

# PARISH NEWS

BORLEY : FOXEARTH : LISTON : PENTLOW

May 2020



We are delighted to bring you this edition of Parish News during the current lockdown. This has been made possible by the help and goodwill of Hedingham School print team, our contributors and distributors. Thank you all very much for your support.

Our villages are showing great community spirit with phone rounds, and shopping and delivery being carried out but, more importantly, by keeping in touch and looking out for each other.

As ever, you only need to call 01787 313579 if we can help anyone with anything. Keep safe, keep well and keep in touch.

*Kelvin and Julie*

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## **USEFUL INFORMATION:**

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[www.northhinckfordparishes.org.uk](http://www.northhinckfordparishes.org.uk)

*Usual day off Friday*

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**PLEASE SEND YOUR ARTICLES/PHOTOGRAPHS TO  
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*All contributions will be acknowledged*

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# Pentlow Village

Dear Pentlow resident,

## **Coronavirus (Covid-19)**

Residents in the village, both young and old, have been encouraged to heed the government's advice to a) only go outside for food, health reasons or work (but only if you cannot work from home; b) if you go out, stay 2 metres (6ft) away from other people at all times; and c) wash your hands as soon as you return home. You should not meet others, even friends or family. You can spread the virus, even if you do not have the symptoms.

Our first priority has been to support the most vulnerable residents in our village, especially the elderly with health concerns who are isolated from family, friends and neighbours. The second concern has been those residents with underlying health problems who may be isolated. The final priority has been the rest of the villagers/families who may need help and support.

A database has been established of the first and second priority cases, followed by the rest of the village. Please be assured that the database is securely kept and has been limited to four key people to ensure that food/medicines and other needs are provided as and when required.

The priority cases have been receiving regular contact to ensure that they are able to cope in these unprecedented times. The service provided to date has been very greatly valued and appreciated. One resident wrote to say "this Coronavirus is far worse than during World War II for during that period we were able to contact each other, but this Virus has left our loved ones alone – your telephone calls are most welcome". A nonagenarian stated, "that I am quiet fit and well, but miss my walks through the beautiful local countryside. Apart from the daily newspaper, I find that the several telephone calls that we receive each week from the team keeps me informed of village news".

We are only too pleased to help during this very difficult period. If you have an urgent need then, in the first instance, please contact:

**John Swan (01787 280280 – [johnswan38@btinternet.com](mailto:johnswan38@btinternet.com))**

The Pentlow team:	Rev Gill Morgan	Martin Stuchfield
	Susan Fenner	Melanie Davies
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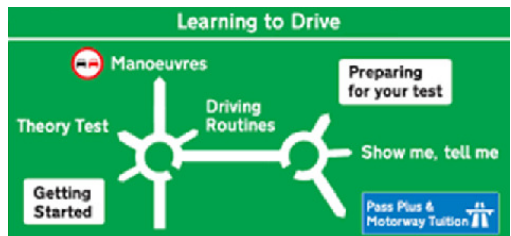
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# ***Ruminations from the Rectory.....***

Dear Friends

I am writing this on the Wednesday of Holy Week, when we usually come together for the poignant service of Tenebrae ( Shadows.) The service begins with a dozen large candles lit on the altar. There are special readings and poems as we reflect on Christ's last week, which ended on a cross, and we play music written by different composers for Tenebrae services ( eg Zelenka, Couperin, Gesualdo). Tonight none of us can be in church, a great sadness, so I am listening and watching a very beautiful service from Trinity Episcopal Church, Wall Street, New York recorded in 2016.

We have discovered that Revd Gill has a natural gift creating worship on YouTube. I am so grateful she has the skills to do this, which I have not. I have been sending out an email letter with a sermon or reflection each Sunday and I am trying to hold a Good Friday Reflective Service using Zoom. We use this too for our Benefice Ministry Team Meetings. I am trying to phone round those who are not on the internet.

Since 23<sup>rd</sup> March, almost every aspect of our lives has changed. How we shop, what we do with our time, how we work. It all takes some adjusting to and we have had to do that very rapidly. I was so sorry for the families who were in the middle of planning funerals for their loved ones and everything had to be very different from that which they had hoped for. Also for our wedding couples, whose marriages have had to be postponed after all their planning. Baptisms too have been put on hold. I have been told by Bishop Roger that after I retire I can come back to officiate at various postponed services.

Our Pilgrimage to Launde Abbey has been rearranged for the 11<sup>th</sup>-14<sup>th</sup> January 2021. Not all of our Pilgrims can make those dates so we do have some rooms vacant. If you would like to come do please contact Fiona Slot, our Administrator, to book your place.

In this very strange time, I know it is very hard for all of us. We really want to be able to go to church for solace, to pray in our sacred spaces and we cannot do that. At Easter many people do make a special effort to come to church and our doors are closed. However, the church is still at work, still alive but now in our homes. Although I struggle with it, I am grateful for technology which does allow us so many ways of communicating with each other right now. I am also so grateful for the wonderful weather and it is a joy to see our farmers in the fields; it brings a sense of something normal still going on. Our garden looks amazing this spring - I have never seen our pear tree with so much blossom.

*Ruminations from the Rectory continued ...*

... continued Ruminations from the Rectory

And now a little poem:

***Adoration by Kate McIlhagga (Iona)***

A familiar figure on a distant shore,  
A familiar action at a kitchen table,  
A presence in the midst of doubt,  
O Risen Christ  
You come to surprise us and delight us,  
You open wide the door to joy  
Hopeful, we worship you;  
Hesitant, we adore.



*A glorious metaphor for resurrection*

So my prayer is that you will all keep safe, we don't know when this will all end.

God bless and protect you all and especially all nurses, doctors and supermarket and shop people who are all doing a wonderful job of being there for us all

***Revd Margaret your Team Rector***

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# ***Pastoral Ponderings ....***

Dear Friends

'Strange times' seems to be the phrase of the moment as we are living through something we have never experienced before. I have spoken to people in their 80s and 90s who, even living through the war, have never experienced anything like this.

