

SHALFORD

Village Magazine October 2021

Produced by the People for the People



SHALFORD

**WE ARE PROUD OF OUR
COMMUNITY**

At the heart of our Village
is its People. Our Family,
Friends, Neighbours and
even those we have yet
to meet.

- LOCAL NEWS
- LOCAL SPORT
- CHURCH NEWS
- WELLBEING
- ARTICLE OF THE MONTH
- FITNESS
- WHAT'S ON

KNOW WHERE YOUR NEAREST DEFIBRILLATOR IS LOCATED



Jaspers Green
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Shalford Village Hall
Church End CM7 5EZ



The George Inn The
Street CM7 5HH

SHALFORD VILLAGE MAGAZINE

Shalford Village Magazine is a non-profit-making community organisation, run by local volunteers and funded by advertising, The Parochial Church Council, Shalford Parish Council, fundraising activities and donations. It is hosted on website www.bendlowe.co.uk by kind permission of William Bendlowe Charity and can be downloaded from there.

We are grateful to our team including all advertisers, fund raisers, contributors, artwork, printing, distributors, Bendlowe's, website designers and, of course, our readers.



CONDOLENCES

We would like to send our condolences to the family and friends of both Patrick Alexander who passed away on 9th August 2021 and Dave Isbell who passed away on 9th September 2021.

We were honoured and blessed to have known both Patrick and David. They will be sadly missed. Rest in Peace.

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CONGRATULATIONS SUE AND JOHN



What a beautiful bride and handsome bridegroom. I am so pleased and honoured to be able to include this photo of Sue and John's wedding a very special day at Gretna Green and to wish them every happiness for the future. You are both an inspiration to all of us.

xx



COMING SOON SHALFORD'S 2022 CALENDAR ORGANISED BY MEL & SALLY OF BENDLOWE'S



THEME – ALL CREATURES GREAT AND SMALL

**PLEASE SEND YOUR PHOTOS (PREFERABLY IN LANDSCAPE)
FORMAT**

TO: meljfray@gmail.com by 17th October 2021

All profits will help to fund the new Shalford Village Magazine

**BENDLOWE'S COACH TRIP TO THE HUT,
FELIXSTOWE, 18TH AUGUST 2021
A DAY AT THE SEASIDE
BY: SALLY WELSH**



Postponed from last year due to Covid, Bendlowe supporters were finally able to set off on their first outing in almost 2 years to Felixstowe on Wednesday 18 August.

After an eventful journey, we arrived in Felixstowe and made our way to The Hut. The Hut is a building available to

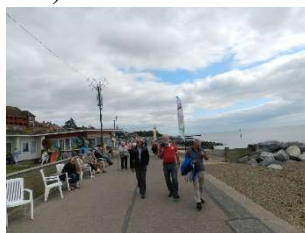


hire for the day for groups of older people and is owned by Felixstowe Old People's Welfare Association (F.O.P.W.A.). It is situated in an ideal spot on the Promenade. We were able to take

full advantage of the facilities to offer teas and coffees on arrival and at lunchtime, fish and chips from a local chippy had been ordered. Many went for leisurely



walks along the prom whilst others dared to bare their ankles and went for a paddle in the sea. Generally people just enjoyed the opportunity to sit and chat in a lovely setting with warm and sunny weather. Credit must go to Marianna who did most of the organising and did a fabulous job. Everyone agreed they would like to make it





an annual trip and so Marianna has already begun to make some enquiries for 2022. Watch this space!



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WHAT'S ON

MEET & GREET – FRIDAY, 1st OCTOBER 2021 FRIDAY, 5th NOVEMBER, 2021

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SHALFORD PARISH COUNCIL MONTHLY MEETING

**EVERY THIRD WEDNESDAY OF THE MONTH
HELD AT SHALFORD VILLAGE HALL**

TIME: 7.30 p.m. to 9.30 p.m.

FOR MORE INFORMATION

<https://shalfordessex.org.uk>

WHAT'S ON

COFFEE MORNING - ST ANDREW'S CHURCH

EVERY SECOND THURSDAY OF THE MONTH

10.00 a.m. to 12.00 p.m.

Come along for a friendly chat and meet your neighbours.
Enjoy a selection of homemade cakes and biscuits.



St. Mary Magdalene Church, Wethersfield

Come and join us for coffee and cake
at our

COFFEE MORNING

In Church

11am – 12 noon

Saturday 16th October

Meet up with old friends, make some new.

No charge

ALL WELCOME



INDOOR CARPET BOWLS

EVERY TUESDAY AT SHALFORD VILLAGE HALL

FROM 7.30 p.m. to 9.15 p.m.



All ages are welcome to our friendly club. Come along and
enjoy a game of bowls, a chat, plus tea, coffee and biscuits

WHAT'S ON



WALKING GROUPS



From Shalford George Pub every Wednesday at 10 a.m.

From Finchingfield Green every Friday at 10 a.m.

From Wethersfield Village Hall every 2nd and 4th Saturday at 9.30 a.m. for 10 a.m. Tea & Cake available – Run By Wethersfield Community Activities

SHALFORD ROADSIDE & CHURCH FISHING LAKES



are affiliated to Billericay & District Angling Club
The river Pant in Shalford is also covered by the Club

For further details contact:-
Fishery Officer: Derrick Marriott, or www.bdac.co.uk

SHALFORD TENNIS CLUB

(located at the Village Hall)

Membership

Annual Family (of four) £40

Adult £24

Junior (U17 or full-time

Education U20) £16

Casual Hire Cost

£2 per hour/per person (£1 all players U17)

To book the court and for further information:

Contact: 07505 282374

PARENTS & TODDLERS GROUP

Run By Wethersfield
Community Activities

At WETHERSFIELD VILLAGE HALL

EVERY MONDAY & THURSDAY

9.30 a.m. to 11.30 a.m.





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WHAT'S ON



FOSTAC

Friends of St Andrew's Church Shalford

President
Sir Roger Singleton

MY TRIP TO THE ARCTIC

Talk by Mac Beanland

**Come along and share Mac's
trip to the Arctic**

Friday 8th October 2021

St Andrew's Church - 7.00pm

Tickets £5

Available from Shalford Village Store

www.fostac.co.uk

Affiliated to Charity No 249505

WHAT'S ON

PETANQUE (BOULES) **LOCATED AT SHALFORD** **VILLAGE HALL**



No Need to book

SHALFORD HORTICULTURAL **SOCIETY**



For more information visit:

<https://www.shalfordessex.org.uk>

FOSTAC **Friends of St Andrew's Church**



For more information visit:

<https://www.shalfordessex.org.uk>

HEDGEHOPPERS MODEL FLYING **CLUB**

**Affiliated to the British Model
Flying Association (BMFA)**

For more information visit:

<http://www.hedgehoppers.org.uk>

SHALFORD FOOTBALL CLUB **Located at Shalford** **Village Hall**



For more information visit:

<https://www.shalfordessex.org.uk>

<http://www.cfcshalford.co.uk>

WEA – Shalford Branch **Workers Education Association**

For more information visit:

<https://www.shalfordessex.org.uk>
<http://www.wea-essex.org.uk>

**If you would like to let people
know about your club or
organisation here then send
your email giving details to**

Shalford_village_magazine@btinternet.com

WHAT'S ON

RE-ENGAGE (Formerly Contact the Elderly)

Arranging monthly get togethers
over a cup of tea for the elderly



For more details:
Contact: Sarah Cunningham
Sarah8750@hotmail.co.uk

Or

The Charity Website:
www.reengage.org.uk
Freephone: 0800 716543

JOIN OUR FRIENDLY GROUP OF BELL RINGERS



**WE MEET EVERY
MONDAY at Wethersfield
Church, 7 p.m. &**

**FRIDAY at Shalford
Church, 7 p.m.**

**FOR MORE DETAILS
CONTACT:**

ROY THREADGOLD

Tel: 01371 850481

SHALFORD LOCAL HISTORY ASSOCIATION



Meetings take place on **Tuesday** at
2.00 p.m. until 4.00 p.m.

