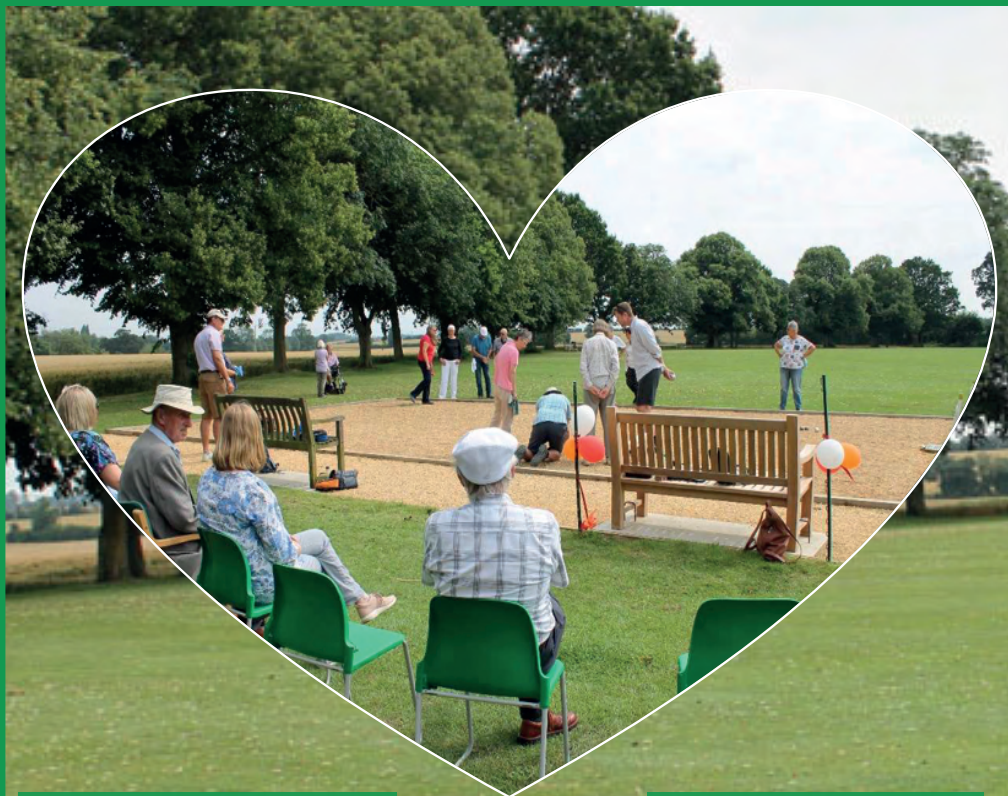


SHALFORD

Village Magazine September 2021

Produced by the People for the People



SHALFORD

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is its People. Our Family,
Friends, Neighbours and
even those we have yet
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- CHURCH NEWS
- SHALFORD SCHOOL
- SPORT
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- HISTORY
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SHALFORD PRIMARY SCHOOL

Here is a newspaper article written by Josh Wilkinson in Year 5.

SHALFORD GETS SPORTY!

Reported by Josh Wilkinson

Shalford Primary have recently been doing a lot of sporty activities such as physical education, dance, and the joy of moving with Colchester united FC and more!

Children have been ecstatic after all the sporty activities going on in school.

Due to the yearly residential trip being held back, the school head (Mrs Penney) decided to get local legend Diane Neave for weekly dance classes. According to the pupils... Diane makes it look and feel easy.

It is on Fridays and Mondays that bikeability takes place twice. There would usually be two groups. The first group would bring their bike in on the first Friday and Monday. Then, the second group would do exactly the same as group one.

As the sports coach (Miss Wild) was coming to an end of her time at Shalford Primary, the school decided to hire Colchester United FC to teach the children warm ups, ball skills, creative mini games and about living healthy lifestyles. This led to children doing healthy and sporty activities at home.

Shalford is also hosting sports day, where carers and parents may come and watch the children do activities such as discuss, javelin, sprints and hurdles. It will commence on the 15 of July.



SHALFORD PETANQUE TERRAIN
OFFICIAL OPENING – SATURDAY, 24TH JULY 2021



Bocking Petanque Club kindly agreed to come along and help us to celebrate the opening of our new Petanque Terrain by playing a friendly match. The weather leading up to the day in question was scorching hot but, as we got closer and closer to Saturday (the day in question), tensions started to mount as; featured in the weather forecast for Saturday was “rain, rain” and more “rain”. Were we going to have to cancel – or just tolerate a “wash out”? But no – 2.30 p.m. arrived on Saturday, 24th July and the weather was perfect. The car park started to fill and people made their way over to the terrain. Speeches were kept short and Diana expertly cut the ribbon officially opening the terrain; revealing a plaque placed on the ground inscribed with the words “BENDLOWE’S COMMUNITY PROJECT COMPLETED MAY 2021. REMEMBERING CHALLENGING TIMES CAUSED BY COVID-19 PANDEMIC AND LOVED ONES SADLY TAKEN TOO SOON”.

Speeches completed, photos taken, ribbon cut; it was time to start the friendly match between Bocking & Shalford. Our Shalford team fought



fearlessly against the strong opposition coming in at a very respectable 2nd. After an extremely enjoyable 90 minutes, it was time for refreshments. The Bendlowe's team, Marianna, Sally and Mel (despite being out of practice due to not holding Meet & Greet for 18 months) did Shalford proud! Sandwiches, scones, cakes, tea & coffee – compliments on the food just flooded in and then - surprisingly - another game was started and invitations received from Bocking for a “return match”.



The afternoon was “perfect” and thank you to Bocking team and everyone who came along and joined in the celebrations. A special thank you to Peter Short for organising and briefing the Shalford Team. We now look forward to the forming of Shalford's Petanque Club and many more matches both

friendly and, hopefully, competitive. In the meantime, Peter has kindly written the next article detailing a brief outline of how to play Petanque.

SPORT - PETANQUE

AN INTRODUCTION BY: PETER SHORT

Petanque is, in essence, a very basic and enjoyable game. Play commences with the toss of a coin, the winner of the toss then stands in a ring approx 30 inches in diameter and throws the cochonnet (a little round ball) up the pitch then throws one boule (a steel round ball) to try and get as near as possible to the coch. The other team then tries to get one of their boules nearer. If successful, then play switches to the other team. They keep trying until successful, then the other team do the same until they too are nearest. When all boules have been played (thrown), then a count is made of how many of one teams' boules are nearer than the other team for example if one team has two boules nearer to the coch than their opponents nearest boule then two points are scored. Play then continues from the other end of the pitch with the winner of that end tossing the coch up the pitch to their chosen length. The first team or player to reach 13 points is the winner. At its basic level, this is a very sociable and enjoyable game and can be played by adults and children alike as no great strength or skill is needed. At the other end of the scale, it is very competitive with teams playing in leagues and at county level.





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FOUNDING OF THE SHALFORD LOCAL HISTORY ASSOCIATION

BY: MARGARET SPARKS



I have been asked to write about the founding of the Shalford Local History Association and I am pleased to do so.

