

PARISH NEWS

LISTON : PENTLOW : FOXEARTH : BORLEY

May 2019

The planning application for 120 residential properties and associated buildings at Stafford Park, which had been outstanding since 2015, came before the Planning Committee of Braintree District Council for a decision on 19th March. Despite the District Council's Planning Officer and Babergh District Council recommending acceptance, the application was refused by 4 votes to 2 with 5 abstentions. The Committee considered the site to be unsustainable and at significant risk of flooding.

Although planning consent has been turned down the land owner has indicated that an appeal against the decision is anticipated. If an appeal is lodged it is highly likely that a public inquiry will be launched. The timing of the appeal and any public inquiry will depend on the availability of the Planning Inspectorate.



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USEFUL INFORMATION:

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All contributions will be acknowledged

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Quarter Page £30 : Half Page £60 : Full Page £120

Community items are free

Ruminations from the Rectory.....

Dear Friends,

I am writing this letter at the beginning of Holy Week. We are just back from a truly wonderful pilgrimage to Sweden. What a beautiful country. Huge thanks to Lena and Paul Chandler of Belchamp St Paul who organised everything at the Swedish end. Lena is from Torrskog and we managed to visit her ancestral home, and the churches of that benefice situated round a peaceful lake. Her Vicar, Revd Anders Evert, and his people gave a very warm welcome and my hope and prayer is that this connection with Sweden will grow and blossom over the years.

I was very, very pleased that four of those who often come on our pilgrimages, but who could not go to Sweden, went on their own pilgrimage back to Launde Abbey while we were in Sweden. They have discovered more beautiful churches and places for us to visit on next year's pilgrimage to Launde (see separate notice).

Revd Paul, at last, has a date for his back operation - 29th May. Please pray for him. We wish him a good recovery. This means that, in June, we will be rather short staffed as I will be away for part of that time, before we welcome our new Team Vicar at the end of June. So, please understand if things have to wait a bit.

On Saturday 13th April six of us made the journey to Milton next Gravesend to attend Revd Sally's licensing as their new Vicar. The tradition in the Diocese of Rochester is that someone from Sally's previous parishes presents her to the Bishop so, I had the privilege of doing just that. There were lots of jokes about her coming over to the right side of the river. Sally looked very happy and her church is beautiful, with a friendly congregation. We wish her well in her new appointment.

In Sweden, we had some snow and there were few signs of Spring, but here it is bursting out all over, and the blossom is quite glorious - take time to savour this lovely season

God bless you all.

Revd Margaret, your Team Rector



Braintree District Council has agreed to take part in the second phase of Voter ID trials in relation to the Braintree District's Town and Parish elections on 2 May 2019. This means that every elector voting at a polling station in the Braintree District will need to show either one piece of photo ID or two pieces of non-photo ID before they are given their ballot paper.

All electors will be required to present means of identification from those prescribed by the Cabinet Office. Anyone not providing the correct ID will not be able to vote.

Any elector who does not have a means of identification from the prescribed list will have the opportunity to contact the Electoral Services Department at Braintree District Council and apply for an Electoral Identity Document.

All the details residents need to be aware of can be found on our website at www.braintree.gov.uk/voterid

We will also be informing the public in numerous ways such as newspaper adverts, bus shelters, direct mail to all households, as well as digital advertising including social media.

Key messages

- You need to bring ID to vote in local elections at polling stations on 2nd May 2019
- You need to bring the correct form of ID – check the list at www.braintree.gov.uk/voterid
- You can bring either one piece of photo ID or two pieces on non-photo ID. One piece on non-photo ID must have the voter's current address – check the list
- Don't worry if you haven't got any ID or any of the ID listed – you can apply for a free Electoral Identity Document - just call our Elections team who will be able to help you.
- All ID documents must be originals or a certified copy.
- Full list available at www.braintree.gov.uk/voterid

FOXEARTH GAMES NIGHT

Friday, 3rd May 7.30 - 9.30 pm

Join in activities ranging from jenga to darts;
board games to table tennis;
or bring your favourite game

Please bring refreshments

ALL AGES WELCOME

The South Suffolk Show

Ampton Racecourse, Ingham, Nr Bury St. Edmunds

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For further information Tel: 01638 750879 or view

www.southsuffolkshow.co.uk

Sudbury Area Cancer Support Group

Don't Face Cancer Alone

Need to talk ? Call Ruth/Phil Worsley Tel: 01787 370978

We are a group of cancer survivors providing a local support group where adults (18+) with cancer and their carers can share experiences, obtain information and take part in social activities. Meetings are free and open to anyone affected by cancer, their partners and friends from Sudbury and surrounding villages

email: ruth-SACSG@outlook.com

Social Events

June Eden Rose Evening or Garden Party TBA

Evening Meetings

4th Thursday of each month 7 – 9 pm The Common Lands Room, The Christopher Centre, 10 Gainsborough Street, Sudbury CO10 2EU

Thurs 23rd May Games Evening Nicky Russell.

Thurs 27th June No evening meeting

Café Club @ Assington Country Kitchen Come and join us at our new venue 2nd Friday of each month from 12 - 2 pm, Assington Country Kitchen, Assington CO10 5LW Join us for an informal chat over coffee and a sandwich.

A relaxed, informal opportunity for people affected by cancer to meet over a cup of coffee or tea with people who have been through, or are going through similar experiences.

For more information contact: Ruth Worsley 01787 370978 email ruth-SACSG@outlook.com



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FOXEARTH & DISTRICT HISTORY SOCIETY

Chilton:

The First Three Thousand Years



by David Burnett

at 7.30 pm on

Tuesday 14th May

at Foxearth Village Hall



If you would like to join us please contact Clare Mathieson
01787 311337/Lynda Rumble 01787 281434

More information on foxhistsoc@gmail.com



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CYBERCRIME AND SMISHING

Smishing - using smart phone texts to phish for victims' confidential information -- is soaring, and it is more dangerous than email phishing.

Phishing - the scam that involves tricking people into giving away confidential information, is surging via text messaging, posing a greater than ever risk of identity theft. The reason? People trust text messages more than they do email, so they're more likely to fall for the scam.

This type of phishing, better known as "**smishing**", has been around for years but, because consumers have wised-up to email tricks and, in fact, are using email less and less for simple messages, scammers have switched their focus to SMS texts to target their victims. The text usually contains a link that downloads malware, which steals as much data as it can find. Therein lies the threat:

Your smartphone knows a lot more about you than your PC, so an installed piece of malware might steal the phone numbers in your contact list and spread the virus in hopes to exponentially multiply. Even important bits of personal data, like banking credentials or your tracking location, can be at risk.

