stane Street Halts reconstructed
2012	Takeley station refurbished and used by Takeley Parish Council including a community café
2013	Railway carriage bought by Friends and delivered to Rayne Station
2013	Felsted Station sold at auction into private ownership
2014	Carriage museum officially opened to visitors
2019	Designated a Local Nature Reserve by English Nature





THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

BY: KEN MCDONALD,

Secretary



The Society's website has been updated although it retains the name www.hundredparishes.org.uk

The most significant change is the addition of a section called Articles. This section consists of about 80 pages and offers a window onto more aspects of the Hundred Parishes, complementing the existing introductory pages to parishes, walks, people, what's on, etc.

The Articles section comprises a series of short essays on a diverse range of subjects ranging alphabetically from Almshouses to Workhouses. Most of the articles started life as a submission to local parish magazines; most have been expanded. We have introductory articles about the Hundred Parishes Society's origins, aims and activities. Other topics include Aviation, many aspects of Churches, Landscape, Listings, Museums, Parish names, Pub names, Village halls and Village signs – and many more. This expansion of the website has provided an opportunity to include some 600 additional photos. The Articles section will grow over time, usually to incorporate new subjects that are submitted as monthly articles to parish magazines.

We like to receive feedback, whether that be to report a problem, expand our knowledge, or perhaps just to express an opinion on what the Society is doing or could do.

We particularly rely on feedback to keep our What's On page up to date and the contact details current within our parish introductions. The details that require most frequent change usually relate to our pubs, either closing, re-opening or changing their contact details.

We hope residents will take a fresh look at the website. We hope they will find something to interest them and perhaps inspire them to investigate further, either online or better still on foot, following one of our suggested walk routes.

Photos, taken from a range of Articles:

1 – Church stained-glass windows – Great Waltham 2 – Listings – Widdington's Priors Hall Barn 3 – Pub names and signs – Coach & Horses in Thorley 4 – Straw finials – Pegasus in Leaden Roding 5 – Village signs – High Wych

KEEP YOUR HEART HEALTHY IN 2024 WITH THESE TOP TIPS

Your heart beats 100,000 times a day, yet if you haven't had a health problem, you may not have paused to think about taking good care of it. If this sounds like you, now might be a great time to change that.

According to the British Heart Foundation, 7.6 million people in the UK were living with heart and circulatory diseases in 2023. And it's estimated that half of Brits will develop a heart or circulatory condition during their lifetime. Fortunately, there are a variety of relatively simple ways to keep your heart healthy. Read on for top tips from cardiologists that could help you achieve better heart health.

1. Adopt a Mediterranean diet

High in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats such as olive oil, the Mediterranean diet is recognised across the world as one of the most-healthy ways to eat. The key benefit of sticking to this mostly plant-based diet is that it emphasises healthy fats – namely olive oil, which is often linked to good heart health.

It can be tough to change your diet in one go. Instead, make incremental improvements by adding more healthy Mediterranean foods to your daily diet.

2. Cut down on saturated fats

If you make only a single diet change, switch away from saturated fats (such as butter, cheese, cakes, biscuits, fatty meat, sausages, and bacon), and turn your attention to unsaturated fat (such as olive oil, sunflower oil, nuts, seeds, and oily fish).

When it comes to measuring your intake of saturated fats, the NHS recommends that:

- Men should eat no more than 30g of saturated fat a day
- Women should eat no more than 20g of saturated fat a day

So, next time you feel peckish, instead of munching a biscuit, try a handful of nuts. You'd be surprised how filling they can be. Plus, with so many different nuts available, you'll be spoilt for choice – which may go some way to motivating you to continue making healthy food choices.

3. Exercise a few times a week, but be aware of your limitations

Exercise is among the best ways to improve your heart health. Indeed, the NHS recommends that you fit 150 minutes of moderately intense activity into a week. Depending on your level of fitness, this could be a brisk walk that makes you a little breathless or 75 minutes of higher intensity exercise, such as running or cycling.

If your body isn't used to exercise, make sure you build up slowly and carefully. And if you smoke or have a family history of coronary disease, factor this in to what exercise might be appropriate for you. In these cases, it may be wise to consult your GP before you commence a new exercise regime.

4. Find opportunities for movement throughout the day

A sedentary lifestyle can be bad for you, but adding small, regular activities into your day can make a noticeable difference to your health and heart. While the NHS guidance states that adults should achieve at least 150-minutes of physical activity each week, very few people currently reach this target. Plus, trying to achieve this goal if you're currently inactive will require you to make significant changes to your life and weekly schedule.

