

**Parish
News**

Great and Little Maplestead Pebmarsh and Gestingthorpe



Church and Community together
March 2022

Free

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

Parish Clerks

Gt Maplestead	Ann Crisp	01787 460216	anncrisp@greatmaplesteadpc.co.uk
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The Maplesteads

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Autumn Show	Carol Brownlie	01787 461527	carolbrownlie@gmail.com

Gt Maplestead

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Mixed Ability Yoga	Victoria Ashworth	07751 911923	justinashworth@hotmail.co.uk
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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	
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Football Club			
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Pebmarsh

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	
	Sandra Beaney	01787 222220	
Carpet bowls	Jim Crayston	01787 222241	jim@craystonfarms.co.uk
Youth club	Carol Parker	01787 269996	taximother@googlemail.com
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All villages

Book Club	Alison Cantor	01787 462537	acantor56@outlook.com
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Handbell Ringing	Margaret Crudgington	01787 476259	
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Scouts	Stuart Carter	01787 461149	
Guides	Kathy Hoy	01787 280200	
Molly's Wood	Jane Postma		https://www.mollyswood.org/contact

Letter from the editor



Welcome to March. With apologies for the magazine being a little late. We have been struggling a bit this last week. The power cut followed by two 999 calls.

Thank goodness for the wood-burner, we had a party on the first evening. Next door is thatched so they didn't have a wood-burner, so they came round to us carrying wine, so we had a party. The second evening we did racing crosswords to candle light.

With regard to 999 calls, the first call got the first responder here within 3 minutes and the ambulance in under 20 minutes and the second got the ambulance here within 40 minutes. The paramedics were great, but they had a two and a half hour wait at A&E and Colchester General took 10 hours to find a bed. David was finally moved off the trolley at 5am. The staff are fantastic, but there just aren't enough of them.

Jenny

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Letter from the Reverend Beverley Vincent

By the time you receive this magazine we will just be entering the Christian season of Lent, commencing with Ash Wednesday on 2nd March. Lent is a strange kind of time and it seems that fewer people today are familiar with the traditional meaning and purpose of Lent. Many of us will probably be discussing what we might be giving up for Lent, anything from chocolate to wine, caffeine, sugar etc; I confess I don't think I could give up chocolate for the forty days of Lent!

However, historically Lent was indeed the time when Christians fasted and gave up something that they enjoyed, but the purpose was to help them focus and prepare for the coming of Holy Week, to remember the death of Jesus on the Cross and then to prepare to celebrate Jesus' resurrection on Easter Sunday. Today many Christians still use this season of Lent as a time of reflection and preparation.

As I sit and write this in the midst of storm Eunice, with the wind battering my windows, I can't help reflecting on the storms of life we all face. This Sunday's Bible reading is Jesus calming the storm (Luke 8:22-25), who said God doesn't have a sense of humour! When we feel tossed about and battered by circumstances, we are assured of God's love and his presence with us in those difficult times. Remember the words of psalm 23 'though I walk through the valley of the shadow of death, you are with me, your rod and your staff they comfort me'. How easy it is to forget that the Lord is with us in the dark places.

During this season of Lent you might like to take time to pause and reflect on the love that God has for each of us, and the promises that God makes to us. Come and join us in one of our beautiful churches for a service to experience something of God's love, everyone is welcome. If you want to know more about what it means to be a Christian do get in touch with me.

The Lord walks with us whether we are in a valley or on a mountain top, this Lent look for his presence in your life.

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 info@essexandsuffolkdart.co.uk.

The latest timetables for the DaRT service at www.essex.gov.uk/dart is incorrect.