When we bought our Shalford cottage in 1969, it was the fulfilment of a dream as well as a spur to my interest in local history. A Tudor building of about 1570 it evoked so many questions, who once lived there the most tantalizing. Who had sat where holes in the beams at knee height proclaimed the existence of a bench? Life and death had surely been ushered in via the twisting staircase, but by whom? A visit to the Essex Record Office seemed to beckon, so off I went to consult their holdings resulting, amongst other treasures, my introduction to the 1603 map of Shalford, a copy of which hangs in the village hall. A fascinating document, it shows field names, occupants, and other gems but I felt index was called for in order that the map could be useful to researchers. So, I set to work to make an index which is in our archives. The original map (the last I heard), is rather fragile and may not be available to study. It is intriguing to see a field named as “le hose” on the map is still there in the shape of a sock today as are many field names still in use.

The cottage had been empty when we bought it, the last occupant a Mrs. Cowell who had gone to live with her daughter in the village. I resolved to visit her. Although her knowledge of cottage history was sparse, she was happy to talk about more recent Shalford history, showing me many photos of the school, community events and the like. I believe her granddaughter still lives in the village.

Mrs. Cowell had given me ideas in that conducting interviews with the older inhabitants of Shalford might be productive. So off I went on my bicycle ready to knock on the doors of people I had never met and a little nervous about it! But there was no need to worry for after their initial surprise, I was warmly received albeit with astonishment when I asked if they had any photos of the old days. The response usually was, “oh you surely don’t want these old things”. But I did! So, a folder of Shalford memories was built up. I involved the ERO in my scheme whereby I sent them the old photos to copy, they did so,

making a copy for me and retaining one for their files, and I returned the original to the owner. The result is six albums of photos together with the index I made, copies of which are at the ERO. These have always produced much interest when shown at local events, as do our collection of Shalford mementos.

Today, some members of SHLA continue to interview Shalford Residents thus building up our Interview Files.

A kindly headmistress of the village school allowed me a desk and access to the school log books each week while the children went for a swim. I duly recorded the main details in each of the five books covering the period 1880, or thereabouts, to the 1940s and sent a copy to the ERO.

About this time (sometime in the 1970s), after working on my own, I was privileged to meet Brian and Iris Beard. Brian died a few years ago but Iris lives in a care home at Halstead. This couple became dear friends and were well thought of in the village. With our mutual interest in Shalford history we decided to form a group to record as much as possible and thus SLHA was born. The first members included Dorothy Gardner, Anne Hamilton, Brian and Iris Beard, myself, and one or two whose names escape me now as they dropped out of the group later. I believe Molly Wright was a founder member too.



Our intention was to research at the ERO in order to build up a picture of Shalford over time. Dorothy discussed some of this material in her fascinating book about the village. When the ERO asked for volunteers to help index the 1851 census for Shalford, I was happy to oblige.

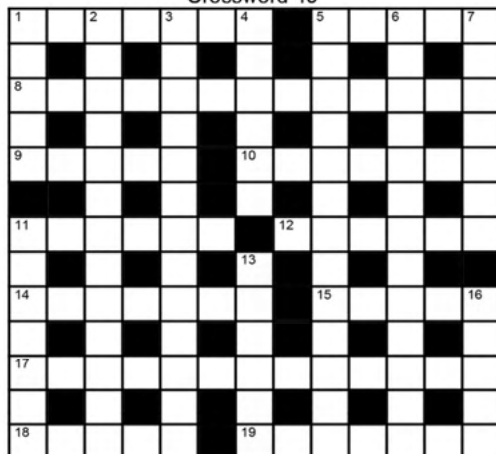
And the future? We are moving with the times and going digital! We “The Society” continue to thrive and new members are welcome. I would like to see the Society introducing a project covering the subject of “Shalford today”, a type of time capsule, which I feel would be of interest to a future generation, but this has not been fully discussed by our members. It would mean total community involvement of course. Perhaps readers have other ideas?

P.S. eventually I have been able to name occupants or owners of my cottage from 1603 to the present day.

CROSSWORD

BY: ROBERT BURROWS

Crossword 49



Across

- 1 Loss of speech (7)
 5 Botanic description (5)
 8 Village near Witham (6,7)
 9 Indian food dish (5)
 10 Most affluent (7)
 11 Small amount of fluid (6)
 12 Useless (6)
 14 Ancient expression of thirst (7)
 15 Colloquially drunk (5)
 17 Kitchen surface (8,5)
 18 Earthy colour (5)
 19 Colourless liquid phenolic ether (7)

Down

- 1 More competent (5)
 2 Village: site of WW2 to eat Indian dish (5)

POW camp 116 (8,5)

- 3 State of confidence (4-9)
 4 Hair colour (6)
 5 Inexplicable (13)
 6 Military equipment (9,4)
 7 Brash young woman (7)
 11 Person regarded with disfavour (2-3-2)
 13 Designating origin by birth or descent (6)

Periodic (5)

Cryptic Across

- 1 Some graph Asian drew, having speech loss (7)
 5 Thumbelina held flower cluster (5)
 8 Belittled tax? Right in this village (6,7)

- 9 Tiara could be worn

- 10 Most wealthy, despite her tics, (7)
 11 Hit the water with it (6)
 12 Flute I play, sadly waste of time (6)
 14 This rat could make you want a drink (7)
 15 Not loose – drunk (5)
 17 Kitchen item may be found when dining abroad, right? (8,5)
 18 Chore organised to get this colour (5)
 19 Oily liquid for coolers maybe (7)

Cryptic Down

- 1 Blare out, more competent (5)
 2 Ah, hailed theft in this village (8,5)
 3 Having this, don't need insurance rep (4-9)
 4 Gold stream colour (6)
 5 Without reason or responsibility (13)
 6 Fish coating in small measures makes for old weapons (9,4)
 7 Little boy or forward girl? (7)
 11 Nameless cad? (2-3-2)
 13 Racial origin from Elizabeth, Nicole? (6)
 16 Regular kind of ins and outs (5)

SHALFORD MEMORIES

NURSE GREGORY BY: NIGEL TURNER

I was interested to see the recollections of Lawrence Rawlinson in the August edition of Bendlowe's Newsletter and, in particular, his mention of my grandmother "Nurse" Rose Gregory. As it is now forty years since her passing and ninety-six years since her arrival in Shalford, I thought a few words on her long life might be of interest. Rose Wood was born on November 5th 1884 at The Malting House, Terling where her father, like most people in that village, worked for Lord Rayleigh. By 1911 she was living in the village of Birch and was described as a cook in the census of that year. In 1912 she attended a fete held at the nearby Layer Marney Tower. There she met a Londoner named William D. Gregory who was visiting Birch to see the family of his recently deceased wife. A fairly rapid courtship must have taken place because they were married at Terling on January 18th 1913. They set up home in Barking where their daughter Mollie was born on November 8th 1913. Sadly William passed away in 1920 leaving Rose and their young daughter to fend for themselves. Luckily, Lady Rayleigh was involved with the Essex County Nursing Association and was able to get Rose enlisted on a training course in London. On August 11th 1923 her name was entered on the Roll of the Central Midwives Board although her final written exam wasn't until October 1st with an oral test a week later. I don't know whether Rose specifically chose to come to this area or whether it was just the first available post but she was appointed to be District Nurse and Midwife for Wethersfield and Shalford. She had taken up her post by February 1924 at which time she was living at White Hall Cottages, Shalford. By early 1925 she had moved to Sandhills Cottages at Wethersfield where she remained until her retirement in 1939. It is perhaps hard to realise just how important a district nurse was a century ago. Ordinary people were unlikely to be treated in hospital and they would be reliant on their local doctor and his district nurse. Very few women, particularly in rural areas, had any kind of qualifications so to be a nurse was definitely a job with status in the community. It was noticeable even in the 1970s how many people would refer to her just as "Nurse" when enquiring after her health. Being a district nurse was a demanding job as she could be called out in all weathers and at any time of day with only a bicycle for transport. During her career she delivered 1,001 babies and was calculated to have cycled 63,000 miles on her duties. In 1937, Mollie married Frederick J. Turner of Killhogs Farm which further cemented Rose's ties to the village since members of the Turner family had married in to the Candler, Parsley, Bright, Dawson and Tarbin families and were thus related to a good proportion of Shalford's population. In 1938 Rose