Scammers are also using texts to pose as tax authorities, not just in the US, but also in the UK and Canada. The tactic creates a false sense of realism because many people don't realize that text messages can be a threat. They say that the user is due a tax refund or needs to provide more information. Basically, they try to get users' information, and that can be used for stealing their money.

Research suggests as many as one in three smartphone users had been targeted by a smishing attempt in just six months last year, although the actual number is likely to be higher since most people do not report scam attempts.

What to Do: The best thing you can do to avoid falling victim is to never click on a link inside a text message. Certainly, you should never respond to a request for a password or other confidential information. Instead, visit the real website of the organization that seems to be asking and check if it is a genuine request.

You should also use extreme caution even if the message asks you to send the word "Stop" to stop receiving messages, as many do, unless you're 100% sure that it is genuine. Sending a "Stop" message may not land you in immediate trouble but it signals to a phishing scammer that there is a bite on the line.

In fact, for the same reason, you should never reply to text messages from someone you do not know. It simply opens the door for an onslaught of spam. Block the sender if you can. But otherwise, just delete the message. And, don't share your cell phone number on social media. In addition, it is wise to install an anti-malware app on your phone.

To learn more about **smishing**, and cybercrime prevention see www.getsafeonline.org
For further advice or if you believe that you have been a victim of fraud or cybercrime contact Action Fraud on 0300 123 2040 or www.actionfraud.police.uk

Based on an article from: www.scambusters.org

GUIDED TOUR AND CHORAL EVENSONG AT ST EDMUNDSBURY CATHEDRAL

The theme of one of this year's Lent Course has been 'We are community' and so, we are spreading out in the wider community

On **Sunday May 19th** we are able to have an hour long, conducted tour of the Cathedral. (This does not include the tower).

We meet our guide at 1 30pm by the main entrance, followed by Choral Evensong at 3pm (45 mins), which will include the installation of a new Archdeacon. Afterwards we can enjoy tea and cakes.

The cost will be £3 per person

**If you would like to attend please notify Rosemary Ingram
on 01787 267969 or jr@ingram2.plus.com**



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Sun 12noon-10pm

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Sun Lunch 12noon-4pm

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FOXEARTH VILLAGE HALL

COFFEE MORNING

Tuesday, 28th May 2019

10.00 am -----12.00 noon

Please join us for a cuppa

and a piece of cake ...

and sausage rolls !!!!

All Welcome!!!!!!



Please contact Pam on 07503940532 if you need collecting or would like to bring produce etc to sell on the day

CARDIAC ARREST RESPONSE SEMINAR

There will be a training session, led by Vaughan Preston, to teach villagers how to use the defibrillator, recently installed on the wall at Foxearth Village Hall.

The demonstration will take place during the coffee morning on 28th May and will start at 11 am



You will be able to see how the defibrillator works and ask questions.

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BIG BORLEY ★ **BBQ** ★

1 - 4 pm on Sunday, 16th June at Borley Village Hall

Join us for family fun & games & the famous 'Turner' BBQ

CHALLENGE the Borley Wellie Wanging Champions

JOIN the Winning Tug-of-War Team

FREE ADMISSION

For more info contact Trish 01787 881717 or Julie 01787 313579

SAVE THE DATE

Party@Pentlow II
Saturday 29th June 2019



Traditional local hog roast or veggie option

Live music from the Robbie Gladwell Band

Kids' entertainment

Licensed bar including Pimms & Fizz

Ticket £10 (inc food & one drink)

Further info from Melanie 07770 321542

FB Party@Pentlow

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EMAIL: amdiggerservices@aol.com

Liston Midsummer Music

in its 12th year, is proud to present

HRH The Prince of Wales Royal Harpist, Anne Denholm & virtuosic Flautist, Alena Walentin with their new programme

A Right Royal Romance of Flute and Harp!

in Liston Church on

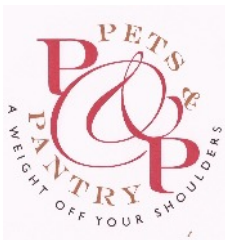
Saturday 22 June at 7pm

Prior to an International tour, this entertaining MidSummer Gala includes music by J S Bach, Mozart, Bizet, Debussy, Faure, Alyabiev, Farr, & Suffolk composer, William Alwyn.

Tickets £20, (inclusive of Interval Canapes & Wine) in aid of Liston Church), can be booked on listonmidsummermusic@gmail.com or 01787 375900

In her official capacity as Royal Harpist, (an ancient post recently revived by HRH The Prince of Wales), Anne Denholm was seen & heard by millions on TV last summer, playing for the Royal Wedding of The Duke & Duchess of Sussex, Prince Harry & Meghan Markle.

She has formed a vibrant duo with former Royal Academy friend, the Russian virtuosic Flautist, Alena Walentin, and presents this special Gala performance as part of Liston's annual MidSummerMusic Festival prior to an International tour.



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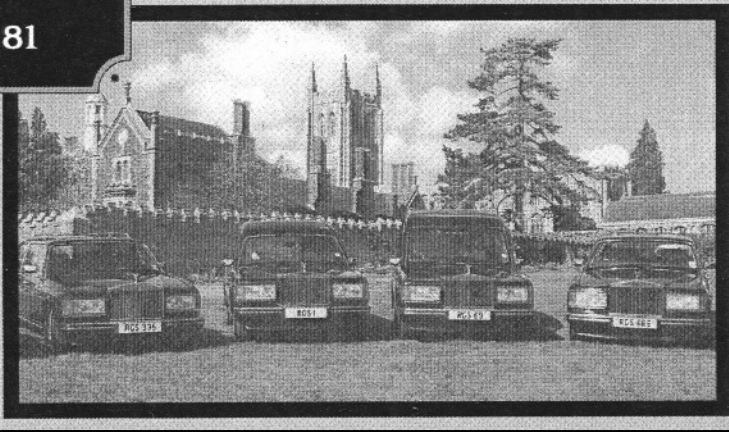
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C2 LEADERSHIP FACE-TO-FACE SAFEGUARDING TRAINING COURSE

Morning of Saturday 2nd Nov

Belchamp Community House, Gages Road, Belchamp St Paul CO10 7BX

We often complain that for any kind of training we need to go to Chelmsford. However, we have managed to access a Training Course right on our doorstep, which means it will help our Churchwardens, Tower Captains etc to access this mandatory training. You must book your place on the Chelmsford Diocesan Website as there are only 40 places for the whole Deanery.

Tickets to attend can be booked by visiting the [C2 Leadership Face-to-Face Safeguarding Training](#) page and click on the appropriate date.

