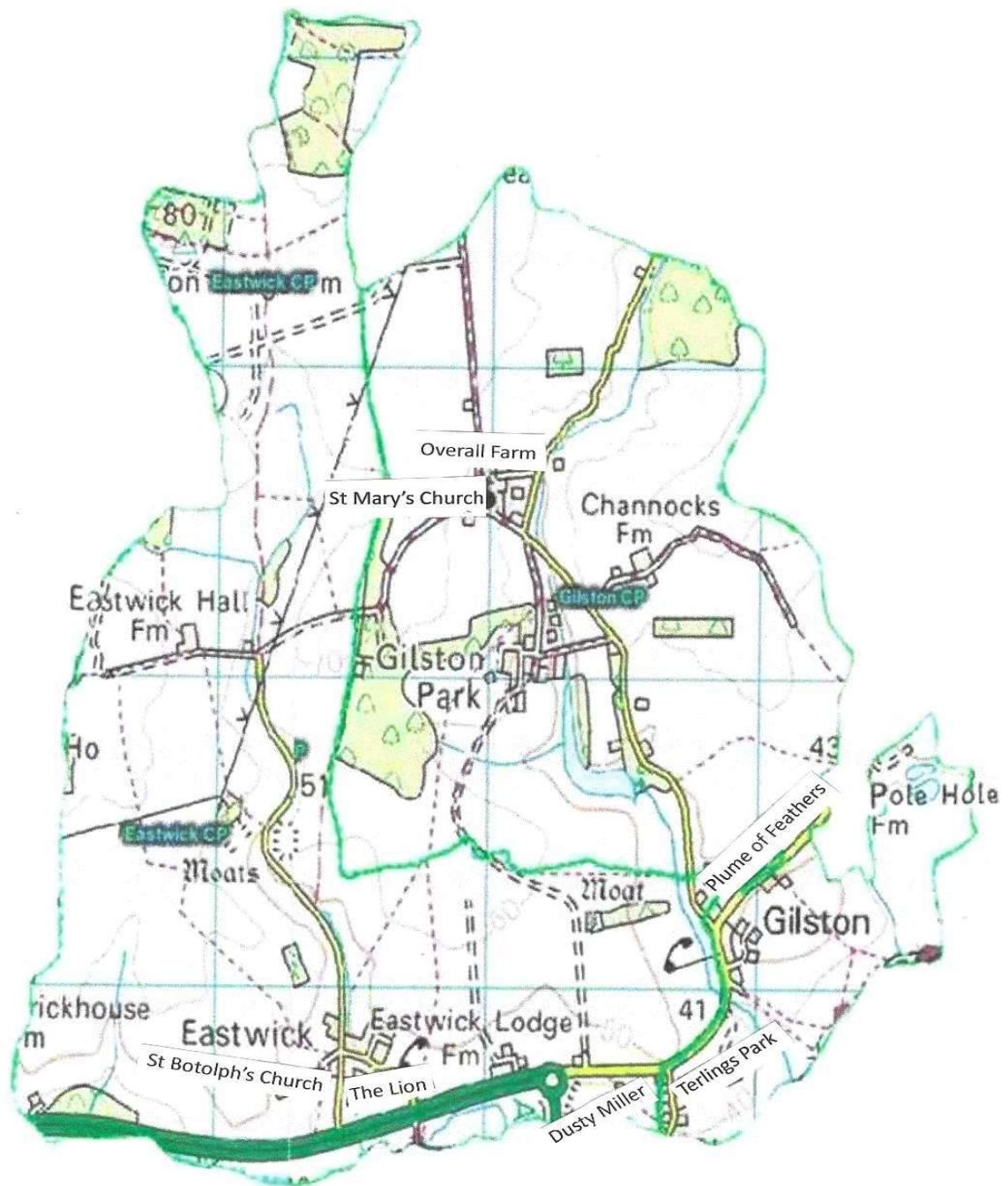


EASTWICK AND GILSTON PARISH MAGAZINE



JANUARY 2024

GILSTON AND EASTWICK VILLAGE HALL MANAGEMENT COMMITTEE



See below a calendar of all clubs and classes that take place at our hall.