So new experiences for us all; some will be good, some different, difficult and some very sad. But, experiences always change the way we live our lives, especially when it is through an opportunity to slow down and take stock.

Easter was very different for us in the church. As our buildings were closed, we found new ways to journey through Holy week and celebrate Easter. It was actually quite a refreshing way to embrace Lent, almost as though we were forced to slow down, think about priorities, what is essential in our life, what we are eating, to become more aware of our surroundings and, of course, to reach out to our neighbours. Before the social distancing, we started a Lent course looking at creation and, actually, so many action points from the course were naturally evolving from the lockdown; buying locally, planting seeds, reducing plastic, home baking, travelling less, and so much more. We also have embraced technology with putting services on Youtube, which I think is something we will continue to do in one form or another.

I wonder what experiences you will take from the Coronavirus; what will your story be? What have you had to do differently? What good things will you take forward and what will you leave behind? And will you keep a record of them... maybe a journal, newspaper cuttings, a poem?

As well as the phrase 'strange times', the phrase 'keep well and stay safe' seems to be frequently used. I find myself, more than usual, asking people, 'how are you?' And so I hope, at this stage of the virus, you and your loved ones are well and keeping safe.

I think when we are through this, there will be a mixture of joy and grief. After the initial response I think there will be a time of shock and mourning and certainly a period of adjustment.

As we move forwards, do take care of your well being, continue to take each day at a time and don't rush back to search for what was 'normal' for it may not be there anymore. However, do look forward, do embrace the changes in whatever way you can and most of all make the most of everything that through this season of 'strange times' you have discovered is so precious.

With prayers

*Gill* - Rev Gill Morgan

*Please do get in touch if you need some support.  
I invite you to continue to join with me in lighting a  
candle on Sunday evenings at 7.00pm to remember all  
those affected by the Coronavirus.*



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facebook group "Belchamp Little Acorns"  
for further information.



Dear Editor,

At time of writing we are beginning our fourth week of lock down and no one can forecast when it will end. Praise has quite rightly been heaped upon NHS staff and other carers - both present and past - and a multitude of other essential workers for the courageous way they have responded to keep things going and for putting themselves at risk of serious illness or worse. In the villages we may have been away from the frontline but we still have reason to be extremely thankful - especially those of us for whom 70 seems a rather long time ago!

Within a short time of the lock down being announced, a leaflet arrived on our doormat giving the names and contact details of five Foxearth residents and this was followed by telephone calls and emails from several more. The message in every case was the same ; "Do please let us know of anything at all that you need - we will shop for you" These immediate offers of help were a wonderful morale boost and indicative of a strong community spirit which has been emphatically borne out by the help we've been given. Supermarket shopping has been done and people have provided items, that could not be bought, from their own pantries or gardens. Delightful little cakes have been left at our front door - and we know where there is a ready supply of frozen meals should the situation get a lot worse. We know, of course, that this is not a unique situation applying only in our village. This good neighbourliness is nationwide but this was our experience for which we thank you all.

It will have been a sadness to everyone that Easter this year was not the usual festive occasion for family get togethers and other conventional happenings - although we are told that there were a few garden egg hunts. In the lovely weather there surely would have been many picnics in the park. Easter Sunday without a church service and an organ blasting out "Jesus Christ is risen today" was a novel experience for us but we did appreciate the YouTube locally-produced, emailed daily reflections during Holy Week and the thoughtful messages they incorporated. It is good to know that there is such a togetherness in the community signifying a common hope for better times ahead.

***Ken and Margaret Nice, Orchard Cottage, Foxearth***

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Well, we are well on the way to real spring, and the garden is the place where we can safely potter, so here are the things that need attention:

- Continue to place plant supports for tall perennials, but take care not to damage young foliage or roots.
- Hard prune aubretia after flowering, almost back to the earth, to prevent it becoming bare and leggy.
- Water new plants, shrubs and trees regularly and thoroughly as the weather warms up. Water early evening or morning, to stop the loss to evaporation.
- Divide water lily plants, if there are few flowers, overgrown roots or they sit proud of the water surface. Lift the plants this month, cut off a small rhizome from the main crown, and repot in aquatic compost.
- Slightly tender evergreen shrubs such as *choisya* can be damaged by the winter cold. Prune out the damaged growth and cut back to a healthy bud or side-shoot, and mulch the affected plants. Feed with a general purpose fertiliser.
- Give houseplants a spring clean, wiping dust from shiny-leaf plants with a damp cloth, and dusting cacti and hairy-leaf ones with a soft brush. This aids growth, as well as improving their appearance, allowing more light to reach the surface of the leaves.
- Earth up potato plants to stop greening of the tubers, forming a ridge 8 to 12 inches high.
- To keep raspberry plants in control, pull up any suckers away from the main row.
- Pot on young aubergine, chilli, cucumber, sweet pepper and tomatillo plants raised under glass, once the roots have filled the small pots. Wait until next month to move them outside.
- For a continuous supply of herbs through the summer, make direct, successional, sowings of dill, coriander and chervil.
- Finally, help the hedgehogs by making small holes (5 x 5 inches) at the base of your fence, to give them easier travel for food or mating.

**DID YOU KNOW** ... that hedgehogs can climb up trees, but not down – they roll into a ball, and drop. It does them no harm, since they bounce.

They are also great for killing slugs which they roll around to get rid of the slime, before eating them.

Another idea to get rid of slugs is to sprinkle oat bran around your plants. They love to eat it but once inside it expands and they have been known to literally explode!

# CRIME PREVENTION and COVID-19

As a result of the Covid19 outbreak we are all adapting to new ways of working and living, ever thankful of our gallant NHS and other key workers. However, as with any crisis, unfortunately, there are those out there that will take advantage of the situation either to commit computer/phone-based crime, as a bogus caller at the door in an attempt to enter and steal under false pretences, or try to sell you a dubious product or service.