The good news is that small, frequent doses of moderate-intensity physical activity throughout the day could be far easier to achieve, and could produce the same healthy effects.

Small bursts of activity should last between two and five minutes, and could include:

- Taking the stairs instead of the escalator, or lift
- Walking while you make a phone call
- Getting off the bus one stop early or parking your car a little further away and walking the rest of the route.

5. Develop a healthy sleep routine

Your heart is a muscle that needs to be rested as well as fuelled. Adopting a healthy sleep routine can help ensure you get enough good-quality sleep every day. To maintain optimal health, you should aim for between seven and nine hours of sleep each night.

If you have a hard time falling asleep, consider altering your bedtime routine. The best way to prepare your body for sleep is to relax and wind-down at the end of the day. Listen to music, read a book, or have a bath – build whatever you find relaxing into your evening.

Finally, give yourself enough time to eat and digest your meal before bed. And avoid alcohol, coffee, and nicotine in the three to four hours before you intend to sleep.

6. Investigate any inherited heart problems you might have

For some families, history repeats itself and loved ones from every generation are lost to heart attacks. Even if you make heart-healthy choices, the DNA you inherited from your parents plays a major role in determining your risk of heart disease.

If someone in your family has had a heart attack under the age of 60 or has been diagnosed with an inherited heart condition, it's vital to speak to your doctor to assess your own risk and how to manage it.

7. Learn how to perform CPR

Someone in the UK is admitted to hospital due to a heart attack every five minutes. With heart attacks so prevalent, learning how to do CPR (cardiopulmonary resuscitation) could save someone's life. The British Heart Foundation website teaches you [how to do CPR in 15 minutes](#) – all you need is a cushion and your mobile phone.

Get in touch

Taking good care of your heart could help you to live a longer and healthier life. Just as important as looking after your health is looking after your finances, so speak with our experienced financial planners to help you identify your financial goals and how much you need to achieve them.

Please email info@harperlees.co.uk or call 01277 350560.



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REMEMBRANCE EASTER LILIES 2024



I will be collecting donations for the Easter lily arrangements made at St. Andrew's Church, Shalford, in memory of loved ones. This is an annual event which anyone can participate. If you would like to participate please send me –

**Your name and Contact Address,
The name/s of who you would like to be remembered.
And your donation*.**

*A minimum of £5 please, to cover the cost of a lily, or a donation.
Monies to be received by ***Sunday 10th March 2024 latest please.***

I am happy to collect **or**
You may phone me 01371 851378 **or**
Deliver to my address Stag Lodge, Church End,
Shalford (between the school and the shop)

EASTER LILY DISPLAY IN REMEMBRANCE OF LOVED ONES LOST

The flower arrangers will be making arrangements with the sponsored "lilies in remembrance of loved ones lost" on Good Friday (29th March).

At present, St. Andrew's Church is open for private prayer every day from 9-4.

In the light of the significance of the lilies, we are hopeful the people of Shalford will visit the Church during the Easter period, stay a while to enjoy the display and have a moment of reflection. The display will be on show for 2-3 weeks depending on the weather.

Heather Smith (organiser of Church flowers)

**IN THE UNITED BENEFICE
of Finchingfield, Cornish Hall End, Shalford,
Wethersfield, Little And Great Bardfield
THE PANT VALLEY CHURCHES**



**Shalford
St Andrew's**



**Wethersfield
St Mary
Magdalene**



**Finchingfield
St John the
Baptist**



**Gt Bardfield
St Mary The
Virgin**



**Little
Bardfield
St Katharine**



**Cornish Hall
End
St John the
Evangelist**

From the Vicarage...

One of the most important ways in which we cement our relationships is by eating together. There's something about sharing one of our most basic human activities with other people which deepens our connection to one another. This is something we know and care about in church, and which takes on a special significance as we approach the celebration of Easter, which falls this year at the end of March. The events we remember at Easter had one of their beginnings with a shared meal in a now famous 'upper room' in Jerusalem. Here, Jesus' sharing of bread and wine with his followers had such a profound significance that we still repeat it Sunday by Sunday some two thousand years later.

This 'Holy Communion' is not meant to be an exclusive club dinner for a chosen few, but a means by which everyone has the opportunity to share in God's holy feast, and so experience his generous love. If it's something to which you feel drawn, then there are all sorts of ways of exploring further. One is to share the drama of the various services which trace Jesus' journey to the cross during Holy Week. This year, our events for then include a showing of the film 'Babette's Feast', in which the idea of a feast giving rise to profound changes in relationships is explored. Maybe one of these services or events could show you a place at God's table – come and taste and see!