C2 Leadership Face-to-Face Safeguarding Training is **required** for those who have safeguarding **leadership** responsibilities or responsibility for **leading** activities involving under 18 year olds and/or adults who may be vulnerable due to age, illness or disability. For example, the person in charge of a youth group will require training to C2 (Leadership) level whereas a volunteer acting as an additional adult at a youth group session, but is never the leader of the activity, would require training to C1 level.

Roles that are required to attend C2 Leadership Face-to-Face Safeguarding Training include, but are not limited to:

- Authorised Children's, Youth and Families Workers
- Authorised Evangelists/Evangelism Enablers
- **Authorised Local Preachers**
- Authorised Pioneers
- **Bell Tower Captains**
- Bishops Visitors
- Children and Families Ministers
- **Choir Leaders**
- **Churchwardens**
- Directors of Music
- Home Visitors
- Leaders of activities for adults who may be vulnerable due to age, illness or disability
- Leaders of activities for under 18 year olds
- Ordinands prior to leaving TEI
- **Pastoral Carers**

Continued ...

... continued

- Pastoral Visitors
- PSRs (Parish Safeguarding Representatives)
- Safeguarding lead on PCC
- Safeguarding Leads in religious communities
- Youth and Children's Pastors
- Youth Group Leaders
- Youth Ministers

Please note:

- *The completion of the relevant online safeguarding training course(s) is a pre-requisite for **ALL** attending this course.*
- *Tickets need to be booked to avoid disappointment as there are a limited number of places available. Tickets can be booked by visiting the C2 Training page on the Diocesan website.*

MOBILE LIBRARY

SCHEDULE:

8th & 29th May

19th June

2.10 - 2.40 pm

Pentlow Telephone Box

2.50 - 3.20 pm

Foxearth Old School



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WE HAVE A NEW TEAM VICAR!!!!!!

We said farewell to Revd Sally on Sunday 24th March and on Monday 25th March we interviewed and offered the post to the candidate. She accepted that evening. This must be the shortest inter-regnum ever!

So, we are really looking forward to welcoming the Revd Gill Moore, who will be Revd Gill Morgan by the time she is licensed with us. Gill is marrying Barry on 2nd May. We offer her double congratulations on her wedding day and on her appointment with us.

Gill is Lead Chaplain at St Helena Hospice in Colchester and Associate Priest at Lawford. She did her curacy in the Harwich Peninsular Team.

Growing up in Little Bentley, Gill has never moved out of North Essex. She understands rural villages and presently lives in Mistley.

Gill will be licensed at 7.30pm on Wednesday 26th June at St Mary the Virgin, Belchamp Walter and all are welcome ... see next month's Parish News for full details.



Do you have a relative, a friend, a neighbour or a colleague who is registered blind or visually impaired? The volunteer team at Sudbury Newstalk records a fortnightly local Newspaper digest, and a bi-monthly Magazine, which are distributed free to listeners throughout the area.

The recordings are on USB sticks, and listeners are provided with a USB player free of charge.

The USB sticks are posted to the recipients home.

Sudbury Newstalk has been offering this free service for almost 40 years, but there may be people who are missing out. If you know of anyone who might benefit, and could enjoy the recorded items, please contact Jane Chambers on 01787 468535.

To learn more about Sudbury Newstalk, visit our website www.sudburynewstalk.co.uk and listen to the latest edition of the Magazine on page 2.

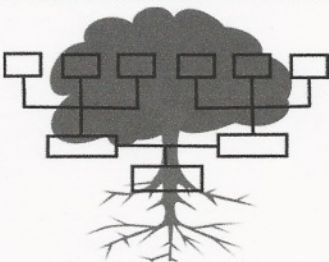
CLUES ACROSS

- 1 & 7 down Shakespeare play about elderly monarch who decides to divide his realm between his three daughters (4,4)
3 Shakespeare's Scottish play - said to be unlucky in 6 down (7)
8 Female Disney character, Mouse (6)
9 American rock and blues singer and actress b.1939 Tina (6)
10 Alexandre Dumas novel ". Musketeers (3,5)
11 Arrangements of scenery etc for filming (4)
12 Place where films are shown (6)
15 Sir David, English actor renowned for TV Poirot (6)
17 English rock band of 1970s and 80s, ". . . and the Ants" (4)
19 Jerome Kern musical with song "Ol' man river" (8)
22 Vigorous, high-kicking dance associated with French 16 down (3-3)
23 American film and stage actor, Power 1914 - 1958 (6)

- 24 Hitchcock film of Daphne du Maurier novel " Inn" (7)
25 Infection in nasty eye! (4)

CLUES DOWN

- 1 Penelope of The Good Life (5)
2 English film actress, widow of Bryan Forbes, Newman (7)
4 Female player (7)
5 Horror-thriller - another Hitchcock/du Maurier combination The (5)
6 Place of performance (7)
13 Film and TV series stemming from Raiders of the Lost Ark," Jones and the.." (7)
14 Joseph Kesselring play, " and Old Lace"
16 Nightclub entertainment and American musical (7)
18 Nationwide organisation of Bingo clubs (5)
20 Preminger, American film and theatre director (4)
21 Irving Berlin musical ". Get Your Gun" (5)



YOUR ANCESTRY

- **Have your Ancestry traced** – visit to discuss your requirements and the information you have as a start point
- **Receive a copy of your tree** – with individual data sheets

Contact Robert:

07943 873995

01787 280144

knoxcourtfarm1@btinternet.com

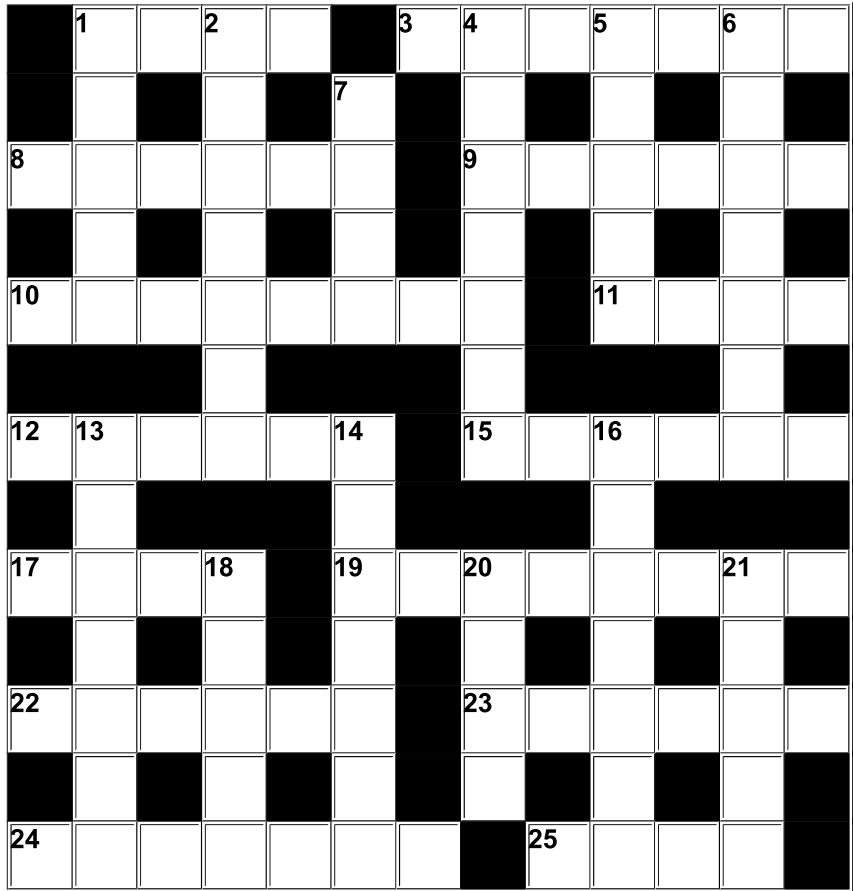
PROFESSIONAL FRIENDLY BESPOKE SERVICE

PRIZE CROSSWORD No. 236

This month's competition is dominated by stage and screen, and there is almost a complete absence of cryptic clues: they will be back! Entries to **The Editors** by 12th May please

Ken Nice

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



APRIL WINNER PRIZE CROSSWORD
Mark Partridge of Pentlow
 A bottle of wine will be winging its way to you shortly

Prize Crossword No 235 (April) Solution Across: 1 Easter, 4 April, 8 Leave, 9 Bunnies, 10 Showers, 11 Nero, 1 End, 14 Edit, 15 Aide, 18 Ham, 21 Rime, 23 Offside, 25 Cologne, 26 Drink, 27 Sands, 28 Glossy.
 Down: 1 Enlist, 2 Seafood, 3 Eleventh, 4 Aunt, 5 Raise, 6 Lessons, 7 Abuse, 13 Daffodil, 16 Daisies, 17 Crocus, 19 Money, 20 Weekly, 22 Melon, 24 Eggs

The Brewery Shop & Tap House is now Open!



In our shop we stock our beers in many sizes for you to enjoy at home, plus wines, spirits and local products

At the bar a warm welcome awaits you and you can taste a range of our beers, fresh from the brewery!

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SUDBURY BEFRIENDING SCHEME

A talk as part of the “Together we make Community” programme on Tuesday 2nd April in Middleton Church

We had quite an insight into the lives of people who, perhaps, can be described as living “on the margins of society”, when Will Ginno came to talk to us about the Sudbury Befriending Scheme. Even though this Scheme has been going for 30 years or so, most of us were surprisingly ignorant of its existence although, once we had seen their logo on the screen we realised we were familiar with it. It seems there is a big difference between seeing things on a regular basis and making some kind of mental leap to enquire as to what they mean.....

Will outlined the aim of the Scheme, which is simply to make people who find it difficult to take part in society feel ‘happy, safe and secure’. Such a desirable aim - and it made me realise how fortunate I am to experience those feelings in my normal life. The Scheme achieves its ends by taking the hand of the individual, through the friendship of a volunteer who has a one-to-one relationship with him/her by meeting on a regular basis. In addition, there are a number of group activities in which members can participate, covering all sorts of enjoyable activities from music to cooking and games.

Will was careful to stress that all this is done under controlled conditions, fully compliant with current safeguarding laws. Indeed, we were all impressed by the very professional way in which the Scheme operates, and by Will’s own professional, as well as very friendly, manner. Helping people to enjoy life in a very positive way is what happens when the SBS comes into lives, and it was evident that this is just what Will likes to do. Being a musician, he has encouraged members to write their own songs which have been produced in a book. He sang one of them, accompanying himself on the guitar, and this illustrated beautifully the sort of changes that are being brought about in people’s lives.

Our thanks to Rosemary Ingram, who arranged this programme of talks and visits, to Sue North and Middleton Church for excellent hospitality, and to Peter Duffus for lending his projection equipment. The Scheme is always looking for volunteers, so if anyone would like to look into this, please contact them on 01787 371333 email info@thebefriendingscheme.org.uk or through the website <https://www.thebefriendingscheme.org.uk/>



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FOXEARH MEADOWS NATURE RESERVE

Return of the 'Little Brown Jobs'

In the midst of wall-to-wall doom and gloom in the media, it is perhaps a healthy choice to take one's mind away from lurid documenting of the existential horrors and threats facing our world. One day, we may look at Brexit as a mere trifle compared to the consequences of climate change and the extinction crisis. The human suffering we are witnessing globally should surely concern us more than our nation's political squabbles.

I am fortunate in my work to behold a different reality at Foxearth Meadows and, whilst the knowledge of our broken world never leaves me, I can at least appreciate that the world that which was originally put in place still amazes and delights us; still sustains and provides for us. We have sullied and depleted its treasures but hope of restoration remains if we would just change our ways, before it is too late.

Something that has always intrigued me is that nature goes far beyond the economy of necessity. I know it cycles on and my bodily survival depends on it; yet why am I uplifted spiritually and transported from worldly cares by it? Why is it apparently so extravagant?

As Spring gains momentum one of its most exciting heralds is the return of the 'little brown jobs'. Tiny bundles of feathered life somehow navigating across inhospitable desert and sea to our quiet countryside where they will settle for a few months to breed. Epitomising the 'LBJs' are members of the family *Sylviidae*, the warblers. Whilst they do not proclaim themselves with spectacular plumage they compensate in princely fashion through a variety of vibrant song.

First heard at Foxearth Meadows this year on 22nd March was the Chiff-chaff, with the male's onomatopoeic repetitive song ringing from the tree tops as a harbinger for the arrival of its cousins. The first Blackcaps announced their arrival on 2nd April - fast, varied warbling with fluty leaps and accelerations. There were no further species in evidence until 17th April when the wistful descending songs of several Willow Warblers were heard in the morning. By 11am they had apparently passed through, presumably journeying north and west in search of females. There was a time when this species was the commonest summer sound in lowland England but it now breeds here only sporadically. On the same day, the first scratchy warbles of Common Whitethroat were also heard – a species which has done pretty well in recent years. I

Foxearth Meadows continued ...