For date and more information
contact: Barbara 01371 851519 or
visit <https://www.shalfordessex.org.uk>



WHAT'S ON

BENDLOWE'S

***IS PLEASED TO ORGANISE AN EXCITING, INFORMATIVE,
AND ILLUSTRATED TALK***

THE WILDLIFE OF BRAZIL – the Land of the Jaguar



THURSDAY, 21ST OCTOBER, 2021

HELD AT SHALFORD VILLAGE HALL

DOORS OPEN 7.00 p.m. to 9.00 p.m.

PRESENTED BY: MARY & GRAHAM BRACE

Mary & Graham are passionate wildlife photographers and conservationists. They spend all their hard-earned savings on travelling to so-called exotic places to see wonderful creatures where they behave naturally in the wild. They will be sharing some of their experiences of this wildlife paradise with you. The Pantanal in Brazil is the largest wetland in the world and is home to a myriad of mammals, birds and other creatures. It will be an **illustrated talk** with over 100 digital images (slides), and will last 45-60 minutes with time for questions afterwards plus tea, coffee, and biscuits.

TICKET PRICE: £3 PER PERSON CONTACT: Alice 01371 851146 or 07850 264518

ALL PROFITS DONATED TO HELP FUND SHALFORD VILLAGE MAGAZINE

JOIN US – DON'T MISS THIS EXCITING NIGHT OF FUN & ENJOYMENT

WHAT'S ON



CHILDREN'S CHURCH
are meeting again
on

Saturday 16th October

10.00am – 11.00am

in Wethersfield Parish Church

Arts, crafts, stories and songs on a Christian theme



No charge – bring a coin for the collection.



Enquiries to

Sarah Pilgrim. Tel: 07788411360

Email: pilgrim511@btinternet.com



JOIN US

BRAINTREE

**PARKINSONS SUPPORT
GROUP**

COMMUNITY CENTRE

BOCKING END

2 – 4 P.M.

**EVERY 4TH THURSDAY IN
THE MONTH**

DANCE AND SINGING

THERAPY AVAILABLE

Contact: Jackie 01376 342729

MACMILLIAN COFFEE MORNING

PANFIELD VILLAGE HALL

**SATURDAY, 2ND OCTOBER
10.30 AM**

Homemade Cakes

Books

Tombola

Bric-a-Brac

Crafts

Contact: Jackie 01376 342729

THURSDAY, 30TH SEPTEMBER 2021
CRAFTS MEETING

A craft meeting is being held at Marianna's house - 47 Barryfields, Shalford, CM7 5HJ on Thursday 30th September at 2pm. Anyone who has an interest in any form of crafting is welcome. Please bring anything you are working on or just come along for a chat and share what you enjoy doing. Tea/coffee and cake will be provided. For future dates or more information please ring 07450 251525. Look forward to seeing you.

Marianna & Caroline

PUBLIC CONSULTATION RE SIGNAGE FOR
WATER LANE, JASPERS GREEN
6th OCTOBER 2021 AT 6 P.M.
SHALFORD VILLAGE HALL



Essex Bridleways
Association

MEMBERS RIDE - 3rd October 2021, Spains Hall, Dairyley Farm, Finchingfield, CM7 4NL work. There is a choice of 7 or 11 miles

11th November 2021 - Hopefully this year's AGM will be able to go ahead. To be held at Keen Hall, Galleywood, CM2 8PT. A chance to meet the committee, get an update on what's happening and have your say. Guest Speaker to be announced nearer the time.

For further information visit: www.essexbridleways.co.uk

Essex County Council – Mobile Library 2021

Saturday 16th October - 6th November – 27th November

Barryfields: 12.00 to 12.30 p.m. Jaspers Green: 1.30 to 2.00 p.m.

For further information contact: <https://libraries.essex.gov.uk>

FOOD BANK COLLECTION POINTS

**1 West Drive,
Wethersfield**

Anytime

St Andrews Church

Last Friday of the Month

9 to 11 a.m.

SHALFORD HORTICUTURAL SOCIETY (SHS)

CHAIRPERSON WANTED

The SHS are looking for a Chairperson following retirement of the existing Chairperson as from January 2022.

The committee are an enthusiastic group committed to the continuation of the SHS however, no one feels confident to take the post. It is essential for a Chairperson to be appointed otherwise the society will be unable to function.

The current Chairperson is happy to support the incoming Chairperson.

If you have any questions regarding the post please contact Heather Smith

Tel: 01371 851 378 or email iamblackbelt@hotmail.com

SHALFORD PRIMARY SCHOOL

OPEN AFTERNOON

TUESDAY, 12th OCTOBER 2021

2.00 p.m. to 3.30 p.m.



Shalford Primary School are holding an open afternoon for prospective new parents to look around if they are new in the area or looking for a school place for a child starting school in September 2022. Please contact the school office to sign up on 01371 850336.

UNSUNG HEROS

MEET MARY



THANK YOU MARY

Mary always takes a bag and tongs with her every time she goes for a walk to collect rubbish. She is a welcome and regular sight if you live in Panfield or Jaspers Green. Mary you are an “unsung hero”.

If you would like to nominate someone to be mentioned here, please contact Alice 07850 264518 or email: shalford_village_magazine@btinternet.com

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MEET & GREET

3rd September 2021

We were thrilled to be able to welcome so many new faces together with regular ones to our second Meet & Greet since lock down ended. It was so rewarding to watch in the region of 40ish people come and enjoy themselves whilst having a good chat and demolish the food although we were just a little sadden by remembering those that we have lost since the pandemic started (Reggie, two Peters, Don, Eric and Dave). All of these kindly gentlemen used to compliment us girls on the display of food and we do miss them.

Do come on Friday, 1st October and bring a friend. Can't wait to see you there.

SHALFORD PRIMARY SCHOOL

A PIECE OF CREATIVE DESCRIPTIVE WRITING BY AMBER IN YEAR 6

Not a noise in ear, not a sound in sight, then in the dark mossy middle, trees shaking, birds squawking. A dark, deep groan - the beast has arrived! Larger than trees, not quite, it has rags dangling here and there and yellow rotting bones - no flesh so far. In hand lies a beating heart.

It stomps through the murky water, keeping a keen eye - for what? Suddenly arrows flying - an army attacks! Acid rain emerges. The thing disappears into the water. The army draws near, staring at the shivering water and one by one they get dragged into the water.





MACMILLAN COFFEE MORNING

SATURDAY 11TH SEPTEMBER 2021

Caroline Ottley and Marianna Marriott



Well what a change from last year when we had a wet and windy day!! This year we were blessed with a lovely day. We were able to use the hall this year which helped as we could provide tea/coffee to enjoy with the cakes.



