### Parish News

# Great and Little Maplestead Pebmarsh and Gestingthorpe



#### Village contacts and information

Reverend Beverley Vincent can be found on page 28 and the churchwardens on page 26. Village Emergency Telephone Service and Neighbourhood Watch representatives see page 26 Magazine copy see page 28

Magazine copy see	page 20	
Parish Clerks		
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Lt Maplestead	Ann Harris	01787 462818 littlemaplesteadparishclerk@gmail.com
Gestingthorpe	Kevin B Money	07810 781509 gestingthorpepc@gmail.com
Pebmarsh	Shelley Boydel	07801 492312 pebmarshparishclerk@gmail.com
The Maplesteads		
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WEA	Jill Newton	01787 463893 gilliannnewton4@gmail.com
Autumn Show	Carol Brownlie	01787 461527 carolbrownlie@gmail.com
Gt Maplestead		
Task Force	Martin Elms	01787 461421 martinelms@greatmaplesteadpc.co.uk
Village Hall	Liz Newton	01787 461308 lizatlucking@hotmail.com
Playing Field	Joe Newton	01787 461308 lizatlucking@hotmail.com
Mixed Ability Yoga	Victoria Ashworth	07751 911923 justinashworth@hotmail.co.uk
Pilates	Catherine Pawsey	07814 459683 catherinepawseypilates@gmail.com
Dance & Keep Fit	Judy Cowell ,	01376 561757 judy.cowell@btinternet.com
Carpet Bowls	Janice Chaplin	01787 469600 bobandjanicechaplin@btinternet.com
Youth Club	Myra Jeggo	01787 474285 m.jeggo@sky.com
Gestingthorpe	,	
Village Hall	Steve Bagby	07840 367182
Village amenities	Nick Duncan	01787 313558
Tower bell ringing	Valerie Fullman	01787 462755
Cricket Club	Nick Duncan	01787 313558
Football Club	mon Bandan	01707 010000
History Society	Gill Webb	01787 581836 gillwebb880@gmail.com
Pebmarsh	GIII WEBB	01707 301030 giiiWebb000@giiidii.com
Village Hall	Jonathan Nott	01787 269231 jonathannott44@hotmail.com
Dog Training	Halstead Dog Club	01787 473154 halsteaddogclub@hotmail.co.uk
Card making	Pauline Andow	01787 228790
Ladies Club	Pauline Andow	01787 228790
Laules Club	Sandra Beaney	01787 222220
Carpet bowls	Jim Crayston	01787 222220 01787 222241 jim@craystonfarms.co.uk
Youth club	Carol Parker	01787 269996 taximother@googlemail.com
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Gt Maplestead	Steve Harris	01787 462818 steve198harris@gmail.com
Lt Maplestead	Geraldine Holloway	01787 476530 geraldineholloway2017@gmail.com
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Book Club	Alison Cantor	01787 462537 acantor56@outlook.com
Knitting group	Carol Brownlie	01787 461527 carolbrownlie@gmail.com
Handbell Ringing	Margaret Crudgingto	on 01787 476259
Solar Society	Miles Scrivens	01787 469766 lauri.scrivens@gmail.com
Benefice Choir	Gill Peskett	01787 462786 gillpeskett43@gmail.com
Scouts	Stuart Carter	01787 461149
Guides	Kathy Hoy	01787 280200
	, ,	
Molly's Wood	Jane Postma	https://www.mollyswood.org/contact

#### Letter from the editor



Happy New Year to you all and here's hoping that it will be better than last year.

We are a set of active villages with a lot going on. I thoroughly enjoyed the wreath making in Gestingthorpe village hall last December. I am on the right in the lower photo. I also really enjoy my book group, Lit'n Latte. What a literary lot we are, we have three book groups, the Four Parishes Book Group and the Pebmarsh Book Group as well as Lit'n Latte, which is based in Little Maplestead. Lit'n Latte are currently doing our book reviews. I hope the others will take over when Lit'n Latte runs out of people.

Please let me know of any activities that we miss so we can be as comprehensive as possible.

A plea also to you amateur photographers out there for photos for the cover. Please remember that, unless someone sponsors the cover, it will be in black and white.

With love to you all.



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#### **Letter from the Reverend Beverley Vincent**

As I write this I am aware that today is known as 'Blue Monday', but as I look out of the Rectory window I see glorious sunshine and a clear blue sky. I find I'm unlikely to feel 'blue' on such a day and I am grateful for days like these. I have even seen little shoots popping up from the ground, very early signs of new life. It's a day when my spirits are lifted and it feels good to be alive.