For more information about booking the hall go to www.eastwickgilston.org.uk

MONDAY	Sculpt Fit with Sam	Sam Tucker – samtucker76@gmail.com (trampoline based exercise class)	9.15am – 10.15am
	Parish Council	Parish Clerk – Christine Law 01279 411646 Meet on the 2 nd Monday of January, March, May, July, September & November	8.00pm – 10.00pm
TUESDAY	Puppy Training	Sam – Dog Coach sam@samthedogcoach.co.uk	6.15pm – 7.45pm
WEDNESDAY	Clear Yoga	Clare- 07854 773680 Hatha yoga class for all abilities	6.45pm – 7.45pm
	Mother & Baby Group	ONE YMCA Herts family Services Visit: www.hertsfamilycentre.org Drop in mother and baby classes	10.00am – 11.00am Drop In
THURSDAY			
FRIDAY			
SUNDAY	Harlow Church of God	Contact: Church Minister: Pr Shijau Thankachen - 07597630450	Sunday School 9.15am – 10.00am Sunday Service 10.00am – 12.30pm

Vice Chair: Janine Bryant

Treasurer: Linda Harvey

Bookings Officer: Erin Reilly 07710271611

Holding Trustee: Keith Harvey & Mary Jackson

Booking enquiries: gevillagehall@gmail.com For any bookings and queries about the Village Hall please contact: gevillagehall@gmail.com. Or go to www.eastwickgilston.org.uk, then village hall to use the calendar to view when the hall is available to book and use the booking form facility to book your event and to read the terms and conditions required.

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USEFUL WEB SITES:

EASTWICK & GILSTON PARISH COMMUNITY WEB SITE: eastwickandgilston.org.uk

HUNSDON EASTWICK & GILSTON NEIGHBOURHOOD PLAN GROUP WEBSITE:

hegnp.org.uk - For all regular updates and information from the group you can subscribe to the mailing list at this link: <https://tinyletter.com/gilston>.

EAST HERTS DISTRICT COUNCIL: <https://www.eastherts.gov.uk>. Telephone 01279 655261

HERTFORDSHIRE COUNTY COUNCIL: <https://www.hertfordshire.gov.uk>. Telephone 030012234040

FLY TIPPING

Report all Fly Tipping to East Herts Council on 01279 655261 or enquiries@eastherts.gov.uk, eastherts.gov.uk/flytipping. In an emergency situation contact the Police on 999.

HIGH WYCH POST OFFICE

Located at the rear of High Wych Memorial Hall. Open **Mondays** 9.30am – 12.30pm .

Wednesdays 1.00pm – 3.15pm. **Thursdays** 9.30am – 12.30pm.

KNOW YOUR COUNCILLORS

EASTWICK AND GILSTON PARISH COUNCILLORS



CHAIRMAN
MARK ORSON
 01279 453257
Mark.orson@outlook.com



VICE CHAIR
JANINE BRYANT
piers.bryant@yahoo.co.uk



JAMES JONES
jamesjones3@btinternet.com



ROBERT WIGHTWICK
robbojtw@gmail.com



LINDA HARVEY
 01279 410435
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PARISH CLERK
CHRISTINE LAW
 01279 411646
Christine.law2@btinternet.com
 Write to: 9 Church Cottages
 Gilston, Herts CM20 2RH



JOHN DUNLOP
EAST HERTS DISTRICT
COUNCILLOR
john.dunlop@eastherts.gov.uk



ERIC BUCKMASTER
07578 170303
HERTFORDSHIRE COUNTY
COUNCILLOR
eric.buckmaster@hertfordshire.gov.uk

COUNCILLORS RESPONSIBILITIES

- Cllr Orson – Neighbourhood Planning Group
- Cllr Bryant – Neighbourhood Planning Group & Village Hall Management Committee
- Cllr Jones – Parish Paths
- Cllr Harvey – Highways

**EASTWICK AND GILSTON PARISH COUNCIL MEETINGS FOR
2024**

**ALL MEETINGS WILL BE HELD IN THE VILLAGE HALL, PYE
CORNER, GILSTON AND WILL START AT 8.00PM UNLESS OTH-
ERWISE STATED AND ARE OPEN TO THE PUBLIC AND PRESS**