People were so generous with donations of raffle and tombola prizes and of course cakes. As you can see we had a table laden with cakes. The raffle table had a wide selection of prizes. Thank you to Hazel and Nicola for selling the tickets. They were certainly busy all morning. Marilyn, Marguerite and Kate ran the tombola stall and the Bring and Buy table. The tombola was very popular with both adults and children. Sue had a table selling all sorts of bric-a-brac for her Nepalese Children's Charity. She kindly donated some of her takings to Macmillan which were gratefully received. Sue's husband John and Angela were on hand to help her. In the kitchen we had Sally, Alice and Derrick serving teas and coffee. Thank you to all our helpers, we couldn't have done it without you.

It was fabulous seeing the people who supported our event. Again Caroline and I were amazed by your generosity and kindness for such a worthy cause. So far we have raised £643.40 !!! We are expecting this to go up as



we have more monies due to come in. It was lovely to see people. We had lots of smiles but what made our day was a little boy who went up to Nicola and said he wanted to support us as his grandad had recently died of cancer. It certainly brought tears to our eyes but shows how important a charity this is. Thank you again.





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**ORGAN RECITAL WITH RICHARD WEBB
BY: ALICE COX**



What a delightful afternoon we enjoyed today, Wednesday 15th September 2021. Vic Goodey was close to hand and so I handed him a microphone knowing that he would excel at warmly introducing Richard.

Richard is such a talented musician having not only played the organ for many a year but also spent many an hour fixing them and in his younger days played in a band. How often do we associate the organ with only church music when, in fact, it is a very versatile musical instrument which was so professionally demonstrated today by Richard. We enjoyed 30 minutes of a variety of music followed by a break allowing all to enjoy a chat, cup of tea and cake after which we resumed our seats for a second half finishing with a joyful and uplifting rendition of Toccata in D Minor by J S Bach. I wanted to ask Richard for an encore but felt he had given us enough of his time and energy for one afternoon. Vic came forward to thank Richard on behalf of everyone present and to offer a bottle of red wine as a very small token of our gratitude.

I am always amazed at the generosity of the people of Shalford. Today raised a whopping £110 which will go towards funding the new Shalford Village Magazine. “Thank you” seems two very small words to portray our appreciation and gratitude to Richard for giving his time freely to not only entertain us but to raise funds but I know of no other – so

RICHARD – A VERY WARM THANK YOU SO MUCH

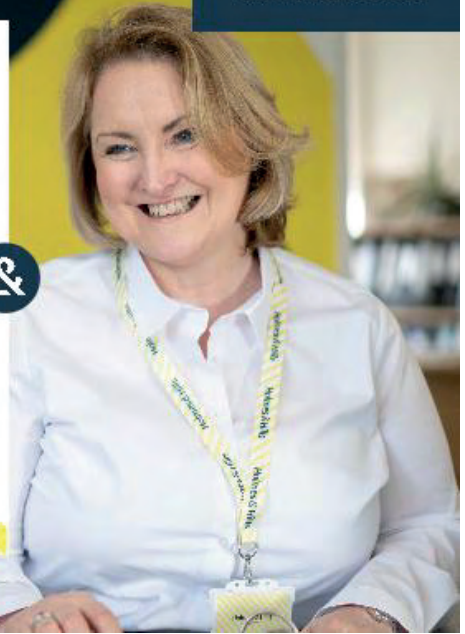
and of course – thank you to those who came and those who helped.

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RECIPE CORNER

VEGAN CHOCOLATE BROWNIE

By: Jane Lavender

This recipe my daughter gave me a few years ago when I was looking for a vegan bake, it turned out tasty gooey with a brownie cracked top just how it should be in fact tasted better than a traditional Brownie and has become my “go to” recipe. Vegan baking doesn’t have to be complicated just no dairy and eggs, and it’s knowing how to mix the ingredients together.

The stage of mixing ingredients is important with vegan baking because no eggs are used which helps with the rise in traditional baking. The way to get the rise in vegan baking is to blend all the dry ingredients and then the wet ingredients in separate bowls. Once these are combined then you can mix dry ingredients to the wet ingredients and get it in the oven quickly, this is because we are relying on the baking powder for the rise. Activation of the baking powder starts as soon as it gets wet and we don’t want to lose this process.

Oven temperature 160 fan

Lined 20cm Square tin

Ingredients:

250g plain flour

400g light muscovado sugar

200g cocoa powder

1/2 tsp salt

220ml plant-based milk

220g melted vegan butter

70g melted vegan chocolate

2 tbsp vanilla

80g frozen cherries

1 tsp baking powder

Pre heat oven Mix together all the dry ingredients in one bowl and put to one side.

Melt the vegan chocolate and vegan butter together mix thoroughly, add rest of the wet ingredients to the butter and chocolate mix and combine well. Add the dry ingredients to the wet ingredients, mix together until all the dry ingredients are incorporated into the wet ingredients and pour into your lined baking tin. Insert frozen cherries evenly spaced and pop in oven.

Bake for 35-40 minutes

Check with a sharp knife, it should come out with a little mix on it, leave to cool in tin and enjoy with a nice cup of tea....



JANE WOULD LOVE TO HEAR FROM YOU IF YOU HAVE A FAMILY RECIPE YOU WOULD LIKE TO PASS ON AND SHARE – send it to:

shalford_village_magazine@btinternet.com

BY: MARGARET SPARKS



Williams of Texas, a historian and film maker with a particular interest in WW2 air bases in East Anglia. The memorial shows the names of those who manned the plane known as Dry Gulcher which left Ridgewell Air Force base on 4 August 1944, crashing behind Shalford Hall and narrowly missing the church. All the crew save one, Harold Norris, parachuted to safety. He was the uncle of Dr. Vernon Williams who became a good friend of SLHA and helped install the memorial. Margaret first met him after getting a phone call from the lady at Shalford Hall farm many years ago. "There's an American wandering around here, says he is looking for the site of a plane crash. Can you help?" She located Vernon, took him home and they have been friends ever since. At the moment he is working on a plan to recognize descendants of local people who were first at the scene of the crash. A ceremony should take place next year.



**According to Merriam Webster dictionary, "dry gulch" is defined as "to kill from ambush"*



**SHALFORD'S BEAUTIFUL
CHURCH OF ST ANDREW'S
WELCOMES YOU**



OPEN
Approx 9.00 a.m. to Approx 4.00 p.m.
EVERYDAY

From the Vicarage...

This month marks a very significant change in the lives of our churches, as we take the first practical steps towards uniting the existing group of four parishes with the parishes of Great and Little Bardfield. This has been discussed since before I was appointed as Priest in Charge here, so many of you will have been aware that the change was coming. At a service on the evening of Wednesday 20 October, I will be licensed as Priest in Charge of Great and Little Bardfield, whilst remaining Priest in Charge of Finchingfield, Cornish Hall End, Wethersfield and Shalford. There is a separate process to form a new legal entity consisting of all six parishes, which is likely to conclude next year, but for most practical purposes, we will be functioning as a group of six churches pretty much straight away.

This means that October's list of services looks a bit more complicated than usual, as the final two Sundays will be under the new grouping, but don't worry – we will soon settle down into a regular pattern! You may also notice a change in what we are calling some of the services; this is because the end of restrictions on worship means that we can be more flexible in the form of our services, which gives us scope for greater variety. We have already been singing in services for a while, but we are now able to allow things to be a bit more interactive. This particularly means that there will be more to engage our younger congregation members directly, and we aspire to make all our principal Sunday services occasions when everyone is actively included. We have moved away from using the term 'Family Service', as we believe that it is important for everyone, of all ages and in all stages of life, to be able to worship together. In a sense, all our services should be family services, in that they are all about our church family, which, like all families, comes together for important occasions.