Generations before us have welcomed new life, enjoyed abundance, experienced joy and yet have also known grief, endured hardship and at times felt immense sorrow. Being human invariably means that we will all experience these things (and more) in our lifetime. We enjoy the good times but when more challenging seasons roll in, we can become despondent and perhaps fail to see the possibilities in a new dawn. Worrying about the future can become an unhelpful preoccupation

I have a tendency to waste time worrying about things that might never happen but I regularly remind myself of the words of wisdom found in the gospel of Matthew where Jesus has much to say about the pointlessness of worrying. He concludes with these words: 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today. (Matthew 6:34).

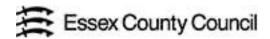
I am certainly not naïve about the challenges that we face this year, both as individuals and as church, and yet these words are surely just the encouragement that we need in such a time as this.

So, whatever is going on in your life right now, hear the Lord whispering those words to you, and with faith, prayer and a good sense of humour let's support one another here in our four parishes and try to see glimpses of sunshine each day to banish any worries that might be making us feel blue.

Rev'd Beverley







Unlike a conventional bus, you need to first register as a customer and you need to book your seat on a journey at least two hours in advance of travel.

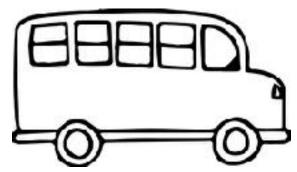
Flat fare £2.50 single, £4 return between any two stages. Concessionary bus passes are accepted after 0900 Monday to Friday and all day on Saturdays.

To get more information call Essex DaRT on 01621 874410 or email <a href="mailto:info@essexandsuffolkdart.co.uk">info@essexandsuffolkdart.co.uk</a>.

The latest timetables for the DaRT service at <a href="https://www.essex.gov.uk/dart">www.essex.gov.uk/dart</a> is incorrect.

SUDBURY - BULMER - GESTINGTHORPE - WICKHAM ST. PAUL - PEBMARSH - GREAT AND LITTLE MAPLESTEAD - HALSTEAD

SUDBURY - BULMER - GESTING	GTHORPE	- WICKHAM	ST. PAUL -	PEBMARSH	- GREAT	AND LITTLE	E MAPLES	TEAD - HALSTEAD
F315								From 01/03/2018
Sudbury, Bus Station		09:00	11:00	13:00	15:30	17:30	19:15	
Ballingdon, Kings Head		09:03	11:03	13:03	15:33	17:33	09:18	Timings in BOLD are
Bulmer Tye, Park Lane		09:07	11:07	13:07	15:37	17:37	19:22	fixed timing points
Bulmer, Cross Roads		09:11	11:11	13:11	15:41	17:41	19:26	All timings in Italics
Gestingthorpe, Foundry Corner		09:17	11:17	13:17	15:47	17:47	19:32	need to be pre-booked
Wickham St Paul, The Victory		09:23	11:23	13:23	15:53	17:53	19:38	
Pebmarsh, Bus Shelter		09:32	11:32	13:32	16:02	18:02	19:47	Timings other than those in
Pebmarsh, War Memorial		09:33	11:33	13:33	16:03	18:03	19:48	bold type will vary up to 10
Little Maplestead, Corner		09:39	11:39	13:39	16:09	18:09	19:54	<ul><li>minuites either side of stated</li><li>time, dependent on the</li></ul>
Great Maplestead, Church		09:45	11:45	13:45	16:15	18:15	20:00	_ number of passengers booked
Little Maplestead, Pump		09:51	11:51	13:51	16:21	18:21	20:06	on the service.
Halstead, High Street		09:56	11:56	13:56	16:26	18:26	20:11	latest arrival time
Halstead, High Street		09:37	11:37	13:37	16:07	18:07	19:43	earliest arrival time
F315								From 01/03/2018
Halstead, High Street	07:30	10:00	12:00	14:00	16:30	18:30		
Little Maplestead, Pump	07:35	10:05	12:05	14:05	16:35	18:35		Timings in BOLD are
Great Maplestead, Church	07:41	10:11	12:11	14:11	16:41	18:41		fixed timing points
Little Maplestead, Cock	07:49	10:17	12:17	14:17	16:47	18:47		All timings in Italics
Pebmarsh, War Memorial	07:54	10:23	12:23	14:23	16:53	18:53		need to be pre-booked
Pebmarsh, Bus Shelter	07:55	10:24	12:24	14:24	16:54	18:54		
Wickham St Paul, The Victory	08:04	10:33	12:33	14:33	17:03	19:03		_ Timings other than those in
Gestingthorpe, Foundry Corner	08:10	10:39	12:39	14:39	17:09	19:09		bold type will vary up to 10
Bulmer, Cross Roads	08:15	10:45	12:45	14:45	17:15	19:15		minuites either side of stated time, dependent on the number of passengers booked
Bulmer Tye, Park Lane	08:19	10:49	12:49	14:49	17:19	19:19		
Ballingdon, Kings Head	08:23	10:53	12:53	14:53	17:23	19:23		on the service.
Sudbury, Bus Station	08:07	10:37	12:37	14:37	17:07	19:07		earliest arrival time
Sudbury, Bus Station	08:30	10:56	12:56	14:56	17:28	19:28		latest arrival time
		_	_					



#### **Little Maplestead**

We can collect drugs, search the internet if you do not have a computer, or just be a friendly voice on the other end of the phone. If you or others you know feel may need support please contact one of us.