Rev'd/Fr Alex

SERVICES FOR MARCH IN THE PANT VALLEY CHURCHES

Sunday 3 March – The Third Sunday of Lent

8am Holy Communion (traditional language) – Finchingfield

9.30am Parish Communion Service – Shalford

10.30am Sung Communion Service –Gt Bardfield
11am Celtic Morning Prayer ('Prayer & Pilgrimage') – Wethersfield
3pm Children's Church – Wethersfield

Sunday 10 March – Mothering Sunday

8am Holy Communion (traditional language) – Shalford

9.30am Sung Communion Service –Lt Bardfield
10.45am Communion Service – Finchingfield
11am Family Service – Wethersfield
3.30pm Family Service – Gt Bardfield
4pm Sung Evensong – Shalford

Sunday 17 March – Fifth Sunday of Lent

8am Holy Communion (traditional language) – Wethersfield

9.30am Morning Prayer – Shalford

10.30am Sung Communion Service –Gt Bardfield
10.45am Family Service – Finchingfield
4pm Evensong – Cornish Hall End

Services for Holy Week and Easter

Sunday 24 March – Palm Sunday

10.00am Procession of Palms – Wethersfield (starting at the church)
10.30am Family Communion Service for Palm Sunday – Wethersfield

Monday 25 March

10am Said Eucharist – Finchingfield
7.30pm Film Night with talk: 'Babette's Feast' – Gt Bardfield Town Hall

Tuesday 26 March

10am Said Eucharist – Great Bardfield

8pm Compline – Shalford

Wednesday 27 March

8pm Compline – Shalford

Thursday 28 March – Maundy Thursday

7.30pm Benefice Eucharist of the Last Supper – Gt Bardfield

This is followed by a vigil in church until midnight.

Friday 29 March – Good Friday

10.30am Walk of Witness – jointly with other churches in Gt Bardfield
2pm Solemn Service of the Lord's Passion – Lt Bardfield

2pm Meditations on the Cross – Shalford

9pm Tenebrae – Cornish Hall End

Saturday 30 March – Holy Saturday

10am Morning Prayer – Finchingfield
7.30pm Vigil and First Eucharist of Easter – Lt Bardfield

Sunday 31 March – Easter Day

Family Communion Services at the following times:

9am Cornish Hall End

9.30am Shalford

10.30am Great Bardfield

10.45am Finchingfield

11am Wethersfield

4pm Festal Evensong & Benediction – Gt Bardfield

Regular Services and Events during the week

Monday

8.45am Morning Prayer – Finchingfield

Tuesday

10am Eucharist – Gt Bardfield (preceded by Morning Prayer at 9.30am)

Thursday

8.45am Morning Prayer – Wethersfield

10am Prayer Group (1st, 3rd & 5th in the month) – Shalford

Coffee Morning (2nd & 4th in the month) – Shalford

Coffee Morning (3rd in the month) – Cornish Hall End

10.30am Eucharist – Lt Bardfield

Friday

8.45am Morning Prayer – Shalford

Saturday

10.30am (3rd in the month) Coffee Morning – Wethersfield

**SHALFORD CHURCH OF ST ANDREW'S
PANT VALLEY CHURCHES
CHURCH WARDEN'S REPORT**



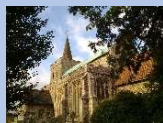
**Shalford
St Andrew's**



**Wethersfield
St Mary
Magdalene**



**Finchingfield
St John the
Baptist**



**Gt Bardfield
St Mary The
Virgin**



**Little
Bardfield
St Katharine**



**Cornish Hall
End
St John the
Evangelist**

Signs of progress on the west window of St Andrew's have arrived with the snowdrops! As I write, there is the promise of scaffolding being erected very soon with, hopefully, a stone mason to follow. It will be a relief to have this fairly urgent piece of heritage restoration under way at last, weather permitting, of course; new lime mortar does not respond well to a cold temperature whether it comes with frost or snow so I'm keeping my fingers crossed for a kind spring. And the notice board at the roadside, recently blown over in a gale, has been firmly re-planted by another very helpful stonemason, Rob Wilks, so, one more job off the list.

When you read this we will be well into the season of Lent, as Easter falls early this year, and, as I may have said before, I would much rather do something extra during Lent rather than give something up so I will be helping to run one of the Lent courses in the church (details elsewhere in the magazine). It's always interesting to explore the thinking behind the Church's sacraments and seasons and to listen to the wisdom of those taking part in the discussion, often from a very different perspective from your regular Anglican church-goer.