I hope this vision will excite and enthuse many of you to come and join us now for our worship in church. With services covering a spectrum of contemporary and traditional styles, and a wide variety of church traditions, there really is something for everyone's taste; but you will continue always to find a welcome in whichever village is your 'home' church too.

With prayers for you all,

Rev'd Alex

Churchwarden's Report

How many people does it take to change a light bulb? Well, in the case of St Andrew's probably at least two with the assistance of a scaffolding tower! We recently discovered, after a year of few services and even fewer evening meetings that most of the lights in the nave of the church had failed. And as they are at a height of about thirty feet the option of sending a man up a ladder does not wash in these days of Health & Safety – and quite right too. So the plan is to employ contractors to change every light bulb on the premises, inside and out, to LEDs and then we won't have to face the problem again for many years, hopefully.

Such are the challenges faced by the custodians of an ancient Grade I listed building. Some people, I know, believe that the government of the day contributes to the care and upkeep of our churches. Unlike some of our Continental neighbours, it doesn't. Occasionally, in limited circumstances it is possible to reclaim all or some of the VAT incurred but, by and large, the total cost of any work is borne by the worshipping community and, with goodwill, by the local community too. Grant-making bodies are often helpful but the process of applying for grants takes a lot of time and effort on someone's part. I recently read in the Church Times of a parish in Cambridgeshire which has benefitted from a legacy of £18.5 million, giving the PCC an annual income of £200,000. They are wondering how best to spend it! What a problem to have - but I'm sure that their whole community will benefit in its turn.

St Andrew's may never face a windfall of that magnitude but we are blessed by our own support group FOSTAC (Friends of St Andrew's Church) which, I am delighted to report, is up and running again after an enforced absence due to Covid. A delightful Cream Tea was held in the churchyard in early September and as an added bonus the weather was ideal too. More events are to follow this autumn and I would urge you to give them every support. Whatever funds FOSTAC raise are used solely in the maintenance of the fabric of the building, and the PCC is indebted to these hard-working folk who share the undoubted (though privileged) responsibility of keeping our church in good order for another generation.

You may also have noticed that one of the public rights-of-way through the churchyard has been re-laid and we are grateful to Andrew Hull for undertaking this task. I hope that once the shingle has bedded in it will make for easier and safer walking once winter arrives. And it looks a lot better than the erstwhile muddy track!

Hilary Penney

SERVICES FOR OCTOBER

Friday 1 October

2pm World Day of Prayer Service

Wethersfield

Sunday 3 October – Harvest Festival

8am Holy Communion (traditional language)

Cornish Hall End

9.30am Harvest Festival Service

Shalford

11am Harvest Festival Service

Finchingfield

5pm Harvest Songs of Praise

Wethersfield

(followed by Bring & Share Harvest Supper)

Thursday 7 October

10am Prayer Group

Shalford

Saturday 9 October

7.30pm

Service of Remembrance

Finchingfield

for Baby Loss Awareness Week

Sunday 10 October – Nineteenth Sunday after Trinity

8am Holy Communion (traditional language)

Shalford

9.30am Eucharist

Cornish Hall End

11am All Age Morning Worship

Wethersfield

Thursday 14 October

7.30pm

Service of Dedication and Thanksgiving

Wethersfield

for roof repair and renovation

(followed by refreshments and a presentation)

Saturday 16 October

10am

Children's Church

Wethersfield

(followed by coffee morning at 11am)

Sunday 17 October – Twentieth Sunday after Trinity

8am	Holy Communion (traditional language)	Wethersfield
9.30am	Eucharist	Shalford
11am	All Age Eucharist	Finingfield
5pm	Healing Service	Cornish Hall End

Monday 18 October – St Luke

10am	Eucharist	Finingfield
------	-----------	-------------

Wednesday 20 October

7.30pm	Licensing and Installation of the Rev'd Alex Shannon as Priest in Charge of Great and Little Bardfield	Great Bardfield
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From this date, we will be working together as a group of six churches, which will soon be legally joined into a single group, known as a Benefice.

Thursday 21 October

10am	Prayer Group	Shalford
10.30am	Eucharist	Little Bardfield

Sunday 24 October – Twenty First Sunday after Trinity

8am	Holy Communion (traditional language)	Finingfield
9.30am	Morning Worship	Shalford
10.30am	Eucharist	Great Bardfield
11am	All Age Eucharist	Wethersfield

Thursday 28 October – St Simon & St Jude

10.30am	Eucharist	Little Bardfield
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Sunday 31 October – All Saints Sunday

10.30am	Festival Eucharist (with children's activities/Sunday School)	Great Bardfield
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President
Sir Roger Singleton, CBE.

FOSTAC

Friends of St Andrew's Church

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6th September 2021

A GLORIOUS SUNDAY AFTERNOON



It was wonderful to welcome so many people after such a long time since the pandemic began and what a glorious way to spend a Sunday Afternoon in the churchyard of St Andrew's Church.

More than 50 people came to enjoy the delicious picnic tea of scone with all the trimmings and home-made cake washed

down with a nice cup of tea!

The FOSTAC ladies and gentlemen set out the churchyard with a gazebo housing the bar (!) decorated with bunting - tables with wonderful home-made cakes and individual picnic boxes for everyone and of course the Raffle.



We thank everyone for supplying cakes and raffle prizes and for all our partners and friends for assisting us to make this such a joyful and happy occasion and the village hall for loaning us extra tables.



It was great to see everyone enjoying a chance to chat to friends and take part in the first of this year FOSTAC'S events.

The next event will be Mac Beanland's talk from his Trip to the Arctic on Friday 8th October in St Andrew's Church at 7.00pm – tickets will be on sale at Shalford Village Shop.

Thank you all for supporting FOSTAC
Sincerely from the Committee



ST ANDREW'S COFFEE MORNINGS

Since June we have been able to enjoy our Coffee Mornings at St Andrew's Church – the first were held outside – fortunately in the sun!

One morning we had a very special day with singer Nancy May coming along to sing for us – this was a wonderful hour of varied music with requests from our coffee-drinkers!

We continued to hold outdoor Coffee Mornings but are now pleased to say with the restrictions of the pandemic being lifted somewhat, we hold these in the Church.

We also appreciate those 'cake-makers' for bringing along such varied and delicious cakes – they are always welcome. All gifts of cakes are appreciated – please continue!

The Coffee Mornings are at present one a month on the second Thursday in the month

Thursday 14th October

Thursday 11th November

Thursday 9th December

We look forward to seeing you all at the next Coffee Morning in October – please bring your friends to join us everyone is welcome

Sylvia

01371 850211

CHURCH CONTACTS

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Scam Awareness with Home Instead



Fraudsters and scammers have been part of the criminal margins in our communities for years. Remember the letters from the obscure prince, the victim of a political coup, who needed your help to release thousands of pounds in a frozen account if you would only send him your bank account number to transfer funds. We may laugh at that example now as we recall the innocent last century, but the scams continue in increasingly sophisticated forms. According to a Which analysis, cases of frauds or scams rose by a third in 2020, much higher than previous years.

The pandemic of 2020/21 was not just viral. A perfect storm of fast evolving technology and a nation confined to home with a massively increased online presence also led to a boom in the scam industry.

Scams related to shopping, investments, and delivery related scams, by phone or laptop were already on the rise before we all locked down, but the pandemic provided a springboard for the scammers that has left the police and regulators struggling to keep up with their evolving tactics.