CRAFTY

WO(MEN)

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... continued Foxearth Meadows

noted from my diary that by this time last year I had encountered Lesser Whitethroat rattling away from dense brambles so am hopeful that we will have one or two pairs again this year. The explosive and incredibly loud call of a Cetti's Warbler has been recorded for the first time this year when a single bird moved from the reserve across the river and along the Glemsford bank. This is a fairly recent coloniser in southern England and is resident rather than migratory. I knew that Cetti's are present at Great Cornard so have been expecting them to turn up at some point.

Soon the soundscape at the reserve will be enhanced again, hopefully, with the prolonged rich and musical song of the Garden Warbler. Reed Warblers will begin their recurring churring notes in the reed-beds to be joined by the excitable, energetic inventive mimicry of the Sedge Warbler. We hope that, after a year off, the Grasshopper Warbler will once again be reeling away in the tall vegetation. All this rich musical tapestry from creatures of such unprepossessing appearance (although their beauty is revealed in the bird ringers net)! And, so much more than is needed to simply stake out and hold a territory.

So, with ten warbler species recorded thus far, I was indeed surprised to learn that our smallest resident is also a member of *Sylviidae* - the delightful Goldcrest who will happily feed an arm's length away utterly oblivious of us whilst we remain utterly enchanted.

Mark Prina

WORK PARTIES

Work continues a pace at Foxearth Meadows Nature Reserve. If you can spare some time to help, join Mark on Friday mornings. The sessions start at 10am and finish at lunch time. If you need to leave early or can even stop on into the afternoon, that's fine.

3rd, 10th, 17th 24th & 31st May

Please contact Mark to check that any given work party is going ahead before you come. The dates may be subject to change or cancellation. It is also helpful to have an idea of numbers attending.

Foxearth Meadows Information: Mark Prina, Reserve Manager, A Rocha UK,
Foxearth Meadows Mobile: 07548 209652 Home: 01223 832530

Email: mark.prina@arocha.org

Working hours: Mon/WedThurs/Fri 09:00 to 17:30



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A K SERVICES

May is colourful, but also busy, with everything coming at once for the gardener. It is also the month with the most gardening injuries, so be careful, rest, and take lots of breaks alongside the work.

- Plant out tender vegetable plants, in mid-May, when the danger of frosts has passed. Be ready to cover with fleece if a late frost is forecast.
- Slugs and snails are young and frisky, so protect plants from them if you can; tender young foliage is their annual treat. Use organic pellets, and scatter finely. If you can, put tender plants in a cold frame to harden off and keep the lid half open on sunny days.
- Warmth will cause blanket weed to grow quickly in ponds, so be prepared to pull it out quickly. To avoid it, put in water plants to cover some of the surface, such as water lilies.
- Prune buddleia in early spring, shortening all branches to about 45 cm above soil level, cutting to an outward facing bud, then do it again in May.
- Pinch out the growing tips of fuchsias to help them grow more bushy, produce more stems and become a better shape. Stop by late May, as it takes them 6 weeks to flower after the last pinching out.
- Late May is the time to do the Chelsea chop, if you do, by cutting back the stems of taller or floppy perennials, such as sedums or heleniums, by half. The plants will then produce bushier growth, which flowers slightly later.
- Prune spring flowering shrubs such as ribes, kerria and spirea by cutting back the flowered shoots to strong young growth lower down, and remove a third of the oldest stems at the base.
- Shorten the new shoots of wall-trained pyracantha, pruning back towards the wall, to get more flowers and fruit – but don't forget to wear gloves.
- Trim clematis montana to shape after flowering.
- Trim back alyssum and aubretia after flowering, to keep them neat.
- Cut older penstemon stems to the base.
- Tie in climbers as they produce new growth, as it is more flexible. Tie roses in downward facing arcs, to encourage more blooms.
- In lawns with only a few weeds, dig them up and apply a lawn feed. For weedier lawns, use a lawn feed and weed treatment.
- Late frosts can decimate fruit blossom, so cover it if a frost is forecast.
- As spring bulbs die, take off the dead flowers, but leave the foliage.
- Check pots of cuttings regularly – hold them up and see if any roots are hanging from the drainage holes. If so, plant them out.
- At last, you can get and plant the bedding plants in mid May, and they should survive.
- Tidy up evergreen grasses; cut back hard if there is a lot of dead material, but in most cases, run a rake through them to remove the dead leaves.

Good luck with all that. If you have any time or energy over, divide the daffodils and snowdrops in holes 5 to 7.5 cm deep, to encourage flowering next year. Plant out next year's leeks, purple sprouting broccoli, swedes and maincrop carrots; and take note of the gaps in the borders to be filled. May can also be dry, so water new plants in well, and keep pots and containers moist.

VILLAGE KITCHEN

RHUBARB ALMOND CAKE WITH ORANGE

A delicious recipe from Waitrose

Ingredients

- 150g unsalted butter, very soft, plus extra for greasing
- 150g golden caster sugar
- 2 large eggs
- 200g ground almonds
- 115g white spelt or plain flour, sifted
- 2 tsp baking powder
- 2 tsp vanilla extract
- ½ orange, zest
- 1 tbsp Grand Marnier, Cointreau or orange juice
- 350g slender rhubarb, cut into 2-3cm pieces
- 1 tbsp demerara sugar

Method

1. Preheat the oven to 180°C, gas mark 4. Grease and base-line a 20cm deep cake tin with a removable base. In a large bowl, beat the butter and caster sugar with electric beaters for a few minutes until light and fluffy. Add the eggs one at a time, beating thoroughly between each. Add the almonds, flour and baking powder, followed by the vanilla, orange zest and liqueur or juice; gently fold in.
2. Spoon ½ the batter into the prepared tin and cover with ½ the rhubarb. Spread the remaining batter on top and finish with the rest of the rhubarb, arranged in a pretty pattern if wished. Scatter over the demerara sugar.
3. Put the cake in the oven and immediately reduce the temperature to 170°C, gas mark 3. Bake for about 1 hour, until golden with a firm centre. Cover loosely with foil halfway through the cooking time if it's browning too much. Allow to cool in the tin. Serve sliced as a teatime cake or warmed as a pudding with ice cream, if liked.

WANTED

Pentlow Parish Council needs a footpath grass cutter

We have funding approved and are able to make either a one-time or longer-term commitment. Timing and scope available upon request.

Please contact pentlow.pariah@btinternet.com

NEW YEAR RESOLUTION

As March came to an end and my training miles occasionally reached double figures, I was amazed, each day, by the awakening of the countryside. The buds, which had so bravely held onto tree branches during the strong winds as the blossoms flew off, were now emerging as light green fans unfolding, drawn to the light.