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bought a plot of land in Clifffield, overlooking Wethersfield Mill, from Andrew J. Goodchild for £60 and had a bungalow built there by Eric Tanner. Following her retirement in 1939, she moved in to “Marleys” (named after the make of tile used in its construction) and remained there for the rest of her life. She was active in her retirement, enjoying gardening and walking. She was a member of the Women’s Institute and Wethersfield Friendship Club and was a founder member of Wethersfield Baby Clinic. One highlight of Rose’s later life is worth mentioning. She had nine siblings who, with one exception, all settled in the area between Chelmsford and Colchester. However her brother Alfred emigrated to Canada in 1903 and apart from a visit home in 1910 to see his, by then ageing, parents, was never seen on these shores again. However contact was maintained and in the 1960s we used to receive letters from the small villages of Glenboro and Wawanesa in Manitoba. As a youngster I would read the letters and wonder what those places might be like, having, at that time, never been further than a hundred miles from Shalford. As it turned out, it wasn’t until the 21st century that I was able to travel there and to see Alfred’s grave in Glenboro Cemetery. On August 4th 1972 there was a knock on our front door. My mother opened to find two young people, one of whom announced that she was Eileen, granddaughter of the late Alfred. Needless to say, Eileen and her fiancé (now husband) Wallace received a very warm welcome. We were able to show them the house in Terling where both Alfred and Rose were born, and also to take them to meet Hugh, the last surviving brother. In these days of frequent (pre Covid) transatlantic travel, it is perhaps hard to realise what a momentous occasion it was for Rose to meet Alfred’s granddaughter sixty-two years after she had last seen her brother. Rose passed away in January 1980 at the age of 95. As time passes there are fewer left of those 1001 children who we called “Grandma’s babies” but earlier this year I did meet one while attending the funeral of Hugh Turner at Cressing. She is Betty Dean, sister of Pip Prime of Clifffield. This photograph was taken at Clacton circa 1925 and shows on the left, Mollie and Rose with, on the right, Florence Tanner and four of her five children. I think Eric (father of Alexander [“Alec”]) must be the missing sibling in which case the ones in the photo are Norman, Brian, George (“Roy”) and Thora Tanner.





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THE HUNDRED PARISHES

**BY: KEN MCDONALD,
Secretary**



Postcard Great Bardfield 1905

On a recent visit to Thaxted's Tourist Information Centre, I could not resist buying their new set of postcards, featuring some of the town's well-known views. Nowadays, it is quite unusual to see postcards for sale – and even rarer to receive one in the post. How times have changed.

Picture postcards became extremely popular in the UK after the introduction in 1902 of the format with a picture on the front and a divided back - half for the address and the other half for a message. Pictures were generally black and white but sometimes coloured. Popularity waned after the First World War but it remained customary to send postcards to family and friends from somewhere visited on holiday or a day out. That custom has now almost died out, no doubt due in part to the availability – albeit only in this century - of more immediate means of exchanging messages and photos electronically.

Many people used picture postcards for sending short messages. Until 1918 it cost only an old halfpenny to send a card – that's 480 cards for a Pound (today's price is 66 pence per card). In those early days, there could be as many as five postal deliveries in a day, at least in towns, so it was not unreasonable to expect a reply the same day.

It wasn't just seaside towns that sold postcards; almost every town and village had its own postcard or set of postcards. Within the Hundred Parishes, it seems that only one parish has never had a postcard – Flich Green, which became a parish only in 2008. Many of those old cards have survived. They often provide a revealing insight into our past and into an earlier way of life, for example buildings, roads, transport and dress.

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Please note we are using the 2020 schedules with a frontispiece showing amendments which apply throughout. These have been delivered to you.

There is an online version which is current for 2021 and may be accessed at <http://shalfordessex.org.uk>

Meanwhile, using the online version, you may like to try the recipes given on page 6 or practise the suggestions listed in the Handicraft and Floral Art sections and perhaps, the children's sections may give you inspiration when boredom takes hold.

Looking forward to welcoming new and old exhibitors. Heather Smith



SHALFORD PARISH COUNCIL MONTHLY MEETING

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SHALFORD LOCAL HISTORY ASSOCIATION



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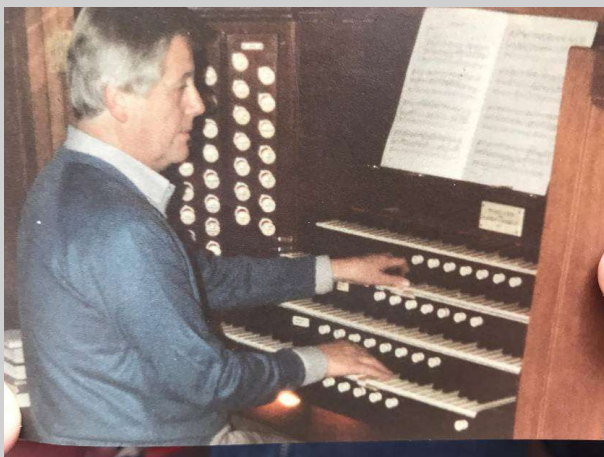
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EVERYDAY

A MESSAGE FROM THE CHURCHWARDENS

Last Sunday I went to Church. That might sound surprising, but since March 2020 I have been working on Sunday mornings which has meant that getting to services has been very difficult. I made a couple of services at Christmas and Easter, but they were, by necessity, very different from what we had all been used to.

Last Sunday was JOYFUL! For the first time since before the pandemic we were able to join together and sing. I have always loved singing in church. As a child I begged to join the church choir and finally at nine years old they let me, and I became the youngest member of the choir. I'm not sure I sing that well, but the enthusiasm is definitely there! Church music seems to really add something to the service, whether it is hymns, carols, psalms, the Gloria or the organ music, it lifts the spirit and certainly makes me want to join in.

Although, we are not yet back to 'normal', as we are still not taking both bread and wine at communion, still not able to shake hands with others and still keeping our distance, singing certainly made it seem as though things are finally changing.

I was also delighted to be able to catch up with some of the people I haven't seen over the past year or more when we had coffee and a chat after the service and it finally feels that we are able to get back together as the church family.