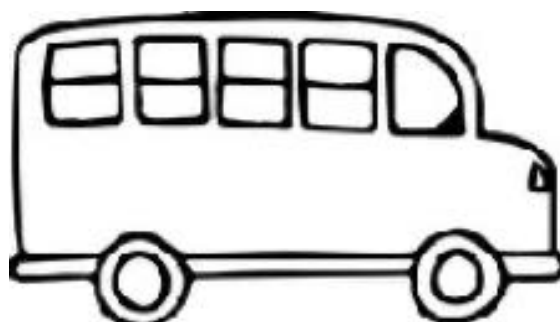
SUDBURY - BULMER - GESTINGTHORPE - WICKHAM ST. PAUL - PEBMARSH - GREAT AND LITTLE MAPLESTEAD - HALSTEAD

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 fixed timing points
Bulmer Tye, Park Lane	09:07	11:07	13:07	15:37	17:37	19:22	
Bulmer, Cross Roads	09:11	11:11	13:11	15:41	17:41	19:26	All timings in Italics need to be pre-booked
Gestingthorpe, Foundry Corner	09:17	11:17	13:17	15:47	17:47	19:32	
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 bold type will vary up to 10 minutes either side of stated time, dependent on the number of passengers booked on the service.
Pebmarsh, War Memorial	09:33	11:33	13:33	16:03	18:03	19:48	
Little Maplestead, Corner	09:39	11:39	13:39	16:09	18:09	19:54	
Great Maplestead, Church	09:45	11:45	13:45	16:15	18:15	20:00	latest arrival time
Little Maplestead, Pump	09:51	11:51	13:51	16:21	18:21	20:06	
Halstead, High Street	09:56	11:56	13:56	16:26	18:26	20:11	earliest arrival time
Halstead, High Street	09:37	11:37	13:37	16:07	18:07	19:43	

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 fixed timing points
Great Maplestead, Church	07:41	10:11	12:11	14:11	16:41	18:41	All timings in Italics need to be pre-booked
Little Maplestead, Cock	07:49	10:17	12:17	14:17	16:47	18:47	
Pebmarsh, War Memorial	07:54	10:23	12:23	14:23	16:53	18:53	
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 bold type will vary up to 10 minutes either side of stated time, dependent on the number of passengers booked on the service.
Gestingthorpe, Foundry Corner	08:10	10:39	12:39	14:39	17:09	19:09	
Bulmer, Cross Roads	08:15	10:45	12:45	14:45	17:15	19:15	
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	
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

Queens Platinum Jubilee weekend.

Little Maplestead Parish Council are organising a couple of events to celebrate the Queens Platinum Jubilee weekend.

The first event will be on the extra Jubilee bank holiday 2 June, and the second will be a village Hog Roast on Sunday 5 June..

On Thursday 2 June from 7.30 There will be wine and cheese and hopefully Jubilee Tart tasting session in the playing field, this will incorporate the Jubilee Beacon lighting ceremony at 9.45.

Little Maplestead will be lighting their beacon as part of the National Beacon ceremony which hopefully will mean that in the order of 1500 beacons will be lit nationwide at 9.45.

All are welcome.

The second event will be on Sunday 5 June from 1.0 pm.

This will be a large village picnic/afternoon of fun, which will include a hog roast for the whole Village. There will be some additional events like cake decoration competition, Royal fancy dress for the children, and of course any 'big' children who wish to enter!! This again will be held in the playing field.

Details are still being finalised, but please add these dates to your diaries as we are hoping to get as many people in the village together as possible to celebrate the fantastic achievement of the Queens Platinum Jubilee.

Please watch this space for further details.

The Power Cut

This power cut has been a reminder of what a lovely neighbourhood we live in. For us residents in Cock Road we had one neighbour with a generator and they took the time to deliver hot flasks of water to any neighbours that needed it. Other people offered camping stoves and generally we all looked after each other so big thanks to people in Cock Road for their community spirit. It was much appreciated.

Nature Notes

Last month I bemoaned the paucity of migrant thrushes, but no sooner had the ink dried they were suddenly everywhere. Big mixed flocks with fieldfares outnumbering redwings in fields around the village. There was even a redwing that graced my garden and made it onto the RSPB Big Garden Birdwatch list.