Please contact Bill Piper on 01787473933, Jane Stone on 01787472525, Gemma Frost on 07826523187

#### A date for your Diary

The village is planning a Jubilee beacon lighting event on the Thursday 2 June, with a village playing field hog roast on Saturday 4 June so save the dates.

Watch this space for a full blown article.

#### **Neighbourhood Watch**

Neighbourhood watch has be been advised that there has been a further theft in the village, farm buildings were broken into and some rollers and a trailer have been stolen.

Please be extra vigilant, check all shed and garage doors are locked, and if necessary park a vehicle in front of doors and gates to stop them being opened.

It is a shame that there are people around who want to steal things, but the more difficult we make it for them hopefully the less they will do it!!!!

#### **Parish Rooms**

Watch this space next month!!

#### **Four Parishes Book Group**

Why not join us to enjoy reading a wide range of books and then discussing them with a friendly light-hearted group. We meet monthly on a Thursday evening at members' homes and have wine, tea or coffee. Most members are from the Four Parishes and Hedinghams area.

Recent books read include "The Girl with the Louding Voice" by Abi Dare, "Machines Like Me" by Ian McEwan, "A Gentleman in Moscow" by Amor Towles, "The Bookwoman of Troublesome Creek" by Kim Michaele Richardson and "Hamnet" by Maggie O'Farrell.

There is no pressure to finish the book if you don't like it and all opinions are valued. Books are chosen by suggestion or recommendation from members and are usually borrowed from the library unless you prefer to buy your own.

For more information, contact Alison Cantor on 01787 462537/07561 384139 acantor56@outlook.com

#### **Nature Notes**

The weather has a lot to do with animal behaviour and this winter has been exceptionally warm. On the 13<sup>th</sup> of December, on one of my regular patch routes, it was a balmy 11°C and almost spring-like. A song thrush in full song was accompanied by great tits as breeding instincts began to stir. Also unexpected were several pairs of collared doves performing their eyecatching display flight. This involves a steep ascent from a high perch



followed by a gliding descent, often in a spiral, with wings and tail fanned while calling excitedly. Egg-laying does not normally start until March. On the same day at Hulls Mill there were six little egrets in a flooded field, the most I have encountered in a single group locally. Then, in early January, greenfinches were in song, albeit half-heartedly, but again on a mild day. Birdsong does lift the spirits and brighten even the dullest winter's day.

Insects are very much reduced at this time of year. My moth trap has yielded very little, even on the mildest of nights. There are a few species that are present in winter – all with rather unimaginative names: November moth, December moth and Winter moth. Most over-winter as eggs or pupae and some as caterpillars. There are a few that survive as adults in semi-hibernation, as do some butterflies. It is not uncommon to find a resting peacock butterfly, looking pretty much like a dead leaf, in a shed or some other sheltered spot. Flies and ladybirds seem to always find a way indoors during the coldest months and become something of a nuisance.

One disappointing feature of this winter has been the scarcity of visiting thrushes – the fieldfares and redwings that normally descend in hordes from northern Europe to escape harsher weather and take advantage of the bounty offered by hawthorn and cotoneaster berries. I saw three redwings from my lounge at the top of a tall tree in December and about 40 fieldfares in a field in Pebmarsh in mid-January. I can only speculate on why this might be, but if it is as mild where they come from as it is here, they may have decided to save themselves the trip.

As I write this, early morning on January 17th, I have heard a tawny owl hooting and a wren singing. Yesterday there were several great spotted woodpeckers drumming. Once Christmas and the New Year have passed, the days start to lengthen and we all look forward to spring. There are even a few snowdrops poking their heads up in the garden. But who knows, it might be a blizzard next week!

#### **Patch Patroller**

#### **Great Maplestead**

#### **Great Maplestead Volunteer Network**

Just to let you know that the Great Maplestead Coronavirus Volunteer Support Network is still up and running.