As we all try to make the best of the summer – weather permitting – services in the church will become more regularised. I hope that it will not be long before we can go back to sharing communion and greeting one another as we used to.

I hope that everyone has a good summer and if you feel like joining in some singing, come and join us at one of the services!

Have a good summer

Dawn Wilson

From the Vicarage...

While Spring is nature's season of new beginnings, it is often the month of September which sees activity begin again in the human world. In the usual run of things, it is new school terms which feature most prominently, but I have now accumulated a long list of activities which I've heard are returning in the next month or have recently done so, many of which I am sure will be detailed elsewhere in this magazine. Not least among this September's new beginnings is the magazine itself! On behalf of the PCC, I would like to take this opportunity to thank Alice for taking on the editorship of this magazine, and so ensuring the continuation of something which has been so important to the village for a number of years. It will continue to provide all the news from church, details of services, and a 'thought for the month', if I can so call what I contribute to each issue.

Returning to all the various groups and activities which are coming back to life after a long break, there are bound to be mixed emotions when they do so. With each step out of lockdown measures, there has been relief, even joy, at being able to do things together again; but there is also the sense of lost time, and for many, the loss of people dear to them with whom they long to share these more optimistic times. In the Biblical book of Ezra, it is told how the People of Israel returned to Jerusalem after exile in Babylon. They began to rebuild the temple, which had been destroyed at the time of the Babylonian conquest. It tells how the older people, who had seen the original temple before its destruction, wept, while others were joyful, 'so that the people could not distinguish the sound of the joyful shout from the sound of the people's weeping' (Ezra 3:13). The feeling that the return of something precious makes you realise even more how much you have missed it is one familiar from returning to church, and particularly from being recently allowed to sing hymns once again. The different forms of worship, both online and in church, which we

have had to adopt at various points in the past year, have all been worthwhile. They have not, however, been as good as the ‘real thing’ – there is no adequate substitute for gathering together to sing and to pray. Perhaps we will be more mindful going forward of those for whom going out is no longer possible, for whatever reason, and also value the opportunity to go to church all the more – an opportunity which is there for everyone from lifelong churchgoers to those who have never set their foot inside the door. You will always be welcome!

Rev’d Alex

Prayer Time at St Andrew’s

“Praying Together” at St Andrew’s church is at 10am on the 1st, 3rd and 5th Thursdays of each month.

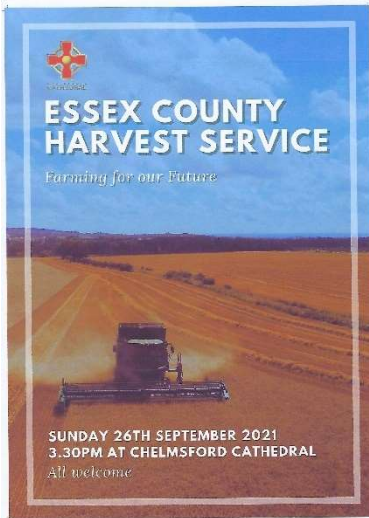
We meet as a socially-distanced group, drawing aside for half an hour in the peace and beauty of the church to pray for the world and our own community, friends and loved ones; most of the 30 minutes is spent in silence. There is also an opportunity to light a candle for a person or cause dear to your heart. And as lockdown has gradually eased, we have been able to stay on to enjoy a cup of coffee or tea afterwards. Everyone is welcome, churchgoer or not.

The church is also open every day from 9-ish to 4pm for private prayer.

On Friday mornings at 8.30 there is a simple service of **Morning Prayer** in St Andrew’s, lasting about 20 minutes, and again, all are welcome.

Hilary Penney

Essex County Harvest Festival



On Sunday **September 26th at 3.30pm** I will be welcoming worshippers to Chelmsford Cathedral. It's a day of the year that I look forward to tremendously. On this Sunday, Chelmsford Cathedral usually fills to give thanks to God for the abundance of the land and to give thanks to our farmers for producing our food. This year it seems doubly important because last year's Essex County Harvest Festival was cancelled due to the pandemic. Usual activity had to cease for many of us during the pandemic but not, of course, for farmers.

The pandemic highlighted the fragility of food supplies but in Shalford we saw the reality of our conscientious food-supply key-workers at the heart of our community. Our farmers, food-producers and shop keepers worked tirelessly to keep us all fed. They didn't shout about it, they were just a quiet inspiration to those of us who noticed. So on 26th September I'm hoping that the county turns out in force to thank our key-worker farmers for stepping up, for providing local food deliveries and for quietly ensuring the continuation of field to fork.

The 2021 County Harvest Festival won't only look back though. It will be a service that deliberately looks forward. This year's Harvest Festival has the theme of 'Farming for our Future'. Agriculture is, of course, always focussed on the future. Its purpose is to provide food to enable us all to live into the future! The challenge for each one of us is to live our lives in a way that provides a sustainable future for our planet and its inhabitants. This year's Essex County Harvest Festival gives us the opportunity to support our farmers in their mission to work the land and produce our food sustainably.

Many of our local farmers will be in Chelmsford Cathedral on 26th September. Do come and support them. It's also a wonderful opportunity to sing praise to God for the joys of the countryside in the heart of the city. Everyone is welcome!

Revd Canon Janet Nicholls
Rural Adviser and Agricultural Chaplain

Services for September

Sunday 5	Trinity 14	08:00	Holy Communion (BCP)	Cornish Hall End
		09:30	Eucharist	Shalford
		11:00	Morning Prayer	Finchingfield
		17:00	Time to Be	Wethersfield
Sunday 12	Trinity 15	08:00	Holy Communion (BCP)	Shalford
		09:30	Eucharist	Cornish Hall End
		11:00	Morning Prayer	Wethersfield
Tuesday 14	Holy Cross Day	08:45	Said Eucharist	Cornish Hall End
Sunday 19	Trinity 16	08:00	Holy Communion (BCP)	Wethersfield
		09:30	Morning Prayer	Shalford
		11:00	Eucharist	Finchingfield
		17:00	Reflective Evening Service	Cornish Hall End
Tuesday 21	St Matthew	08:45	Said Eucharist	Cornish Hall End
Sunday 26	Trinity 17	08:00	Holy Communion (BCP)	Finchingfield
		11:00	Eucharist	Wethersfield
		17:00	Evensong with Rededication of the restored East Window	Shalford

There is a simple service of Morning Prayer at 08:45 on weekdays in the churches as follows:

Monday – Finchingfield

Thursday – Wethersfield

Tuesday – Cornish Hall End

Friday – Shalford



*President
Sir Roger Singleton, CBE.*

FOSTAC

Friends of St Andrew's Church

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*Treasurer
Mike Chumbley
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Shalford CM7 5EZ
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FOSTAC ANNUAL GENERAL MEETING

FOSTAC held its Annual General Meeting on Thursday 5th August in St Andrew's Church and was attended by more than twenty people with apologies from seven others and the Chairman, Sue Morton, welcomed everyone who attended. There were messages of appreciation to Sue Tarling and Madeline Eversden who have both retired from the Committee. Sue also thanked Sir Roger Singleton for agreeing to continue as President of FOSTAC.