An unusual bird to be seen in winter is the blackcap warbler. These used to be summer visitors, arriving in spring from southern Europe and North Africa to breed here before leaving in autumn. In recent years, probably as a result of milder winters, some birds have remained and one of these appeared in my garden at the end of January. It was a male, easily recognised by the black cap that gives its name to the species. The female has a rusty brown cap. During the breeding season they are almost entirely insectivorous but overwintering birds are forced to diversify and they will take a variety of fruits and berries. There are records of them taking peanuts from feeders, but I was surprised to see my bird taking whole sunflower hearts and swallowing them. I counted 11 at one go; even the finches crack the hearts to get the kernel and drop the outer covering.

I noticed a display by goldfinches recently that I hadn't previously observed, although I'm sure it is quite common. They always arrive in a small flock and need to queue to access one of the four perches on the feeder in order to get at the sunflower hearts that are the only food they will eat of the variety I have on offer. The display involves dropping the wings slightly while perched and wagging the spread tail from side to side. Looking this up, I read it is called the pivoting display and is a threat procedure. So it seems they are not queueing in an orderly British fashion – rather, they pose and posture to establish some sort of hierarchy that will allow more dominant individuals to get quicker access. I am constantly surprised by the intricacy of the tiny lives outside my window.

Aren't the grey squirrels a pest! Like jays, they hoard food in the autumn and during winter they relocate it as required. I'm not sure their memories are all that good, as they have been digging holes all over my lawn to recover their bounty and it is quite a mess. I'm almost (but not quite) looking forward to the grass growing and having to mow, as that will tidy it up again.

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

A fun time was had by all at the WI meeting on February 3rd when members took part in Greyhound Racing. A big thank you to Jo Watson for bringing the greyhounds along and organising the races. Having cancelled our meeting in January it was lovely getting together again.



Our meeting on March 3rd has Gary Egerton speaking about the fun side of policing.

GREAT MAPLESTEAD - SAVE THE DATES

Platinum Jubilee – Playing Field Beacon Lighting – Thursday 2nd June, from 9.00pm

Platinum Jubilee – Village Hall Party & Spit Roast – Friday 3rd June, from 6.30pm

Platinum Jubilee – Playing Field Picnic & Games – Sunday 5th June, from 2.30pm

More Great Maplestead

Easter Lilies

for

St Giles' Church, Great Maplestead

Would anyone who would like to make a donation towards the cost of the Church's Easter lilies this April please contact

Denise O'Connell (07795 170 048)



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Gardening Corner

At last! Days are becoming longer and the bulbs mentioned last month are flowering, giving a hint of spring.

I came across an article recently regarding Peonies. A colourful perennial, these can be propagated by cutting away a section of the crown, using a sharp spade, and taking a wedge with 2 or 3 buds protruding and some root growth at the base. Plant the wedge in a well-drained location, incorporating some compost in the planting hole. Do not plant too deeply – water well to start with and cover the buds with fleece or a little soil if a severe frost is forecast.



Now is the time to nip the tops out of sweet pea seedlings; this will encourage the young plants to bush out and make a sturdier specimen.

This month's recommended plant is Bergenia (sometimes known as Elephants Ears). It makes an ideal plant for a shady location and will flower from early spring onwards. There are numerous colour variants, from white and pinks through to purple; the leaf also looks quite attractive. It is a good companion plant with Myosotis (Forget-me-not) in the early part of the year. Bergenia grows on a rhizome and it can be divided periodically. Cut a 3" section and pot on until the young plant is showing leaf growth then plant out in a flower border ready for the following year.

Snowdrops can be lifted and divided now, while they are 'in the green'. Thin out the bulbs and replant in groups of three, five or seven.

Another job for this time of year is putting up training wires on walls and fences. As climbers grow, they benefit from support and tying in.

The Victorians were great lovers of the herbaceous border and they often placed paving stones at the back of a border to make it easier for weeding and to stop soil compaction. I randomly place a paving stone or slab in a border or bed; these can become a feature and provide something to stand on when you cannot work from the path or lawn.

Lawns can be edged with an iron or a spade. Try and keep to the existing shape of the flower bed otherwise the lawn becomes smaller and the bed larger.

Lastly, there are a good range of seeds available from numerous outlets; the varieties for sale provide plenty of choice.

Happy Gardening

The Arborist

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.

