

# Lookout Magazine

The Parish Magazine for  
Alphamstone, Lamarsh,  
Great & Little Henny, Middleton,  
Twinstead & Wickham St Pauls



October 2024

*Some lovely old toys treasured by a Lamarsh farmer*



**ESSEX  
LNRS**

**LOCAL  
NATURE  
RECOVERY  
STRATEGY**

# **Taking action for nature recovery, today, together**

## **– a new vision for our natural spaces**

We can all benefit from a bigger, better and more connected approach to nature recovery.

The Essex Local Nature Recovery Strategy has been drafted for public consultation and includes mapping of nature recovery opportunities, biodiversity priorities and key actions.

### **Everyone's voice matters**

Scan the QR code to take part and provide your feedback and input.



**Your views can help shape how we protect our county's natural landscapes and habitats for future generations.**



The draft strategy is also available to view in libraries across the county: Basildon, Braintree, Brentwood, Canvey Island, Chelmsford, Clacton-on-Sea, Epping, Grays, Harlow, Maldon, Prettygate (Colchester), Rochford, Saffron Walden and Southend-on-Sea (The Forum).

**For more information visit:**

**[www.essexnaturepartnership.co.uk](http://www.essexnaturepartnership.co.uk)**



**Essex County Council**

Dear Reader,

As I write I feel that Autumn is really coming, and so it would be lovely to have more interesting reads in Lookout. Can YOU help please? Local stories/history are always enjoyed, as are recipes, and gardening tips are helpful and fun, so please put your thinking cap on because we are writing this magazine for your interest and hopefully enjoyment. I get so much pleasure reading your articles as they are sent to me, and this month I especially want to thank Melinda who always sends such an interesting read, Helen who has taken a lot of trouble to send us her article, and Sheila with her Garden Clippings. I wonder how you are getting on with the 'new' local bus, and 'time table', if there is any sort of one about the destinations? Do let me know.

Please let me have your contributions by **Tuesday, October 8th**, with cut-off at 12 noon on Saturday 12th October.

With my good wishes to you,  
**Susannah**

\*\*\*\*\*

## **Public Consultation Open for Essex Local Nature Recovery Strategy**

More than ever, wildlife and their habitats are under threat for survival. It's time for us to all play our part in assisting nature recovery in our county. The Essex Local Nature Recovery Strategy (LNRS) provides a new vision for our natural spaces, and the draft strategy is open for public consultation for your input and feedback.

Introduced by the Environment Act in 2021, the strategy identifies opportunities for the creation of new habitats, which are most likely to provide the greatest benefit for nature and the wider environment. It has been created with input from landowners, farmers, environmental NGOs, charities, local authorities and members of the public.

The draft LNRS outlines biodiversity priorities for nature recovery in the county as well as a series of proposed actions, known as potential measures, to achieve these.

Your participation is crucial for delivering a robust strategy which collectively we can use to work towards nature recovery, shaping a thriving natural environment for Essex. To take part in the public consultation, please visit <https://consultations.essex.gov.uk/c-e/lnrs-public-consultation> and have your say today.

### **Everyone's voice matters**

Scan the QR code to take part and provide your feedback and input.

For more information visit [www.essexnaturepartnership.co.uk](http://www.essexnaturepartnership.co.uk)



## WHO TO CONTACT

Team Rector	Rev Gill Morgan	revgillmorgan@outlook.com 584993 Day off: Friday
Team Vicar	Rev Claire Wilkinson	revclairewilkinson@outlook.com 269873 Day off: Friday
Curate	Rev Kate Sale	revkatesale@gmail.com Working days: Sunday, Tuesday and Thursday
Team Administrator	Fiona Wildblood	fiona@northhinckfordteam.org (working hours 9:00am-4:00pm Tues & Thurs) 07867 334322

### The Church of St Barnabus, Alphamstone

Churchwarden	Adrian Huggins	269151	
Magazine Contact	Melinda Varcoe	269570	melindavarcoe@gmail.com

### The Church of St Mary the Virgin, Great & Little Henny

Churchwarden	Jeremy Milbank	269720	
Magazine Contact	Stella Bixley	269317	stellabixley@gmail.com

### The Church of the Holy Innocents, Lamarsh

Churchwarden	Andrew Marsden	227054	
Magazine Contact	Bret & Rosemary Johnson	227988	bretuk89@yahoo.co.uk

### The Church of All Saints, Middleton

Churchwarden	Sue North	370558	
Magazine Contact	Jude Johnson	582559	judevh11@hotmail.co.uk

### The Church of St John the Evangelist, Twinstead

Churchwardens	Elizabeth Flower	269898	
	Henrietta Drake	269083	
Magazine Contact	David Holland	269693	twinsteadlookout@gmail.com

### The Church of All Saints, Wickham St Pauls

Churchwardens	Janice Rudd	269789	
	Ann Robertson	269624	
Magazine Contact	Susannah Goodbody	269250	gdby@goodbodys.net

[www.northhinckfordteam.org](http://www.northhinckfordteam.org)

Follow us on Facebook: [www.facebook.com/northhinckfordteam](https://www.facebook.com/northhinckfordteam)

Magazine Editor: Susannah Goodbody  
[gdby@goodbodys.net](mailto:gdby@goodbodys.net)

Magazine Advertising:  
Jude Johnson 01787 582559  
Flint Cottage, Church Road  
Bulmer Tye  
CO10 7EH  
[advertisinglookout@gmail.com](mailto:advertisinglookout@gmail.com)

Magazine Treasurer: Pamela Holland 01787 269693  
Email: [pameladorothyholland@gmail.com](mailto:pameladorothyholland@gmail.com)

Email:

**Please note all copy to be emailed to the editor by the 8th of the Month, thank you**

# NSPCC

## National Society for the Prevention of Cruelty to Children

### ***BIG BOOK FAIR RETURNS TO STANWAY SCHOOL***

After a successful move to Stanway School last year, Colchester NSPCC's Annual Book Fair will be returning to the Winstree Road (CO3 0QA) location on Saturday, 2nd and Sunday 3rd November. The fair will be open from 9am to 3pm on both days, with stock replenished on the second day. Admission is £1.50 with under-16s free.

Now in its 33rd year, the event is a haven for booklovers with thousands of carefully sorted donated books, some now out of print, plus jigsaws, games, DVDs and CDs.

Last year's book fair raised more than £11,000 for the childcare charity, which relies on fundraising activities, donations, gifts and legacies for nearly 90% of its annual income. Public support is crucial to fund the NSPCC's child protection work, including its Childline and Schools Services.

**For further details see: [www.nspcc-bookfair.org.uk](http://www.nspcc-bookfair.org.uk)**



"It's either an appeal to youth culture  
or we can't afford to service the boiler  
for the Winter season"

## SIX VILLAGES DIARY DATES

W.S.P. Post Office open Tuesday 10.00 – 1.00pm, and Thursday 9.00-1.00 in the Village Hall.  
Bowls every Monday 2.00-4.30 in Wickham Village Hall. Rambler Walks dates see Middleton.  
For Lamarsh's regular events please see Lamarsh pages. Church Service Rota on page 11.

### October

Wed 2	2.00	Craft Group	Henny Parish Room
Thurs 3	10.30-12.00	Coffee Morning for Macmillan	Lamarsh Village Hall
Sat 5	10.00	Village Tractor Run	Grove Farm, G.Henny
		Decorate Church for Harvest	Middleton Church
	7.00	Safari Supper	3 Twinstead Houses
Sun 6	11.00	Farm Mach.Pres.Society	Grove Farm, G.Henny
	11.15	Harvest Festival	Middleton Church
Tues 8		Lookout material in	Susannah
	10.30-12.00	Pop-In Café	V.Hall, Alphamstone
	2.00	Ladies' Circle	Middleton Church
Wed 9	2.30	Management Comm A.G.M.	Parish Room, Henny
Sat 12	10.00-12.00	Village Hall Social	Twinstead
Tues 15	9.30-11.30	Crafty Women	Coxes' Café, W.S.P.
	10.00	Library Van visit	Box Iron Green, Midd'n
Fri 18	12.00-1.00	Soup & Cake Lunch	Village Hall, W.S.P.
	6.45	Quiz Night	Twinstead V.Hall
Sat 19	7.30	Fireworks on the Green	Wickham St Pauls
Sun 20	5.00	Social Club Film Evening	V.Hall, Alphamstone
Tues 22	10.30-12.00	Pop-In Café	V.Hall, Alphamstone

### November

Tues 5	10.00	Library Van Visit	Box Iron Green, Mdd'n
	2.00	Craft Group	Henny Parish Room
Thurs 7	10.30-12.00	Coffee Morning	Lamarsh V.Hall
Sat 9	10.00-12.00	Village Hall Social	Twinstead
Fri 15	12.00-1.00	Soup & Cake Lunch	Village Hall, W.S.P.
Sat 16	7.00	Quiz Night	Village Hall, W.S.P.

### December

Tues 3	2.00	Craft Group	Henny Parish Room
Thurs 5	10.00	Library Van Visit	Box Iron Green, Midd'n
	10.30-12.00	Coffee Morning	Lamarsh V.Hall
Sat 7		Christmas Market	Middleton Church
Sat 14		C'mas Wreath Making	V.Hall, Alphamstone
Sun 15	6.30	Carols By Candlelight	Middleton Church
Tues 24	6.00	Carol Service	W.S.P. Church

### 2025

<b>June 14-15</b>	Flower Festival	Twinstead Church
-------------------	-----------------	------------------

# Pastoral Ponderings



I wonder what is your favourite cake or dessert. Do you have something which, no matter how full you are from the first course – if it is offered for dessert you find it difficult to say 'no'?