The Treasurer reported that due to the recent pandemic our funds have remained stable, however we did donate £4,000 towards the cost of repairs to the Stained Glass Window. Membership fees remain unchanged at £5 for single person and £8 for couple or family.

The current Committee was re-elected en bloc with the addition of Mike Chumbley elected as Treasurer

Regarding events it was reported that we had to cancel so many of our planned activities but we are pleased to say that at least two from last year are being re-planned and FOSTAC is to hold the first event is an Afternoon Tea on Sunday 5th September in the churchyard.

FOSTAC will continue to plan more activities in the aim to raise funds for much needed projects at St Andrew's and to bring together the community of Shalford village.

More information can be found on our website www.fostrac.co.uk
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Cornish Hall End, Shalford & Wethersfield

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The Vicarage, Finchingfield

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Associate Minister

Revd Canon Janet Nicholls

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Wethersfield

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Captain of the Bell Tower

Michael Mason

6 Clifffield, Shalford, CM7 5HP

Tel: 01371 850125



WHAT'S ON



Essex Bridleways Association

MEMBERS RIDES

12th September 2021, Brooks Farm, Twitty Fee, Danbury. CM3 4PG
Closing date 6th September 2021. There is a choice of 8 or 11 miles over a variety of tracks through woods, country lanes, surfaced bridleways and field edges. The ride includes optional cross-country jumps at Riffhams.

3rd October 2021, Spains Hall, Dairyley Farm, Finchingfield, CM7 4NL
Closing date 27th September 2021. A nice ride on grassy tracks with little road work. There is a choice of 7 or 11 miles

The Essex Bridleways Association was formed some years ago to protect and enhance Bridleways. Membership costs £15 to join and runs for a year. Under 16s can join free. Due to current Covid 19 all dates are provisional and subject to change or cancellation at short notice depending on government rules at the time.

Flu Vaccination Requirements for 2021 – (3.01.2021) Our policy regarding the requirement for flu vaccinations for 2021 is that all horses attending our rides and holidays must be up to date with their annual flu injections (ie.the last booster is no more than a year old). On top of this we will implement any extra stipulations that our host may request (i.e. passports check, 6-month booster etc.). We will not know what these extra requirements are (if any) until we open each ride for entries. Additional Covid rules may be added nearer the time.

PETS & ANIMALS

ANIMALS THAT WENT TO WAR

(downloaded from Imperial War Museum's website)



WARRIOR

Warrior was the horse of Captain Jack Seely during the First World War. Seely and Warrior served throughout the entire war, travelling to France with the British Expeditionary Force (BEF) in 1914 and returning home in the winter of 1918. They survived some of the fiercest fighting of the war, on the Somme and at Ypres. Seely and Warrior led men of the Canadian Cavalry Brigade in the last major cavalry charge of the war, at Moreuil Wood in March 1918. Casualties were high – a quarter of the men and half the horses were killed. But Warrior escaped unscathed, only to be injured while travelling to his next post. Warrior was dubbed 'the horse the Germans could not kill'. In 2014, 100 years after the war's outbreak, Warrior was posthumously awarded an honorary Dickin Medal on behalf of all animals who served in the First World War. The Dickin Medal, sometimes referred to as the 'animals' VC', was instituted in 1943 to recognise acts of bravery and devotion to duty by animals during periods of war or conflict.

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WETHERSFIELD BEFORE & AFTER SCHOOL

The children worked so hard creating these gorgeous hungry caterpillars for July's Shalford Horticultural show which was sadly cancelled that we felt we just had to exhibit them here.



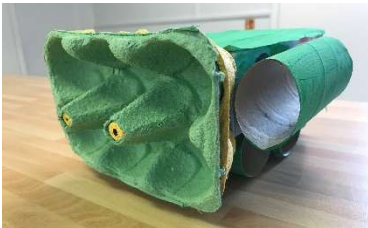
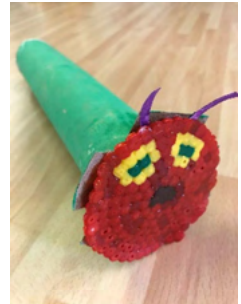
Left: Eliza aged 9

Right: Mikayla
aged 6



Left: Karma aged 5

Right: Tiffany aged 6



Left: Rory
aged 8

Right: Eva
aged 5



Left: Izzy
aged 9

Right: Reggie
aged 6





MEET & GREET

WE'RE BACK

BY: MEL FRAY



After months and months, we were finally back surrounded by lots of smiles. It had to be a special one! So lovely crisp white tablecloths and jars of fresh colourful flowers were needed. Back amongst friends and neighbours, catching up, drinking tea and coffee and eating lots! We made sure there was plenty to eat; sandwiches with an abundance of fillings, not forgetting a selection of gluten free. Quiches, pork pies, crisps and cake...loads of cake; many provided by our supporters. Our lovely Marianna had even made a wonderful 'Welcome Back' cake; so beautiful with lovely floral decorations and VERY tasty.



Alice made a small speech to say it was good to be back and also a sad mention of those no longer with us. We opened a bottle of bubbly so we could all celebrate our happy day with a couple of sips. (Didn't want anyone going home tipsy!)

Think the Bendlowe's ladies and helpers can give themselves a huge pat on the back for bringing a real community spirit, love and friendship to Shalford.

Thanks to all who came; our regular supporters and quite a few new lovely faces from our super friendly village. What a delightful community we live in. May it continue.



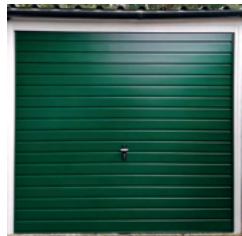
The next Meet and Greet is on Friday 3rd September – 11am until 2pm as always. See you there.



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The Way we Were

*(Taken from the scrapbooks of Arthur Bright
and edited by Bill Askew)*

The 1949 Horticultural Society Summer Show

The display of flowers, fruit and vegetables staged by the Shalford Horticultural Society this year is going to be very difficult for any similar society to equal. The total of 547 entries was well down on last year's record of 771, but even so there was some very fine produce, reflecting great credit on the members of the society in a very difficult year.

The outstanding feature of the show was probably the floral section and the beautiful delphiniums, gladioli and sweet peas were much admired as were also the pot plants. Among the vegetables, onions were the best seen this season, dwarf beans were surprisingly good and there were a few nice runner beans. Marrows were well represented for such a dry season. The smallness of the potatoes suggests they probably suffered from the dryness. The ladies had surpassed themselves and their cakes and preserves were really lovely. There were several very nice-looking bottles of home-made wine, evidence of an improved sugar position (post WW2 rationing was still in place) Needlework was of a very high order, particularly the Fair Isle garments and wool rugs.

The Challenge Cup for the best garden was won by Mr. Arthur Bright who also took the R.H.S. Banksian medal for the winner of the most prize money in the show. The special prize given by Mr. Jack Whitehead for the lady gaining most points in the domestic classes was won by Mrs. Daisy Tarbin with 13 points. The prize given by Mrs. Louie Byford for the best potato in the show was won by Mr. Arthur Bright; a garden fork given by Mr. Brian Tanner for the best collection of vegetables went to Mr. Charles Stock; and a special prize given by Mr. Frank Ashby for sweet peas was won by Mr.