MONDAY 8TH JANUARY

FULL COUNCIL

MONDAY 11TH MARCH

(ANNUAL PARISH MEETING)

**This is a meeting of the electorate and
not a Parish Council meeting**

FOLLOWED BY THE PARISH COUNCIL MEETING

MONDAY 13TH MAY

**(ANNUAL MEETING OF THE
COUNCIL)**

**FOLLOWED BY THE PARISH COUNCIL BUSINESS
MEETING**

MONDAY 8TH JULY

FULL COUNCIL

MONDAY 9TH SEPTEMBER

FULL COUNCIL

MONDAY 11TH NOVEMBER

FULL COUNCIL

**In the year of Local Government elections, the Annual Meeting of the Coun-
cil will be held between the fourth and fourteenth day after the election (in-
clusive).**

**The Annual Parish Meeting is a meeting of the Electorate and is not a meet-
ing of the Council, should meet annually between 1 March and 1 June (both
inclusive).**

Christine Law (Parish Clerk)

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**EASTWICK AND GILSTON PARISH COUNCIL
Parish Council Business Meeting**

**NEXT MEETING WILL BE ON
MONDAY 8TH January 2024 – 8.00PM
VILLAGE HALL, PYE CORNER**

All residents are most welcome to attend the council meeting.

CHRISTINE LAW - PARISH CLERK

01279 411646

christine.law2@btinternet.com

The **DRAFT** Parish Council business meeting of Monday 13th November 2023. Village Hall , Pye Cor-
ner, Gilston 8.00pm

PRESENT: Cllr's Bryant, Jones, Orson Eric Buckmaster (CC), John Dunlop (DC), 7 members of the
public. Christine Law (Clerk) in attendance.

Cllr Buckmaster and Cllr Dunlop's reports are attached to these minutes.

PUBLIC PARTICIPATION

- a) It was asked whether there would be any changes in responsibility for provision of District and County Council Services resulting from the Gilston Area development as there are so many different groups within the Harlow and Gilston Garden Town. It was confirmed that there would be no changes to the current responsibilities for provision of District and County Council Services.
- b) Flooding Gilston Lane – It was asked whether anything is being done to solve the periodic flooding of Fiddlers Brook onto Gilston Lane. It was caused by a combination of heavy rain, run off from fields and that a section of Fiddlers Brook is constricted by a collapsed wall, tree roots and trees. This issue has been raised periodically over many years with the landowner and HCC Highways but so far there has been no resolution. Cllr Wightwick was not present, and no update was available. Post meeting a site meeting with Cllr Buckmaster, our County Councillor together with representatives of HCC Highways and the landowner is being scheduled.
- c) Trees on footpath E28. There are public safety concerns regarding the condition of trees along public footpath E28. It is a private drive under the management of Redbrick Maintenance Co. Clerk to write to Redbrick and copy in Nicolas Maddex, HCC Rights of Way.
- d) Community Speed Watch – Residents on Pye Corner concerned about the volumes of speeding traffic have volunteered to take this initiative on and informed the meeting that they are now looking for volunteers to help take this forward. Please contact the clerk in the first instance for further information.

BUSINESS MEETING STARTED AT 8.20PM

46) APOLOGIES FOR ABSENCE

- a) Cllr Harvey & Wightwick.

47) RECEIVE COUNCILLOR'S DECLARATION OF INTERESTS

None

48) MINUTES FOR APPROVAL

- a. Minutes of the Parish Council Business Meeting of 11th September 2023 proposed by Cllr Jones and seconded by Cllr Bryant. Signed as a true record by chairman Cllr Orson.

49) ACCOUNTS

- a. Clerks report to the Council of accounts summary.
- b. Budget for 2024/2025 had been circulated to all Councillors and it was agreed at the meeting to keep the precept at the same level for 2024/2025.
- c. NALC – Local government services pay agreement 2023 has been received for the clerk and payment of the increased rate will commence as of 1st December 2023 and be back dated to the 1st April 2023.

Items 49 a,b,c, were proposed by Cllr Bryant and seconded by Cllr Jones. Agreed by rest of council.