So what are the “scams du jour”:

The category of fraud that grew fastest since March 2020 were scams over phone or text. All plausible and usually starting with a missed parcel but ending a number of ways, each with the aim of emptying your bank account. One prevalent Royal Mail scam asks for a small payment to re organise a parcel delivery, once this is done a call follows from a ‘bank official’ who will solicitously inform you the charge was a scam and instruct you to move funds to a ‘safe’ account, that proves not to be very safe at all. A second, less suspicious and potentially more likely to succeed scam is a missed delivery text that sends you to website to locate your nearest pick-up depot, the site will ask you to enter personal details that can then be used to commit identity fraud, so the attack on your bank account will come at a later date.

What to do: report to on www.actionfraud.police.uk or 0300 123 2040. Contact citizens advice consumer helpline 0808 2231133

HMRC will never notify you by text or email about a tax rebate or refund. The fake texts and emails look very convincing but remember the tax man will never ask you for any personal information, including your national insurance number, passport number or driving license details.

What to do: visit www.gov.uk and type 'report scam' into the search engine and follow the reporting instructions or call 0300 2003310

Investment scams. It is illegal to call or solicit to offer a free pension review, so always hang up. Fake bond and ISA websites can be very convincing with addresses (URL) very similar to the legitimate company they are imitating: www.avivauk.com or www.avivabonds.com instead of www.aviva.co.uk.

What to do: report any suspicion of investment scams to The Financial Conduct Authority www.fca.org.uk or 08001116768 or check out their financial services registrar and warning list for rogue companies.

NHS scams around Coronavirus are a particularly base form of opportunism. They can take the form of fake applications for 'Covid passports' to messages from Track and Trace saying you have been in contact with a positive case and need to pay for a test. The NHS will never ask you to pay up front for a test or vaccine, the service is completely free. Neither will they ask you for any personal details.

Banking, some good news is that The Banking Protocol, a UK wide scheme created in 2016 to enable bank branch staff to alert their local police force if they suspect a customer is being scammed, has been extended to cover attempted transfers made by customers through telephone or online banking.

Lastly at the risk of stating the obvious may I remind you that it takes 2 to hang up a phone call. So, if you receive a call with a number that looks like your bank or utility company and they ask you to call back to verify it is them, call from a different phone because they may have left the line open and played back the recording of a dialling tone.

If you would like a scam avoidance toolkit or would like to arrange a scam awareness workshop with Home Instead and a community police representative call us on 01376 319100

THE WAY WE WERE

BY: BILL ASKEW

The following article on the history of Shalford Cricket Club was written in 1994 by much acclaimed player and stalwart of the first eleven, Robin Hayden. It is a lovely piece, very evocative of the times and contains affectionate memories of some of Shalford's erstwhile Greats.

A Brief History of Shalford Cricket Club by the President, Robin Hayden 1994

When I started playing cricket at Shalford just after the Second World War at about 14 or 15 years of age and used to take a cup of tea out to Major Gold who was at that time President, I never dreamed that after playing for nearly forty years, the Club would one day elect me as their President, an honour I have been very pleased to accept.

Sitting in The Fox after cricket matches or after Monday night's practice, an old Shalford gentleman, retired council worker Fred Harvey (long since passed away) would tell me tales of old Shalford. Although not a cricketer himself he knew most of what was going on in the village.

Apart from the Church, the cricket club is probably the oldest organisation in the village and if Fred Harvey was right in what he told me, it started life around the turn of the 20th century as the "Shalford Thursdays", as they played on Thursday afternoons. He did name the gentleman who organised the team, although I can no longer remember his name, and he said that most of the players worked in Braintree shops and so had Thursday afternoons off. He told me that during his time the village team played at two different places, originally at Abbots Hall Park and then later at Jaspers Green (my home village) where the local star was cabinet maker Tom Cornell, who died just a few years ago in his late eighties. The next venue was opposite The Fox public house and I expect this is why for many years The Fox became a convenient unofficial headquarters. The next move was to by the river at Shalford Hall. I can remember the club playing there at the end of the Second World War. After that they finally moved to the village hall playing field (donated by Mrs and Major Gold) where the village youth club played under the watchful eye of stalwart warden and cricketer, Arthur Grubb (more of him later) and Captain Jack Tilbrook.

In January of this year (1994) I had the pleasure of visiting Arthur Grubb, the oldest member of the Shalford Cricket Club, at his home at "Brick House". Arthur was probably one of the best players ever to play for Shalford and he was certainly the greatest influence on my cricketing career. He started playing for Shalford Players

in 1914 aged 15. He was coached in his army days by the professionals at Stafford, where he was taught how to swing, swerve, how to move a cricket ball and how to make it lift, all things he tried to convey to us youth club players. Although Arthur played for his village side he could easily have played for a county side. He was a thinking cricketer and as Captain he was very astute. When I was a young fast opening tearaway he was always whispering in my ear giving me what I later realised was good sound advice. If one looks at the score books between the wars it will be immediately obvious how good Arthur was. I have spoken to people who remember him playing at his peak and they all said he was so fast as to be dangerous on village wickets. It was then off a very short run and he used to take an average of between 5 and 8 wickets in most games. Every week the books show him scoring a lot of runs as an opening bat.

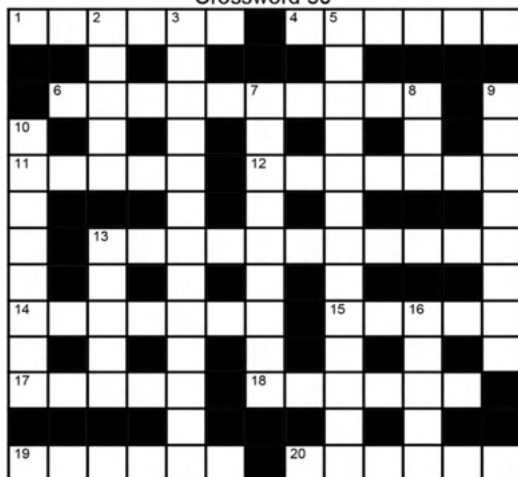
When Arthur first joined the club the stars of the day were the legendary Charlie Rook and Jack Russell, with Charlie Rust as the long serving umpire. Those were the days when they carried their gear on their bicycles – those that had one. Arthur remembered the days when they all became rich and were able to hire Charlie Walsh's taxi from The George Inn. He recalled Bert Prime who he thought was as good a spin bowler as was ever fielded by a village side. Also Ray Passfield, Charlie Thorogood and the Reverend Vaizey.

Arthur's memory went back to a match at Gainsford End where they kept their gear in rabbit holes and just put stumps up anywhere in a cow field (no proper pitch as such) and stepped out the wicket where they threw best. Arthur was bowling at about half his normal speed because he was afraid he might hurt someone, when one of his lifting balls hit wicket keeper Charlie Rook in the left eye. Well, Charlie had a few minutes rest and then, deciding he was a hard man, resumed his position behind the stumps. Another lifting ball promptly hit him in the other eye and he had to be wheeled on a bicycle to a local doctor who stitched him up. Also mentioned was Ted Moore, who umpired, to my knowledge, for about fifty years, and was playing in Arthur's early days. I am told that Ted is still alive (1994) and if true he is older than Arthur and so must be close on 100. I also occasionally see 86-year-old Eric Stoyell, who although now completely deaf still likes to talk about his old cricket days.

Still welcomed to the ground on match days are David Root, who probably hasn't played for forty years, Stan Barber, Hillary Sorrell and Wilf Sibley, who despite being in his late sixties continued playing occasionally until last year (1993).