Harry Tarbin. Mr. Jack Simmons and Mr. Ted Stock gave consolation prizes for the children.

Prizes were presented to the winners by Major Guy Gold, the Society's President, who also opened the Show.

There were several sideshows and competitions, arranged under the supervision of Mr. Len Dawson, including Skittles in the charge of Mr. Bert Prime and Mr. Len Dawson; pig pelting, Mr. Frank Chambers; bowling for fowls, Mr. Jim Bentley and Mr. Arthur Grubb; ringing the bell, Mr. G. Lodge; rings on the duck, Mr. David Root.

There were races for the children in the afternoon, and in the evening the adults showed their agility in a programme of races encouraged by Mr. Frank Hutton as M.C.

A tennis tournament was arranged by Miss Peggy Goodchild, but owing to the weather not all the matches could be played. The winners were Mr. Sperrin and Miss A. Claydon and the runners-up were Mr. and Mrs. J. Peat. Teas were served in the Village Hall by Mrs. Vera Smith and her helpers – Mesdames Monk, Wright, Dawson, Tarbin, Hurry, Lorimer and Hart. Soft drinks were dispensed by Mrs. Doris Hopkins and Mrs. Halls; and a competition was run by Mrs. Ellen Hornsby and Mrs. Gwen Whitehead. Mr. William Hart assisted at the gate.

In the evening a dance was held in the Village Hall.

The arrangements for the show had been made by the following committee: Mr. Sid Harvey, chairman, Mrs. Ivy Heath, hon sec; Miss Winifred Hicks, assistant secretary and treasurer; Messrs Len Dawson, Walter Hornsby, William Hopkins, Newsome Lodge, Mickley, David Root, Jack Whitehead and Mesdames Margaret Dawson, Ellen Hornsby, Doris Hopkins and Daisy Tarbin.

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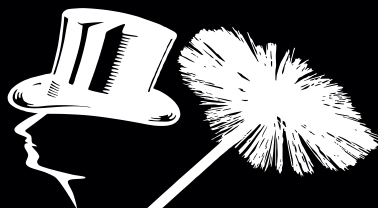
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ANNUAL TRACTOR RUN

Held 20th June 2021 at Brazenhead Farm, Gt Bardfield



As you may be aware, it is impossible for the annual tractor run each year to include every local village and, this year, sadly it was not Shalford's turn to be included en route. This did not, however, dampen spirits and many a Shalfordian joined in on the celebrations.

Today, Tuesday, 27th July, the organisers of the tractor run congregated together to present the funds raised by this year's run to the East Anglian Air Ambulance - a grand total of a staggering £10,510.

The organisers would like to take this opportunity of thanking everyone who kindly supported and gave to this extremely worthwhile cause. Many a life is saved by such a wonderful organisation.

Next year, it is hoped that the tractor run will be organised, once again, at its normal date at the beginning of May and will be advertised nearer the time.

In the meantime thank you all, once again, for your continued support. It is very much appreciated.

NATURE NOTES

BY: MAC BEANLAND



It's so nice to have life gradually returning to something more like we used to know before the pandemic hit us; I am one of the lucky ones insofar as I have been able to go on holiday to the Isles of Scilly. This was a holiday which should have taken place last year but the hotel kindly carried the booking forward to this year. No matter where I go the

wild life is always of interest to me and it certainly was during this holiday. For a start, you may have heard on the news about Wally the Walrus who decided to go on walk about or at least swim about from the Arctic, he decided to see some of the world. So far he has visited Wales, Cornwall, France and the Scillies. He seems to like the Scillies especially the harbour in St Mary's although he visits some of the other islands from time to time. Walrus are very agile in the water, they can reach speeds of 20 miles per hour if they have to, and can stay under water for up to half an hour which is normal when they are feeding. But on land it is a different matter. The average adult weighs approximately one and a half tonnes, they all have two tusks which can be a meter in length, two short arms like flippers and a tail which is a bit like two webbed feet without legs. They haul themselves out of the water by digging their tusks into the beach or the ice and shuffling along on their bellies with the aid of their flippers. Wally is a young male from what I have seen. I would say about two thirds to three quarters grown weighing somewhere near a tonne and his tusks are about half a meter in length. He prefers to rest on boats rather than a beach. The bathing platforms on luxury yachts are quite nice but the owners don't seem to like his presence but he has bigger problems with rubber dinghies. He has punctured several. You can imagine the owners trying to explain to their insurance company when they put in a claim for new dinghies. One very kind fisherman allowed Wally to haul



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himself onto his rib boat, then he towed him out of the harbour tied the boat to a buoy and left it there for two days for Wally to rest in peace. We could see



him from our cottage. Last Saturday Wally was resting on the rear of the Scillies NHS water ambulance. The bird life on the Islands is very interesting there are lots of sparrows and thrushes all of which are extremely tame. I was being served at the Bakery when the lady serving me said. Excuse me a minute my bird has come for its breakfast; I looked down and there at my feet was a thrush! the lady gave it some food and carried on serving me and the thrush just ate its food as though I was not there. Just fearless. On another occasion I was eating a fresh crab roll when a cheeky sparrow landed on my thumb and helped itself to some of my roll; very tame birds were everywhere you went. It



was quite amazing and rather wonderful. I started to look for an explanation; the first things that became obvious was that I did not see a single bird of prey the whole time I was in the Scillies neither did I see any magpies or jays, lots of visitors had dogs with them on leads but I never saw a single cat so, time for a look on the good old

internet! It tells us there are very few domestic cats on the Scillies and no wild cats. There are red squirrels but no grey squirrels and no foxes. I found out the islands of St Agnes and Gugh became infested with brown rats from ship wrecks in the 18th century but there has been a very successful and I quote from the website the Isles of Scilly seabird restoration project: the eradication of brown rats (*Rattus norvegicus*) from the inhabited islands. This was a joint effort which was run by RSPB, Min of Ag, wildlife trust, and a university research team. One of the aims was to protect the Puffins which nest underground. I know very little about puffins but I think with some research they may well be the subject for another month.



IT'S BEEN A LONG TIME COMING

BY: VIC GOODEY

As the lockdown eased; I was allowed to get out again. Janet and I went to the new walking-come-meeting group set up in Wethersfield on a second and fourth Saturday basis. The first outing left me sitting in the newly-refurbished Village Hall while Janet joined the walking group. Left to my own devices, fed up with the delights of the mobile phone, having read through a newspaper provided; I looked through the books on the book stand and returned to my chair to be offered another cup of coffee and cake.

A couple came in and could have done the typically British thing of finding an empty table but they didn't; they came over to me and asked if they could join me, they were a delight, we chatted and shared experiences. Janet returned from the walk and joined us covering all the subjects that I should have asked about.

The second trip saw me out and about with the walking group; Penny was our leader, and pointed out some beautiful places on the walk. Sandra was also on the walk; she has a lovely Scottish accent although she has lived in England for many years. We chatted about holidays from the past and plans of visits to various places in the future.

Wethersfield made us so welcome even though we were foreigners in a foreign land; albeit a mile up the road!

Shalford too has a walking group every Wednesday at 10:00 starting at the George where the route is planned and return around an hour later. Good company and exercise are the reward.