50) PLANNING AND ASSOCIATED APPLICATIONS

- a. Eastwick Manor, Eastwick – 3/23/0892/HH – New timber framed single storey garage, fence, and gate. New fishpond. Alteration to barn roof finish. **GRANTED.**
- b. 30 Bowlby Hill, Gilston – Loft conversion, with addition of front roof window and three rooflight windows. - **GRANTED**
- c. 17 Roseley Cottages, Eastwick. – Erection of first floor rear extension, insertion of first floor side window and alterations to first floor rear fenestration This has been refused by planning. **HAS BEEN GRANTED BY PLANNING INSPECTORATE ON APPEAL.**
- d. Grassland, Pye Corner, Gilston – 3/23/1110/FUL – Retrospective change of use of buildings A (Class e). B (class B8), c (Class B8), D (Class B8), E (Class B8) and F (Class E). Awaiting decision.
- e. Hertfordshire Draft Minerals & Waste Local Plan 2040. Awaiting decision.
- f. Unlawful tip in Eastwick – E/21/0057/ENF. East Herts Council have delivered an Enforcement Notice for the site to be cleared and returned to garden by the end of November 2023.

51) PARISH PATHS

- a. Cllr Jones has nothing to report only can a notice go into the Parish Magazine asking dog walkers to take their dogs poo home with them.

52) NEIGHBOURHOOD PLAN

- a. Cllr Bryant presented the email newsletter attached to these minutes.

53) HIGHWAYS

- a. No report was available. Due to other commitments Cllr Wightwick is unable to continue monitoring Highways matters and Cllr Harvey has kindly offered to take over this responsibility. This was confirmed by all present at meeting.

54) KNIGHT FRANK ESTATE REPORT

- a. Report from Knight Frank – Is attached to these minutes.

55) NEW HOMES BONUS / INVESTMENT INTEREST

- a. Gazebo – Storage in Village Hall– written report from Cllr Harvey stated that this matter was discussed at the last village hall meeting, and this was unanimously rejected as they do not have the room to store such a thing.
- b. Aerial Photographs – Cllr Wightwick not at meeting so put on agenda for our next meeting.
- c. Terlings Park – ‘True’ Tree Preservation – no update as Cllr Wightwick not present. .?

56) VILLAGE HALL MANAGEMENT COMMITTEE

Cllr Harvey was not in attendance, but written report stated:

- a. Keith Masek has stood down as chair and Janine Bryant is acting chair till next AGM
- b. Storage of Gazebo was discussed see item 55 a.

57) CORRESPONDENCE

- a. None.

58) ITEMS BROUGHT FORWARD AT THE DISCRETION OF THE CHAIRMAN FOR INFORMATION ONLY.

- a. None.

59) ITEMS COUNCILLORS WOULD LIKE TO BE ADDED TO THE NEXT AGENDA.

- a. 80th Anniversary D-Day 6th June 2024. For discussion at our January meeting on funding and working with the Parochial Church Council for this celebration.

60) DATE OF NEXT MEETING

- a. Date of next meeting is Monday 8th January 2024 – Parish Council Business meeting.

Meeting closed at 9.10pm.

**ALL REPORTS CAN BE FOUND ON THE WEBSITE: eastwickandgilston.org.uk
UNDER PARISH COUNCIL MINUTES**

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EASTWICK AND GILSTON PARISH COUNCIL PARISH COUNCILLOR VACANCIES

After the May Parish Council elections we now have two vacancies for Parish Councillors within the Parish Council. Parish Councillors and the Parish Council have the responsibility of representing the views of local residents on matters such as planning applications, management of local services and the local environment. In addition to the routine, we also face a number of challenges with the continuing issue of proposed house building in our villages that will impact our Parish as a whole.

To qualify to be a Parish Councillor the rules say:

Subject therefore to the rules on disqualification a person is qualified if they are a Commonwealth citizen (which includes a British subject), are over 18 and are an elector. In addition, they will be qualified if they have either during the whole of the twelve months before the day on which they are nominated as a candidate, or the day of the election, resided in the locality or within three miles if it or occupied as owner or tenant any land or premises in the locality or had their principal or only place of work there. Such work need not be paid, but must be substantial; it may even include duties which the candidate was elected to perform before the election by the very same council as that to which they are now seeking election.