Our coffee mornings during March and April will be held on the Fridays of 4th March, 18th March, 1st April and 22nd April (not on Good Friday) from 10am to 12 noon.

Our coffee mornings that are held on alternate Fridays are continuing to be enjoyed by all. So much so that we held a coffee morning on a Saturday as well! We had a good turnout; we even had some passing cyclists popping in, for our Saturday morning coffee morning 'Gathering' on 29th January. Our lovely village hall was open for not only coffee but for the book exchange (see below) and skittles*.

It was great to see so many regulars and some new faces at both the Friday and Saturday coffee 'gatherings' and to hear the buzz and laughter between everyone enjoying a chat with their friends over a hot drink and delicious home baked cakes.

If you haven't yet been to a coffee morning; please come along. We would love to see you and guarantee a warm welcome.

*We have a couple of games of skittles on the last Wednesday of each month. Please come along and join us. We meet up at 7.30pm in the village hall.

Gestingthorpe Book Exchange

The Book Exchange will be open Fridays 4th and 18th March and 1st and 22nd April 10am to 12 noon in the Village Hall.

Bring a book to swap or take a book for a gold coin donation. All proceeds to Village Hall Funds

Gestingthorpe First Tuesday Book Club

The next meetings of the Gestingthorpe book club are Tuesdays 1st March and 5th April at 7.30pm in the Village Hall.

Please join us for books, chat and wine.

Contact Penny for further information pbagby1@gmail.com or 07840 367172

More Gestingthorpe

National Grid Proposals

National Grid are proposing to reinforce the electrical power distribution network between Bramford and Twinstead.

Whilst Gestingthorpe Parish Council fully understand why reinforcement is necessary, to bring green energy to the region, they consider that National Grid's current proposals do not fully consider their effect on the environment and local villages. The main concern is the extremely large substation which could be constructed at Butlers Wood, close to the A131 between Twinstead and Gestingthorpe. As currently proposed the the substation would have a considerable impact on the beautiful landscape around the village. There are alternative sites for the substation that would have far less impact but National Grid have not yet put these forward in their proposals. There is currently a consultation on the proposals which ends on 21st March. If anyone wishes to have their say and have some influence on the scheme they can obtain the proposal documents from nationalgrid.com/bramford-twinstead or by phoning 0808 196 1515."



THE QUEEN'S PLATINUM JUBILEE BEACONS 2ND JUNE 2022

As part of the Queen's Platinum Jubilee celebrations, Gestingthorpe Parish Council will be joining the national beacon lighting ceremony with the lighting of a new beacon created for us by **Richard Nice of the Gestingthorpe Forge** to enable us to participate in this event - we need your support!

If you are a business owner or would like to support us as a family or individual, we are seeking sponsorship to help us cover the costs. However large or small, any donation will help, and plaques acknowledging sponsors will appear on the beacon's cockpit.

We would love to see as many villagers join just 31.45 on the 2nd of June to witness the lighting of our beacon at the same time as those throughout the Commonwealth.

Details and donations can be made on the Parish Council's GofundMe page - <https://gofundme.com/13611616>

Alternatively Vice Chair of the Parish Council, Claire Craig can be contacted on 07874 725195 for alternative donation methods.



GESTINGTHORPE FIRST TUESDAY BOOK CLUB

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CHOOSE A BOOK &
LEAVE A BOOK
(OR A GOLD COIN)



Our book case is in the Village Hall by the front window

All money raised goes to the Village Hall Funds

Interested in joining our book club?

Contact Penny - pbagby1@gmail.com or 07840 367172

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Basillon?

Are you a sharper or a swigger?

Who really cares?? Instead join us for a fun evening of wine
tasting, games and meet your neighbours.

£15 per ticket includes (fine) wines and food.

Contact Penny Bagby [07840367172](tel:07840367172) or email pbagby1@gmail.com

More Gestingthorpe

Gestingthorpe Educational Foundation

Do you live in the ancient parish of Gestingthorpe?

The red boundary is the pre 1970 parish- you may not realise that you were once in Gestingthorpe



You could get a grant

Grants are awarded for a broad range of educational activities such as coaching, school trips & sports lessons.