The hare that has followed my progress along the farm track, and who seems to wait for me before it scampers off across the field like a formula one bunny, has almost disappeared among the growing crops of Farmer Fahie. Only the tops of his ears are visible (the hare that is, not David Fahie). Further on, chicken coops have been relocated, cows turned out to pasture and pigs continue to root around in the glorious mud. Building projects which had stalled over the winter months have woken from hibernation and there is frantic activity to complete projects 'for the Easter holiday'.

One project I have been following, is the painstaking work being undertaken by a Borley resident. A striking flint and brick wall, curved driveway and the most impressive gates. Well done that man!

My training has been going quite well, helped by the recent closure of the bridge at Rodbridge, which had lightened traffic and encouraged me to find detours and new destinations. Walking along Liston Lane however, I was saddened to see the destruction of the grass verges as a result of cars and trucks using them as passing places during the diversions. The erection of barriers along the lane protecting the verges may have been too late to save the daffodils.

When I started my New Year Resolution I subscribed to an app for my mobile phone. The idea is to input your data as to height and weight and it, the app, then tracks your walk, creating a map of where you have walked; telling you how far you have walked (as you are walking), how many steps you have taken and how many calories have been burned (I ignore this one because of my cake intake). It provides a useful record and enables me to plan the 'big' training walks.

For the last 10 days, Julie and I have been on a cruise, but I have not let my training lapse. You will be pleased to know that I have continued to walk, not only in the destinations we visited, but also on board ship - five times round the deck equals one mile! But my app had a bit of a bad hair day when I was walking round the deck as the ship was moving. Every minute I was walking, it told me that I had completed a kilometre when clearly I had not! It took a while to work out that the app was tracking the ship rather than me. I resorted to the tried and tested method of counting my deck laps on my fingers.

It is now Easter Sunday and I rose early to get the benefit of the coolest part of the day (how odd to write that in April!). As I struck out on my walk I first encountered two hares dancing on the farm track. No cars passed me until I had reached Peter Brands Farm at Street House and no further traffic until I reached Cavendish. There was a friendly 'hello' from the 'men of a certain age' congregating outside the newsagent/store on the Green. The traffic then started to build as I walked on to Clare, once round the town, passing the Ironmongers, the church and then The Bell for a second time, before heading back home via Pentlow.

Continued ...



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Foxearth Village Hall, School Street, Foxearth CO10 7JE

... **continued** It was a beautiful morning. As I passed Pentlow church earlier I was struck by how beautiful it looked in the early morning light. The grass verges had been newly mowed and they gave a wonderful leading-line to the church caught in the early morning rays. The absolute beauty of the day was the field of cowslips (in that well-known place where wild flowers grow). I don't think I have seen anything so spectacular, although I next encountered a leaping hare and a deer which walked right in front of me across my path. I arrived home having completed 25k or 15 miles. Not bad, but must do better (as my school reports always used to say).

By the time this issue reaches your doormat I will have just seven weeks to get myself '25 mile ready'. I need to get in more 20 mile walks if I am going to achieve my goal of completing the 25 mile course for the Orwell 25 Walk.

As a reminder; I am walking in aid of the Friends of the Ferns a charity that supports a sexual assault referral centre (SARC). More on this next month.

Kelvin Hastings-Smith

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FOXEARTH GAMES NIGHT

SUPERB FUN!! This was the overwhelming feeling from those attending the first games night at Foxearth Village Hall on the Friday 1st March.

It was well attended for a first event with those of all ages bringing lots of different games and refreshments.

We had everything from table tennis to buckaroo, so there was something to challenge and amuse all who came.

The event has been put together to bring all ages together in the village in a social and informal setting and it has no limits. All ideas are welcome for the format – we had one the other day for adding a fish and chip supper one month and during the warmer months a barbecue.

The next one will be on Friday 3rd May so please come along from 7.30pm onwards – don't forget to bring your favourite games and refreshments.

We will be collecting donations on the night to cover heating and lighting.

FOXEARTH & DISTRICT HISTORY SOCIETY

The Foxearth and District Local History Society meeting on 9th April attracted railway enthusiasts when Robyn Lloyd Hughes talked about the rise and decline of the Stour Valley Railways. Between 35 and 40 members, and guests, heard an expert description of the origin of the line and of the development of railways in general.

The lecture included many photographs and Robyn began with one of some Roman gates. These were constructed to allow the passage of two centurions, side by side, with their baggage/weapons. Carts were then built of the same width and as these were used in the countryside uniform ruts would be created which in turn became supported by wooden planks (plateways); then iron was used for more strengthening. Along these reinforced routes horses could pull linked carts - and the idea of moving wagons along tracks was born. It took some 1,800 years of course but eventually we had railways! Stephenson's "rocket" of 1825 was the first engine.

The concept of a local rail network was the brainchild of John Wilks junior - a Sudbury lawyer born in 1793 who served as a Whig MP for the town. In 1824 he promoted a company called The Norfolk, Suffolk and Essex Railroad Company. He was however an unscrupulous character - involved in forgery and

Foxearth & District History Society continued ...

... continued Foxearth & District History Society

fraud - who earned the nickname of "Bubbles Wilks" because of the number of joint stock companies he floated, all of which failed. In 1849 the businessman John Chevallier Cobbold was influential in constructing the line that linked up Colchester, the Stour Valley, Sudbury and Halstead; Norwich was later connected and the company amalgamated with the Eastern Union Railway. The project included the building of the Chappel Viaduct with its impressive 32 arches. At 1,020 feet it is the longest bridge in East Anglia and one of the largest brick-built structures in the country. There were many illustrations of locomotives in various stages of development and it was not unusual for them to be servicable for 50 years. For some years the railway did not dispense with "horse power" as the beasts continued to be used for shunting rolling stock into sheds. The Stour Valley Railway line from Shelford to Marks Tey opened in 1865 with connections to Melford and Bury St Edmunds following soon after. In 1967 the Beeching axe was wielded with just the Sudbury to Marks Tey section (the Gainsborough line) surviving after a protracted battle. Robyn presented some interesting fare comparisons. In 1849 the Sudbury to London single fare was 4 shillings and 10 pence equating to one penny a mile - this was for 2nd class travel with 1st class being half as much again; in 1956 the figure was 9 shillings and 3 pence and today it is £33.90! In 2004 the possibility of reopening the Cambridge to Haverhill route was raised and this is an ongoing campaign with local MPs voicing strong support more recently.

This was a fascinating talk in which Robyn demonstrated his detailed knowledge of the subject, including the evolving types of locomotives over the years. He dealt expertly with some related questions and was warmly thanked on behalf of a most appreciative audience by Secretary, Clare Mathieson.