Finally, I would like to invite everyone who cares to come along in mid-September to join us in a drink while watching the President's team play the village side in what promises to be an entertaining and competitive match.

Crossword 50



Across

- 1 A state of quiescence (6)
 4 Fiftieth celebration with 13 across (6)
 6 Square or rectangular space (10)
 11 Parting word (5)
 12 Chief weapon of English armies from 14th cent. (7)
 13 Noteworthy date (11)
 14 Psychology complex (7)
 15 Synthetic material (5)
 17 Situation of conflict (5)
 18 Come into view (6)
 19 Village: Site of skirmishes between Parliamentary and Royalist troops 1648 (6)
 20 Sacred songs (6)

Down

- 2 Exclusion principle named after Austrian physicist (5)
 3 Used for explosives and food preservation (6,7)
 5 Slang: persons in control (5,8)
 7 Mitigate (9)
 8 Flow away (3)
 9 Close to sea level (3,5)
 10 Hamlet near Great Canfield Castle (5,3)
 13 Sphere of action (5)
 16 Within the province of law (5)
Cryptic Across
 1 Sit again, being at rest (6)
 4 Silence is(6)
 6 Could be grand,

equal four-sided space (10)

- 11 French farewell (5)
 12 Old weapon could be blown – go! (7)
 13 Once a year celebration (11)
 14 Choose artist with this complex (7)
 15 Thread for any long hose? (5)
 17 Medic and union could be on stage (5)
 18 Maybe come out of lake for example (6)
 19 Animal in bad debt in this village (6)

Cryptic Down

- 2 Physicist – apostle could be one? (5)
 3 Use it to preserve or blow up (6,7)
 5 Music-makers in charge (5,8)
 7 Vile ale TA brewed to make it better (9)
 8 Did Deb Brown go out? (3)
 9 Mix lowly gin in flat country (3-5)
 10 Last of the meat in this hamlet (5,3)
 13 Could be near a sports field (5)
 16 All for example within the law (5)

The Natural World

By: Graham Brace and edited by Mary Brace

In the beginning....

Earth is a unique planet among eight or arguably nine in the Solar System, with ours being one of the four so-called terrestrial planets hurtling around our Sun at some 67,000 miles per hour. The others are mainly gas, dust and ice with no terra firma. Pluto, the last to be discovered, is just a small lump of rock, no bigger than many others out on the fringes.

Earth is unique in that it is the only one that has managed to sustain intelligent life evolved from primeval soup into an incredibly diverse world of flora and fauna. From unicellular creatures, like the amoeba and protozoa, to sentient beings at the top of the tree of life... Homo Sapiens.

That is us, the apex predators who are guardians of the Planet and responsible for its current and future well-being and all that is therein. ‘Satchmo’, Louis Armstrong, the famous American black singer and musician, serenaded a whole generation with his song ‘What a Wonderful World’. Indeed it is. It hints at Mother Nature and all that is not high-tech and industrial. Ordinary mortals now use the term Natural World, in the modern idiom, which seems somehow to reflect on how life used to be in the early years of civilisation.

Revolutions....

The industrial revolution of the 19th century and the technological revolution of the 20th century are generally regarded by conservationists and philosophers as being the start of the downfall of the natural world with pollution, CO₂ emissions, etc. But, we must go further back in time 10,000 -12,000 years ago to the agricultural revolution, when we started to form what is now a very ill-used term... communities. Until then, Homo Sapiens had lived and died in small family groups, hunting and gathering just enough to get by. They did not produce waste; everything they killed or picked from the natural world was used. Another phenomena seemingly peculiar to us Sapiens, is wars and battles for supremacy, but they were of course limited to disputes over local territory. Being mainly nomadic, our early ancestors would have clashed at times even with the vast empty spaces in which they roamed; the population of the world being some 3-5 million, as against 7 billion plus in the 21st century.... and rising fast. However, many of the mind-boggling numbers of animal species do have that same trait as us. But, like our ancestors did not, they still do not have transport. This is what allowed us to devastate and plunder continents and oceans alike over eons of time. That is how we have grown away from the rest of the animal kingdom. When Sapiens began to realise that natural grain and fruit crops proliferated and replicated over the seasons in the same place, they, unlike the other animal species, began the cyclical cultivation. This is why they did not have to move around so much. Very soon they grew food in excess of the needs of their

close relatives and started to trade, and thus communes formed with many family groups living together. Of course, hierarchies were necessary to control and govern.... from village elders to kings and presidents. The rest is history.

We know from history that as we became more sophisticated in agriculture and transport, so the further we grew away from the rest of the Earth's species. We started the ever-increasing encroachment on the natural world.

An equitable balance...

Let us take an extreme example. India at the beginning of the 20th century had a population of 100 million and just over a hundred years later it has grown exponentially to 1.3 billion. Taking those bare facts does not mean that India has been irresponsible. In those early 1900s, poor countries had high child mortality rates, and large families meant more hands to till the ground or simply to make more money. At this time, one of the world's iconic creatures, the Bengal Tiger, was hunted and killed to near extinction. We, the British, played a big part in this. Currently, that same species is revered and has been nurtured back to increasing numbers by careful conservation, and now lives in harmony with that huge population. A complex issue indeed, but this country is one that is making real progress to find an equitable balance of humans, tigers and wildlife generally.

Responsibility...

It appears that the vast majority of world leaders are now taking global warming, greenhouse gases and CO₂ emissions seriously. Take the recent G7 summit held in the UK. We all hope that each of those countries takes on its individual responsibilities and acts as they have promised. Running in parallel, we can cite examples like devastation of the South American rainforests and how it impacts on the lives of thousands of animal species and indigenous people. Very little seems to have been done to slow down this abomination. Elsewhere, it is fortunate that 'sustainable' is a byword gaining universal popularity. The construction industries around the world are now using timber that can be replicated in 5-10 years rather than trees that are 50-100 years old. There are many examples we can all name where the world's resources are not being renewed as quickly as we are using them. The good news is that renewable energy is quickly gaining popularity as well, and becoming more statutory and regulatory rather than optional. Solar panels, wind farms and heat pumps systems are now being installed on new developments and older properties alike.

With technology changing at an incredible rate, we need to use our skills to maintain our wonderful world in all respects. We need to understand that apart from trying to feed the human population, eliminate famine, stop wars and all those idealistic machinations, never never let us forget that we are the apex predators in the animal kingdom. Thus we have total responsibility for looking after the habitats of all those creatures from which we have grown further and further apart.

We, the Homo Sapiens, are only a part of the Natural World.



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We held our Annual General Meeting for the Bowls Club recently and the members agreed to extend the constitution to include organising games and players for the new Petanque terrain at the Village Hall. With the blessing of the Village Hall committee, the pitch will remain available to anyone who wants to play without being a member of a club but it will mean a point of contact will be established to organise friendly matches with other clubs.

Once established Shalford Petanque may wish to enter a league and play on a more competitive footing. Who Knows?

The good people of the club were kind enough to elect me as their Chairman once more along with the Secretary and Treasurer. Our fixtures organiser has volunteered to continue and two new committee volunteers were elected.