Find out how to apply from the Secretary, Jane Crumpton-Taylor, Pot Kilns, Pot Kiln Chase, Gestingthorpe, CO9 3BH, or jane@crumpton-taylor.com or 01787 460277 or 07491 690510

Grant applications must be received in writing (or by email) by **Saturday 2nd April 2022** and will be considered at the next Trustee meeting on Wednesday 7th April 2022

Gestingthorpe History Society

On Saturday the 12th of February we spent a chilly couple of hours planting 100 tree whips and 500 bulbs kindly donated by Braintree District Council for their Community Tree and Bulb planting initiative in support of 'The Queen's Green Canopy' scheme to honour her Platinum Jubilee.

The bulbs have been planted in the churchyard of St Mary's in Gestingthorpe and the trees have been planted beside the footpath leading to the Leys Wood. We will be taking part in more initiatives throughout 2022 in the village, so look out for future announcements.



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Keeping Safe Online (Part 4)

This is the final part of our series of articles designed to help you manage your online activity safely and minimise your digital footprint:

13. **Make a plan for if you lose your device:** have you backed up everything that's important in case the originals are lost or damaged? Do you have secure copies of your contact information, apps and device configurations? It is worth considering various back-up solutions, from paper-based to cloud-based services (but watch your digital footprint with the latter!) and even configuring your device for remote wiping.
14. **Don't make your device easy for others to access:** consider using different passwords for all your devices and always secure your voicemail with a PIN code. Make sure to change passwords and PINs from their default settings. This will help defend against unauthorised access (including remote access to your voicemail).

Protect your device from malware as much as you can. Malware is malicious software that exists in forms, such as:

- **Spyware** – gathers personal information to pass on to criminals.
- **Viruses** – shuts down entire system, can spread to other machines.
- **Ransomware** – restricts access to your computer, demands a fee to unlock.

Useful tips to help keep your device safe from malware include:

- Use appropriate antivirus software – it scans websites, incoming e-mails and files you open for known viruses. But it's important you keep this software regularly updated.
- Make sure firewalls on your devices are turned on.
- Ensure your device's operating system (OS) and apps are kept up to date – set your OS to automatically check for software updates when connected to the internet. Install updates as soon as you get a reminder.
- Avoid using public WiFi as much as possible – not all public WiFi is encrypted, even if you are asked to enter a password. If you need to use public WiFi, try to send or receive private information from a secure web page and use only well-known, commercial hotspot providers.
- Be mindful of those around you when using the internet in public places – don't make it easy for others to see your password or personal information. Treat this information like it's your bank card PIN.

We hope these series of articles have been useful in helping to improve your awareness and make you appreciate the vigilance you need in order to minimise your digital footprint and reduce online risks.

Stay safe in this sometimes dangerous virtual world...

More Borders

I wanted another dog but I was uncertain about introducing a puppy to Wilf aged nine...not because Wilf is in any way aggressive or possessive, or hates other dogs.

Ten years ago we brought a tiny Wilf home to meet Stan, another Border Terrier (yes there seem to be a lot of them about!) and it was a disaster. Stan didn't exactly hate him, but wanted nothing to do with him - wouldn't even eat or drink in the same room. I had envisaged them playing together, joyfully running together on country walks, snuggling up together for naps. It sadly wasn't to be. We reached a kind of entente as Stan got older - it was amicable enough, and I think as Stan went blinder and deafer he sort of followed Wilf as his guide; but Stan was definitely a loner, more like Eeyore than Tigger..Wilf and I were both disappointed.

Stan passed away in 2020 at the grand old age of 17, and last year a close friend's dog had a small litter of Border puppies. It seemed like an opportunity.

I read everything I could find about introducing a puppy into an older dog's home; talked to lots of dog owners - but of course every dog's different. I brought Bert home and introduced him to Wilf outside in the garden as advised and let them get to know each other..