We are able to co-opt two residents for the vacant Parish Council seats and if you are interested in finding out about the role of Parish Councillor please contact Christine Law, Parish Clerk on 01279 411646 or email: Christine.law2@btinternet.com for an informal discussion.

Benefice of High Wych and Gilston with Eastwick

Church website: stjameshighwych.org.uk

Facebook: Gilston & Eastwick church's

For all recorded church services go to the Facebook page above.

The services in all our churches are all back in person, they are also livestreamed on the **Gilston & Eastwick Churches Facebook page**.

Benefice churches will be open for private prayer. St James, open every day 9.00am to 4.00pm. An information notice is displayed outside the church. St Mary's, Gilston is open every day 8.00am to 4.00pm. For advice on opening of St. Botolph's for private prayer, please contact Rev. Alison Jackson.

PRIEST IN CHARGE: Rev'd Alison Jackson **01279 790145**
revajacksonhwge@outlook.com **07833 667707**
1 Dovedale, High Wych, Sawbridgeworth CM21 0DT

READER: Judith Denton, Path Cottage, High Wych Lane, CM21 0JP **01279 723714**

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham **01279 724247**

CHURCH WARDENS:

Janet Bellingham

01279 724247

Sam Clark

07717542524

GILSTON WITH EASTWICK PARISH

CHURCH WARDENS:

Michael Shaw

01279 726792

We have a vacancy for a Church Warden

LAY LEADER OF WORSHIP:

Rosemary Davis

01279 419763

MISSION ENABLER:

Rosemary Davis

01279 419763

PCC SECRETARY:

Mrs Christine Law

01279 411646

PCC TREASURER:

Mrs Judith Denton

01279 723714

SERVICES FOR JANUARY

7 th January	Epiphany	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	Family Service	St James, High Wych
14 th January	2 nd Sunday of Epiphany	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Mary's, Gilston
21 st January	3 rd Sunday of Epiphany	9.30am	Holy Communion	St James, High Wych
28 th January	4 th Sunday of Epiphany	9.30am	Holy Communion	St James, High Wych
		11.15am	Service & Community Activity	St Botolph's, Eastwick

ON-LINE PRAYER MEETINGS

On-line prayer meeting will be held on Tuesday 9th, 16th and 30th January 2024. For more information please contact Rev Alison Jackson for the zoom link

JANUARY LETTER

Looking backwards and looking forwards – searching for Joyful moments. Examen

As always at this time of year we look back on the year that has just been and look forward to the year that is still to come.

We are heading now, as I write this, for the Terlings Park Carol Service and I remember that last year it was deep in snow and ice and was an extremely cold session. My hope for this year is that it will be warmer and busy with us creating a 'joyful moment' and it is already very different as I know many more of you that live in Terlings Park and around Gilston and Eastwick villages than I did this time last year. I wonder if you would like to take a moment now to think of all the 'joyful moments' you have experienced over the past year? Grab a cuppa, sit back, think and review...

These are some of mine, being your Priest for the past year....

Film afternoon in the Village Hall, pancake party, all things Easter,

community dog walks (dress up ones included – Mabel as Barbie – so cute), Quiz nights at the Lion, all things Coronation across all three villages, Coffee and cake sessions in the Lion pub, being in High Wych school every Tuesday, weddings, baptisms, Wild church sessions, writing to the King, receiving a response from the King, Bats and Bubbly, setting up and running Jimmy's baby and toddler group every Thursday morning (what a great team), the school art day and art exhibition for Climate Justice,



The churchyard tidy up at St Botolph's recently and lastly our craft morning making decorations for the tree at St Mary's, Gilston – to mention just some of the occasions where we may have met, had fun together – not to mention all our normal services.

This process in the Christian faith is called, 'Examen' when we look at all that has been good (usually on a daily basis) and give thanks to God for it, for the many blessings we have received through other people, family and friends.

There is another part of the 'Examen' which is to think of the difficult things that we have encountered...so you might want to think about that now...they will be different from the things I have experienced but to say we go through life without difficult times is unrealistic. I suggest as you think of those things you also give those to God, asking for his help and resolve. Although difficult, this is often the

time when we grow as people, when we learn more about ourselves and can see God at work helping us to overcome difficulties, to understand our inner resilience and seeing and accepting help which can come from unexpected places and people.