Clare drew attention to the Lavenham Festival on the weekend of 17th to 19th May. There will be celebration of the 75th anniversary of the arrival of the US Army Air Force at Lavenham airfield , a craft fair and various other attractions.

Next meeting: Tuesday 14th May at 7.30pm in Foxearth Village Hall when David Burnett will talk about Chilton - the first three thousand years.

Ken Nice

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mandtturner@gmail.com / kandj@jkhastings.me.uk

Murder Mile - Lynda La Plante It is hard to believe that 40 years, or so, ago there were no mobile phones and no DNA testing.

Murder Mile takes the reader back to the heady days of 'The Winter of Discontent' (1979) and the three day week. The time when dustbins were not emptied for weeks on end and industrial unrest ruled the country.

Jane Tennison (she of Prime Suspect fame) is now a Detective Sergeant and has been transferred to a new beat. A murder is uncovered when a woman is discovered in a pile of refuse, and there are no identifiable documents or markings on the body. Within a mile, another gruesome murder victim is discovered in the boot of a car. Tennison is assigned to assist the investigation.

She battles sexist remarks and discrimination, and her superiors have very little regard for her as a person or as an officer. She also has to battle the 'old boys' network. All in all, she is dragged over the coals because of the actions of others and is made to feel it is really her failings that have caused whatever angst has been perpetrated.

Lynda La Plante is an experienced writer and has had enormous success with her Prime Suspect series of novels and Widows. I cannot help but wonder whether a prequel to Prime Suspect is the best use of her talents. Don't get me wrong, the writing is strong, but I feel a tad disappointed she has not crafted something more modern.

Having said that, I amazed myself when reading that the police officers were relying on radios in their police cars, police boxes and public telephone boxes to communicate with the police station!

A good plot, historically accurate and a meticulously researched police procedure. A good beach/garden read.

The Reckoning - John Grisham Even though I sometimes feel that Grisham has gone off the boil, I am always eager to read his latest novels. They are usually well written and well researched, and I like court room dramas!

The Reckoning is a novel of two halves. The first, the court room drama; the travails of the hapless defendant and the frustrations of the defence lawyer. The procedure of the court, the determination of a verdict and the execution of the judgement. This aspect put me in mind of the brilliant novel 'Snow Falling on Cedars' by David Guterson and, in particular, the descriptions of the court room; the cold, the steaming heaters and the damp atmosphere he created. Clanton, in the deep south where Grisham has based his novel, is the opposite of cold but is certainly steaming -

A Good Read continued ...

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...continued A Good Read

Grisham has produced such atmosphere that the reader is quickly blinkered to see what his pen depicts from a 1947 trial in the deep south, and the segregation of the population.

The second half deals with the past of the defendant, and centres on his fighting record; serving in the US military in the Philippines during WW2. Here, Grisham's descriptive technique takes off at 100 miles an hour. Fighting the Japanese after the fall of the country as a guerrilla, the defendant endured physical and psychological hardship; but has this anything to do with why the defendant finds himself in court? The judge believes not and instructs the jury accordingly. This does not stop the outpouring in the town of Clanton, by the military who have come to support the defendant.

That part of the story is book ended with the denouement which is not as straight forward as the reader may wish for. The practicalities of the court judgements are not unusual, but the revelation of the underlying cause of the murder is far from straightforward and the reader will probably have an 'ah, yes!' moment as the protagonist in the crime is revealed.

This book keeps the reader engaged; Grisham is a master of the courtroom drama and once again reveals himself as confident and adept at writing war stories.

ANAEROBIC ALCHEMY

One could be forgiven for believing that Boxford Fruit Farm produced only - fruit! But, in the confines of the farm lies another product ... energy.

On a recent tour of the farm on 21st March, as part of the Lent Series of Events, a group of us was shown around the fruit farm's anaerobic digester system which powers all the heat, light and energy needs of the farm, the Stoke by Nayland Hotel, Golf and Spa (by way of a pipeline from the farm and across the road to the hotel, installed about three years ago), and most of the nearby Koning bottling plant, and feeds electricity into the national grid.

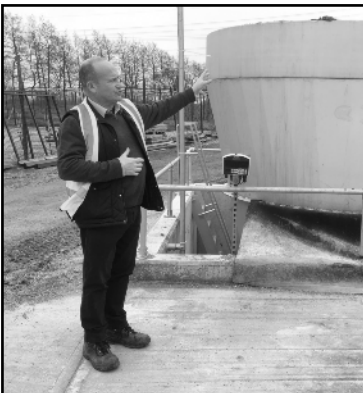
Robert England, Farm Director, explained that in 2007, it was realised that energy costs were spiralling and could have become a colossal overhead for the farm and hotel operations, with the forecast for energy prices to rise. This family run group of companies decided to explore alternative energy supplies and eventually took the decision to install an anaerobic digester system.

The eventual outcome is that the farm now produces 30 megawatts of electrical energy per day and a similar amount of heat. But, that is not the whole story. In stages, three giant digester tanks were installed, together with all the hardware necessary to generate energy in the form of electricity and heat. The tanks are concrete with a cover like a giant bouncy castle. This cover is pushed up into a dome by the gas generated and an air compressor. The system runs 24/7 and, if any maintenance is required, for example, to the mixing paddles, the top is simply rolled off and rolled back on again once the work has been undertaken.

The digester will not work without something to feed it! In return for a supply of electricity, the bottling plant agreed to supply the farm with the apple pomace from its pressing process. This, along with maize grown by local farms as part of their crop rotation, which discourages black grass and helps reduce the use of weed killer, is the

basis of the process. It is also fed with by product from their own fruit growing operation and occasionally onion waste from the onion farms in and around Stoke by Nayland. These ingredients are stored in especially constructed clamps (very large open-sided concrete and granite/Tarmac pens) and then fed, via a mixing hopper, into the anaerobic digesters.

To start the process, of course, there is a need to have bacteria and 200 cubic meters was provided by another anaerobic digester in Bury St Edmunds to kick everything off. The digester is now self sustaining and creates its own bacteria. Just think of yoghurt making!





BENEFICE PILGRIMAGE TO SWEDEN

Bengtsfors, a town in a beautiful area of southern Sweden, was to be the first base of the recent 5 day Pilgrimage to Sweden of 20 people from our Benefice and beyond.

Lena and Paul Chandler share their lives in nearby Torrskog, whilst also living in Belchamp St Pauls, and it is hoped to start twinning the 2 village churches to continue the work already started in twinning the dioceses.