Also happening in St Andrew's, on Friday, 1st of March at 2pm, will be the World Day of Prayer service. This used to be called the "Women's World Day of Prayer" as the service is compiled by a different group of Christian women every year from every country under the sun. But I'm happy to say that inclusivity has triumphed and everyone is now officially welcome – not that anyone was excluded before, of course!

Now, this year the service has been devised by the women of Palestine, before, I assume, the present conflict erupted. Whatever your views on the rights and wrongs of the situation in the Holy Land please do come and show your support for these women as we listen to their stories and music and pray their prayers. The World Day of Prayer begins in the nations of the Pacific Ocean and follows the dawn westward around the world; it will be celebrated all across Britain and Ireland on the 1st of March.

The Community Payback Team will be back with us this month, after a break over winter, to help keep the churchyard in some sort of order. I'm very grateful for the service they and their supervisors provide and I hope that they in return enjoy working in our lovely rural setting. I just hope we get a respite from the soggy conditions we've endured this year so far – especially when lime mortar is on the way! Best wishes to you all.

Hilary Penney

SHALFORD CHURCH OF ST ANDREW'S

PANT VALLEY CHURCHES

CONTACTS



**Shalford
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St John the
Evangelist**

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For all general comments or queries please contact
clerk@shalford-essex-pc.



Bus 9/9A to be Replaced by DigiGo

After the Essex CC Bus Network Consultation process, they have announced that the 9/9a service through Shalford will be replaced by DigiGo from 28 July 2024.

DigiGo is an electric shared public transport service which offers on-demand or pre-bookable travel in parts of Essex. There is no fixed route or timetable, which puts you in control of your journey. DigiGo is booked through the Travel Essex journey planning app.



Full details can be seen on YouTube: <https://youtu.be/GSMzI8OpWH4> and we will update the Parish as more details are announced.

Spring Clean your Garage or Shed and donate bikes to Re~Cycle.

Bikes for Africa

We are pleased to be able to still take your unwanted bikes lurking in garages, sheds & outbuildings! Clear things out for Spring and if you have unwanted adult/kids mountain, road, racing or even tandems, contact Councillor Andrew Merryweather on 07982 519902 or andrew.merryweather@shalford-essex-pc.gov.uk.



He will accept bikes, in any condition. dropped off at his house, which he will take on his weekly volunteer day to Re~Cycle bikes for Africa. Please contact him to discuss further.

Ranger Report

Lol has been busy giving our signs a spring clean. It's important to keep our signs, especially traffic-related ones, clean and easy to read. Thank you Lol. If you see any grubby signs, please email Lol at Fix It with details.



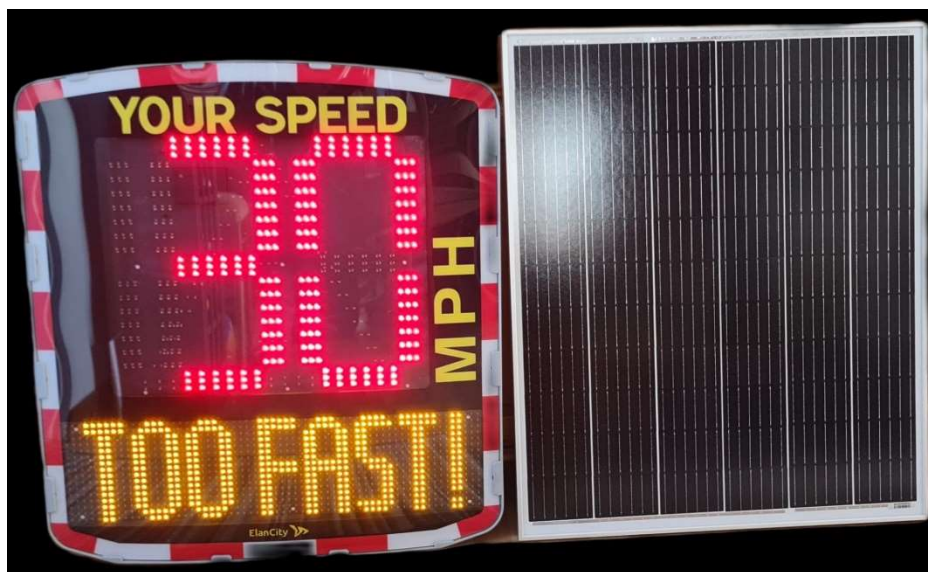
Please do keep your issues coming, by messaging the fix it email address and we can allocate the jobs to Lol or report to those who can 'fix-it'



fix.it@shalford-essex-pc.gov.uk

Project VAS!

We are delighted to share that our portable VAS unit has arrived. It will be up and working very soon. More locations will be added as the project continues and we work to reduce the speed throughout village.