Today as I look through my diary of the various things to do and meetings I need to attend, I also have written 'bake cake'! I have a group meeting at the Rectory tomorrow morning, and I am sure that cake would be appreciated. I am also driving south to see my parents on my day off – an early celebration for Mum's birthday – so a home baked cake would, I am sure, be a welcome addition to afternoon tea.

It is fascinating to see our local landscape as it continues on its annual kaleidoscope of change – the greens and gold of the various cereal crops having now been harvested, the straw baled and the stubble being turned in, once again to soil. The vegetables and fruits in the garden taking forever to ripen, and as was the case for me – either providing one or two precious and long-awaited fruits to pick and savour, or a glut (especially of tomatoes), with the need for creative cooking ideas, so I could freeze, for later in the year.

We are in the midst of the harvest celebrations across the benefice and in our schools. We turn our thoughts to thinking a little more about our impact on the environment – what we put in, as well as the fruits we are thankful for getting out of the land – I wondered about the ingredients and the food miles travelled to bake a simple cake!

I am making a lemon and lime drizzle cake and a chocolate brownie – the former – a Mary Berry recipe and the latter - a tried and tested BBC Good Food recipe – both cakes are firm favourites with me as they easily accommodate the substitution of gluten free flour! The chocolate brownie is a little decadent – but the key ingredient is, I am afraid, one of my 'hard to say no' indulgences.

In fact, with eggs from a neighbour, and butter, flour, and sugar all produced and grown in the UK, it is really only the lemon and lime and the chocolate, which has come from further afield.

Perhaps as we make our favourite meals, or sit down to eat, we can be thankful for the many hands that have worked hard to get the food to our table – whether that is our own, labouring in the garden and greenhouse, our local farmers or those further afield, as well as those in food manufacturing, packaging, transportation and our local shops and supermarkets. Below is one of the prayers which we will use in our harvest services:

Eternal God,  
you crown the year with your goodness  
and you give us the fruits of the earth in their season:  
grant that we may use them to your glory,  
for the relief of those in need and for our own well-being;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,





in the unity of the Holy Spirit,  
one God, now and for ever. Amen.  
**Rev Claire Wilkinson**, Team Vicar.

## Libraries - Partners' newsletter



### **Volunteering: Make a difference today**

Volunteering feels good! Volunteering with us isn't just about the tasks you'll do—it's about the impact you'll have. When you volunteer at your local library, you're not just giving your time — you're being a part of your community.

- Home Library Service Delivery Volunteer
- Library Work Club Volunteer
- Computer Support Volunteer
- Code Club Volunteer
- Customer Services Volunteer
- Baby and Toddler Rhymetime Volunteer
- Library Family and Local History Support Volunteer
- Library Activity Supporter Volunteer
- Memory Café Support Volunteer
- Health & Digital Literacy Champion
- Everyone's Literacy Volunteer

- **Support for Volunteers:** You'll receive a welcome pack and appropriate training to help you feel confident in your role.
- **Expenses Covered:** We'll reimburse you for any travel costs, so you can focus on giving back without worrying about expenses.

### **Reconnect with board games and clubs**

Our libraries are the perfect place to spark imagination, challenge minds, and help children to make new friends.

We're thrilled to also offer a variety of engaging clubs designed just for kids every month, including Code Club, Scrabble, LEGO, and Chess. What do the clubs offer?

- **Educational Fun:** Each club offers a unique blend of learning and play.
- **Skill Development:** Kids will enhance their critical thinking, creativity, and social skills.
- **Safe Environment:** Our library provides a safe and supportive space for children to explore their interests.
- **Friendship:** These clubs are a great way for kids to meet peers with similar interests.

Our children's clubs are a fantastic way to keep your kids engaged, learning, and having fun after school or on weekends and in-house clubs are free. We're excited to see them grow, learn, and make lasting memories at the library!





## **URGENT CALL FOR HELP**

**Do you have a few hours to spare? Do you have a willingness to help and would like to put something back into your community?**

Braintree Community Transport are looking for volunteers either in your own car or in one of our 12 seater minibuses, no commitment - hours to suit yourself. Out of pocket expenses are reimbursed and pensions/benefits are not affected.

To find out more please call 01376 557883 or email  
**[community.transport@braintree.gov.uk](mailto:community.transport@braintree.gov.uk)**

## **Music in our Area**

Some time ago the Editor, knowing of my interest in musical matters, asked if I might write a piece for Lookout on something to do with the subject. So I offer the following, hoping it may be of some interest to some of you.

You may not all be familiar with the Quaker Meeting House in Sudbury. Nigel and I have been to several concerts there. It is a delightful, peaceful building, set back from the road in Friars Street and practically next door, helpfully, to The Secret Garden - also a charming building with a characterful French café/restaurant inside which offers delicious things to eat.

Our most recent concert at the Meeting House was given by The Gainsborough Ensemble\* - a group of fine musicians on flute, cello and other instruments. The cellist, Natasha Holmes, will be known to some of you as a frequent member of the congregation at Alphamstone. For this concert Natasha was joined by Pavlo Beznosiuk, violin, to give an engrossing recital of three items under the theme of "War and Peace" - a very appropriate programme specially chosen to celebrate the 400th anniversary of the birth of George Fox, the founder of the pacifist Quaker movement.

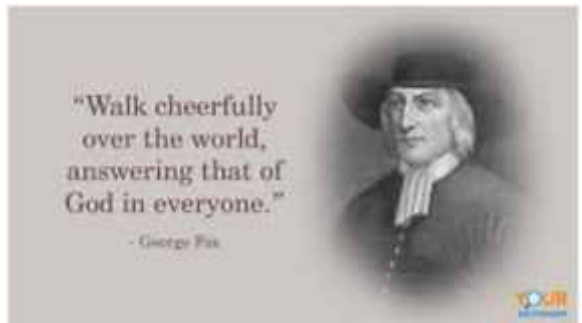
The programme opened with a cello solo introduced by Natasha - Pablo Casals' - "Song of the Birds". I had not realised that Casals was not only a performer on the cello, but also composed and arranged music. This piece, which is based on a Catalan folksong (Casals was a proud Catalan), depicts birds calling out "peace, peace, peace" and was delightful. During the First World War Casals worked to help Spanish refugees fleeing Franco's fascist forces. The Song of the Birds was often included in concerts he gave to comfort his fellow countrymen and raise money to help the refugees.

Our second piece today was "Sonata La Guerra" by JP von Westhoff, a 17th century composer and violinist whose work was influenced by the disruption of the 30 years' war raging round him in his lifetime, and who had a major influence on a generation of

German violinists, as well as the compositions of JS Bach. This sonata comprises six separate short pieces on the subject of war - with fierce combat sometimes conveyed by the violin, and warlike noises from the cello. It was really evocative of conflict, and most skilfully performed, the violin part being particularly intricate.

Finally, in complete contrast, we had “Ferdinand the Bull” by Alan Ridout, performed by Pavlo on the violin and narrated by Natasha. Some of you may have read the book to your children\*\*. It’s a wonderful tale of a bull who just did not want to engage in any kind of conflict with his fellows, who were all attacking each other using their horns to advantage in preparation for the bullring. Ferdinand just wanted to sit under his favourite tree, smelling the flowers. It might spoil the story to go on but I recommend it, and if you get the chance to listen to this musical version I know you will enjoy it. Pavlo conveyed the atmosphere on his violin, and Natasha’s narration was delightfully humorous and gentle.

I have had the inspiring experience of attending a Quaker meeting in this building once many years ago, and again in, I think, 2012, when Terry Waite (released from his 4 years of captivity in Beirut in 1991) re-dedicated it - and so it has a special place in my heart. I will remember the 400th anniversary of the birth of George Fox as a very special occasion, so appropriately and beautifully celebrated there by these musicians.






Lest anyone think that classical concerts might be just a bit too serious, moments of humour often occur, sometimes quite unscheduled – for example, when halfway through one of the (serious) introductions by Pavlo, someone in the audience gave the most enormous sneeze. Pavlo, not turning a hair, said “bless you” and carried on. I have also heard an appreciative dog in the audience voice his approval most enthusiastically at the end of a beautiful flute and cello recital at one of the lunchtime concerts in Holy Trinity Church, Long Melford. The audience laughter on both occasions displaying how relaxed everyone felt at the same time as appreciating a fine performance. From all of which it is apparent that Sudbury’s music scene offers high quality listening to a broad spectrum of music aficionados, in what could perhaps be described as an inclusive and relaxed spirit?

Happy listening! **Helen Morgan**

\*If you would like to be sent further details of this group, please email:  
[gainsboroughensemble@gmail.com](mailto:gainsboroughensemble@gmail.com)

*\*\*I too loved this book as a child and read it again and again! - Ed*

**NORTH HINCKFORD TEAM**  
**OCTOBER 2024**

		<b>6 October</b> 19 <sup>th</sup> Sunday after Trinity Green	<b>13 October</b> 20 <sup>th</sup> Sunday after Trinity Green	<b>20 October</b> 21 <sup>st</sup> Sunday after Trinity Green	<b>27 October</b> 22 <sup>nd</sup> Sunday after Trinity Green
<b>ALWAYS CHECK OUR WEBSITE FOR ANY CHANGES AND UPDATES</b> <a href="http://www.northhinckfordteam.org">www.northhinckfordteam.org</a>					
<b>Alphamstone</b>	9.30 am Book of Common Prayer Morning Prayer	9.30am Holy Communion			
<b>Belchamp Otten</b>		6.00pm Harvest Festival			9.00am Book of Common Prayer Holy Communion
<b>Belchamp St Paul</b>		9.30am Holy Communion			<b>10.30am Café Worship at Bulmer</b> 
<b>Belchamp Walter</b>			11.15am Holy Communion		
<b>Borley</b>	11.15am Holy Communion				
<b>Bulmer</b>		11.15am Holy Communion			
<b>Foxearth</b>		10.30 am Morning Prayer	9.30am Harvest Festival		
<b>Henny</b>	9.30am Harvest Festival				
<b>Lamarsh</b>			11.15am Holy Communion		
<b>Liston</b>					
<b>Middleton</b>	11.15am Harvest Festival				
<b>Ovington</b>	3.00pm Harvest Festival Outdoor Service				
<b>Pentlow</b>		11.15am Holy Communion	4.00pm BCP Evensong 		
<b>Twinstead</b>					4.00pm Evening Worship
<b>Wickham St Paul</b>				9.30am Holy Communion	



## Braintree Area Foodbank Harvest Shopping List 2024

We are continually overwhelmed by your generosity, especially in these difficult times. Where once a packet of pasta was affordable to give to someone in food poverty, that packet of pasta is needed to feed those at home. Increased demand for our services is outweighing donations we are receiving. This year we need to buy nearly half the food required to meet this demand. This is why every donation we receive is so very welcome.