If you would like any help please do not hesitate to contact me by phone on 01787 461002 or 07773 627897, or by e-mail at jacqui.mee62@gmail.com

#### **Coffee at St Giles**

Come to the Wednesday Coffee Mornings the Tower Room at St. Giles. We'll be serving from 10.30am until noon – outdoors if it's warm enough, in the church if not. Also twice a month after the St. Giles services on the 2nd and 4th Sundays. Please come along and join us if you can.

#### The Maplesteads WI

It was quite a busy time towards the end of 2021.

In November a group of us went to a "Pop-Up" Christmas Fayre on Mersea Island. After the Fayre we managed a stroll on the beach before going for a lovely lunch at The Peldon Rose. It was a grand day out.

At our December meeting everyone turned up wearing a handmade Christmas hat and we had a demonstration of gift wrapping presents. There was a raffle and the winner was Val Castro. Diane Smith won the best hat.

Our January meeting unfortunately was cancelled due to the virus.

The meeting on Thursday 3rd February is a talk by Michael Hilton on The Nancy Blackett Boat. All ladies are welcome.



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The next bumper Maplesteads'

### JUMERIE SAILE

in Great Maplestead Village Hall will not be until

### Saturday 17th September

Please make a note of the date and hold on to any suitable items yourself until then – the organisers have no storage capacity available.

Many thanks - more details in the September Magazine

<del>^</del>



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#### **Gardening Corner**

Here we are once more at the start of another gardening year, with some exceptionally mild temperatures and wet weather during early January.

If you feed wild birds, remember to ensure fresh water is available. Try and keep food off the ground to lessen the chance of vermin.

Seed potatoes are now on sale and, if you like broad beans, these can also be sown in pots in a cold greenhouse ready for planting out in late March – or directly in the ground if you garden on light, free draining soil.

Apple and pear trees can be pruned this month, removing the dead, diseased and damaged wood. Prune to let the light and air in amongst the branches, cutting out any crossing growth. Remember, this is not the time to prune stone fruit – as the old saying goes: 'stone fruit prune in June'.

Check stored dahlia tubers and dust with a little Sulphur powder if there are signs of mould. The same treatment can be used on gladiolus corms.

Bulbs are now coming into their own, with snowdrop, aconite and crocus giving an early show of colour. February Gold Daffodils will also give an early 'splash' of yellow, especially effective against dark leaf evergreen shrubs.

For my plant of the month look out for Hamamelis mollis [witch hazel]. This small tree/large shrub has fantastic fragrant yellow flowersand, at this time of year, on bare branches it is a sight to behold. Most garden centres should hold stocks.

Keep an eye on potted hardy shrubs and bulbs in containers; water logging can be a problem if the vessels holding the plants are not up on chocks or feet to allow air circulation and drainage.

Remove excess ivy from shed roofs and around windows; apart from harbouring pests, ivy can create dampness on a building.

Lastly, plants for free!! Take some hard wood cuttings: deciduous shrubs and most evergreens can be propagated by this method. Look for pliable, healthy stems without a flower and cut about 20cm below the node [leaf joint], dip the cut end into hormone rooting powder and pot in sharp sand or fine grit compost mix. Place in a sheltered location or in a cold frame, water sparingly and, if taken correctly, the cuttings should have roots by mid-summer. Pot on into a loam-based compost.

Take care everyone

The Arborist



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#### **Gestingthorpe**

#### **Support in Gestingthorpe**

Please if you are self isolating, or scared, or lonely or need any help please contact Carrie on 07872 170277 or Helen on 07793 402297 if you live in the Church Street, Sudbury Road and Nether Hill area and Nic 07908445239, Penny 07840 367172 or Kate 07771 535523 for the Audley End, Moat Street and outlying areas. The village is there to help you.

#### Gestingthorpe 'Gathering' coffee mornings 10am to 12 noon

Our coffee mornings will be held on Friday 4th and Friday 18th of February. If you haven't yet been to a coffee morning; please come along. We would love to see you and guarantee a warm welcome.

#### Wreath making

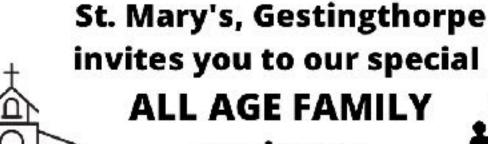
A massive thank you to everyone who came to the wreath making workshops in Gestingthorpe village hall in the run up to Christmas. Using greenery supplied Peter Nice, a total of 34 completely individual wreaths left the village hall to adorn doors and Christmas tables across the village and surrounding area. Every single wreath looked amazing.

Thank you to Jenny, Steph and Penny for helping clean the village hall after, and Peter for supplying the greenery.

Nothing went to waste, with remaining greenery being used in the church decorations, and to make the Christmas tree outside the village hall.