Always be suspicious of emailed or texted messages about Coronavirus, they may be just misleading false information, or may be intent tricking you into parting with your money. Some that have been seen are very convincing, alleging to come all number of different organisations. Never respond straight away, speak to someone else before responding, if indeed you do, and get another point of view or ring the organisation on a telephone number that you already have for them. The same applies to callers at the door, you do not need to make a decision straight away, if in doubt keep them out, and speak to a trusted friend.

I would like to draw your attention to something that is not a scam:

## **ESSEX WELFARE SERVICES**

Essex County Council has established Essex Welfare Services as part of PROVIDE (a health and social care service). EWS has been set up to assist the most vulnerable in the community to allow them to access shopping, medicine and other support.

This week, and going forwards, GP surgeries will be calling, sending out SMS text messages or posting letters to those who are 70 or older or are offered a flu jab due to pre-existing medical conditions. This is because these people are identified as being vulnerable and having to self-isolate for prolonged periods of time and, therefore, potentially require additional support.

You may receive a call from the National Shielding Helpline on 0333 3050466 – this is NOT a scam. However, the phone line is not live and you may receive a message saying they will try again soon.

When they call back, the caller may ask for some details such as your name and NHS number to confirm they are speaking to someone who is deemed as vulnerable, but they will never ask you for details such as you National Insurance Number or bank details.

There are concerns that this service has not been widely publicised and people are, therefore, leaving reviews on trust sites saying that this is a scam due to the caller asking whether the person is vulnerable or not. It is important that this misinformation is not spread as it could lead to vulnerable individuals missing out on essential support.

[www.essexwelfareservice.org.uk/](http://www.essexwelfareservice.org.uk/)

Kind regards

**Stephen Armson-Smith, Crime Prevention Tactical Advisor, Braintree & Uttlesford Districts**  
**Telephone 101 Extension 407110 Mobile 07525 409720**

## CONSERVATION WORK AT BORLEY CHURCH



Close up of  
Magdalin Waldegrave

Conservators, Skillington's of Grantham, have just completed phase 1 repairs and produced a report on the condition of the Magdalin Southcote monument in Borley church.

Magdalin was the third daughter of Sir Edward and Frances Waldegrave, whose magnificent tomb is also in Borley Church. She married a judge from Witham, John Southcote, and died on 8 September 1598, whilst he survived her by nearly 40 years before dying in 1637.

She kneels, with a ruff to her neck and an elaborate contemporary headdress, upon a cushion at prayer, her open prayer book resting upon a prayer-desk. All is set beneath a canopy supported upon columns and crowned by a coat of arms, with scroll supports.

The Latin inscription reads:—

*Within this tomb lies buried the dust of Magdalin,  
Waldegrave's daughter and Southcote's only spouse.  
A chaste Vergin, a prolific mother, to her partner, a  
pious wife, steadfast in faith she lived uncorrupted by  
riches. Life gave death, earth gave the life which life  
denied. Welcome death and farewell cruel life.*

The work was funded by ChurchCare and Lord William Waldegrave.

*Michael Stebbing*



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### *Bust that boredom with our new online story times!*

Burst that boredom bubble with our new online story times. Every Tuesday check our Twitter and Facebook for a new story with one of our library story tellers. We all love sharing stories whatever age we are and it's never too early to start. Reading with your child can improve their communication and listening skills, help their concentration and help you bond.

You can find all our online story and rhymetimes on our website.

### *Got library books at home?*

If you have library items at home then please keep hold of them. Don't try to return them or leave them outside libraries as buildings are closed at the moment. All items on loan have been extended and you won't get any charges for overdue items. So, you don't need to worry about your library account and you can return the items when libraries re-open. We've put together some FAQs about library services at this time, please check back regularly for updates.

### *Book of the month*

April's Book of the Month is *The Wife Between Us*, a gripping thriller which will keep you guessing.

When you read this book, you'll make many assumptions. It's about a jealous wife who is obsessed with her replacement. It's also about a younger woman set to marry the man she loves. The first wife seems like a disaster; her replacement is the perfect woman. You'll assume you know the motives, the history, the anatomy of the relationships. You will be wrong!

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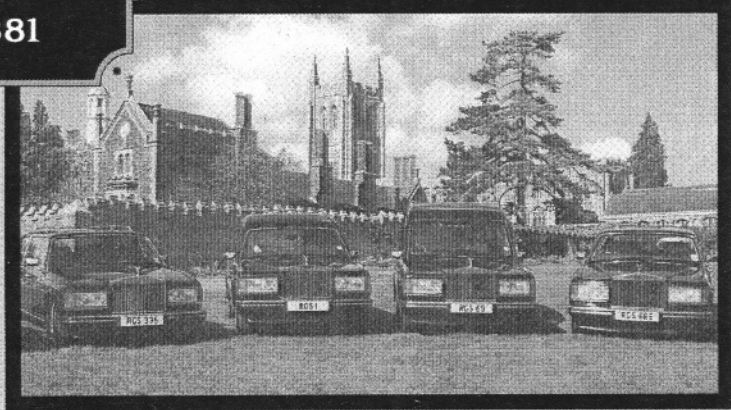


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# INTERNATIONAL NURSES DAY 2020

is celebrated on 12<sup>th</sup> May, the birthday of, perhaps, the world's most famous nurse Florence Nightingale.

Organised annually by the International Council of Nurses (ICN), International Nurses Day celebrates the contribution that nurses make to society around the world. This year the day will hold particular significance as our medical professionals go above and beyond the call of duty.

Ironically, the theme for 2020 announced last year by the International Nurses Council is *Nurses: A Voice to Lead – Nursing the World to Health*.