March's meeting will be held on Wednesday 20th at 7:30pm in the Village Hall. We look forward to seeing you there.

Sam, Neil, Mandy, Andrew H, Andrew M, Peter, Kevin & Jill

Braintree District Council (BDC) has given the go ahead for Shalford Parish Council (SPC) to develop a Neighbourhood Plan (NP). In addition the Parish Council has been successful in obtaining a grant with help from the Rural Community Council of Essex (RCCE) to fund the first phase.

What is a Neighbourhood plan?

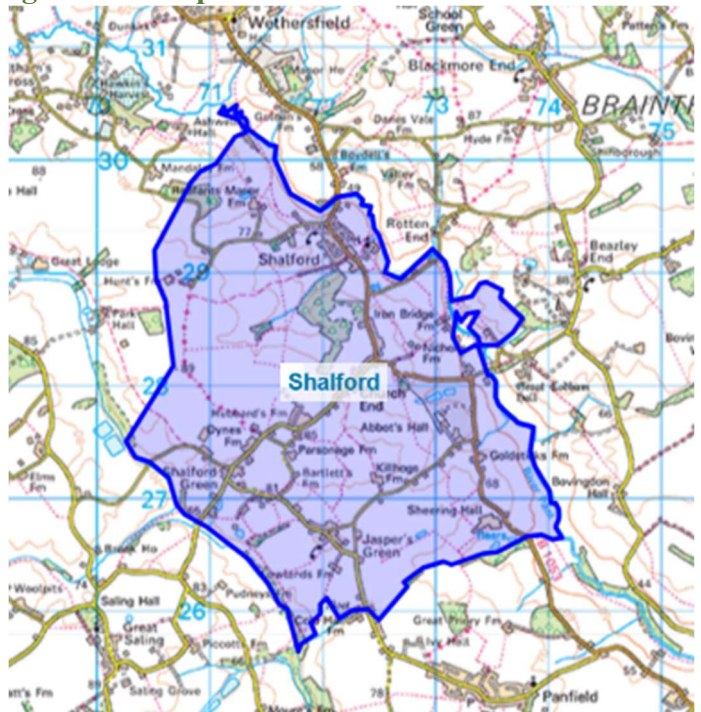
A Neighbourhood Plan (NP) is a legal document that records residents' aspirations for their community over the next 15 years. It is subject to a local referendum and forms a key part of planning decisions. This makes it less likely that developments can be imposed upon a community or the lack of a plan be exploited by developers. Numerous Braintree parishes have completed their own plans (including Coggeshall, Salings) and those of Bardfield, Toppesfield, Finchingfield and Wethersfield are well under way.

What is a Shalford Neighbourhood plan?

We are all a little weary of attempts to change our village in various ways but this is our opportunity to take back some control by creating a positive vision for where we all want to live.

A NP is collecting the vision of the community and presenting a plan that encompasses this for the community to vote on.

To create our NP will require a great deal of effort. By bringing the residents of Shalford together, we can shape a bright, positive and sustainable future to meet community needs for generations to come.



What has it got to do with me?

This is YOUR plan. It is not written by outside consultants or policy makers.

Our NP will be developed through an open inclusive process that will engage all local residents and businesses. Our approach and objectives will centre on the people at the heart of our community.

A NP team of volunteers is now being set up to co-ordinate the process which anyone is welcome to join. Even if you know nothing about planning, you can get involved in helping to shape your community's future. If you are worried about the footpaths, crime or traffic, or have ideas about renewable energy, jobs or affordable housing across either parish, then our NP is of interest to you. Everyone is welcome to join the team or help out in any way including helping to organise events or collect information; complete the residents' survey or join in community discussion groups. If you are interested in joining the team please email the Clerk at Clerk@shalford-esssex-pc.gov.uk.

How does the plan get written?

Our NP cannot simply be a wish list of ideas. We need to understand the direction in which strategic planning policy guides us, the issues and challenges facing this area, decide on a community vision and objectives and collect evidence (for example housing needs) to support our proposals to realise that vision.

Our Vision needs to be consistent with the Local Plan of Braintree District Council (BDC) and national policy guidance (National Planning Policy Framework (NPPF), as well as any regional strategic policies (such as Essex County Council's (ECC) Levelling Up and Net Zero strategies). Within these boundaries, our NP can design specific policies that form part of planning decisions.

How do I find out more?

Over the next few weeks, we will set up a NP website and Facebook page and organise events to provide information and listen to people's questions. Alternatively, please contact:

- Jill Boot - Clerk@shalford-esssex-pc.gov.uk
- Kevin Welsh- Kevin.Welsh@shalford-esssex-pc.gov.uk



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