Let us not forget that a group from Shalford also travel to Finchingfield to meet at 10:00 on the Village Green to walk in the countryside around.



Meet and Greet in Shalford Village Hall is back every first Friday of the month; I can't wait to see everyone and try to improve my



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Cribbage game. Something for everyone here; chatting with friends and **neighbours; welcoming new people to the village and visitors from near and far** who have heard about Meet and Greet and feel the need to see it for themselves.

I am looking forward to when the Shalford Local History Group(SLHA) start having their regular meetings and as Sue Tarling moved from Shalford to be closer to family I have been acting as the unelected, temporary secretary. Next year will be an important one for the SLHA, as our American friend, historian Vernon Williams is planning something special to commemorate the bravery of some of our second world war residents; in their actions following the crash of the “Dry Gulcher” B25 Bomber, which damaged Shalford Hall and sadly killed the crew’s tail gunner.

Some friends and I have restarted our “Grumpy Old Man’s Breakfast” at the White Hart in Braintree since



our vaccinations and it feels like the world is starting to move on.



The Bowls Club has restarted with good numbers on our first evening roll up. I have promised the members an AGM which is the time when we offer places on the committee always a good reason to find something interesting on the floor in case they catch the chairman's eye.

Pétanque has arrived in Shalford and being used. Practice games were arranged on Saturday evenings at 5pm which may become a regular event. Very informal at present and most enjoyable as a result. Why not come along and find out more?

Those lovely people from the Bocking Pétanque club came along and gave us a game. Judging by the result I think we need practice. However, it shouldn't be too long before regular competition is taking place with the formation of a club of our own.

The George has hosted some quiz evenings and we met some people new to the village and also met again old friends that I have missed over these past long months. I had the honour of playing quizmaster for the first quiz and I hope everyone enjoyed it, I certainly did even though there were a couple of hairy moments. I think I was forgiven and being ably "assisted" by Marion had a few giggles. Live music returned on Friday nights with some good sounds drawing in the crowds.

We have missed out on so much but there are people waiting to get the chance to start again. The Horticultural Society had been obliged to cancel their show in July but I have been assured they will be back in September, too late for me to enter my giant marrow that suddenly appeared while I wasn't looking.

It is always nice to see the Dog training classes at the Village Hall. Those dogs seem to enjoy themselves so much I reckon they'd find their own way to classes if necessary.

There is so much to do in and around Shalford and some mysteries to resolve. Will the Art Classes resume? Will new groups be started I know there is an interest in crafting and wouldn't it be nice to have something musical going on?

I am also looking forward to the Acoustic Nights in Great Bardfield where local people perform with and without musical instruments and get to hear Didi reading some of her poems.

Winter brings on the football season and Shalford has its own team. I have promised their manager, Ian, that I will come to the home matches and provide some support.

I look forward to reporting on Shalford Village activities in the future editions and hope to bring more information on the events that the various groups put on.

I feel very fortunate to have all this around me and am continually amazed at the talent of our local people, look at the schedule of contributions to the Bendlowe's Bugle if you doubt me. If you would like more information about the events and activities in this article or you are thinking of starting something new, why not contact me? I would be pleased to talk about it.

Crossword 49 Solution

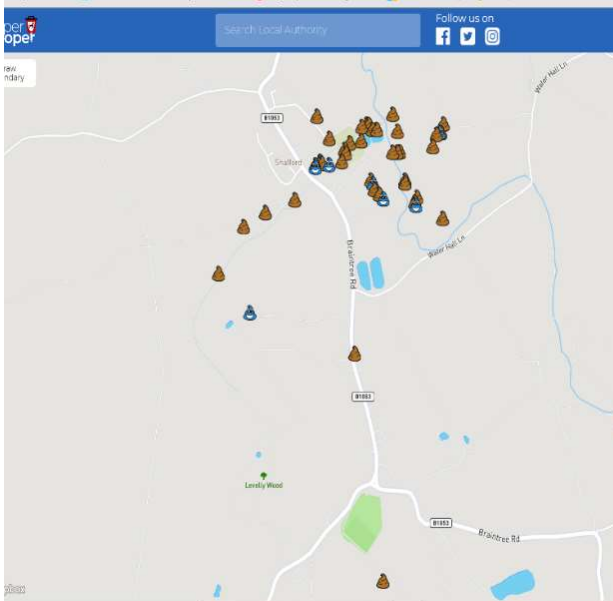
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SHALFORD PARISH COUNCIL

The Parish Council is delighted to be supporting our new shiny magazine and to be part of this special launch edition!

Happily, our council meetings have been able to resume safely in person which means you are able to come along and raise any issues or listen to the proceedings. Please look out for details of each meeting, the agenda and timings are either on our Facebook page or website. Agendas are always posted on our notice boards too and meetings are held on the third Wednesday evening of every month with the exception of August.

With our two councillor vacancies filled and a new clerk in place, we are taking the opportunity to re-evaluate the way we do things and have a new vision of being more visible and engaged with the community. We will be making plans over the next few meetings and want to work as collaboratively as possible with other organisations and our parishioners to make Shalford an even better place to live. We really do want to hear from you with your ideas and suggestions.



July saw our first 'Dog Fouling Focus Month' where we aimed to raise awareness of the issue and bring down the number of occasions that dog poo was not picked up and placed in our bins. The working group will be meeting shortly to review our findings and plan next steps with the dog warden as well as reviewing the need for poo bags and bins. The picture

shows the locations identified where fouling is occurring most. Thank you to everyone who got behind the campaign and to all responsible dog owners.

Look out for info about a new project called 'Fix-It'. It will be launching soon and will be a place you can report and check on progress of any issues in the parish. It could be problems with footpaths, pavements, overhanging trees, almost anything and will be a quick and easy way to inform the council directly of the issues you see. It will also show the progress that has been made with anything reported. We are also looking into the possibility of using a Parish Ranger who can quickly address issues. To help us with this we would welcome photographs of any problems as well as a specific location.

Locations can be tricky to pin point especially when they are on footpaths or out in the countryside, so we welcome 'what3words' locations if you have them. What3words is a website and app that divides the world into 3 metre squares and gives each square a unique combination of three words. It makes finding specific locations very simple. It is used by lots of councils, delivery companies and even emergency services.



FIX IT

Do you want to improve where you live?
See something wrong?
Click - Report - Track
Take a picture - Send it to us with a location -
Track our progress on our website.
Fly tipping - Weeds - Littering - Pot Holes - Path Issues - Fallen Trees



We look forward to hearing from you soon.

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

SHALFORD LOCAL HISTORY ASSOCIATION

is looking for members of the COOK FAMILY

By: Vic Goodey, SLHA Secretary

Shalford Parish Council website received a request from the Overicloon War Cemetery in the Netherlands for information on a soldier buried there during World War II.

We often have requests from people whose family lived in the village and we are really pleased to help them. These requests assist us in our role to maintain the history of Shalford and its residents.

Our archives contain a wealth of photographs, documents and artifacts that people have donated from their attics, house clearances, gardens, barns and garages from and around Shalford. Much of this material has been on view when we have our open days and some of the photographs can be seen in the George Inn. Yes - they are all local, no pseudo stock photos in our Pub!