Bertie's now 7 months old, nearly as big as Wilf, and as I speak the two of them are pulling on each end of a rope toy with a lot of pretend 'growling' and tails wagging. It has been a success - lots of running and playing and snuggling up together. Wilf seems to love the company, and Bert loves him.

There's no doubt dogs, like children, have very different personalities - Stan didn't want to play with a ball, or with another dog - he loved his life with his human family as it was before it changed...there are definitely people like that.



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.

Pebmarsh Village Hall

Covid 19 - Precautionary Measures - Deescalation March 2022

Further to the recent changes announced by the UK Government, many of the Covid-19 precautions and restrictions have been removed from public places.

To reflect these changes, Pebmarsh Village Hall hirers, users and visitors will no longer be required to complete the cleaning schedules. These have now been removed from the kitchen area where they were displayed.

The 'Cleaning Station' notices have also been removed, however the cleaning materials have been left in place for all to use as best practice when required.

The wearing of face masks inside the village hall is now optional, although the UK Government advises all to wear face masks especially if you are a member of a vulnerable group in society.

These revised steps are subject to change as and if the Covid-19 situation escalates again and the UK Government issues further advice.

On behalf of the PVH Management Committee may I please extend a huge thank you to all for helping to make the facilities a safer place during the past couple of years by observing the precautions, it is much appreciated.

Stay safe.

More Pebmarsh Village Hall

A BIG THANK YOU TO KATHY CRIMMINS

Pebmarsh Village Hall Management Committee would like to say a big THANK YOU for all the great work and unstinting volunteering that KATHY CRIMMINS has carried out over the past five years on behalf of the committee members, hall hirers, visitors and users.

Kathy is standing down at the end of March 2022 after looking after all the bookkeeping and accounts on behalf of Pebmarsh Village Hall.

Thank you Kathy and well done.

Perry PVHMC

More Pebmarsh

More Pebmarsh Village Hall

Pebmarsh Village Hall welcomes Ian Mattingly to the PVHCM

From April 2022 the Pebmarsh Village Hall Management Committee will have a new committee member taking care of the book keeping and accounting duties.

Ian Mattingly will be joining the PVHMC and can be reached via email at pebmarshvillagehall@gmail.com.

Perry PVHMC.

Friends of Pebmarsh Church



Registered Charity No. 1184847

In February John Flack, Chair of The Friends of Pebmarsh Church handed over cheques for £8,054 to cover over 40% of the cost of replacing the northern roof slope to the Chancel (the single story eastern end) of St John's Pebmarsh.

We want to thank all those in Pebmarsh and beyond who support the Friends in maintaining and restoring the fabric of this iconic Grade 1 listed building in the heart of our village.

Please visit www.FriendsofPebmarshChurch.uk to find out more about us and perhaps you may consider helping our fundraising to secure the church from threat of closure.

Other Activities in Pebmarsh

Don't forget the Ladies Club, Bowls and Social Club, Youth Club and the Kings Head.

Reading Corner

Whilst I am not a fan of Facebook, Amazon and the other large corporations. I was finally persuaded to get a Kindle, and I discovered Kindle unlimited.

For £7.99 a month you get thousands of 'free' books to read. £7.99 a month being the cost of a book.

Whilst the free books may not be the world's greatest literature there are a lot of books that I am enjoying. Having said that, there is Jane Austen, Emily Bronte (in fact all the Brontes) and others of that ilk available for free.

There is some really good non-fiction. I am currently reading 'how Britain Ends' by Gavin Esler, is a really thought provoking piece.

But the icing on the cake for me is the detective fiction, which I adore as a lighthearted counterpoint to the travails of life. I am particularly enjoying JM Dalgliesh, Faith Martin and Rachel McLean. They all have feisty, successful female detectives and are great fun.

Kindle unlimited is free for three months and can be cancelled at any time so have a look and see if there are any books that take your fancy.

Fostering

As we recognise LGBTQ+ History Month, Essex County Council would like to encourage those from the LGBTQ+ community to consider being foster carers to help the rise in young people around Essex coming into care.

Foster carers Stephen and Colin highlight how amazing fostering has been for them and how they have got time back as a family. They started fostering during the pandemic and have helped many foster children on their journey through care, even if only for a short time.