Annette Kennedy, ICN President, says in her introduction to the International Nurses Day Report

*There are more than 20 million nurses across the world and each one of them has a story. They know about hope and courage, joy and despair, pain and suffering, and life and death. As an ever present force for good, nurses hear the first cries of newborn babies and witness the last breaths of the dying. They are present at life's most precious moments, and some of its most tragic. Nurses serve humanity and, by their actions, they protect the health and wellbeing of individuals, communities and nations.*

Although the 12<sup>th</sup> is a Tuesday, perhaps we should all be outside clapping and cheering these fabulous people who are, indeed nursing the world to health at the moment. Hear you out there at 8 pm?

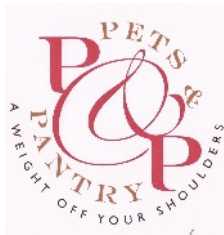


## CLUES ACROSS

- 1 The longer signal in a code associated with 20 down! (4)
- 2 "The . . . . . of Miss Jean Brodie" - Muriel Spark novel (5)
- 7 Medical method of producing internal pictures by radiation (4)
- 8 To run quiet will produce restriction of blood supply! (10)
- 9 The peel of an orange (4)
- 12 Resident or native of California (11)
- 13 First finger (5)
- 15 TV detective, Jack . . . . . (5)
- 19 Type of sherry, darker than fino (11)
- 21 Large container for storing bulk grain (4)
- 23 Quaint care used to refamiliarise! (10)
- 24 ". . . . . company, three's none" proverb (4)
- 25 . . . . . the Eagle, Olympian skier (5)
- 26 See 11 down

## CLUES DOWN

- 1 Evicted set form CID staff! (10)
- 2 Courageous female (7)
- 3 Hercule . . . . . , Agatha Christie's Belgian sleuth (6)
- 4 Large tropical lizard (6)
- 5 Additional (5)
- 6 Obsessed withn one's own appearance (4)
- 10 Brief information (4)
- 11 and 26 across Agatha Christie novel depicting river cruise homicide (5,2,3,4)
- 14 ". . . M for murder" 1954 Alfred Hitchcock film (4)
- 16 Learner shuffles to 23 across! (7)
- 17 Not on the coast (6)
- 18 Creamy French soup based usually on seafood (6)
- 20 TV detective, Endeavour . . . . . (5)
- 22 American midwestern state (4)



# PET CARE

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# PRIZE CROSSWORD No. 246

In this general knowledge crossword you may detect a theme running through some of the clues. As ever there are a few cryptic (!) clues. Entries to **The Editors** please by 14th May. *Ken Nice*

Entry of.....  
 Add/Tel.....  
 Email.....

1			2		3		4		5		6	
									7			
8												
									9	10		11
12												
13		14						15	16			
					17		18					
		19	20									
21	22											
			23									
24												
			25						26			

**APRIL WINNER PRIZE CROSSWORD 245**  
 Anne May of Pentlow  
**Congratulations, a worthy wine winner**

**Prize Crossword No. 245 (April) Solution**  
**Across** 1 Snow, 3 Drops, 7 Peel, 8 Nationwide 9 Aire, 12 Legislators, 13 Whigs, 15 Sleet, 19 Constrictor, 21 Scam, 22 Exercising, 24 Brag, 25 Altos, 26 Skis.  
**Down** 1 Sunflowers, 2 Writing, 3 Donald, 4 Opiate, 5 Spear, 6 Year, 10 Isle, 11 Easter eggs, 14 Inca, 16 Locusts, 17 Ascent, 18 Crocus, 20 Omega, 22 Corn

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## **A MESSAGE FROM BRAINTREE DISTRICT COUNCIL**

At Braintree Community Hub within Braintree District Council, we have been receiving phone calls from residents who are extremely high risk and receiving food parcels from the Government. Although they are grateful for the parcel, they are able to get food either by home delivery from a supermarket or family and so the parcel is not needed. Unfortunately, there doesn't seem to be a way of stopping the parcels at source.

If you have had a Government food parcel delivered to your home which you do not want, the food bank would be very grateful to receive it as they can be re-distributed to those in need.

Please email [community.transport@braintree.gov.uk](mailto:community.transport@braintree.gov.uk) or call 01376 557883 to arrange for your unwanted box to be collected from your home and taken to the food bank.

*Braintree Community Hub*

*Katie Bright*

*Community Engagement Health and Wellbeing Graduate Programme  
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Then, remember to go via the 'easyfundraising' site when you shop - there is a reminder application you can install, if you wish.

*Thank you for your much needed support  
in these uncertain times, and Happy Shopping!*

# INFORMATION FROM BRAINTREE DISTRICT COUNCIL

Please do continue to keep eye on their dedicated coronavirus 'hub' web page for the latest updates and information on their services: [www.braintree.gov.uk/coronavirus](http://www.braintree.gov.uk/coronavirus)

Please note: Garden Waste collections are currently suspended. The impact of Coronavirus (COVID-19) is changing every day, so please keep an eye out for any changes to collection services.

- Download your collection calendar
- Register now for collection dates text message reminders

## Recycling sack reminder

Additional resources have been deployed to help with deliveries of recycling sacks.

Please only request additional sacks if you do not have enough to last you until your next collection date, and only use them for recycling and not residual waste.

The usual annual delivery of recycling sacks is still scheduled to take place in June. You can order recycling sacks via our online form whilst libraries and council buildings are closed. They will be delivered within 10 working days

## Please use your local recycling banks correctly

It's great that residents are keen to recycle and, in response to the amount being taken to local recycling banks, collections have been increased.

However, residents are being urged to check the bins first, as a number of items have been left on the floor around some of the bins, whilst the bin is not full. Leaving boxes and bags on the floor by the bins looks unsightly and can give the impression the bins are full, encouraging others to do the same.

Please do not leave anything on the ground. This is important for the health and safety of the public and crews. Clearing extra waste from recycling bank sites also causes delays in other vital areas of service. Please use the banks correctly and take your empty boxes and bags home to use again on your next visit.

If the bins are full, please take your items home again. The banks will continue to be emptied as often as current circumstances permit, but please help them to help you.

You can also help by holding on to your empty glass bottles and jars, and take them along to your local recycling bank when you undertake your next essential journey.