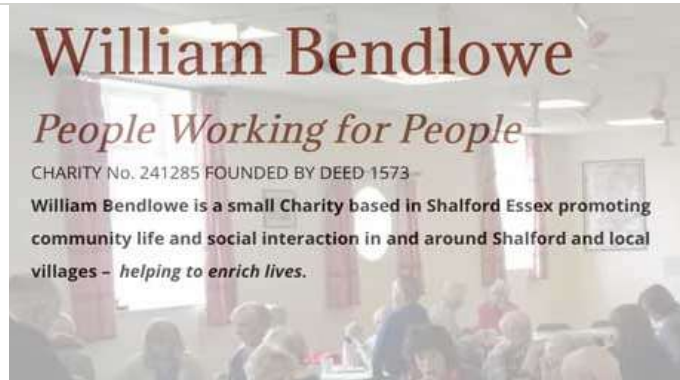
We have restarted our regular Tuesday evening games, which are referred to as "Roll Ups" in the game, this is when we meet to practice. Until we have more confidence that covid is more manageable we will not be arranging any friendly matches with other village clubs. Although, Gosfield have offered us a game at their Village Hall which is large enough to enable social distancing etc.

We have a couple of new members already but there is a short fall of returning players, which is understandable at present. However as always, anyone wishing to try carpet bowls is very welcome. It is a simple game which enables people with all sorts of mobility issues to enjoy whilst socialising in a nice friendly atmosphere.

<https://sites.google.com/site/shalfordbowlsclubvh>

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William Bendlowe Charity launched its website in February this year to coincide with the change in its Governing Document. The change was not only to widen its purposes to include promoting social inclusion for Shalford Villagers but also neighbouring villages. With this in mind our goal for the website is to build it into a community website.

Gary Thomas of Applied Images built the website and I am pleased to announce that David Eversden has agreed to join our small team to help keep the website current and up-to-date.

Gary and David have been working hard over the past few weeks creating a new section. The new section will not only host each monthly issue of the Shalford Village Magazine but it will also show What's On in and around Shalford and facilitate the downloading of the magazine for those that wish to.

Should you wish to receive a monthly newsletter informing you that the magazine is ready for downloading please email your details to info@bendlowe.co.uk.

Gary and David will continue to build www.bendlowe.co.uk and we look forward to exciting enhancements coming soon.

Thank you Gary and David.

We are grateful to our Sponsors:

HarperLees, Home Instead, Polly's Field Village

BEFORE AND AFTER SCHOOL CLUB WETHERSFIELD

HOME FROM HOME CHILDCARE

The girls and boys amongst other things were very busy making crafts during the summer holidays. The girls created these beautiful butterflies using hama beads and practised their sewing skills making these wonderful hearts. The boys chose junk modelling to make their Minion characters. Can you guess what characters they are?

Such a splendid effort by everyone so much so that we wanted to share them with you.





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THE HUNDRED PARISHES

BY: KEN MCDONALD,

Secretary



Great Bardfield
Watermill

Recently, climate change has brought examples of extreme weather all over the world. Part of the solution to global warming is to use natural energy. Our ancestors harnessed the power of water by means of watermills, thought to have been invented by the Greeks. The Domesday Book of 1086 AD recorded no less than 5,624 watermills in England alone. Most were used to grind wheat. They continued as a prime source of energy until the Industrial Revolution.

The Hundred Parishes has a wealth of these mills, many retained through their conversion into private homes. Several may be seen on Hundred Parishes walks whose descriptions can be freely downloaded from www.hundredparishes.org

On the River Cam, Hinxton once had three watermills. One remains, a 17th-century mill built on the site of an older one mentioned in Domesday as worth 8 shillings. It ceased to operate commercially in 1955 but now works again on days when it is open to the public – the final opening in 2021 is on **October 3rd** from 2:30pm to 5pm. It can be seen at any time from the outside – and is on our walk number 14.

Linton's watermill on the River Granta dates from the early 18th century and there has been a mill on the site since the 13th century. It stopped working in 1972 and has now been converted into apartments. Walk 109 passes it.

Weatherboarded 18th-century Kings Mill in Littlebury was originally powered by the River Cam and then steam until it stopped working in 1924. Walk number 165, only 1.4 miles, passes Kings Mill during a short exploration of historic Littlebury.

What remains of Great Bardfield watermill can be seen on walks 103 and 104, while the remains of Tilty watermill are on walk 120.

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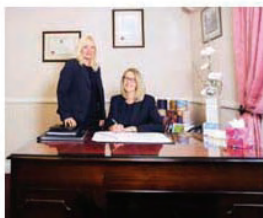
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NATURE NOTES

BY: MAC BEANLAND

First of all just a quick update on dear old Wally; a walrus thought to be Wally has been seen resting in the harbour in Cork, South-Western Ireland. He has some sort of injury but it is not thought serious so it looks as if he may be heading back to the arctic, I hope so for his sake. It is not natural for a walrus to be living in warmer parts of the globe, and he needs company. They are herd animals, if he manages to get home and become part of a herd he will certainly have a lot to tell all his mates about his adventures in France, England, The Scillies, and Ireland. Although it added an extra interest to my holiday in the Scillies seeing Wally, I really only like to see wild animals in their true environment and it is sad to see things like whales which get confused and end up not only losing their way but losing their life in the river Thames. I have been fortunate enough to see herds of Walrus when I went up to the arctic and also attended a lecture to learn all about them and I must say I was very taken with them. I will be sharing my experience by giving an illustrated talk about my trip to the arctic on the 8th of October in St Andrews Church organised by Fostac. I believe tickets are on sale at the village shop and I hope to see lots of you there on that evening.

Autumn seems to be arriving early this year. I am writing these notes on the 4th September and already the summer feeders on my bird table have left to return to their normal winter-feeding grounds. I am not sorry to see the back of the greedy starlings and their offspring they seem to have had a good year. I have had two pairs of adults nesting nearby and relying on me for food, I think both pairs have reared 5 or 6 young. They all fight over food and seem to drop as much as they eat but that is fine by me as all the food which they drop onto the ground is cleaned up by the ground feeders, mainly the rooks from across the road, a pair of black birds and their young, a thrush, a pair of robins, and even a pair of pied wagtails which I have seen for the first time this year, I have enjoyed watching those two, they have had a nest next door and they have been getting a quick feed for themselves of grain and mealworms which the starlings have dropped. They spend the rest of the time collecting insects and flies around the garden to take back to the nest to feed the young ones. They have all left me now, and the rooks have got plenty of food out on farm land now that a lot of fields have been harvested and land



is being ploughed and cultivated. They will be following the plough, feeding on worms and grubs, very often when you are working the land with a tractor there will be a flock of birds following you feeding. Most of the time its seagulls they suddenly appear as if by magic sometimes a mixture of rooks,

crows, and seagulls. It is not so bad these days the tractors have cabs on, but when we had open tractors, we used to get bird droppings hitting us as they kept flying over and swooping down to grab a worm. I remember a very old rhyme that went, “The farmer said as he wiped his eye, it’s a darn good job that cows don’t fly!” Take it from me seagull droppings stink. The nice thing for me is that the winter feeders have returned to my bird table, all the Tit family including the long-tailed tits, and I have a new robin he seems a very friendly fellow singing his head off to let others know this is now his territory. He comes very close to me when I am working in the garden whereas the one which was with me for the last three years was always very wary and kept his distance. They can be very good company. Robins have long been known as the gardener’s friend as they like to be with you when you are digging looking for small worms, much like the seagulls and rooks following the plough. As I have walked my dog in the mornings this week, I have heard several robins singing much louder than usual it is the time of year when robins stake their claim on new territory even ones which



only hatched this year will claim their own. A lot of robins die in the first 13 months but the ones that do survive that initial first year often manage 10 years and there is one which is known to have lived 19 years. Robins belong to the thrush family along with black birds, nightingales, song thrushes, field fares, and stone chats so is there any wonder they are good at singing.