The cost of living crisis has not gone away and with the winter months, approaching many will be aware that they face hunger or the cold. A donation to our harvest appeal will help someone facing this dilemma.

We are also aware that some may find difficulty this year due to the end of the winter fuel allowance. If anyone needs to check if they are eligible for help please visit <https://www.turn2us.org.uk/>

Thank you again for your support

### Food items

- Cereal (small box)
- UHT Milk or milk alternative
- Tinned Hot Snack (Ravioli, Macaroni Cheese etc.)
- Tinned Hot Meat (Stew, curry etc.)
- Tinned vegetables
- Packet of instant mash
- Tinned rice pudding
- Coffee (small jars)

**\* Please note: We ask for small packs,** as larger packs do not fit in our boxes making it difficult for our clients to carry home. In addition, we are unable (for hygiene reasons) to split large size or catering packs. We are always pleased to accept monetary donations if you prefer or Supermarket Gift Cards.

***Please Note:*** We follow the standards set by the Food Standards Agency. We can only accept donations of unopened and undamaged goods that are still well within their "use by" date (no less than six months if possible). Items which do not meet these requirements cannot be used and your donation may be wasted.

T: 01376330694

E: [info@braintreearea.foodbank.org.uk](mailto:info@braintreearea.foodbank.org.uk)

W: [www.braintreearea.foodbank.org.uk/give-help/donate-food](http://www.braintreearea.foodbank.org.uk/give-help/donate-food)

Vanessa Green, Public Relations Manager. Braintree Area Foodbank Ltd Postal Address: Unit 6  
Lakes Industrial Estate, Lower Chapel Hill, Braintree, CM7 3RU [pm@braintreearea.foodbank.org.uk](mailto:pm@braintreearea.foodbank.org.uk)





# Crafty Women

## Enjoying Crafts Together!

Time to enjoy some crafts indoors!

You will be most welcome to join us at Crafty Women on **Tuesday October 15th** at Carter's Cafe, Coxes Farm Shop, Wickham St Pauls from **9.30 till 11.30am**

Discuss, Exchange, Help.  
all whilst enjoying good company and lovely refreshments.

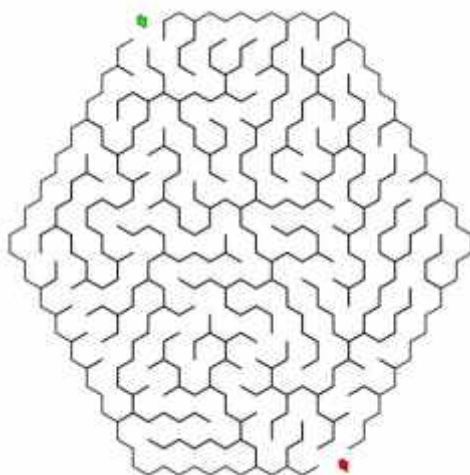
More details from Rosemary Ingram 07958 744421 [jringram@outlook.com](mailto:jringram@outlook.com)

**Sudoku** Solutions on page 49

			5					
		8	7	4				5
4	9					6	1	
		1						8
			4		5			
7						3		
1	3					8	6	
6				7	8	4		
					6			

© 2008 KrazyDad.com

**Maze**



## Smile Lines

*The 'smile lines' this month were sent to me by a reader, to whom I thank...*

The sermon this morning: 'Jesus Walks on the Water'. The sermon tonight: 'Searching for Jesus'.



# A.R. CLARKE

## Family Funeral Directors and Monunetal Masons

A. R. Clarke Funerals have been serving the community for over 100 years,  
We pride ourselves on offering a sympathetic and personal service,  
where you the client always come first.  
We are avaiable foy you at anytime of day or night.

Office and chapel of rest at

129 KINGS ROAD  
HALSTEAD

01787 472164

TRADITIONAL BLACK ROLLS ROYCE HEARSE AND LIMOUSINES

Members of the National Association of Funeral Directors



## Mark's Garden Services

*For all your gardening needs!*

Grass Cutting | Weeding | Pruning | Spraying  
Hedge Cutting | Tree Maintenance | Pressure Washing

Weekly / fortnightly. Tailored to your needs  
Overgrown gardens tidied and cleared  
All garden work considered

Contact Mark: Tel: 07966631729  
Email: [gardenservicesbymark@gmail.com](mailto:gardenservicesbymark@gmail.com)

# Alphamstone

Magazine Contact **Melinda Varcoe 01787 269570**



*Melinda Varcoe Writes:*

I don't know why, perhaps it's the slight shiver on getting out of bed this morning, but although it's only early September as I write, I'm feeling it's time to explore some autumnal thoughts. The arrival of October can be a bit depressing, despite the technicolour trees, with the prospect of cold grey days ahead, so let's lighten the mood and avoid any mention of Hallowe'en (a vastly overhyped commercial exercise which does nothing to lift the spirits).

- Did you know that the Old English name for October was Winterfylleth, marking the beginning of winter? According to AH Gray, author of *The Northumbrian Saga*, the Saxons divided the year in two, according to the length of days and nights. "Their whole year revolved around the tasks and activities they had to carry out in the warmer periods and as a result when they referred to how old something or someone was in years, they used the season of winter. For example, 'he was 18 winters old' or 'she has lived in that house for three winters.' Everything else, from the month of May until the beginning of October, was known simply as summer. Autumn is a word that didn't come into being until the 17th century as people preferred to refer to this season as the harvest season. Likewise spring is a later term from the 16th century meaning first season of the year". Interestingly, this is still largely the case in Greece, where 'winter' (xeimonas) starts as soon as the heat of summer begins to abate, and it isn't summer until the first tourists arrive again!
- There have been over a thousand commercial recordings of the melancholy song 'Autumn Leaves' (or 'Feuilles Mortes' in the original French) since Yves Montand's version in 1946. A 1955 instrumental version remains the best-selling piano record of all time.
- Since 1990, October 21st has been designated Apple Day in the UK. Although there's a long and proud history of cider-making, particularly in the West Country, our region is less well-known for growing this fruit. But if you look online there is some interesting information from the East of England Apples & Orchards Project, where I discovered that there are still at least 11 varieties of apple indigenous to Suffolk. The website tells us that 'Suffolk's orchards are located mainly on the clay soils found in the east and south east, where the county's principal river valleys are located. The farming traditions in this area led to a scattered pattern of small orchards, often associated with farmhouses and manors. Many of these are now unmanaged and nearing the end of their natural lives, making them vulnerable to change of use and development'. This is sad, but dedicated growers and experimenters are keeping old varieties going and working on strengthening stock and hybridising for the future.



Another nice apple fact is that the variety Suffolk Pink, identified only in the late 1970s, is named for the specific colour that has been used for centuries for painting houses in this part of the UK. From the 14th century, builders added substances such as elderberries, blackthorn, sloes or pig or ox blood, to the exterior lime-wash. Today there are several shades of pink used for historic Suffolk houses, such as rose pink, shell pink, raspberry and geranium. Count them up next time you visit Lavenham!

**And a short guessing game involving dates of events which all happened in October–but in which year? (\*answers page 49)**

- 1) The first inter-county women's cricket match between Hampshire & Surrey -1811, 1951 or 2001?
- 2) The fifty pence coin was first issued in the UK – 1966, 1969 or 1973?
- 3) The breathalyser was introduced to test motorists for alcohol - 1967, 1969 or 1972?
- 4) The first two women peers took their seats in the House of Lords – 1941, 1950 or 1958?
- 5) Monty Python's Flying Circus first screened on the BBC – 1965, 1969 or 1971?
- 6) Smallpox was officially declared eradicated – 1966, 1967 or 1969?
- 7) The Jarrow March to protest against unemployment and poverty – 1934, 1936 or 1937?
- 8) The first escalator in England, at Harrods in London – 1898, 1902 or 1913?

\*\*\*\*\*

*Adrian Huggins writes:-*

This summer saw the launch at Wedgwood House in the West Suffolk Hospital, Bury St Edmunds, of a new therapy garden for patients with a range of mental health issues. It has been recognized for some time that gardening has a powerful place in helping troubled minds reconnect with themselves and others, and in building self-confidence and hope for the future.

At the opening Dr Sue Stuart-Smith, a prominent psychiatrist and psychotherapist, recounted the history of Saint Hildegard of Bingen, a German Benedictine abbess, composer, theologian, poet, mystic visionary, and medicinal herbalist, who developed a philosophy based on the connection between the human spirit and the force of the earth which she called *viriditas*, combining the Latin for green (*viridis*) and truth (*veritas*). She understood that people only thrive when the natural world thrives and identified the inescapable link between the health of the planet and human and spiritual health. She was clearly a forerunner of the modern ecological movement.