And now check how you are feeling at the start of this New Year – what are the things that give you joy?, what are the things that give you hope? What have you learnt about yourself? What will be different for you this year?

God is with you through the good times and the difficult times. So is the church, here for you in your midst, and so am I.

My prayer for you as you go into the New Year is that you ‘hold on to all that is good, avoid every kind of evil, and that God himself will give you peace, love, joy and hope for 2024. (based on 1 Thessalonians 5:21- 23) .

Wishing you every blessing for a joyful 2024.

Your Priest

Alison

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Climate Justice Art Exhibition

In November of 2023 the school took part in an art day to draw attention to the effects of Climate Justice on other countries around the world. They all did such a good job and all the artwork was exhibited in St James church on Thursday 20th November 2023. Well done High Wych School on raising awareness of this crisis that our world is facing.

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TWELFTH NIGHT – EPIPHANY

On the 12th night after the birth of Jesus, the Three Kings led by a star came to Bethlehem with gifts for the Baby Jesus of gold, frankincense and myrrh. It is the end of the Christmas festive period and the time when we taken down the decoration and burn the Christmas Tree.

There is a special cake to have on this evening – the French call it a Galatte des Rois. One tradition is that hidden treasure is put inside it – the one who finds the treasure is king for the night. Treasure could be a new coin or a little charm or trinket.

Another custom is to bake the cake with a bean and a pea (dried) in the mix. The one who finds the bean is king and the one who finds the pear is queen for the night. They rule over the party, perhaps wear crowns and lead the games..

TWELFT NIGHT CAKE

8oz butter	grated rind of lemon
5oz sifted icing sugar	3oz self-raising flour
3oz ground rice	6 egg yolks
3 egg whites	extra sifted icing sugar

Cream the butter and grated lemon rind and then beat in the icing sugar. Sift the flour and ground rice together and add one third of it to the creamed mixture. Add two of the egg yolks and repeat with the remaining flour and yolks. Fold in the stiffly whisked whites and turn into a prepared tin (possibly a ring shape) and bake in over 350F (reg 4) for about an hour. Then test to see if springy and cooked. Decorate with a lemon butter icing or just sifted icing sugar and decorate with little figures of the three kings or with corns or stars.

FROM THE CHILDREN OF GILSTON, EASTWICK & HIGH WYCH CHURCHES

LEMONS LOGS CHESTNUT INSECTS PAPER TIMBER TYRE GREY SQUIRRELS OWLS LIMES CATERPILLARS DIVINING ROD INK RAILWAY SLEEPER WOODEN SPOONS PLANTERS TOILET ROLLS MAPLE SYRUP FENCE AMBER NUTS FRUIT SHELTER MANGO PEARS SUMMER HOUSE RULER BASKETS PLUMS ORANGES MATCHES DINGY TISSUE MUSICAL INSTRUMENT FENCE POSTS GUM PLUM PENCILS NESTS SHED BIRDS RESIN TELLIS COCONUT COAL RUBBER FRESH AIR CONIFERS ELASTIC BANDS BOOK RED SQUIRRELS CHARCOAL MAST BIRCH WILLOW CROSS BARK CRICKET BALL

And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food GENESIS Ch2 v.9

The children were all asked to think about the different things we used trees for and how special trees are for us in our day-to-day lives, they came up with some great ideas such as; sheds, boats, oars, violins, toilet paper – to name just a few and they wrote all these onto the leaves before they were stuck onto the screen. This then was sent to the King along with letters that the then Year 3 children wrote saying how much they had enjoyed the Coronation and we took a screenprint of all this work and sent it to Buckingham Palace. We waited, wondering if we would hear something from the King and we were not disappointed.

The King and Queen wrote back to us and the school to say thank you for helping to make his day so special.



Well done High Wych School.

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CANDLEMAS : 29TH JANUARY

Candlemas Day takes its name from the blessing of candles on this day for use in church throughout the coming year. It is the feast of the presentation of Christ in the Temple when Simeon hailed him, as 'A light to lighten the Gentiles'. Christians used to light candles for Baby Jesus and Mother Mary and perhaps that is why in some areas today the snowdrops which are very much in evidence at this season are known as Candlemas Bells or Mary's tapers.