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More than 1/3 of adults in the UK are not meeting the minimum recommendation for exercise!

Hayley Moore – Personal Trainer & Pilates Instructor.

Are you one of them???

According to the World Health Organisation, which estimates global activity trends over time, 1/5 of people across the world are not getting enough exercise. But, if you dig a little deeper to look at more developed countries in particular - like the UK, the figures are much higher - one in three! And the worrying result of all this inactivity is increased risk of cardiovascular disease, type 2 diabetes, cancers, dementia, and a whole host of other chronic conditions including poor mental health.



So, what is enough??? The American College of Sports Medicine (ACSM) - the leading authority on sports medicine and exercise science recommends that:

A programme of regular exercise should include a variety of exercises BEYOND activities performed as part of daily living. This means that although activities that are part of daily life such as gardening, putting the bins out, walking the kids to school etc, can be classified as physical activity we should all be going beyond that and adding more exercise to our schedule.

A programme of regular exercise should address aerobic fitness, muscular strength, flexibility, body co-ordination and neuromotor fitness. In other words, exercising the same way day in day out will not cut it. Many of the accidents in and out of the home occur due to strength, balance and co-ordination issues which should be included as part of any programme, at any age. Prevention is better than cure.

You should reduce sedentary activities such as watching television, time on the computer, sitting at a car or at a desk etc. I know, easier said than done when there's a good series on Netflix, but you don't have to give it up completely – just be conscious of your time and take breaks to increase your activity.

If you are wondering where to start, or are trying to improve your exercise, here are the minimum recommendations for getting and staying healthy.

- **Moderate intensity aerobic exercise done at least 5 days per week (30-60 mins per day) - or vigorous intensity exercise done at least 3 days per week (20-60 mins per day), or a combination of the two.**
- **Resistance training of each major muscle group should be done 2-3 days per week, with at least 48 hours rest between each session.**
- **PLUS mobility and balance training as well as co-ordination practice.**

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Still confused? Let's break it down...

AEROBIC ACTIVITY - any activity that uses large muscle groups, can be maintained continuously and is rhythmic in nature. Examples of aerobic exercise include cycling, dancing, hiking, jogging/long distance running, swimming, and walking.

MODERATE INTENSITY – Generally, if you're doing moderate-intensity activity, you can talk but not sing during the activity. In other words on a scale of 1-10, 1 being laying on the sofa and 10 being chased by a pack of wolves, you will be working between 4-6. So, this will vary from person to person. One person may find a jog around the green is easy, while you may find walking to the end of the road a struggle. Don't worry about anyone else – do what is best for you.

VIGOROUS INTENSITY – means working at above 6 out of 10. A popular form of vigorous intensity exercise is High Intensity Interval Training (HIIT) however it is important to understand that a good base level of fitness should be achieved before working at a high intensity – and too much HIIT can be as detrimental for your health as not doing anything at all if you are unconditioned.

RESISTANCE TRAINING - any form of exercise where you lift, push or pull against resistance. This could be using dumbbells, a barbell, machines, kettlebells, powerbands but it can also include body weight as well as any items that are lying around the house such as a washing basket full of clothes, a rucksack filled with books, a couple of tins of beans, even a bottle of water in each hand! (more on this next month!). Again, a general rule is to work at about 6-8/10 intensity. Perform 8-10 repetitions of the exercise then rest, then repeat for a total of 2-3 times.

MUSCLE GROUPS – Simply, upper body, lower body, back and core (yes, everyone has a core!).

How much are you getting? If you aren't meeting these targets think about what you need to do to get there. Remember – it's not a race you do not need to be meeting these targets straight away. It's a goal. So choose one small thing and make it a habit, then build on it.

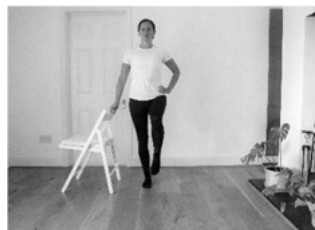
If it's been a while since you exercised at all, or if you have other health issues or concerns, it may be a good idea to talk to your doctor before increasing your physical activity. Exercise *is* good for most people and most people can exercise without visiting a doctor first, provided they consider their current activity level, signs and symptoms of a few key diseases, and their planned exercise intensity. Always start with the easiest form and work your way up when you feel confident. It's a good idea to workout with someone else if you are worried, or join a class/ hire a professional.

A quick note on balance and co-ordination. As we age our balance and co-ordination ability deteriorates. Once we get past the age of 55-60 the risk of us falling increases dramatically, and serious falls can result in fractures. In fact, one in three adults aged 50 and over dies within 12 months of suffering a hip fracture. Older adults have a five-to-eight times higher risk of dying within the first three months of a hip fracture compared to those without a hip fracture. This risk can be significantly reduced with balance and co-ordination training – and it is never too early to start.

Try these simple exercises

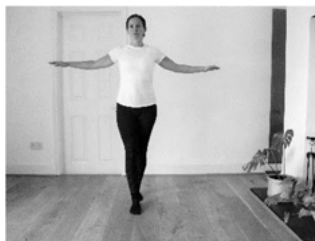
Beginner

1 leg balance – holding on to a chair for support, then when your confidence increases lift your hand away. Aim for 30 seconds on each leg.



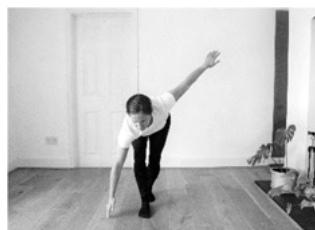
Intermediate

Walk along a straight line, then walk backwards along the same line (keep your head up and looking ahead). You can use a countertop in your kitchen if you need something to support you. Once you are confident, make the steps shorter until you are walking heel to toe, as though on a tightrope.



Hard

Walk along the same line and every few steps touch the ground beside you.



Have a great week - and don't forget to keep hydrated!!

Hayley x

info@hmfitnessandnutrition.co.uk

Facebook: @hmptandpilates

Instagram: @hayleymooreptandpilates

SHALFORD PARISH COUNCIL

Council meetings continue in person at the Village Hall every third Wednesday of the month. Please look out for the agenda which is published online and on our notice boards.



We are delighted to confirm that the long-awaited defibrillator has been installed at The George.

Thank you to everyone involved in getting this organised especially Graham from GW Electrics who kindly installed it free of charge for us.

We will be organising some training (although they are very easy to use) in the near future so look out for dates.

We understand that footpaths continue to be a challenge. Our previous contractor ceased working for us last month and we are working on sourcing a new one. In the mean time we do have access to Wethersfield's Parish Ranger who can help with any immediate problems that can't wait. We do however really need your help in reporting the routes you find problems on. If you find a path inaccessible or overgrown then please contact the clerk, Michelle on shalford.pc@outlook.com.



Please include a photograph if possible and a detailed location. Unfortunately we have many places known by abbreviated or locally-known names but are not identifiable on maps. This makes finding them very difficult for anyone trying to fix them who may not be local or new to the area. If you can't find any other way to explain a location please try using what3words.



There will be a village wide litter pick coming up in October although at the time of print a date has yet to be confirmed. It is likely to be a Sunday morning and we will welcome all helpers.

We look forward to hearing from you soon,

Mandy, Adrian, Sam, Rob, Andrew M, Andrew H, Neil and Michelle

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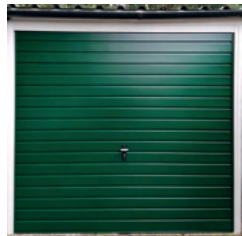
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