I would encourage anyone reading this to visit the garden at Wedgwood House, to support any similar project nearer to home, and to find yourself a copy of Sue Stuart-Smith's excellent book, *The Well Gardened Mind*.

## **Village Hall**

*Kathryn Parsons writes:-*

Thank you to all who came to Games on the Green. It was a lovely Bank Holiday afternoon, and it was great to see people sitting, playing and chatting on the Green. I felt that everyone who came had a good time and a good 'catch up'.

As most of you know I have taken over the Chair of the hall from Desmond and the Games afternoon highlights for me part of the role. The Trustees are there not just to raise enough money to pay the bills, and keep the hall open, but to keep the hall alive, functioning as a centre for the village. We would love to see it used more and maybe some clubs could be formed... a board games group? Card games, knitting or Bridge? But to get a group running needs a person to run it! Could YOU do that? Maybe a games group could start for this winter and only run as a winter club, less responsibility? If you have any suggestions as to what you would like to attend in the hall please let one of us know, we are happy to help you with any ideas.

**My village** 'Thank you' this month goes to Adrian and his gardening team for keeping the Green mown and looking so tidy. It makes a big difference to us all having a tidy environment around us.

**Pop-in coffee mornings** are **Tuesdays 10.30 - 12.00**. If you haven't been before or not for a while please join us. A gentleman who lives locally said to me that he didn't come along as it was only for women. Please let me put the record straight, it's not half and half men/ladies but not far off, and we do serve good food and nice ground coffee so come and give it a try.

**Next dates: Tuesday 8th October and 22nd October.**

**Social Club Film Evening – Sunday October 20th, 5pm.** Emails with details to follow.

A date for the diary – there will once again be a **Christmas Wreath-making Workshop** at the hall on **Saturday December 14th**. This enjoyable day was a great success last year, so book early! Contact Kathryn for details.



The harvest produce was taken to the old  
people's bungalows



KEEPING A  
**CAREFUL EYE ON THE  
PRICE TO EMPTY  
YOUR SEPTIC TANK?**

Get in touch for our prices and to book!

**01371 850 537**

[www.owlshall.co.uk](http://www.owlshall.co.uk)

Install | Inspect | Empty | Service | Survey

**Superb!**  
Would definitely  
recommend



Nichola



Looking to freshen up a room or  
rejuvenate your entire house?



At The Little Decorating Company, our expertise & professionalism will ensure your project, whether large or small, exceeds all your expectations by completing the job in a timely, stress free manner at a price that'll make you smile. If you'd like a free no obligation quote, call us on **07973 704185** or **01787 269652** and we'd be happy to arrange a home visit.

**The  
little**  
Decorating Company 

**t 01787 269652 m 07973 704185**

**e thelittledc@hotmail.com**

**w www.thelittledc.co.uk**

**D S Clarke**  
*Building Services*

**'For professional, high quality work'**

**General building work including:-**

Extensions - Renovations - Brickwork - Landscaping - Roofing  
Kitchens - Plastering - Tiling - Carpentry - Decorating etc.

For a free, no obligation estimate, contact David on:-

Tel.- **01787 227943 / 078678 51137**

Email - [dscarkebuilding@yahoo.co.uk](mailto:dscarkebuilding@yahoo.co.uk)



**Open all day, every day for food and drinks**

For up-to-date menus and further information visit:

**[www.thehennyswan.co.uk](http://www.thehennyswan.co.uk)**

Booking available on the website, by email or telephone

## **Opening**

Monday - Thursday	11:30 - 10:30	(Last food seating 8:30)
Friday & Saturday	11:30 - 11:00	(Last food seating 9:00)
Sunday	12:00 - 9:30	(Last food seating 7:00)

**The Henny Swan, Henny Street, Great Henny CO10 7LS**

**01787 267953**

**[mail@thehennyswan.co.uk](mailto:mail@thehennyswan.co.uk)**

# Great & Little Henny

Magazine Contact **Stella Bixley 01787 269317**



## **Henny Parish Room News**

Address: Henny Parish Room, Clay Hill, Great Henny CO10 7NL

Registered charity no. 301315

**Tickets or information: Stella Bixley 01787 269317**

**Henny Parish Room Facebook page** <https://www.facebook.com/pages/Henny-Parish-Room/788850521144073>

**Henny e.newsletter** Contact [hennynewsletter@gmail.com](mailto:hennynewsletter@gmail.com) to subscribe to receive regular village updates via the Henny Newsletter.

**Henny Parish Room Management Committee AGM** will be held in Henny Parish Room on **Wednesday 9th October at 2.30pm.** You are welcome to attend.

Why not become a member of the committee? We have a vacancy and would welcome you with open arms! If you would like to discuss further, please contact Stella on 269317 or email [stellabixley@gmail.com](mailto:stellabixley@gmail.com)

***All welcome to attend the AGM – we look forward to seeing you there.***

**Henny Parish Room** needs your help to raise free donations!

Sign up to support them on free donations when you shop online with over 8,000 brands.

All the big names like Sainsbury's, M&S, Argos and Just Eat are ready to donate at no extra cost to you.

It's so easy to support them for free. You can find our easyfundraising page here:

<https://www.easyfundraising.org.uk/causes/hennyparish/>

## **Henny Parish Room Lottery**

**1st Prize £35 2nd Prize £20 3rd Prize £15**

**Prize winners for the September Draw**

**1st Prize 88, 2nd Prize 38, 3rd Prize 50**

*The Henny Parish Room Lottery raises vital funds to maintain  
Henny Parish Room for our community.*

***We thank you for your ongoing support, either through renewing your  
annual subscription, or by joining the Henny Lottery.***

**Tickets are just £1.00 each and you can hold as many as you like.**

**If you would like to join the Henny Parish Room Lottery** just contact us by e-mail, phone or speak to a committee member and we will send you an application form.

E – mail [hennyparishroom@gmail.com](mailto:hennyparishroom@gmail.com) or ring 07939 243 631.

***In aid of Henny Parish Room funds***

# Farm Machinery Preservation Society Working Day

**Sunday 6<sup>th</sup> October**

*At Grove Farm, Great Henny CO10 7LT*

Vintage tractors ploughing

Static displays of stationery engines and other  
vintage vehicles.

From 11.00am. Free Entry

Refreshments available

*Donations welcomed for the Essex & Herts  
Air Ambulance*



## **A vintage Tractor Run**

will take place on

**Saturday 5<sup>th</sup> October**

departing from Grove Farm at 10.00am

*Donations for the Essex & Herts Air Ambulance  
will be welcomed en route*



**For more information contact Mark Cracknell 01787 269552**

***Dot Ronaldson will be holding 2 workshops at the Henny Parish Rooms***

**Tues 12 November: Nifty Needle, or Spectacular Specs, or Phenomenal 'Phone Case**

Paint, applique, free machine embroidery and hand stitch techniques are used to create decorative panels before simple assembly and edging. A fun workshop including a lovely variety of skills and processes with lots of colour and pattern too.

**Tues 26 November: Bobbin Around the Christmas Tree**

A day of festive fun. A fabric collage is created using space dyed velvet, Nuno felt, metallic fabric and lace. Free machine embroidery is used to embellish. Trinkets and

beads can then be added. A wire frame is created and the collage is attached. The piece is then backed with felt. A vintage wooden bobbin is used to create the stand for the piece. You will be able to create two trees in the workshop.

Cost per workshop is £52, which includes materials. For further information and pictures please contact Sue Trott on:  
[sue.trott@yahoo.co.uk](mailto:sue.trott@yahoo.co.uk)



## Henny Craft Group

All welcome. Come and bring your sewing, knitting, art and craft projects to work on whilst having a chat over a cuppa and cake. There will be a charge of £3 to cover the cost of hall hire, heating and refreshments. If you are planning to attend it would be helpful if you could email: [sue.trott@yahoo.co.uk](mailto:sue.trott@yahoo.co.uk) so we have an idea of numbers for refreshments and setting up the room.

Future meetings held at Henny Parish Room at 2.00pm

**Wednesday 2nd October**

Tuesday 5th November

Tuesday 3rd December

## Garden Clippings

It is a wet and miserable August Bank Holiday Saturday. Welcome rain for the garden and topping up of the water butts of course. As I write I can observe through the window a Common Heron standing on one of the arched branches protruding from the surface of the millpond. The bulk of the branches are submerged, having fallen from nearby poplars a few years ago. The Heron has a very dapper appearance in its grey, black and white



plumage. It is standing on one leg, the other tucked up under its breast with its foot slightly protruding to the front. It has been there for some time, perhaps hoping for the rain to ease up! I have also watched a kingfisher in the same spot several times of late.

The damp and humid conditions have also brought out the more unwelcome residents of the garden, particularly after dark. The presence of numerous slugs munching away at bedding plants in pots and borders in the sultry conditions has caused exasperation! We think most of the culprits are the Spanish slug as they are large, some about six inches in length, a burnt orange colour with black head and antennae. The small, grey field slug is also present but not in such abundant numbers. One evening there were so many of the larger kind one had to tread very carefully to avoid an unpleasant squashing incident beneath ones foot!

Ants seem to abound too. I observed recently a tiny ant dragging a dead dragonfly up three vertical fronts of steep steps to reach the path at the top of the flight and then continuing along the path heading for the ant's nest presumably. Such a feat of strength and determination. I was mesmerised observing the effort involved. Everywhere I weed or when mowing I seem to disturb an ant nest and then the inevitable jumping up and down to get them off my shoes or legs before I get stung.

What a joy it has been to pick plums and greengages without the usual ever-present risk of being stung by a wasp! However, it does seem very strange not to have them making nests in the roof or lawn or drowning in one's glass of alcoholic beverage on a summers evening. The greengage and Victoria plum crop have been fantastic and are now squirreled away in the freezer or made into jam. So many plums that branches snapped off with the weight. The crab apple and Conference pear trees are also bearing a heavy crop.