*If Candlemas Day be fair and bright
Winter will take another flight.
If Candlemas Day be cloud and rain
Winter is gone and will not come again*

WASH DAY IN GILSTON AND EASTWICK

New Year 1904 began in Gilston and Eastwick with a down to earth article in the January magazine about the best ways to approach Wash Day. It's difficult to know who was expected to take note of its recommendations. Wash Day in the poorest households was possibly a hurdle to overcome according to old habits and new-fangled advice wouldn't be of any interest. Was it therefore targeting the more genteel households in the villages? We can't possibly know at this distance in time, but what we can learn from the article is that Wash Day was a particularly fraught undertaking.

According to the article, the following utensils were essential: four tubs of different sizes, two for washing and two for rinsing. A copper was recommended for heating the water, but it was recognised that not every cottage would have one. In that case, a large saucepan or boiler had to be used and kept only for laundry purposes! The housewife would need a fluted zinc or wooden washing board "on which to rub heavy or coarse articles, collars and almost any white linen garment" and a smooth wooden stick to press the clothes under the water when boiling. Finally, ropes and pegs were needed for hanging out the washing to dry. When everything was dry, the article detailed another barrage of equipment for ironing the clean clothes: four flat irons, and if possible two polishing irons (does anyone know how they're different?); a flat piece of board, quite smooth (about 18" long and 12" wide) with a piece of flannel tacked evenly on one side, leaving the other side smooth and hard. This arrangement provided a shirt board which was used for ironing shirt fronts and the reverse, uncovered, side was used for polishing shirt fronts and collars and cuffs. In addition, an ironing blanket, without a coloured border, was needed, plus two ironing sheets, iron stands and holders, a clothes horse and, finally, goffering irons to finish off lace and any other trimmings.

You might think that the poorer households in Gilston and Eastwick wouldn't need a such a fancy piece of equipment. However, in the memoirs of Flora Thomson, who lived in a small village in Oxfordshire in the 1890s she goes into much detail about the delight with which villagers acquired cast off clothing two or three seasons behind the fashion. Days would then be spent trimming garments with frills or flounces, or pleats or gathers depending on what the village's fashion lag favoured at that time. In these circumstances, a goffering iron might well come in handy to set the garment off to its best effect.

However, the ultimate in Wash Day technology seems to have been a wringing machine which promised to save "much time and labour". The article recommended a machine which had rubber rollers as these didn't break the buttons so much as wooden rollers. Inevitably, this machine was more expensive to buy. Therefore it was doubly important to look after the rollers by not leaving them screwed up tightly and by cleaning them with a little turpentine from time to time to remove grease. This came with the stern proviso that any turpentine residue had to be carefully wiped off.

This straightforward approach to Wash Day didn't change very much for the next fifty years. By the time my mother bought her first washing machine in the late fifties, the "boiler" was on wheels with rubber rollers attached and with a central paddle to agitate the washing. Instead of the smooth wooden stick, she had a pair of wooden tongs to lift the garments out of the hot water. But the really big improvement was that the whole thing worked by electricity. I remember that the machine was positioned so that the wet washing could pass through the rollers and into the sink for rinsing. We had therefore also dispensed with the multiple bowls which were deemed essential in 1904. Much later my father bought her a spin drier and when I bought my own twin tub in the seventies the boiler and spinner came as a single model. I'm sure that anyone reading this article who possessed a twin tub will remember that rinsing was still a bit of a toil. It did mean, however, that the kitchen floor always got a good soaking on Wash Day.