Stephen and Colin want to encourage people in Essex, especially those from the LGBTQ+ community, who are looking for a new direction in their life to give Essex County Council a call and find out more information.

Stephen said, "If you're thinking of fostering, just give the number a call, chat to the advisors, go to a virtual fostering event, and find out more information. It not only enriches your own life, but the lives of young people who need safety and security.

Find out more by visiting: <https://www.essexadoptionandfostering.co.uk/fostering>.

The phone line is also open: 0800 801 530.

Double Cooked Beef, Wine and Paprika Casserole.

A classic French boeuf bourguignon recipe, this serves 6-8 people, or two for three days depending on portion control! Best done in a 4.1 litre cast-iron casserole; use a wok/very large frying pan until the oven stage if using an earthenware casserole.

Do not use a slow cooker!

800g diced braising steak
1x red pepper, cored and sliced into strips

1x large or 2x medium RED onions
½ pack dried porcini mushrooms
200g de-stalked button mushrooms
1x tbs paprika (not hot or smoked)

250g frozen soffritto mix
1x can chopped tomatoes
2-3 cloves garlic peeled and crushed

6x shallots peeled
Approx. 9x tbs plain flour
Light olive oil

Bottle of supermarket Italian red a sunny wine for a Mediterranean recipe!

While pre-heating the oven to 185-190oC, put the porcini mushrooms in a mug, fill with just-off-the-boil water and cover. Put the flour into a bowl and season with salt and pepper.

With the casserole/wok/frying pan on the hottest hob, coat with light olive oil (this can withstand the very high cooking temperature). Roll the beef pieces in flour, dust and then roll them across the pan until completely seared; add more oil as needed. Put the browned meat into an empty bowl. Don't worry about burnt bits sticking to the pan – see later! When all the meat is browned, reduce the hob to medium. Put the bowl of flour aside.

Toss the onions, crushed garlic and some more oil into the pan. Using a wooden spatula, stir and cook until the onions just go soft – this also loosens the stuck burnt bits! Introduce the meat and juices, all the tomatoes and the whole bottle of wine. Add the porcini mushrooms, their water, the peppers and the frozen soffritto – don't defrost, just let it melt in. Turning the hob back to maximum, add the shallots and button mushrooms.

As the mixture comes up to simmer, add some paprika and the flour and stir thoroughly. It's now ready for the oven. If using a wok/frying pan, put everything into the earthenware casserole. It will be almost full, so use an oven drip tray.

Cook for 1 hour, turn off the heat and leave in the oven for 24 hours – don't take it out or put it in the fridge! Then thoroughly stir, add paprika to taste, and re-cook at 185-190oC for another hour.

It's now ready to serve with mash, rice or pasta. If it's a supper dish, enjoy with fine French beans. If serving over several days, leave in the oven for another 24 hours, then heat through for about 30 minutes. The second day it will taste even better – the sauce will be a rich dark colour! After this serving, decant the remainder into a container; keep in the fridge or freeze for later.

Bob Chaplin – Great Maplestead

Hedingham Heritage Society

Our 2022 programme continues this month and next with local history talks about two very different famous personalities from the past, who visited and performed in our locality.

In March the subject is the author of Robinson Crusoe, Daniel Defoe, who wrote extensively about his travels in the Eastern counties and in April it is the visit of Buffalo Bill and his Wild West Show to Colchester.

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

A talk by Sarah Doig – author, musician and historian

7.30pm in Castle Hedingham Memorial Hall

Members free, non- members £5



Thursday 7 April: The Wild West comes to Essex in 1903

A talk by Phil Lyons – singer, guitarist and local historian

7.30pm in Castle Hedingham Memorial Hall

Members free, non- members £5

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

Annual membership: £12.00 per person



For further details, please contact:

Rob Worley 01787 460 664

Trudi Cullum 01787 462 889

Peter Bayes 01787 469 953

Or reach us at either:

hedinghamheritage@gmail.com or www.hedinghamheritage.org

Security Assured?