We are not sure whether the otters are still visiting/residing in the garden. There has been no evidence of them during the summer months. The river is so very busy during this time. With the proliferation of paddleboarders, kayakers and swimmers along the river one suspects the otters have moved to a quieter location, to avoid the noise and disturbance the human visitors create. We can only hope the otters return when the autumn chill sets in.

It is very busy with birdlife at our birdfeeder. A garrulous group of sparrows are regular visitors and have the choice of elderberries close to the feeder or seeds from the feeder itself. The blue and great tits also enjoy the elderberries. Much as we may moan about the usually unwanted appearance of elder around the garden, it is an important food source for many birds, small mammals and the flowers provide nectar. Many moth caterpillars feed on the elder foliage. We leave this tree in its chosen position as we find the flowers attractive and at this time of year enjoy watching the different species of birds partaking of the berries. SB

# COURTYARD STORES

@ The Courtyard, Pebmarsh CO9 2NU

01787 389222

**Monday – Saturday 7am – 7pm**

**Sunday 8am – 5pm**

Bread, cakes & filled rolls from Weston's Bakery

Fresh local milk from Byham's Dairy

Fresh seasonal produce delivered daily

Locally farmed Broomhills meat

Weekend newspapers

Stamps. Tobacco. Off licence. Logs.

Your LOCAL convenience store

Open EVERY DAY for your EVERYDAY needs

Follow us on **facebook** and **Instagram** for in-store updates

## FLOORING

- Wide choice of carpets, vinyls & hard flooring
- Free measuring & home selection service
- Fitted by professional, friendly craftsmen

## MATTRESSES

3' from £69

4'6" from £99

5' from £149



From Stock - Fast Free Delivery

## BEDS

3' from £99

4'6" from £149



Fast Free Delivery

## Warehouse Carpets & Furniture

6 The Centre, Halstead. CO9 2AJ

Halstead's longest established Carpet Specialist

**01787 472716**



**The Lamarsh Lion - A Community Pub With A Warm Welcome &  
Friendly Atmosphere. Freshly Cooked Food & Real Ales  
A Pool Table, Dart Board & Kids Play Area**

### **Opening Times**

**\*Now Open Tuesday 12-9pm\*  
Wed - Sat 12pm-10:30pm & Sun 12-5pm**

**We Remain Closed Mondays  
Tuesday Burger & A Pint £15.50**

**Popular Quiz Night Continues Every Wednesday From 7:30pm**

**Curry Night Every Thursday From 5pm £14.50**

**Fish Fridays Lunch & Evening**

**Open Mic Night Every 1st Thursday Of The Month 8pm**

**Mexican Night Saturday 12th October  
Bingo Every Third Friday Of The Month - Eyes Down 7:30pm**

**Sunday Lunch Continues With A Choice Of 3 Meats & Veggie Option  
Throughout The Summer 12-3pm Booking Essential**

**Music Events, Themed Nights & Menus Can Be Found On Our Website & Facebook Page**



**[www.LamarshLion.co.uk](http://www.LamarshLion.co.uk)  
01787227007**



# Lamarsh

Magazine Contact **Brett & Rosemary Johnson 01787 227988**  
**www.lamarshvillagehall.com**

**Instagram** lamarsh\_village\_hall **Facebook** Lamarsh Village Hall  
Charity Number **301351**



## Broadband Facility

Ultrafast Broadband, provided by Gigaclear, is available to all Village Hall users.

## Regular Events

Community Library	Every Thursday and every first and third Saturday of the month	10.30 to 11.30am
Coffee Mornings (with Lottery Draw) First Thursday of the month	Thursday 3 October (MacMillan Morning) Thursday 7 November Thursday 5 December	10.30am to 12 midday
Find the Flow Yoga with Daphne. For more information, email abctoolkityoga@gmail.com	Wednesday mornings	10-11.15am

## Dog Show 26 August 2024

Report by Jane Chambers

The Lamarsh Dog Show was blessed with good weather and was a huge success, attracting more than 400 people and many beautiful dogs. The dog agility events, organised by the Runwell Flyball team and Ace Agility, attracted a large audience and the hay bales placed around the arena were much appreciated. We are very grateful to Linkwood Vets and Bunny Campione for carrying out the judging, to SeeDee Pets for such generous prizes and to all who attended and sponsored this event.



## Smile Lines

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

## Recipe: Courgette Loaf

From Fiona Adedotun

If you have a glut of courgettes at this time of the year, here is a nice cake to make with them.

### Ingredients

2 large eggs	300g plain flour	85g walnuts
125 ml vegetable oil	2 teaspoons cinnamon	140g sultanas
85g soft brown sugar	1/4 teaspoon nutmeg	A pinch of salt
350g grated courgette	1/2 teaspoon baking powder	
1 teaspoon vanilla essence		

### Method

Grease a 2lb loaf tin

Set oven to 160 degrees Celsius (fan)

Whisk eggs, oil and sugar together, then add the grated courgette.

In another bowl add all the dry ingredients.

Mix the dry ingredients with the wet.

Pour into tin.

Bake for one hour.

## Lamarsh Lottery



### September Lottery winners

1st Prize £30 - no. 118

2nd Prize £15 - no. 36

3rd Prize £5 - no. 76

*The village lottery is drawn the first Thursday of the month at the same time as the coffee morning.*

**You've got to be in it to win it! Buy a ticket now**

Email: [jane@lamarshvillagehall.com](mailto:jane@lamarshvillagehall.com)

Registered Charity No. 301351

Lottery registered with Braintree Council Registration no: LOT1207

# Daws Hall Nature Reserve Autumn Colours Open Days



**Sunday 27th October  
and 3rd November  
10am - 3pm**

Fiery autumn colours paint the treetops across the 25 acre Nature Reserve and gardens, as well as activities for families and a pop-up tea shop.

Entry by donation  
No booking required  
Activities for children

Hot and cold drinks  
Homemade cakes  
Sorry we can't allow dogs on site

Proceeds from these events are donated to  
Daws Hall Trust (Registered Charity 1157570)



**Daws Hall Nature Reserve, Lamarsh, CO8 5EX**

**dawshallnature.co.uk   01787 269766   @dawshallnature**

## **PROFESSIONAL CLEANING COMPANY**

**WE OFFER A FULL PROFESSIONAL CLEAN**



**BLOCK PAVING STEAM CLEAN / SEAL  
CONSERVATORIES WASH, CLEAN, POLISH  
TARMAC DRIVES RE-COLOUR**

**GUTTER REPAIRS  
& CLEAN OUT  
DRAINS REPAIR &  
HOT PRESSURE WASH**



**BRAINTREE 01376 326163  
DAY 07775 998628**

## **K G G SHED SERVICES SHED RESCUE ALL SHED REPAIRS**

New roofs, Floors, Re felt , Panels ,  
Doors Repaired or Replaced  
New shed assembly

Bespoke shed construction, from design to  
completion, to fit in any space.

No job too small

From one board replaced to a complete new shed.

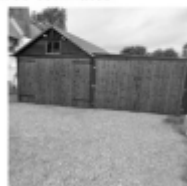
Also fencing and domestic DIY.

No need to buy a new shed if it can be repaired.

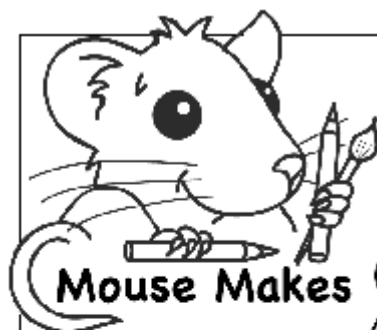
Email [kevingossage1958@gmail.com](mailto:kevingossage1958@gmail.com)

**07895585086**

Serving Sudbury and surrounding villages  
Reliable service , free estimates







## WALK WITH THE LORD

"Teach me your way,  
O Lord, that I would  
**walk** in your \_\_\_\_\_."  
*Psalms 86:11*

"For we **walk** by

\_\_\_\_\_ **not** by sight."  
*2 Corinthians 5:7*

"**Walk** by the

\_\_\_\_\_  
*Galatians 5:16*



Jesus said:  
"I am the light  
of the world.  
If you

\_\_\_\_\_ **me** you won't  
have to **walk**  
in darkness  
because  
you have  
the light  
that leads  
to life."