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ALL AGE FAMILY service on:

Sunday 27 February at 10am Come and join Carrie & Nic leading an informal Service suitable for all ages.

Our Services are fun, have activities & handouts to take away! Refreshments provided after the Service.



f Knights Hospitallers Parishes

THE FRIENDS OF ALL SAINTS, MIDDLETON ARE HOSTING A

### **BOOK SALE**



**AND** COFFEE AFTERNOON ON Saturday 26th February



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#### **Keeping Safe Online (Part 3)**

Continuing our series of articles designed to help you manage your online activity safely and minimise your digital footprint:

10. **Do not give social media apps access to your phone or e-mail address** – some social media software will prompt you to share information stored on your phone, then attempt to harvest it and link people in your contact list to others in their databases. You might find your colleagues being prompted by these sites to make contact with your friends or family without your knowledge.

Be aware that other apps will try to do the same but will include this as part of their terms of use – consider the contents of your contact lists before you install such apps. It is good practice always to research an application before you install it.

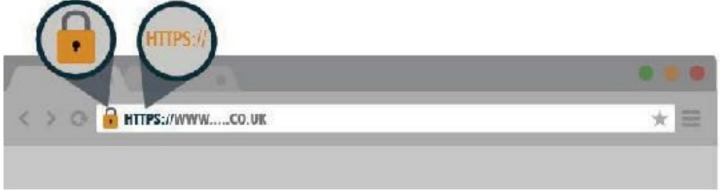
#### 11. If it sounds too good to be true then it probably is

It might sound obvious, but if you're sent an e-mail or text with an unsolicited offer from someone you haven't heard of, or are invited to click on a link, **don't click on that link**.

Look at the content of the e-mail or text – does the grammar look odd? Are there spelling mistakes? Has it been sent at 3.00am? If the text or e-mail appears to be from someone you know but the message was unexpected, consider phoning that person to confirm that the e-mail is genuine.

#### 12. Hand over personal information wisely

When handing over personal information, make sure it is being transmitted securely. When entering personal data onto a website always check to see if there is an "https" connection (shown alongside the website address) or a



padlock symbol on the site you are connected to:

These indicate that the site has a good level of security and that other people cannot easily see your personal data.

Ultimately, any information you supply to a website becomes a corporate asset of that site. Check that you are happy with how the company will protect and share your information by reading its terms and conditions.

#### Final instalment in March...

#### Puppies in a bucket......

Two litters of puppies born within 4 days of each other.....are you mad.

7 puppies arrived. 6 Boys & 1 Girl to Otta and Tarka our beautiful Border Terriers.

2 weeks of relative calm while they drank deeply and were cleaned by their mums....

Then suddenly they were very demanding..weaning, trips outside, night feeds.....

Did we have a swimmer (no, puppy was so fat he could not stand up....all OK with some exercise on a mat where he could get a grip to waddle along.)

Needed names....rivers an inspiration...so...Clyde, Dee (Girl), Rio, Rocky, River, Elba and Delta.

Managed to buy some great fencing for playground outside and separate areas for each litter indoors too.

Need some toys, found a play tunnel online that proved to be the best toy ever.......

+ buckets.....garden trugs .....big, small, feed trugs, upside down..king of the castle & puppies in a bucket....

All gone to new homes now. Guernsey, Norwich, East Sussex, Great Waltham, Romford, Berkshire and Hampshire. Happy puppies; loving owners....quiet now....until the next time.



#### **Pebmarsh**

#### **Support in Pebmarsh**

Pebmarsh Volunteers continue to be here for you during the pandemic. If you need anything, such as if you're isolating/quarantining and need help to collect prescriptions or with shopping, get in touch with Kate Carling (Phone: 267 924) and she will put you in touch with the village Volunteer for your area of the village.

#### Ladies' Club

Everyone is welcome to come along to the Ladies club in Pebmarsh Village Hall!

Our next session is on 10th February starting at 1pm.

Why not bring your knitting/crochet or similar project along and enjoy a cup of tea, a natter and of course cake? If you are feeling shy arrangements can be made to meet you@

Please contact Pauline Andow on Pauline\_andow@hotmail.co.uk or the telephone number in the contacts list.

#### **Pebmarsh Bowls and Social Club**

The Pebmarsh Bowls and Social Club will be holding its next meeting on Wednesday 2nd of February from 7pm –9pm at Pebmarsh Village Hall.

The cost is £3.00 a person and new members are very welcome. It is a very relaxed atmosphere.

We hope to be able to carry on in the future on the first Wednesday of each month but we do need new members. Please contact Eileen or Jim Crayston on 01787222241 or 07957870340 or please just turn up.