For more information on the impact of Coronavirus (COVID-19) on recycling and waste visit the Love Essex website.

# FLY TIPPING HORROR

In this time of 'lockdown' we have the wonderful pleasure of taking exercise in our beautiful countryside. The birds are tweeting, the cowslips and primroses still hold their colour, bluebells are vibrant and our gardens are showing off. Such a wonderful picture. That picture, however, hides the reality of people believing that the countryside is for dumping rubbish. Not just litter at the roadside, but monstrous loads of timber, DIY waste, old mattresses, furniture, paint and much else besides.

At the beginning of April there was yet a further act of hideous, selfish, slobbish and uncaring 'fly tipping', a dog. A pedigree dog at that. There is little conclusive proof that the dog was dumped at the same time as a considerable amount of DIY/builder's waste, but the proximity of one with the other must be more than coincidence.

Because the waste had been dumped on a local farmer's field (private land), the clear-up was down to the farmer on this occasion and the authorities notified. There is a cost of removal to the landowner as well as the liability of disposing of the waste! Only in exceptional circumstances will Braintree District Council (BDC) remove waste from private land without charge.

BDC are one of the better local authorities in dealing with fly tipping and success can be measured by the number of prosecutions and convictions obtained. Its website provides for a complaint of fly tipping to be logged, to which it will respond.

Braintree District Council will:

Investigate all reported incidents of fly-tipped waste on highways & public land;

Prosecute offenders whenever possible;

Publicise instances of fly-tipping to encourage members of the public to report offenders;

Monitor fly tipping hot spots on a regular basis, remove any waste and install covert CCTV in areas that are subject to regular fly tipping;

Advise private landowners where their land is subject to regular fly-tipping;

Braintree Clean Teams will generally remove fly-tipped waste within 24 hours of it being reported or, in the case of excessive amounts, within 5 working days. In cases where specialist equipment or contractors are required to remove a fly-tip (hazardous waste etc.) this may take longer.

One might suggest that COVID 19 had a part to play in this recent incident in Borley/Belchamp (recycling centre at Sandy Lane being closed) but the issue has been around before closure and lockdown. Has fly tipping become worse since charges were implemented for certain waste at recycling centres?

*Kelvin Hastings-Smith*

## **LOCK DOWN by Joy Barker**

When we were told to stay indoors I came up with a plan  
To clean and tidy house and home as slowly as I can.  
I started in the bedroom, to clean under the bed  
But opened up a chest of drawers and tidied that instead  
As for all the wardrobes, I will leave those behind  
Think of all the out of date clothing I will find  
The kitchen is a nightmare with dishes, cups and plates  
Then there is the larder with all those 'out of dates'  
I love to clean the bathroom and make the taps all shine  
The hallway only needs a dust and then it will be fine  
The garden's now quite tidy and I'm very pleased with that  
I've cleaned the porch and window sills and need a new door mat  
When my home is spotless and is as good as new  
With lots of time upon my hands, I need more things to do  
Now hobbies I have plenty and many are half done  
With all this time I have to fill, I vow to finish one.  
I've also started walking, a thing I really hate  
Only up and down the garden, from compost heap to gate  
I planned on doing exercises sitting on a chair  
But what with all that cleaning, I've had no time to spare  
Picking up the telephone, I do a lot of that  
I call my friends and family to have a nice long chat  
When all of this is over and things are as before  
We'll all with great excitement hug our families once more



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# SEASONAL RECIPE

## STRAWBERRY RHUBARB CRUMBLE TART

**A marriage made in heaven!**

### INGREDIENTS

Uncooked 8" shortcrust pastry base

#### Filling

325g Rhubarb - sliced

150g Strawberries - sliced

240ml Sour Cream or Plain Yoghurt

2 tbsp Plain Flour

150g Sugar

#### Topping

100g Plain Flour

60g Brown Sugar

100g Oats

110g Butter

### Method

1. Preheat oven to 220°C/fan oven 200°C
2. Mix all the filling ingredients together.
3. Rub the butter into the flour and sugar, then mix in the oats
4. Put the filling ingredients into the pastry case and spread the topping mixture on top.
5. Cook 10 minutes then turn oven down to 200°C/fan oven 180°C and cook for a further 35 minutes.

**Delicious served with vanilla ice cream!**

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## FOXEARTH MEADOWS UPDATE DURING THE COVID-19 CRISIS



I write as we mourn the death of a friend at our church – a victim of COVID-19 who was only 40, and leaves a beloved wife and three children. As the figures still rise and the lock-down continues it takes tragedy to touch one personally to bring home the enormity of the situation. Unrelenting bad news in the media can lose its effect on one but the loss of friends and loved ones brings the frightening risks into sharp focus.

At the end of March, we took the decision to close the car-park at Foxearth Meadows to discourage people from driving to the reserve. It remains open, however, via the Public Rights of Way that cross the land. We have also kept our delightful path along the River Stour open, so please feel free to continue visiting on foot (or bike) and enjoying the restoration that nature offers especially as Spring unfolds. Guidance on social distancing and other restrictions is clearly posted at all entrances and A Rocha UK thank visitors for complying with these and keeping everybody safe.

Until lock-down and social distancing restrictions are lifted we will not be running any volunteer work parties. Myself and my colleague, Andy Jowitt, will continue to maintain the footpaths for unhindered access to this lovely place. Nature is going about its business as usual, even if humanity isn't so please come and have your spirits lifted.

A Rocha UK have been working hard for nature and people during the pandemic through our various programmes which includes the upkeep of Foxearth Meadows. But, with churches closed, our speaker programme cancelled, and other sources of income badly affected, we now urgently need your help. Please learn about our work and consider supporting the charity financially by visiting the link below.