*John 8:12*



"**Walk** in

\_\_\_\_\_ **as** Christ loved  
us and gave  
himself up for us."  
*Ephesians 5:2*

"**Walk** in

a manner  
worthy of the  
Lord, fully pleasing  
to him, bearing

\_\_\_\_\_ **in** every good work  
and increasing in  
the knowledge  
of God"  
*John 8:12*

"\_\_\_\_\_ **is** everyone who  
fears the Lord,  
who **walks** in  
his ways."  
*Psalms 128:1*

GOD • JESUS • LORD • WALK

WAYS • STEP • FEET • PATH • GO • TEACH • KNOW • EDGE • LIGHT

*Find the words from the questions too!*





## Sudbury Physiotherapy Centre & Complementary Health

- Musculoskeletal
- Neuro-Physiotherapy
- Sports Massage
- Chiroprody
- Podiatry
- Pilates
- Shiatsu
- Clinical Hypnosis
- Nutritional Therapy

Appointments available Monday - Saturday

Tel: 01787 378178 • Email: [sudburyphysio@hotmail.co.uk](mailto:sudburyphysio@hotmail.co.uk)

[www.sudburyphysio.co.uk](http://www.sudburyphysio.co.uk)

17 Gaol Lane • Sudbury • CO10 1JL



## Andy Rippingale

Painter & Decorator

Interior/Exterior

CRB/DBS Checked

Competitive rates

Friendly service

Mob:- 07591 179702

Home:- 01787 269954

[andrewippingale@sky.com](mailto:andrewippingale@sky.com)



## Halstead, Braintree & Haverhill Physiotherapy & Sports Injury Clinics

**Reduce pain & promote healing**

*Evening & Saturday  
appointments available*

**01787 478789**

2 Market Hill, Halstead CO9 2AR

**[www.halsteadphysiotherapyclinic.co.uk](http://www.halsteadphysiotherapyclinic.co.uk)**

A picture to colour in



## **MAESTRO TREE SERVICES**

Crown Reductions and Re-shaping

Pruning and Thinning

Large and Small Tree Removal

Confined Space Tree Removal

Stump grinding

All work is carried out to the highest standards

By NPTC qualified  
Tree Surgeons



**T:01787 269711**

**M:07902 216069**

Please contact us for  
Free Quotes and Advice

[www.maestrotreeservices.co.uk](http://www.maestrotreeservices.co.uk)

## ***CROWN CLEANING***

**Professional  
Truckmount Carpet Cleaning**

**Please visit my website or the  
'Which Trusted Trader' website  
for further information**

**[www.crowncarpetcleaning.co.uk](http://www.crowncarpetcleaning.co.uk)**

**Tel: 01787 269944**

**Mob: 07961101986**

**Email: [crown.cleaning@btinternet.com](mailto:crown.cleaning@btinternet.com)**

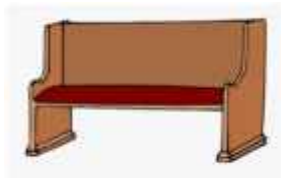
**Fully insured. Est 1984**

# Middleton

Magazine Contact **Jude Johnson 01787 582559**



## From the Churchwarden's Pew



Where does time go? It hardly seems 5 years since our last quinquennial inspection and Chris Betts, the architect charged with completing ours on 3 September, expressed a similar observation.

My desk was well weighted down with documents as preparations for the inspection were finalised; just another task for a churchwarden. The quinquennial is the inspection of the fabric of the church by an architect and results in a report which contains recommendations for maintenance work in order of priority. Last year two classes of priorities were completed. Some lower order priorities can be classed as DIY and we welcome offers of help for these from villagers who have DIY skills. A job which was definitely GSI (get someone in) was the repair to the weatherboarding on the Bell Tower. This was delayed by a week which meant it took place whilst I was holidaying in France, so missed seeing the steeplejacks at work.

On 1 September our Boules and BBQ event took place on a beautiful, hot sunny afternoon and was very well supported by players and spectators. Over fifty came along and 32 competed in teams of two to try and win the Golden Boule. It was a most enjoyable village occasion with many opportunities for folks to catch up on local news and to meet friends and newcomers to the village. Lovely to see recent arrivals Jess and Dan and also Amanda and Dennis. A big thank you to Gill who kept the scores and made sure the matches progressed in the planned sequence. Also to Ian, Sue and Martin who were kept busy on the BBQ which sold out. £219.50 was raised towards church funds. Adrian Smith and friend Dan became holders of the Golden Boule beating Sue and Brian Joy in the final when a lot of skill was displayed by all players.





*Many congratulations to Rainbow Keep for her very successful outcomes with her GCSE's this summer, gaining a special award from the examination board for outstanding achievement in Art. She now goes onto Colchester Sixth Form College to study Art, Biology and Chemistry for her A levels.*

Just a reminder Harvest will be celebrated at All Saints on **Sunday 6 October at 11.15 am**. Please help by making donations of tinned and packeted food and toiletries for Storehouse Food Bank in Sudbury. We shall be decorating the church on **Saturday 5 October at 10.00 am** so feel free to come and help or bring gifts. Come and join in the service on Sunday and stay for refreshments afterwards, you'll be made to feel very welcome.

## Ladies Circle

Our meeting this month will be on **Tuesday 8th** in the church at the usual time of 2 pm. Angela will be in charge of the teapot this month. If you are free, do join us for a cuppa, a biscuit and a chat. For those of you who get confused as to the dates of the library van visits, I have the next two listed as **Tuesday 15th October** and **Tuesday 5th November**. The van visits every three weeks at about 10.00am at Box Iron Green (the village notice board).



## Dates for your diary

**Our Harvest Festival is 6 October at 11.15 am** in the church. As in previous years we will be collecting packet and tinned food as well as toiletries for StoreHouse food bank in Sudbury.

**Christmas Market 7 December** More details next month. Gill is already mumbling about Christmas stockings, tombolas and mince pies.

**Carols by Candlelight will be on 15 December 6.30 pm.** More details next month.



## It's Chocoholics time again

By the time you read this, Gill Davidson will have received the brochures for Chocolate for Chocoholics. For people who are new to Middleton, and to those who may need reminding, Gill circulates brochures around as many properties in the village as possible, and commission earned on all sales is taken in goods which will boost various stalls at the Christmas Market on Saturday 7th December.

There is no obligation to buy, but time is against us, so if you do receive a brochure, please don't delay in placing your order, or just return said brochure to Gill at Homefield ASAP so she can pass it on to others. As soon as orders totalling £200 are received, Gill will submit that order and goods usually arrive within 3 - 4 days. The sooner we place orders, the less chance there is of items being out of stock.

Gill keeps circulating brochures and regularly places orders until the final deadline, which this year will be Friday 8th November. Orders for Halloween goodies need to be received by Friday 18th October. All orders no matter how small count towards the grand total, and it is that final figure upon which we receive 15% commission in goods, which last year was around £80 worth of items. If you want to support this effort but are not a chocolate lover yourself, we have one or two very kind Middletonians who either order items with the intention of passing them on to the PCC to use as raffle prizes, or even make a cash donation so we can order exactly what we need to boost the tombola. So, if you've already received a book and haven't done anything with it yet - please act now, so we can get to as many households as possible.

## Autumn "Litter Pick":

As we write this note it's the first day of Meteorological Autumn. So, no surprise we'll be organising the Autumn Litter Pick, soon. Date not finalised yet, but it will be in October. Please keep an eye on noticeboards for date & time. *If you can, please help us tidy the village, and earn the grant from the Parish Council, which helps fund the Church for use as a community space.*

## Ramblers' Walks

**Wednesday 2nd October** Belchamp Walter, 5.5mi / 8.9km,  
**Contact Richard T** Tel: 07754 602887

**Tuesday 8th October**, Highwoods Country Park, 5.5mi / 8.9km,  
**Contact Barbara R** Tel: 01206 262875

**Sunday 13th October** Long Melford. Treasure Hunt Trail 2.5mi / 4km,  
**Contact Mark K** Tel: 07974 620127

**Wednesday 23rd October** Belchamp St. Paul, 6mi / 9.7km,  
**Contact Barbara**



**DO YOU NEED  
A RELIABLE  
ELECTRICIAN?**



**Considerate and tidy electrician  
with 20+ years' experience  
Fully qualified,  
insured and DBS checked.**

**Domestic services** from new or replacement lights, switches and sockets to fuse board replacements, full rewires and more!

**Commercial services** including emergency lighting and smart lighting.

**External services** outbuilding and external power and garden lighting.

**Other services** earthing upgrades, LED lighting, electric heating install, bathroom and kitchen electrical works, central heating and smart wireless central heating systems.

**Fault finding experts**

**NO JOB TOO SMALL, PLEASE GIVE SIDMAR A CALL!**

Earls Colne, Colchester, Essex.

Tel: 07545 125 376 Email: [sidmarelectrical@outlook.com](mailto:sidmarelectrical@outlook.com)



Alexandra House, Swan Street,  
Sible Hedingham, CO9 3HT

01787 461138

**TRADITIONAL FAMILY BUSINESS  
DEDICATED TO SERVING THE COMMUNITY OF NORTH ESSEX  
AVAILABLE 24 HOURS A DAY**

**WE PRIDE OURSELVES IN PUTTING YOUR NEEDS FIRST**

Incorporating  
**Colne Valley Funeral Service**  
**47, High Street, Halstead, CO9 2JD**  
**01787 477500**

**MEMBERS OF THE NATIONAL ASSOCIATION OF FUNERAL DIRECTORS**



## Alphamstone Village Hall

Overlooking the village green

Ideal for family celebrations  
and children's parties

Tables and chairs for hire

Free internet access

For bookings call **Lynne Potter**  
**01787 269370** or **07880 813632**

## Henny Parish Room

A Charming timbered building suitable for children's parties, small family functions and meetings etc. Well equipped with modern kitchen facilities.

Also available to hire Crockery, Cutlery,  
Trestle Tables and Chairs.

Contact  
**Stella Bixley 269317**

## Lamarsh Village Hall

This beautiful building in a picturesque rural setting is available for hire.

The hall benefits from gas central heating and off-street parking.

Tables, chairs, cutlery and crockery for hire too.

All enquiries to  
Fiona Adedotun on 01787 228707 or  
<https://www.lamarshvillagehall.com/contact>

## Twinstead Village Hall

Contact us for all your events  
All day and hourly rates available

Weddings, Dances, Committee  
meetings, Corporate events, etc.  
also hire of table glasses etc.