Documents include Bills of Sale for goods and labour; House Conveyancing correspondence and Deeds; Club records from Shalford Cricket Club; even an application for a patent on a flying submarine: I would love to see the plans that were attached to that application. Drawings for the building and repairs of horse drawn carriages.

Artifacts range from children's toys and clothing to flags and decorative memorabilia; from tools and farm implements to pens and spectacles and much more.

Magazines from different eras as well as keeping an up-to-date record of life in Shalford for future local historians.

Previous members of Shalford Local History Association produced books and films on the life, the buildings and times in Shalford.

Let's get back to the request. The soldier was Maurice Anthony Cook, who lived in Horseshoes cottage, Shalford and had the nickname "Pesty". Apparently, even as a child he wanted to be a soldier. He was wounded in

the D Day landings and survived to fight in the Netherlands where he was killed. I have asked the Overloon War Cemetery to provide more details and look forward to their reply. However, if you are a member of the Cook family or know of them, we would be pleased to hear from you.

The history of our village is a living history, people come and go but the village remains. We are a small group that meet on a regular basis to plan events; catalogue our donated items and have a good chat over a cup of tea or coffee. However, we would welcome new members and fresh ideas. There are many Local History Associations in the country with a variety of working methods. We are trying to move with the times and have sourced funding that enabled us to start a database of our donations in the hope that we may be able to provide information electronically to anyone who needs it.

If you would like more information about your family, the house in which you live and the street or locality, why not contact us or come along to a meeting and discuss your request or even offer some information. We would be delighted to see you. Our first meeting (after Covid) will be at the Village Hall on 28th September 2021 at 2pm.



CONDOLENCES

Bendlowe's would like to send its condolences to the family and friends of both Eric Baker and Diane Suett who both passed away in August.

Eric joined us on many outings during the past few years and we will all miss him.

Diane was an ardent follower of Bendlowe's Bugle and it was a pleasure to have a short chat on the doorstep whilst delivering it to her during lock down.

We were honoured and blessed to have known both Eric and Diane.

Crowd out the bad with the good – how to change your habits one easy step at a time.

By Hayley Moore – Personal Trainer & Pilates Instructor.

When we think of making lifestyle changes, we tend to think that in order to succeed we need to have some sort of overhaul.

“No more junk food”, “I’m not drinking alcohol for a month”, “I’ll get up at 6am every morning and do a 5km before breakfast.” – I’ve heard them all!

The problem with the overhaul is that often, it is unsustainable. And what’s worse is that you probably end up eating and drinking more than before, or moving less, because you feel that you have deprived yourself, and so go over the top to make up for it.

The answer is to “sweat the small stuff” ...yes, the tiny little details is where your sustained success is hiding. If we make small, easy adjustments to our day-to-day living (so tiny that it is hardly noticeable) then over time these add up to big,



meaningful results.

James Clear, author of Atomic Habits, puts it simply as 1% improvement each day = 37 times better at the end of a year than where you are when you start.

This can work in the opposite direction too. An unhealthy behaviour can compound over time without us noticing and suddenly we are drinking too much, putting on weight, losing mobility etc.

Now, I know it’s hard to stay motivated if we don’t see immediate results (just give me the magic pill!), But if we

make the changes so simple and easy to stick to, and trust that this process works then we are much more likely to be successful.

So, where do we start? Do we try to break the bad habits or start new healthy ones? What's the difference? Well, we all know that breaking bad habits is hard – in fact our brain doesn't want us to break bad habits. It is very happy to continue to do what is has done time and time again, automatically without conscious control. So, stop trying to break bad habits – it's too much hard work.

Instead create new healthy habits – lots of easy ones that require little effort and eventually you will crowd out the bad habits with the good ones, and you will find yourself not needing that late-night chocolate bar or that bottle of wine every night while you binge-watch Netflix.

Here's how:

Step 1: Pick only one, easy habit that you can do each day. Make it ridiculously easy for you to follow and stick to because when you start small you remove any resistance to starting, which is

the hardest part.

Make the habit personal to you and in some way links to a longer-term goal. For example, if you want more energy then a good place to start is to drink more water.

You should be able to stick to it for at least 90% of the time and should take you very little time, for example putting a glass of water on your bedside table so that it's ready for you to drink first thing in the morning.

Step 2: Don't think about it – decide ahead of time to do it every day at the same time. Have a trigger that's already part of your daily life (e.g. waking up, brushing your teeth, putting the kettle on, whatever you always do every single day) and use that as the trigger for the following statement: *"When I wake up, I'll drink a large glass of water"* or *"I will do my squats while I brush my teeth every morning and every evening"*. It's a good idea to use written reminders such as a Post It note that says "DRINK ME" on the glass next to your bed, or on the mirror in the bathroom that says

“SQUATS!”. I often also get my clients to stick a check list to their fridge so they can tick off their action for the day – it really helps with motivation.

Step 3 - Follow your specific habit for 14 days. Every 14 days you should change the habit. The habits you are using will compound, so that with time this process leads to big results.

E.g. once you are consistently drinking your glass of water in the morning, you can add to that habit by deciding to drink a large glass of water before each meal. Following that you can set an alarm on your phone every hour to drink a glass of water. Over time you will get up to the recommended 2litre water every day, you'll be well hydrated, your skin will be brighter, you will have better energy levels, your moods will improve etc.

Aim to achieve each habit you have set for 6 days out of 7. Give yourself some flexibility every week - it is about MOMENTUM and not perfection. I'd advise to never make the adjustment too big that it becomes too difficult. Increasing the habit a little bit at a time helps to overcome the

resistance of the mind to change. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

What healthy habits can I start right now:

1. Drink more water
2. Work up to your step goal of 10-12,000 steps per day by adding 500 steps to the amount you are currently doing (equivalent to a ten min stroll around the block)
3. Add protein to each meal (starting with breakfast)
4. Eat more vegetables by adding one extra serving per meal
5. Breathing exercises or mindfulness each morning or before bed
6. Go to bed 15 minutes earlier than usual

Remember the greatest wealth is health.

If anyone has a health or exercise topic they would like me to cover please feel free to email me at

info@hmfitnessandnutrition.co.uk

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www.braintreearea.foodbank.org.uk

British Horse Society

w: bhs.org.uk

Braintree Police

999 emergencies or

101 non-emergencies

Carpet Bowls

Vic Goodey

Tel: 07773 707404

Community 360

Jo Bryant

Tel: 01206 505250

E: jobryant@community360.org.uk

Community Dog Warden

[www.braintree.gov.uk/info/](http://www.braintree.gov.uk/info/200251/animals_and_pests/377/dogs)

[200251/ animals_and_pests/377/dogs](http://www.braintree.gov.uk/info/200251/animals_and_pests/377/dogs)

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Community Warden

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mobile-library-service](http://www.libraries.essex.gov.uk/mobile-library-service)

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Shalford Village Magazine

Produced by the People for the People

EDITOR'S THANK YOU

THANK YOU to everyone who has helped to fund this magazine by placing an advert; to the Parochial Church Council; and to the Parish Council. Sadly, no funding no magazine.

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And last but not least THANK YOU to all the recipients who take time out to read this magazine making all our efforts worthwhile.

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