<https://www.justgiving.com/campaign/spring2020>

**Mark Prina**



**Foxearth Meadows Information: Mark Prina, Reserve Manager, A Rocha UK, Foxearth Meadows Mobile: 07548 209652 Home: 01223 832530 Email: [mark.prina@arocha.org](mailto:mark.prina@arocha.org)  
Working hours: Mon/WedThurs/Fri 09:00 to 17:30**

# RAISING OUR SPIRITS

Recent crossword winner Angela Steed sent us a few of her favourite jokes to lift all of our spirits during the pandemic. Here they are:

*A woman goes into a shop and asks if they have any helicopter-flavoured crisps. The assistant replies, "I'm sorry we're sold out, but we do have plane ones."*

A man stands staring at the orange juice cartons in a supermarket. His friend comes up and says, "Hey, why are you staring at the fruit juices?" The man says, "Ssh, it says concentrate."

*Spike Milligan's cure for sea-sickness: sit under a tree.*

Two snowmen standing in a field. One says to the other, "Can you smell carrots?"

*Someone asks a farmer, "Tell me how long cows should be milked?" The farmer answers, "The same as short cows."*

**Angela Steed**

**Susi Morrow**, long time resident of Liston, is a professional musician and accompanist. She gives piano lessons at all levels to both children and adults, and has taught piano at various schools, including the Guildhall School of Music & Drama and the Colchester Institute.

For more information about piano lessons or Soundbeam, contact Susi on 07753 292919  
[susievelynmorrow@gmail.com](mailto:susievelynmorrow@gmail.com)

**Susi Morrow** *ACSM*

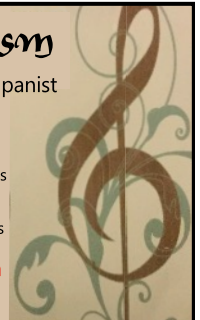
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# DOWN ON THE FARM BY SIMON DAIN

It has been a while since I wrote an article for the Parish News, simply because there was practically nothing of great interest going on, due to the weather at the back end of the year - it was a really frustrating and difficult few weeks.

So, from one of the wettest and difficult few winter months, we have entered into a very dry spell, with the added element of the Covid-19 pandemic, which has seen us all live in circumstances many of us could never have imagined.

With that said, I hope you are all keeping well and healthy, and that life is not too difficult for you. I for one, along with my family, feel we are all incredibly lucky compared to many, to live where we do in this beautiful corner of Essex/Suffolk. So, back to the farm.

After scrapping around in the earliest of hours, if we were lucky enough to have some hard frosts in December, January and February, we tried to get winter wheat in the ground. I would say we achieved about 70% of that before we had to call it a day, due to ground conditions and how wet it was.

Invariably, not only has this hindered the drilling of our winter cereals, but the husbandry post drilling has suffered to, with only the odd field of wheat and barley getting the initial spray program it needed going into the winter. This causes a few headaches as they enter the spring, especially in terms of the weed burden and the dreaded blackgrass inevitably rearing their damaging leaves!!!!

To be fair, as I am that much of a perfectionist when it comes to our farm, its crops and livestock, I set my sights fairly well up there so I'm very self critical. However, our agronomist, Marcus, informs me most weeks we are in pretty decent shape compared to many of his clients. I am aware, after making several trips to the North East recently, travelling up and down the A1, many hundreds, actually thousands, of acres have had nothing done to them since harvest and those that were drilled or grass fields ready for sheep or cattle to graze, have been under water for months. So, for many of my fellow farming colleagues it has been a pretty disastrous year.

We took an early decision, before spring was upon us, that our oilseed rape was struggling so badly we would have to write it off and, with us being unable to drill our winter beans as our other break crop, we would have to source some spring barley seed, and quickly, as in a year like this a lot of farming businesses would more than likely be in a similar position. The great demand would mean that it would sell quickly and, no doubt, at a premium for the traders. Therefore, we had to get our backsides in gear and get our name on several tonnes to drill up the remaining acres of ground we had left, including the failed rape fields and where our beans were going in.

Whilst all this was going on, we started lambing our first batch of ewes late January early February, mainly the pedigree Blue Texels and Dorset Downs.

Typically with sheep, nothing goes to plan and one of the Dorsets lambed twins, which looked to be quite premature, and all the extra TLC wasn't enough. Then the other Dorset had a set of twins which caught pneumonia. Thankfully, we saved the ewe lamb which was the weakest



*Nothing better than ewes and lambs out at grass*

of the two, got her brother well on his way, only to find him lifeless the following morning.

The Blues got off to a decent start with some singles, all ewe lambs, and a set of twins, a ewe and ram, where the mother rejected the ram from the off, whilst myself and Julie were up in the North East. Thomas was on a spraying course in Cambridge, so it was down to our daughter, Chloe, and Thomas' girlfriend, Rebecca, to get colostrum in to the lamb as soon as possible and get him going, inevitably to be hand reared. I'm pleased to say Enzo, his pedigree name, or Eric, as Thomas, calls him has gone from strength to strength, which is all down to that early intervention by Chloe and

Rebecca giving him the best possible chance.

As for the rest of the flock, we were busy lambing over a period of 3 weeks in March and have now finished. The ewes and lambs are doing well so far, out in this lovely weather grazing on a legume and herb rich grass sward we drilled last autumn down at street farm, as part of an environmental stewardship scheme we have entered into for the next 5 years.

Back to the arable, I am sure some of you who are keen on walking the local footpaths were no doubt getting frustrated with the lack of our paths being visible through the growing crop. I can only apologise, as they had been left until the wet conditions subsided so we could travel with the smaller sprayer without causing too much damage and mess. I can say this has now been done, apart from two that I will spray this week, 21st April as I type, on some spring barley.

With the dry conditions, in total contrast to those we had been experiencing, we cracked on once the spring barley seed was delivered, with Thomas travelling in front of me and the drill, with his spring tined cultivator preparing as fine a seed bed as possible, whilst trying not to lose all the moisture. So, as soon as he had done that, we agreed that rolling in front of the drill would be a good idea, to conserve as much moisture as possible, to give the barley seed the best possible conditions to chit and get growing.