Ask for our hire tariff now

**Phone :- 01787 829066**  
**[twinsteadvillagehall@gmail.com](mailto:twinsteadvillagehall@gmail.com)**

## Wickham St Pauls Village Hall

This modern Village Hall, situated on the edge of the Village Green, is available for hire by residents of Wickham St Pauls & neighbouring parishes for wedding breakfasts, private parties, birthdays, etc

Enquiries to

**Sandra O'Sullivan: 269255**



**Bed & Breakfast**  
in idyllic rural setting  
**Ansell's Farm**  
**Alphamstone**  
CO8 5HN  
tel: 01787 269570  
[www.ansellsfarm.co.uk](http://www.ansellsfarm.co.uk)

# Twinstead

Magazine Contact **David Holland 01787 269693**



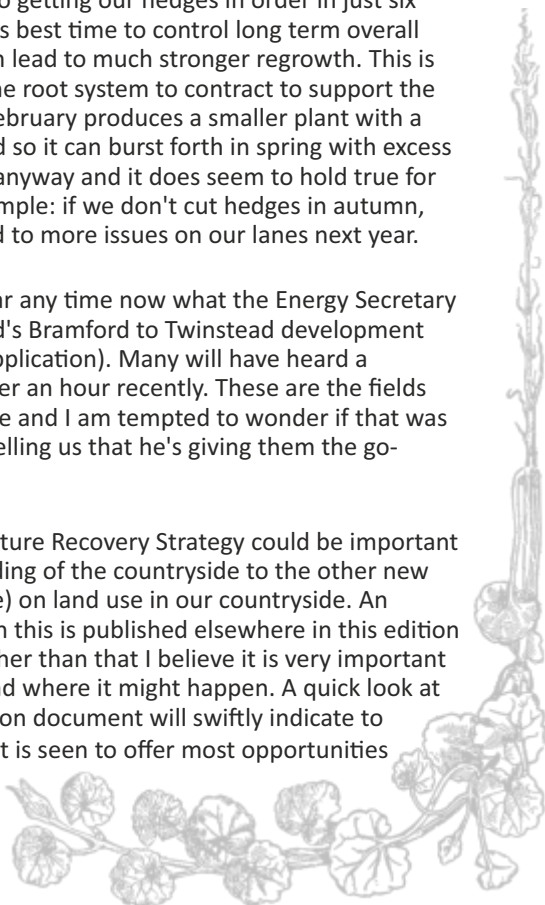
*David Holland writes:*

Hello to you all as we enter the season of mellow fruitfulness. And fruitful it is as the apple trees branches arc towards the ground with their heavy burden. I don't know whether anyone else does this but I always throw the windfalls under the trees around their bases to feed first the blackbirds, and then the fieldfares and redwings who are very welcome visitors from Scotland in the depths of the winter. And if they don't get eaten, then they rot down to feed our glorious old trees.

Hedges are now on my to do list, the nesting bird season moratorium on cutting them now being over. This is important, as I am finding out on my visits to other Parish Councils who report complaints about our ever compromised lanes being overhung with growth. Nesting bird season runs from the 1st March to the 31st of August each year and this constrains us to getting our hedges in order in just six months, usually either in autumn which is best time to control long term overall size, or early in the year when cutting can lead to much stronger regrowth. This is true because cutting in autumn causes the root system to contract to support the now small plant whereas cutting in say February produces a smaller plant with a root system to power a far larger one and so it can burst forth in spring with excess vigour. Well, that's the theory I was told anyway and it does seem to hold true for our garden. The take-away from this is simple: if we don't cut hedges in autumn, then stronger regrowth in spring can lead to more issues on our lanes next year.

As I write, I am aware that we should hear any time now what the Energy Secretary has decided with respect to National Grid's Bramford to Twinstead development consent order application (or planning application). Many will have heard a helicopter hovering over the fields for over an hour recently. These are the fields which will host new energy infrastructure and I am tempted to wonder if that was Ed Miliband, taking in the sights before telling us that he's giving them the go-ahead.

As I reported recently, the Essex Local Nature Recovery Strategy could be important for us and has the potential to add rewilding of the countryside to the other new demands (including energy infrastructure) on land use in our countryside. An introduction to the public consultation on this is published elsewhere in this edition of Lookout to I won't say more on this other than that I believe it is very important for us to understand what is proposed and where it might happen. A quick look at the maps in the downloadable consultation document will swiftly indicate to you that you live in the area of Essex, that is seen to offer most opportunities for nature recovery and new woodlands and meadows. The document is easy to digest and colourful so I strongly urge



you to download it and take a look. Having formed your views on it, please do respond to the consultation - it is just a click away!

To council matters. The paid for green waste bin collection service has seen far stronger take up than the Council expected and as a result, we can expect little or no increase in the cost for it this year. As many know, I sit on the Planning Committee and it's heartening to see that we saw 58 new affordable homes delivered within the District in the first quarter of the year. Working on this committee really brings home to me just how different our highly rural patch is compared to the urban centres to our south, and that means that the issues that confront us can be very different to those of our urban counterparts. But that makes it all the more important that I work effectively to represent your best interests in a District where most of the land area is countryside with its sparse rural population, but most of the residents live in the southerly urban centres. So, if there is a council related matter you wish to raise, I'll be more than happy to help - email: [cllrdauidpeterholland@gmail.com](mailto:cllrdauidpeterholland@gmail.com).

I am sitting indoors on a Sunday afternoon writing this because it's raining - otherwise I would be outside in the garden tending all those flowers that Pamela loves so much. Despite the coolest summer for over a decade, the ground is very dry and in places cracked, so for me the rain is welcome. However, it is worth remembering that rain does not really water pots, baskets and the plants in containers adequately. So do keep watering your pots because they will keep going for another month if you do - even if that means watering in the rain - a great British garden tradition!

Now let's turn to social things to do and here I hand over to Jane Bingham Wallis to tell us of Village Hall related events...

## **Safari Supper**

Saturday, 5th October - 7pm

This is a fun evening where neighbours can get together in various houses for the three different courses of supper. We will start at Twinstead Hall with the Coopers, then Twinstead Manor with the Drakes and finish at Conifers with the Barnes's. This will be in aid of much needed church funds. The cost is £25 per person and bring your own drink. We will provide soft drinks. Email [henriettadrake@hotmail.com](mailto:henriettadrake@hotmail.com) to book your tickets.

## **TWINSTEAD VILLAGE HALL SOCIAL**

The October Social will take place on Saturday 12th from 10-12 noon. Warm drinks and delicious homemade cakes and sausage rolls will be available as will be a warm welcome. A small selection of pre-loved books is available to buy at 50p per book. All proceeds go towards the upkeep of the Village Hall.

The November Social will take place on **Saturday 9th between 10 and 12.**

## TWINSTEAD VILLAGE HALL QUIZ - FRIDAY 18TH OCTOBER

The Twinstead Village Hall Quiz cup has not been won for several years - will your team be the 2024 champions? **Time - 6.45 pm for a prompt start at 7pm.** The plan is to have teams of 6; either come as a team or join others on the night. The cost is £10 per person. Please bring your own drinks and a picnic to enjoy during the interval. Jugs of water, glasses and small plates will be provided. A raffle will also be held. All proceeds will go towards the upkeep of the Village Hall. If you wish to join us, please phone 01787 869066 ( this number goes directly to a committee member) or email [twinsteadvillagehall@gmail.com](mailto:twinsteadvillagehall@gmail.com) or speak to either Jane Howson, Sally Burns, Mary Weavers or Jane Bingham-Wallis.

## FLOWER FESTIVAL

There will be a plant stall at next year's flower festival. The organisers would be extremely grateful if, when splitting perennials this autumn, any extra plants could be potted up to be sold on the stall.

There will be various stalls in the Village Hall; if you would like to have a stall please contact anyone on the Village Hall Committee or on the PCC...Jane Bingham-Wallis, Jane Howson, Sally Burns, Mary Weavers, Vernon Nott, Henrietta Drake, Elizabeth Flower or Eleanor Barnes.

## Twinstead Village Improvement Society

Results for Lottery draw held Fri 6th Sept

From Carol Swan

**£20 Ticket No. 6 Kennett**

**£10 Ticket No. 94 Westwood**

**£10 Ticket No. 10 Courtice**

Congratulations to all our winners!

Well, that's it for this month and we are always keen to find new contributors to Lookout Magazine. So if you want to displace some of my ramblings with your contribution on things of interest to Twinstead and its environs, please don't hesitate to email it to:  
[twinsteadlookout@gmail.com](mailto:twinsteadlookout@gmail.com)

## **Fabric Remnants** **(Soft Furnishing & Curtaining)**

# **Sale**

**also Cushions, Tie Backs,  
Trimmings and more**

**All hugely discounted**

**Saturday October 19th  
11am till 4pm**

**at**

**Rookery House, Church Road**

**Twinstead, CO10 7NA**

**Phone 01787 269693**

**(Pamela)**

**Cash only please**



**A local independent  
business run by  
knowledgable,  
approachable people.**

- Servicing garden machinery large and small
- Sell a large range of cordless and fuelled garden machinery
- Stock wheelbarrows, garden tools, fuel, oils, + we can order most parts
- Sharpen chainsaws, shears, secateurs and lawn mower blades
- Repair all kinds of garden hand tools
- Collection and return can be arranged for all machines

A detailed illustration of a garden tool, likely a trimmer or a small chainsaw, is positioned diagonally on the left side of the advertisement. It has a grey body, a black handle, and a white cutting head with a circular blade.

***Opening times:  
Monday to Friday  
8am till 5pm,  
Saturday  
8am till 1pm***

**01787 375 194**

**Info@rnrgardenmachinery.co.uk**

**12 Honey Wood Yard, Middleton Road,  
Sudbury, Suffolk CO10 2DB**

Stour Valley Singers have arranged a

# BARN DANCE



DANCING TO "THE HAMLET BAND  
CALLER - MICK BASHFORD

**Saturday 19th October 7pm**  
**BURES COMMUNITY CENTRE**

**TICKETS £15**  
**to include supper**

**From The Post Office, Roses General Store,  
and Anthea - 07713259312**

***Bring your own drink and glasses.***



MEMORIALS  
LUXSTONE

YOUR LOCAL STONEMASONS



WE HAND CARVE  
ANYTHING IN STONE

Memorials, standard and bespoke  
Carving • Stone Signs • Nameplates  
Letter Cutting and Carving Courses

Stour Valley Business Centre, Brundon Lane, Sudbury, Suffolk CO10 7GB  
Telephone 01787 371570 / 07920 101 440 E mail [info@neilluxton.co.uk](mailto:info@neilluxton.co.uk)

[www.neilluxton.co.uk](http://www.neilluxton.co.uk)

SILAS PENFOLD  
MOLE CATCHER

07927 893853

Traditional Trapper. Reliable  
Local Service.