#### **Pebmarsh Youth Club**

As always, please encourage your young people, age 8-13 years, to come along and join in the fun. Mandy and Carol. Contact Carol Parker on 01787 269996 taximother@googlemail.com

#### King's Head - Update

We wanted to update you on some changes to the pub opening hours and new initiatives planned by Ryan and Cathy. The "Pie and a Pint Night" on Wednesdays is proving very popular and from 20 January, on a fortnightly basis, Thursday night will be Quiz Night. As many of the local hostelries are closed on Mondays, it has been decided to trial changing the weekly closing day at the King's Head to a Tuesday.

#### **More Pebmarsh**

#### **More Kings Head - Update**

#### The opening hours are now as follows

Monday Open 12pm-11pm. Food Served 12pm-2.30pm & 6pm-9pm

Tuesday Closed

Wednesday Open 12pm-11pm. Food Served 12pm-2.30pm & 5pm-9pm

Pie & Pint Night 5pm-9pm

Thursday Open 12pm-11pm. Food Served 12pm-2.30pm & 6pm-9pm

Quiz Night, fortnightly, 8pm-10pm

Friday Open 12pm-11pm. Food Served 12pm-9pm

Saturday Open 12pm-11pm. Food Served 12pm-9pm

Sunday Open 12pm-9pm. Food Served 12pm-6.30pm

As we are sure you will appreciate, things may be subject to change, so do please check the pub website or Facebook page for the latest updates: https://www.kingsheadpebmarsh.co.uk/whats-on or @kingsheadpebmarsh

#### **Friends of Pebmarsh Church**

THANK YOU to the Kings Head - Pebmarsh

The committee of the Friends of Pebmarsh Church would like to say a very big THANK YOU to the team at the Kings Head - Pebmarsh, and all their visitors and patrons, in raising £50 through donations to the collection tin during 2021.



The money will go towards the preservation and protection of our wonderful village church to help secure it for all to enjoy.

Thank you Kings Head - Pebmarsh.

Perry - Friends of Pebmarsh Church Committee \PEBMARSH VILLAGE HALL

#### Vacancy for a Trustee / Booking Clerk Volunteer

Pebmarsh Village Hall is looking for a volunteer to join the committee as a Trustee to help with the running of the village hall.

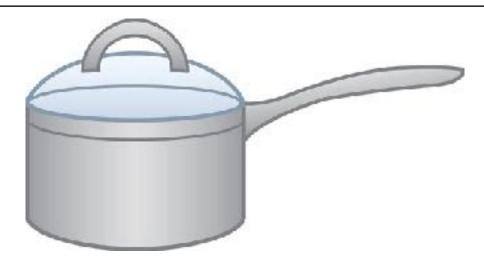
The person will be required to manage the bookings and enquiries from hirers of the hall and the associated billing.

The village hall management committee meets four times a year to ensure the smooth running of the hall.

To discuss more please call Jonathan on 01787 269231 for a chat.

Perry Pebmarsh Village Hall Management Committee

#### **Cooking & Baking**



Here's a tasty recipe for a satisfying and warming winter family meal.

#### Chilli for this time of year...

1 tablespoon of oil

1 large onion - chopped

1 red pepper - sliced and chopped

2 cloves of garlic - crushed

1 heaped teaspoon hot chilli powder (or a level 1 or 2 tsps if you only want it mild)

1 tsp of paprika

1 tsp cumin

500g minced beef

1beef stock cube

400g tinned tomatoes

1 tsp dried marjoram

1 tsp sugar

2 tbsps tomato puree

400g tin red kidney beans

Heat the oil, add the chopped onion and cook until soft and coloured. Add the garlic and cook for minute.

Add the mince – break it up with a wooden spoon if it gets lumpy. Cook until browned, then add the chilli powder, paprika and cumin. Cook for 1 minute

Add the tomato puree, red pepper, tinned tomatoes, stock cube, sugar, tinned beans, herbs and salt – plus pepper to taste (and, optionally, 300ml of red wine...). Stir well and bring to the boil.

Cook over a low heat for approx. 1 hour. If the mixture starts to stick to the bottom of the pan, add a little water.

Enjoy with cooked rice, grated cheese, sour cream, poppadums, naan bread, baked potatoes, or whatever else you fancy...

Note: Suitable for freezing.

Liz Newton – Great Maplestead

#### Reading Corner

#### THEROUX THE KEYHOLE by Louis Theroux

Like most of the world, Louis Theroux spent the last 18 months in a state of bewilderment as to events caused by the COVID 19 pandemic. And like many of us he sort solace in Joe Wicks, Jack Daniels PlayStations and Zoom calls to get him and his family through the months of lockdown, home schooling and claustrophobia. This book chronicles this period in Louis' familiar minor key style starting with the bemusement during the initial days that felt like "the fire alarm going off in a primary school for a drill" to the reality of living in an apocalyptic world. Unlike Louis' other works on which focus on those on the fringes of society, the COVID pandemic has affected us all and none of this seems particularly weird as we have all lived through it.