Along with Revd Margaret, Lena and Paul had created a wonderful itinerary for us. We travelled by coach

through such stunning countryside of large and small interconnected lakes, endless pine forests, silver birch yet to gain its leaves, wild scillas under the trees; the blue skies reflected in the water and the crystal clear bracing air. Many miles apart, small villages of wooden houses are scattered at the waters edge around a small, very well cared for church; each in a picture perfect setting. The Bengtsfors vicar accompanied us, explaining how the churches are well funded by the state via taxation and yet, Sweden is a very secular country. The people are very keen for their children to be baptised and confirmed but perhaps this is their only connection with the church.

We once had our worship in a little wooden chapel, brought there timber by timber by a member of the congregation. We shared a service of music which many found very moving and it is obvious that music features largely in their worship. At Torrskog the local crafts people laid on a display of their beautiful work, and gifts were exchanged between the two churches. By now we realised many stops involved coffee and cake!

It was then on to our next base of Vadstena, stopping first at our twin cathedral, Karlstad Domkyrka. Modern looking and, with a striking interior of white, it held beautiful objects. By now we were used to seeing candles everywhere, even in daylight. We were amazed by being joined by so many young female clergy from the district. Lena had arranged for us to 'join in' their Eucharist service which was delivered by dance and a very new experience which caught many unawares!

Vadstena is on St Birgitta's Pilgrim Route. Once the home of a monastery, nunnery and abbey, these separate buildings have been very sympathetically restored and now form a hotel, and we found ourselves staying in beautiful rooms with many reminders of its past history. We were free to walk some of the Pilgrim path, attend prayers at the cathedral, visit the Catholic nunnery and listen to the nuns chant their morning worship or to enjoy the town and explore.

Rosemary Ingram

... *Anaerobic Alchemy continued from page 36*

renowned business with a keen eye on reducing its carbon footprint and helping others, is located, here, on our doorstep.

If you have an opportunity of joining an organised visit to the farm grab it with both hands.

Alternatively, visit the farm for its 'Blossom Walk' Sunday (the closest to 8th May) when the fruit trees and bushes should be in full bloom.

Many thanks to Rosemary Ingram for organizing this fascinating visit.

Kelvin Hastings-Smith

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PILGRIMAGE 2020 31 March – 3rd April Launde Abbey, Leicestershire

I know it seems a long way off, but venues with enough room for all of us are getting booked up earlier and earlier. The 2020 Pilgrimage will be my last before we retire; we are going to return to Launde Abbey in Leicestershire Tuesday 31 March till Friday 3 April 2020. It is such a special, peaceful place and I have lots of ideas of places to visit and people to meet, as well as building in time just doing nothing in gracious surroundings with very good food!

Our theme will be The Annunciation: Mary's "let it be!"

20 rooms have been booked (we can book more). The cost will be around £250 - £280 and all rooms are ensuite.

Reserve your place by sending a cheque for £50 to Helen Grover, Spring House, Pebmarsh, Halstead CO9 2NU or contact her for internet banking details Helen.grover@northhincfordparishes.org.uk 01787 269223

WHAT'S HAPPENING AT A GLANCE

MAY

Wed 1	6.45 for 7 pm	Borley Parish Meeting
Thurs 2	8am-10pm	Braintree District's Town and Parish Elections – Remember your ID
Fri 3	10am-12noon	Foxearth Nature Reserve Work Party
Fri 3	7.30-9.30pm	Foxearth Games Night
Tues 7	7.30pm	Team Healing Service at Pentlow
Wed 8		Mobile Library Pentlow 2.10-2.40pm & Foxearth 2.50-3.20pm
Fri 10	10am-12noon	Foxearth Nature Reserve Work Party
Sun 12		South Suffolk Show
Thurs 14	7.30pm	Foxearth & Dist Hist Soc: Chilton – The First Three Thousand Years
Fri 17	10am-12noon	Foxearth Nature Reserve Work Party
Sat 18	10am-12noon	Pentlow Plant Sale
Sun 19	1.30pm	Tour Cathedral - Bury St Edmunds
Mon 20	10-12am	Crafty Women
Fri 24	10am-12noon	Foxearth Nature Reserve Work Party
Sat 25	9.45am	Foxearth & Liston Council AGM
Tues 28	10am-12noon	Foxearth Coffee Morning
Tues 28	11am	Foxearth Cardiac Arrest Training Session
Wed 29		Mobile Library Pentlow 2.10-2.40pm & Foxearth 2.50-3.20pm
Fri 31	10am-12noon	Foxearth Nature Reserve Work Party

JUNE

Sat 1		Deadline Oil Buying Group Orders
Tues 4	7.30pm	Team Healing Service at Lamarsh
Fri 7	7.30-9.30pm	Foxearth Games Night
Tues 11	TBA	Foxearth & Dist Hist Soc: Visit to Bulmer Brickyard
Sun 16	1-4pm	Big Borley BBQ
Wed 19		Mobile Library Pentlow 2.10-2.40pm & Foxearth 2.50-3.20pm
Sat 25	7pm	Liston Midsummer Music: Right Royal Romance of Flute and Harp
Sat 29		Party @ Pentlow II

MAY	WEST PARISHES					NORTH PARISHES			
Sunday	B Otten	B St Paul	B Walker	Ovington	Bulmer	Foxearth	Liston	Borley	Pentlow
Wednesday 1st May		10am Midweek Mass MHK							
5th May 3rd Easter <i>White</i>	NOTE NO SERVICE	See Ovington		9.45am Communion PG	10.30am Family Service	10.30am Start the Month! Churchwardens	6pm Compline QP		11.15am Communion PG
Tuesday 7th May	7.30pm Team Healing Service at Pentlow – MHK								
12th May 4th Easter <i>White/Purple</i>	10am Songs of Praise RB	10am Matins JM	9.45am Communion PG		11.15am Communion PG	10.30am Family Service MG, FG, GK		10am Communion PS	11.15am Communion PS
19th May 5th Easter <i>White</i>	9.30am Belchamps combined service at Belchamps Otten MHK								
	NOTE CHANGE OF TIME								
26th May 6th Easter (Rogation) <i>White</i>	8.45am Communion (BCP) PG	10am Communion PG			NOTE NO SERVICE				
<p>More information from Revd Margaret H King 01787 269385 Revd.margaret@northhincfordparishes.org.uk</p> <p>Visit our websites: www.achurchnearyou.com/benefice/08/315BJ www.northhincfordparishes.org.uk www.exploreourvalley.co.uk</p>									

THE NORTH

HINCKFORD TEAM

Monthly Services of Healing Prayer at 7:30pm

Tuesday, 7th May Pentlow -and- 7th June at Lamarsh

All welcome to these quiet reflective services Contact Revd Margaret 269385