Once we were drilled up, it was straight on the fertiliser spreader to give the spring barleys a boost, along with all the winter wheats and barleys, to give them a good feed after a long wet and cold winter.

That brings us pretty much up to date, apart from a field we are looking to drill, a new crop for us, canary seed, and our other environmental stewardship plots, which will be drilled with wild bird seed mixtures to help encourage and give vital feed for farmland birds, and provide habitats for the vital insects which are fed on by birds such as the rare English Partridges we introduced back to the farm. So far, this has been successful, and later this coming autumn we have some areas and margins where we will be drilling some wild flower, and pollen and nectar mixtures to add to the scheme, which will hopefully create more wildlife corridors on our land which I am absolutely excited about. We have been doing little bits and pieces over the last few years to see what works and are now trying it on a larger scale.



# THE “LOST” ART OF COMPLAINING

There used to be a real art to complaining to organisations and businesses should the need have arisen. Erudite letters as to the particulars of a complaint were something that occupied the best penmanship in the land. Organisations and businesses sometimes took great pleasure in prolonging the complaint so that they could post the best letters and replies on their office notice boards.

Sadly, the age of the internet deprived the post office of delivering these letters. The new world of the email became the complaining mechanism of choice. It is so much easier to fire off an email while the source of the complaint is still fresh in the memory, and every detail can be recalled in the minutest of detail. Armed with a quick search of the internet to discover the name and email address of the head of the organisation or business and bingo! the complaint was dispatched. In short order an acknowledgement would be received and, hopefully, the issue of complaint would be resolved.

It now appears that businesses and organisations are getting fed up with receiving email complaints and are putting a stop to it. Surreptitiously they have been removing the ability to complain by email. Many business websites have removed even the ability to contact via email and some have even dropped their telephone number from websites. Some indicate that complaints will only be received via Facebook, twitter or by a chatbot on the website.

Consumers and dispute resolution services fear that submitting complaints in this manner will not be taken seriously. However, more businesses and organisations ARE including their mailing address on websites. A happy return to keeping the Royal Mail in business.

*Kelvin Hastings-Smith*

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Mike Crome  
mike1805@gmail.com

Fire tenders raced to Borley Green in late March to attend a fire in a shed at a currently unoccupied property. Smoke had been seen earlier, but was initially dismissed as a bonfire. Not too long afterwards the fire had taken hold and flames engulfed the shed igniting cooking oil that had been stored within.

## **FIRE IN BORLEY**

Considerable concern was raised as the property in question is close to thatched homes and a number of vulnerable outbuildings. As the fire took hold embers floated on the spring breezes.

Although the shed was razed to the ground, the Fire Service damped down the area and were satisfied that the fire had been extinguished and no longer posed a threat to persons or property.

Braintree District Council are asking residents not to burn their garden waste, or indeed, any other waste. Smoke from bonfires is anti-social and can cause problems for neighbours. They say that they will continue to investigate any complaints and will take formal action where appropriate. With Essex Recycling Centres for Household Waste closed and garden waste collections suspended, local air quality is deteriorating from increased burning, giving additional problems for those with asthma and other breathing related illnesses, in particular Coronavirus.

Essex Fire & Rescue Service are also requesting that you do not burn waste as there has been a 100% increase in call outs mostly caused by fires which have got out of control.

Please home compost your waste, or store it in your garden until collections are resumed. Visit <https://www.loveessex.org> to find out how to make great compost and for other useful tips.

***Kelvin Hastings-Smith and Braintree District Council***

*... continued from page 30 Down on the Farm*

I have not bothered to touch on the political landscape of things and how it is affecting our business since I last did an article, as so much has happened but it has all been completely knocked sideways by this human tragedy of the Covid-19 virus that has struck. At this juncture there are more important things than whether it's too wet or too dry to worry about, as a farmer often does. We will keep going growing our crops and rearing our lambs to do our bit, in total admiration for all those risking far more working to save lives in hospitals and care homes up and down the country.

Stay safe, stay at home and my best wishes to you all in these difficult times.

**Simon**



**Gerald Seymour** has always been a favourite author of mine, for his past 35 novels. He does not disappoint for his 36th, **BEYOND RECALL**.

Seymour has an ingrained knowledge of the workings of the British Secret Service and uses this to create the most imaginative of plots, although at times one wonders if it is just 'imagination'. The situations he describes through expansive narrative feel so real, one could have read an account of an atrocity or battle from the pages of popular media. At times, his plots mirror what is actually happening in the world.

In *Beyond Recall* we are introduced to Gary 'Gaz' Baldwin a Special Reconnaissance Regiment officer who has witnessed an atrocity while serving in Syria. He was so traumatised by the experience that he was invalided out of the army and experienced the full menu of PTSD, eventually self isolating himself to the outer reaches of Orkney. His life being reduced to the mundane of odd job man. He keeps himself to himself.....until.

"Knacker", as he is known, is an old school MI6 operative. He believes in physical overt observation rather than all this modern drone and techno stuff. He travels to Orkney to recruit the reluctant Gaz to travel to Murmansk, northern Russia to identify the Russian officer responsible for the atrocity. Knacker also 'wakes' a sleeper cell within Murmansk, to help Gaz, should Knacker be successful in his efforts to recruit Gaz. But, Knacker does not know if the family will be of any use to Gaz.

This is an exhilarating thriller. Seymour has a knack of keeping the reader from the denouement as long as possible, with diversions and presumptions littering the pages. Seymour writes with a certain rhythm and it will take a few pages to get into the 'groove' but when you do, this excellent work zips along.

The Shakespearian stage direction "exit pursued by a bear" takes on an all too appropriate meaning in this highly recommended work. You will have to read it to see what I mean!

**The Sudden Departure of the Frasers by Louise Candlish** is another intriguing offering from this talented thriller/relationship writer.