Nothing is burglar or crime proof, if someone is that determined to break in or steal, they will do so despite the security in place. But there is no reason to get paranoid about security, it is all about having the right risk commensurate measures in place i.e., security measures appropriate to the crime risk. You live in an average house with average contents then there is not the need to have the same level of security as that is needed for a mansion, naturally the mansion or property with high value contents will need a higher level of security. For instance, you would be fool to protect a £12,000 cycle with just a lock costing just a few pounds, the security measures of anything must be relative to the value of the item and the risk. It's all about making your property less attractive to the thief, is it too difficult to steal, is the thief more likely to be arrested, is the desirability/value of the property not obvious or is the property identifiable, these are just a few of the considerations a thief may have in choosing a target. You will need to consider the requirements of your insurance company for whatever you intend covering, if it is an expensive item or of heritage value it is wise to have discussions with your insurer or insurance agent to ensure that you have correct level of cover in place and understand any additional protection that they may require.

Now you may remember that Aviva Insurance advert containing the interrogation and the words "...does your door lock conform to British Standard 3621..." reply "I don't know, nobody knows" <https://www.youtube.com/watch?v=2PTtGHaftGM> . This relates to product certification such as LPS1175 general security, and PAS24 window and door-sets which are a measure that it has passed independent security testing. Another and easier way to find a tested security product is to look for the logos or webpages of Secured by Design www.securedbydesign.com or Sold Secure www.soldsecure.com accredited products which as part of the accreditation process have to have the relevant certification.

Personal recommendation of a family member, friend or colleague when choosing a trader provides some assurance or with services and traders Essex Trading Standards have a totally independent accreditation scheme called 'Buy with Confidence' <https://www.buywithconfidence.gov.uk/find-a-business/> . There are also a number of trade bodies such as for: Locksmiths – The Master Locksmith Association <https://www.locksmiths.co.uk/> and intruder alarms and CCTV - NSI www.nsi.org.uk or SSAIB <https://ssaib.org/> their membership providing some confidence in products and services .

For further crime prevention advice see: <https://www.essex.police.uk/cp/crime-prevention/> or <https://www.securedbydesign.com/guidance/crime-prevention-advice> .



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: www.communityagentsessex.org.uk.

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 www.thehedinghamsingers.com/.

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 - cllr.peter.schwier@essex.gov.uk

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

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	01787 462786	gillpeskett43@gmail.com
	Jill Newton	01787 463893	gilliannewton4@gmail.com
Little Maplestead			
Gestingthorpe	Alice Nolda	01787 469688	-
	Peter Nice	01787 460126	peter.427nice@btinternet.com
Pebmarsh	Jim Crayston	07957870340	jim@craystonfarms.co.uk
	Sarah Burgess	01787 269092	sarahburgess@btinternet.com

Church Services in February 2022

Wednesday 2 March	Ash Wednesday Holy Communion	Little Maplestead
Sunday 6 March	9:30am Holy Communion 9.30 Morning Prayer 11am Holy Communion	Great Maplestead Gestingthorpe Little Maplestead
Sunday 13 March	9.30 Holy Communion 11am Holy Communion 11am Family Service	Pebmarsh Gestingthorpe Great Maplestead
Sunday 20 March	9:30am Holy Communion 9:30am Morning Prayer 10am All Age Worship 11am Morning Worship 4pm Compline	Great Maplestead Little Maplestead Gestingthorpe Pebmarsh Gestingthorpe
Sunday 27 March	Mothering Sunday Benefice Service 10am	Pebmarsh

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



February 2022 Shopping List

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

Coming up and save the date

Coffee in St Giles Wednesday Mornings
Maplesteads WI

Hedingham Heritage Society Meetings

Gestingthorpe Coffee Mornings

Gestingthorpe Book Club

Gestingthorpe Wine Man's Bluff

Pebmarsh Bowls and Social Club, Pebmarsh Ladies Club and Youth Club

And don't forget all our Jubilee celebrations in June

The copy deadline for the February magazine is **Friday 18 March 2022**

We need to know who, what, where and when

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

Copy

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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