Calling All Readers

How about asking the  
businesses that you use,  
and find helpful and reliable,  
if they would like to advertise  
in Lookout?

They can do so for one month,  
or for ever!

Contact Jude Johnson via  
[advertisinglookout@gmail.com](mailto:advertisinglookout@gmail.com)

JB  
PLUMBING & HEATING  
OF BURES, SUFFOLK



**Tel: 07818 636203**

- All Plumbing work undertaken
- Boiler Installation, Services & Repairs
- Complete Bathroom Fitting services

DB SECURITY  
LOCKSMITHS

24/7 CALLOUT 07966 88 247 0

**WWW.DB-SECURITY.CO.UK**

HAMILTON ROAD SUDBURY SUFFOLK CO10 2UU  
TEL 01787 311511 FAX 01787 375200



# Wickham St Pauls

Magazine Contact **Susannah Goodbody 01787 269250**



## Church services in October:

**Sunday 20th October - Holy Communion 9.30am**

## Remembrance Sunday

The Remembrance Day Service will take place at 10.45am on **Sunday 10th November** outside the village hall. The WI are providing refreshments after the service. This year the collection will be going to Combat Stress this year)

Please look elsewhere in this magazine to see where other services are being held within the Benefice.

## FLOWERS, POST OFFICE, LIBRARY ROTAS IN OCTOBER

**Flowers:** Mrs Robertson

**Post Office:** (Please see info on another page.) It is important that we use it to keep it.

**Mobile Library:** *Please note change of times*

Wednesday 16th October, beside the Village Green at **10.05 – 10.35am.**

## Fireworks on Trafalgar Day Saturday 19th October

The Wickham St. Pauls Fireworks Committee are pleased to announce the Annual Fireworks on The Green starting at 7:30 p.m. Martin and David Cooper will be undertaking the pyrotechnics and David Attwater will be shaking his bucket for much appreciated donations. Having said that, it is free to attend and will make for a great evening for children (*no school tomorrow*) and adults (*no work tomorrow*).

**W.S.P. Bowls Club** We meet in the Village Hall from **2 - 4.30 pm on Mondays.**

No experience is necessary so just pop along and give it a try.

For future dates and any further information please check with

**Mary Weavers 269689 or Pam Nuttall 267854**



# Trafalgar Day Celebrations

## Saturday 19<sup>th</sup> October

*(no school tomorrow)*

### Victory Inn, Wickham St. Pauls

To celebrate **Lord Horatio Nelson's** decisive naval victory over the French and Spanish fleets in 1805.

**7:30** p.m. **Fireworks** *on The Green*



All the entertainment is **FREE**, please come and join us for a great evening. Please take care of pets and animals and please look after any neighbours you may have who may be sensitive to noise and lights.

**W.St.P. Fireworks Committee and Parish Council**

## SOUP AND CAKE LUNCH

provided by the WSP W.I. on the third Friday in the month



**WICKHAM ST. PAULS VILLAGE HALL**

**Friday 18th October 2024**  
**(back to winter soups)**  
**and**

**Friday 15th November 2024**  
Serving from 12 noon to 1.00



All welcome – lifts available (phone 267854)

## Christmas Carol Service

**Christmas Eve, 24th December 6.00pm in church.**

*Further details next month*



in aid of Improvements to the Village Hall

**Saturday 16<sup>th</sup> November 2024 at 7.00 p.m.**

**Wickham St Pauls Village Hall**

Tables of up to six people

Tickets available from: Helena 07738 697979

**Price: £10.00 includes a WI buffet**

*(All drinks to be purchased from the bar)*

## Looking Back



### WSP W.I.

#### Mississippi Paddle Boat Trip - 21<sup>st</sup> August 2024

Thirty-five members of Wickham St Pauls W.I., plus a few guests travelled by coach to Horning in Norfolk for a very enjoyable August outing. On arrival we had a delicious lunch in the New Inn Pub before boarding the Mississippi Paddle Boat, a luxury double decker river cruiser. The weather was perfect for a ninety minute relaxing cruise down the River Bure, out to Ranworth Broad, listening to an excellent commentary pointing out the various wildlife, windmills, sailing boats and much more.

### Smile Lines



For those of you who have children and don't know it, we have a nursery downstairs.

At the evening service tonight the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5.00;m, prayers and medication to follow.

## Wickham Lottery

Congratulations to Peter Trew who won the Lottery this month, and will receive a cheque for £25.

This and that.....

### Vacancy for Councillors on Wickham St Pauls Parish Council



We currently have Cllr vacancies on  
Wickham St Pauls Parish Council.

If anyone is interested, in joining us,  
please contact the Parish Clerk for  
further information and an  
application form.

E-MAIL:

[parishclerk@wickhamstpaulsparishcouncil.org](mailto:parishclerk@wickhamstpaulsparishcouncil.org)

## Flag Flying

For the celebration of this Great Naval Victory, we will be flying the White Ensign and Nelson's signal flags, "England expects that every man to do his duty".

### Flag Flying Programme

1 October	Tuvalu Day	(1997)	Tuvalu flag
10 October	Fiji Day	(1970)	Fiji flag
15 October	Niue	(1975)	Niue
15 October	Battle of Agincourt	(1415)	St. Georges
21 October	Battle of Trafalgar	1805)	Ensign + Signal flags
25 October	Battle of Balaklava	(1854)	Union
26 October	St. Cedd's Day (Essex County Day)	(664 A.D.)	Essex County
31 October	End of the Battle of Britain	(1940)	RAF

*Here's a bit of background to some of the flags...*

**Tuvalu** in the South Pacific, is an independent island nation within the British Commonwealth. Its 9 islands comprise small, thinly populated atolls and reef islands with palm-fringed beaches. Population 11,312 and official languages Tuvaluan and English.

**Fiji**, in the South Pacific, is an archipelago of more than 300 islands. It is famed for rugged landscapes, palm-lined beaches and coral reefs with clear lagoons. Population 929,766 and official languages Fijian and English.

**Niue** is a small island nation in the South Pacific and it's known for its limestone cliffs and coral-reef dive sites. Migrating whales swim in Niue's waters between July and October. Population 1,681 and official languages Niue and English.

The above islands sound idyllic places for holidays, but I don't think Ryanair have any direct flights out of Stansted!

A full list of our flag flying days is posted on the village notice board and on the W.St.P. website

The St. George flag will be flown most of the time in between other appointed flags.

We fly some Commonwealth country flags, particularly those that have the Union Jack canton, as an acknowledgement of our proud British heritage.

The W.I. flag will be flown on the 2nd. Tuesday (meeting) and the 3rd. Friday ('Soup & Social' – Village Hall), of each month providing it does not clash with other flags.

#### Sudoku Solution

1	3	7	5	6	9	2	4	8
6	2	8	7	4	1	9	5	3
5	4	9	2	8	3	6	1	7
2	9	1	6	3	7	5	8	4
3	8	6	4	9	5	7	2	1
4	7	5	8	1	2	3	9	6
7	1	3	9	5	4	8	6	2
9	6	2	1	7	8	4	3	5
8	5	4	3	2	6	1	7	9

#### Answers to the quiz:

1)1811 2)1969 3)1967 4)1958 5)1969 6)1967 7)1936 8)1898

OTHER ITEMS

POST OFFICE - OPENING TIMES AND INFORMATION



The Post Office is open on Tuesdays and Thursdays (NOT Mondays)

Tuesday 10am - 1pm

Thursday 9am - 1pm

Postal Service	Money	Travel
Letters & Parcels	Everyday banking including cash withdrawal and cash & cheque deposits	Travel Money
Collect & Return		Savings
Drop & Go		Moneygram
		Bill Payments
		Utility & mobile

And finally

Please let me have any material for the **November** edition of Lookout by **Tuesday 8th October** with cut-off at 12.00noon 12th October.

Thank you, **Susannah**



*Motorcycles  
Wanted*

**CASH PAID FOR ALL BIKES & PARTS**

**ALL MOTORCYCLES ANY CONDITION**

**MOPEDS SCRAMBLERS**

**SCOOTERS QUAD BIKES**

**CALL DARREN 07775 998628**

*British Motorcycles Wanted Urgently*





# **Christmas** **Craft Market**

## **Wickham St Pauls**

Wickham St Pauls Village Hall CO9 2PT  
10am to 4pm

### **Saturday**

### **30<sup>th</sup> November 2024**

Local makers and artists selling  
beautiful crafts and art

Super Tombola, Xmas Raffle

Refreshments

Mulled wine and cakes galore!

£1 Entry including ticket for raffle – children under 10 free  
In support of Village Hall Funds

# PETER R. TREW LIMITED

## BESPOKE BUILDING SERVICES

TEL: 07789 736 736

ALL NATURE OF BUILDING WORKS UNDERTAKEN:

EXTENSIONS

NEW BUILDS

PERIOD PROPERTY  
CONSERVATION

CONVERSIONS AND  
REFURBISHMENTS

BRICKWORK

PATIOS AND DRIVEWAYS

FOR A NO-OBLIGATION CLEAR AND CONCISE QUOTATION  
PLEASE DO NOT HESITATE TO CALL



---

Peter R. Trew Limited Registered in England and Wales No.: 7992734  
Public Liability Assured