Candlish chooses her usual theme of residential/suburban living. In this tale we are introduced to a much sought after house in Lime Park Road in the sleepy London suburbs. Number 40 is a semi-detached house which has had tens of thousands spent on it by the previous owners, Amber and Jeremy Fraser. The new owners, the Davenports, recognise that they are lucky to have bought this house, which they can barely afford.

Once they move in, the neighbours ignore them, no matter what the Davenports do to encourage a social life. It seems as though the neighbours are active with each other and this makes Christy Davenport wonder what she and her husband have done ...or if there is something about the house with which the neighbours are concerned.

...continued *A Good Read*

The reader is then taken back 12 months to the time when the Frasers purchased the house. They set out to renovate and improve the property - no expense spared. The neighbours are not worried about the prospect of building works and embrace their new neighbours, The Frasers, who are the life and soul of the neighbourhood.

The book evolves into a parallel tale, in alternate chapters, about the Frasers and the Davenports, 12 months apart and gradually catching up until the current day. In telling the tale, Candlish employs her trademark suspenseful technique to keep the reader on edge.

I loved 'Our House' and Those People', her later novels which cracked on a pace and left the reader exhausted. This early work does drag a bit and the writing is not as fluid as her more recent work. Still, it is a good read full of suspense and risqué action.

I was fortunate to be lent **Big Sky by Kate Atkinson**. I had not read any of her more recent novels, so was interested to see if my memory of her earlier work was as keen, as I opened the first page. And, so it seemed. The writing rhythm is gentle and easy to follow, and her ability to fully draw her characters is masterful. I was not disappointed ...and it did not matter that I had no idea of the life Jackson Brodie since book 2!

This is a story of life on the east coast of Britain, possibly Robin Hoods Bay/Whitby, certainly Yorkshire. Jackson Brodie is a former police inspector, now private detective with a complicated family life history. In this novel he has been hired to follow an errant husband. Along the way he bumps into other characters who play an important part of the plot but never seems to make a connection.

We are introduced to three men who play golf together; two are firm friends/ business associates and the third is Vince, who does not fit in with their world or wealth. Vince, is going through a messy divorce and is being 'wrung out to dry' in the fight over marital finances. The other two are a haulage proprietor and hotelier respectively. But, they earn their wealth in other, darker occupations.

Against this background, the reader is introduced to two young ladies from overseas who have signed up to a recruitment agency which has guaranteed them employment with the hospitality industry in the UK, and their journey from foreign lands to the UK forms one of many plot lines.

The family life of the haulier is another plot line. One is immediately alerted to a bit of a mystery, when the reader learns that Crystal is the haulier's second wife, the first having died falling off a cliff!

This novel is not really about Jackson Brodie the private investigator - he does not have a central role - and in some circumstances, this is a good thing. All of the plot lines (which are not complicated to follow) funnel into a brilliant denouement which revives for a few more chapters, almost like a moping up exercise of all the plot lines.

This is a good book, well written, humorous where it needs to be and which deals with a very significant and current problem in this country.



## EXERCISING IN LOCKDOWN

We are all so fortunate to live in the country and have access to the great outdoors. Many have embraced gardening with renewed vigour. Our villages will surely have the tidiest gardens around. Many seeds have been sown and seedlings transplanted, vegetable patches weeded and lawns mown to within an inch of their lives!

It has been gratifying to see so many people taking a daily walk. How lucky we are that we can walk for miles without breaching social distancing. Your Editors have been walking everyday and have taken the opportunity to litter pick on the way. The different types of trash found on the roadside is astonishing - plastic bottles, glass bottles, metal cans, bits of cars, plastic bags, paper bags, gloves, fabric and underpants, to name but a few!

In 10 days, we managed to collect 8 large bin bags (the Braintree Purple Cleansing sacks) of assorted rubbish which the bin collectors are happy to whisk away during regular bin days.

As a result, the roadsides in our immediate area are looking much clearer. But, once lockdown is eased and there is more traffic on the roads, no doubt the rubbish will be back unless the public can be educated to take their rubbish home with them. What's the solution? Send your suggestions to the Editors. In the meantime, as Mark Murphy (Radio Suffolk) says, *"Don't Be A Tossler"!*

*Kelvin Hastings-Smith*

## NO SADBURY WESTERN BYPASS - FINAL

Following a Freedom of Information Request of Suffolk County Council (Suffolk), Borley resident and local campaigner, Julian Manyon has finally uncovered formal evidence that the Sudbury western bypass has been shelved.

On 31st January this year, Suffolk made application for £5 million of funding to improve Sudbury's roundabouts and bus routes from the Local Pinch Point Fund of the Department for Transport. In the application Suffolk's Head of Transport Strategy, Graham Mateer, stated that the environmental damage and cost of a western bypass scheme far outweighed the benefits. He went on to state Suffolk's decision on the proposed bypass as "Work on a western bypass was therefore stopped. This option will not be considered further." There can be no words clearer finally putting the proposed western bypass to bed ...for good.

We are grateful to Julian's dogged determination to track down proof of the decision by Suffolk not to pursue the western bypass now or in the future.

## LOCAL BUSINESSES HELPING US DURING LOCKDOWN

### **John's Nursery, Constitution Hill, Sudbury**

Email John at [growninsuffolk@outlook.com](mailto:growninsuffolk@outlook.com) to get a list of what is available. Includes bedding plants, perennials, annuals, vegetables/herbs and compost. Delivery is £2 Sudbury/Cornard, £4 for surrounding villages and £6 for further afield.

### **Farm Shop at Rodbridge Corner**

A good range of fruit, vegetables, dairy and dry goods including flour of all types. Also, a selection of vegetable and bedding plants. Open 8am - 5pm Monday - Saturday and 10am-3pm on Sundays **Cash only**

### **Nethergate Stour Valley Brewery, Rodbridge Corner**

Orders can be placed by telephone or online via facebook. Local deliveries are free or you can collect on Tuesdays and Fridays 11am - 4pm (cut off for orders for collection is 5pm the day before) 01787 377087



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