Theroux the Keyhole is an honest, hilarious and ultimately heartwarming diary of the weirdness of family life in Covid World.

#### QUITE by Claudia Winkleman

Claudia Winkleman's warmth, humour, no-holds-barred attitude and smoky eye have made her the favourite broadcaster of millions and a much-loved household name.

In this, her first ever book, Claudia invites us all into her world. She shares her observations on topics such as the importance of melted cheese, why black coats are vital, how it's never okay to have sex with someone who has an opinion on your date outfit, how nurses are our most precious national treasure, and why colourful clothing is only for the under 10s. Quite celebrates friendship, the power of art, the highs and lows of parenting, and of course, how a good eyeliner can really save your life.

Heartfelt, wry and unmistakably Claudia, this book gets to the heart of what really matters.

#### OLD BAGGAGE by Lissa Evans

never given up the fight.

What do you do next, after you've changed the world?

Mattie is a woman with a thrilling past and a chaffingly uneventful present. During the Women's Suffrage Campaign she was a militant. Jailed five times, she marched, sang, gave speeches, smashed windows and heckled Winston Churchill, and nothing – nothing – since then has had the same depth, the same excitement. Now in middle age, she is still looking for a fresh mould into which to pour her energies and finding a wooden club at the back of a cupboard she is struck by an idea – but a brilliantly idealistic plan is derailed by a connection with Mattie's militant past, one which threatens every principle that she stands for. Old Baggage is a funny and bittersweet portrait of a woman who has never,

#### **Hedingham Heritage Society**

The 2022 Heritage programme continues this month; do come along and join us in the Memorial Hall for a fascinating talk on the conservation issues we have with the world of insects and bugs. The talk will have a particular focus on our local area and the decline of so many of our native insect populations:

Thursday 3rd February: Bugs and Insects of Essex - friends or foes?

Chris Gibson, lecturer, wildlife photographer, author and winner of the David Bellamy award 'Naturalist of Distinction'

7.30pm Castle Hedingham Memorial Hall Members free, non-members £5

Next month's meeting:

Thursday 3rd March : Daniel Defoe's Eastern Counties tour in 1722

Sarah Doig, author, historian and speaker, will give an illustrated talk about writer Daniel Defoe's 18th century travels around, and observations about, our region.

7.30pm Castle Hedingham Memorial Hall Members free, non- members £5



Come along and join us for our new programme of events, talks and walks for 2022

Annual Membership £12.00 per person

For further details, contact:

Rob Worley 01787 460 664: Trudi Cullum 01787 462 889:

Peter Bayes 01787 469 953

Or contact us at;

hedinghamheritage@gmail.com

and

www.hedinghamheritage.org

#### **Local information**

**Solar Society** will make every effort to restart their meetings when it is appropriate.

Programme to be announced.

In the meantime, take care everybody.

Further info from Miles Scrivens 01787-469766 or Wanda Sellar 01787 463449.

**Local Women's Running Group**: laurabloom@btinternet.com or on 07801 749802

**Local Libraries**: Halstead and Sible Hedingham Libraries, libraries.essex.gov.uk.

**Four Parishes Book Group**: Alison Cantor. 01787 462537 or acantor@linus.plus.com

**Sudbury Area Cancer Support Group**: Ruth Worsley on *ruth-SACSG@outlook.com* 

The U3A Halstead: u3asites.org.uk/halstead/welcome

The U3A Sudbury: u3asites.org.uk/sudbury/home

**U3A Braintree**: u3asites.org.uk/braintree/events

Halstead & District Photographic Society: www.halsteadphoto.org.uk

**Gestingthorpe History Society**: www.gestingthorpehg.co.uk

**Community Agents**; Community-based support for an ageing population: <a href="https://www.communityagentsessex.org.uk">www.communityagentsessex.org.uk</a>.

The Empire Theatre Halstead: www.empire-theatre.co.uk

Halstead and District Local History Society: www.halsteadhistory.org.uk.

**The Hedingham Singers**: Bob Lilley on 07790 573435 or <a href="https://www.thehedinghamsingers.com/">www.thehedinghamsingers.com/</a>.

Sudbury Newstalk: www.sudburynewstalk.co.uk or 01787 468535.

#### **Hedingham Medical Centre**



The Castle Hedingham surgery is triaging all patients so please phone 01787 461465. Do not go to the surgery. The surgery is open from 11.00 - 13.00 and 14.00 - 18.00 Monday to Friday to collect pre-ordered prescriptions. Their website is www.hedmed.co.uk.

#### **Local and National Authority Representatives**

#### **Essex County Council**

Councillor Peter Schwier - <a href="mailto:cllr.peter.schwier@essex.gov.uk">cllr.peter.schwier@essex.gov.uk</a>

#### **Braintree District Council**

#### **Great and Little Maplestead**

Councillor Peter Schwier - cllr.pschwier@braintree.gov.uk

#### Gestingthorpe

Councillor Wendy Scattergood - cllr.wscattergood@braintree.gov.uk

#### **Pebmarsh**

Councillor George Courtauld- cllr.gcourtauld@braintree.gov.uk Councillor Gabrielle Spray - cllr.gspray@braintree.gov.uk

#### Westminster

James Cleverly MP - james.cleverly.mp@parliament.uk

#### **Parish Council Websites**

Gestingthorpe	www.gestingthorpepc.co.uk
Great Maplestead	www.greatmaplesteadpc.co.uk
Little Maplestead	www.littlemaplesteadpc.co.uk
Pebmarsh	www.parishcouncil.pebmarsh.com

#### **Village Emergency Telephone Service (VETS)**

VETS provide support when a defibrillator is required although the first action must be a 999 call. The telephone numbers of the village VETS are:

Little Maplestead 01787 852252 Gestingthorpe 01787 852850 Pebmarsh 01787 852300

#### **Neighbourhood Watch representatives**

Gestingthorpe	Helen Skerratt	01787 237297
Great Maplestead	Ian Johnson	01787 461109
Little Maplestead	Bill Piper	01787 473933

#### The Churchwardens serving our Benefice are

Great Maplestead	Gill Peskett Jill Newton		gillpeskett43@gmail.com gilliannewton4@gmail.com
Little Maplestead			
Gestingthorpe	Alice Nolda	01787 469688	-
	Peter Nice	01787 460126	peter.427nice@btinternet.com
Pebmarsh	Jim Crayston	07957870340	<u>jim@craystonfarms.co.uk</u>
	Sarah Burgess	01787 269092	sarahburgess@btinternet.com

#### **Church Services in February 2022**

6 February	9:30am Holy Communion 9.30 Morning Prayer 11am Holy Communion	Great Maplestead Gestingthorpe Little Maplestead
13 February	9.30 Holy Communion 11am Holy Communion 11am Family Service	Pebmarsh Gestingthorpe Great Maplestead
20 February	10am Benefice Service HC	Gestingthorpe
27 February	9:30am Holy Communion 9:30am Morning Prayer 10am All Age Worship 11am Morning Worship 4pm Compline	Great Maplestead Little Maplestead Gestingthorpe Pebmarsh Gestingthorpe

#### All welcome

Our churches remain open for private prayer on set days, please contact your churchwarden for times of opening.

#### The Reverend Beverley Vincent

The Rectory, Church Street, Great Maplestead, CO9 2RG Tel 01787 460273 or 07944 200132. Khvicar@gmail.com



#### Urgent: Food Items: Instant Mash Coffee Squash (Small) Non-Food Items: Laundry Detergent (Liquid or Pods) Nappies Size 5 and 6 To Maintain Stocks: Chocolate Bars Jam Cold Meat Juice Tea Bags (No Larger Than 80) Tinned Spaghetti Packet Soup Instant Noodles

#### Coming up and save the date

Coffee in St Giles Wednesday Mornings
Pebmarsh Bowls and Social Club 2 February
Maplesteads WI 3 February
Hedingham Heritage Society Meetings 3 February and 3 March
Gestingthorpe Coffee Mornings 4 and 18 February
Pebmarsh Ladies Club 10 February
Middleton Book Sale 16 February
Little Maplestead Jubilee Beacon 2 June
Little Maplestead Jubilee Hog Roast 4 June

The copy deadline for the February magazine is **Friday 18 February 2022**We need to know who, what, where and when .................

Submit your copy early to guarantee inclusion. Email me or our village reps.

#### Copy

Editor	Jenny Bishop	07906 083999	pmeditor@icloud.com
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Gt Maplestead	Ann Harris	01787 462818	ann66harris@gmail.com
Little Maplestead	Beverley Bratley	01787 473281	beverley.bratley@gmail.com
Pebmarsh	Luke Brown	07919 375341	lhwbrown@hotmail.co.uk

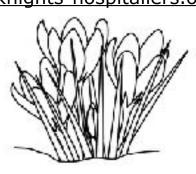
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This magazine is now available electronically on the parish council web sites and the Parish News website

#### **Parish News Website**

The Parish News website is a gateway to our four villages and their churches. The website address is:

www.knights-hospitallers.org.uk



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