Residents in Gilston and Eastwick were advised that Tuesday was the best day to wash as it was supposed that the housewife would spend Monday sorting out what needed washing, putting it into piles, identifying items that needed mending and starting to soak anything that was particularly dirty. All this careful preparation meant that Tuesday could pass seamlessly. The only other tasks needed to make the day perfect was laying the copper fire ready for lighting, filling the copper three parts full of water and getting up early on Tuesday to light the copper fire. This advice was resolutely ignored in Flora's village where Monday was designated Wash Day. She has no memory of happy wash days. In the cramped surroundings that were home, she explains that there were no special stain removers or washing powders and so, in

addition to carting heavy pots of water into the cottage, much hard rubbing was involved. Most housewives washed the clothes in a cooking pot placed over the fire. Flora remembers that this used to boil over and fill the house with ashes and steam. The small children would hang round their mothers' skirts and generally get in the way and she explains that "tempers grew short and nerves frayed long before the clothes, well blued, were hung on the lines or spread on the hedges. In wet weather they had to be dried indoors and no one who has not experienced it can imagine the misery of living for several days with a firmament of drying clothes on lines overhead".

When we load up our automatic machines with the first wash of the New Year, we should spare a thought for those dauntless homemakers of old. How very lucky we are to have been spared all that palaver. No rubbing or boiling or fetching water; no rollers to clean, no dripping garments in the kitchen. It will be like the Hoover advert – Wash Day? Forget it!

*Compiled by Rosemary Davis
Gilston & Eastwick PCC*

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Nature Notes by the late Cynthia Howe, long-time nature lover and resident of Gilston

Monday 1 January 2007

Feeding the Birds on a Freezing Morning

It is a cold day today. The temperature not much above freezing, with ice patches on the lawn and hesitant snowflakes swept down on the chill wind.

I saw blue tits and great tits waiting when I came into the kitchen. I quickly opened the window and tossed out some peanuts and mixed seeds. I soaked two slices of bread in lukewarm water and breaking it into pieces, sent that out as well. Taking a handful of peanuts I ranged them along the outside window sill, where before I had even finished a cheeky blue tit had already taken one. Blackbirds and robins were alternately feeding and squabbling over the food, not with each, but with other birds of their own kind.

I was pleased to see a thrush snatching and gobbling food on the outskirts. Blackbirds really enjoy the fruit peelings put out each day, and I sometimes wonder if I boiled up the root vegetable peelings to soften them, whether the blackbirds would enjoy those too. Of course, suet is another welcome food, unfortunately I have run out of it.

I am glad the malus tree, which had such a heavy crop in the autumn, maybe the best yet, although fed on every day, still has hundreds of crabapples left. It is such a vital supply to so many. Blackbirds love it and I am surprise not to see the thrushes in it more often. This morning we had three jays feasting there. Pigeons also spend a great deal of time enjoying its fruits as do squirrels. The most surprising visitor to the malus tree was a pair of sparrowhawks. This was witnessed by my neighbour and her friend who were delighted.

Sparrowhawks fill me with mixed emotions. I have watched them catch, pluck, and slowly kill blackbirds, collared doves, and even one after the other tiny blue tits. I have to be philosophical about these happenings though, as I have positively delighted in watching the tawny owl catch voles – and do not voles have as much right to life as blue tits? Does the sparrowhawk not need to eat as the tawny owl does?

Every creature is so hungry today and many times I have put food out for them. It is a good thing that I am prepared with plentiful stocks on hand. It causes much amusement, when each year I ask family members for bird food as my Christmas or birthday gift. I hear people whispering about me being eccentric,

which I probably am, but many years ago I read our wants are endless, but our needs are few. It struck me how true this was.

Monday 8 January 2007

Squirrels, Magpies and Pigeons

It is the beginning of the second week of January. Already Christmas is a fast-receding memory, as happens if you do not celebrate it in your own home. It is almost as if it did not happen. No decorations to take down, no leftovers in the fridge, and no tree in sight.

A squirrel is on the window sill. A magpie flies in and settles on the topmost branches of the apple tree. The squirrel bangs on the window. I wave to him and cross the kitchen to fetch a biscuit and a handful of peanuts. As I reach for the key to unlock the window he cannot contain his excitement, and rushes forward to claim his breakfast. He acts like this most mornings and runs too far so that he is sitting right behind where the window will swing open. I wait, so he does too. I wave the window past him to a nearby window, but still he sits there, little paws clasping each other at chest level. I try twice more and it makes no difference. With a sigh I gently move the window a fraction. For a brief second, he turns his head towards me before scrabbling madly and falling to the grass-covered path below. I toss the biscuit down to him. How much more satisfying, I think to myself, are the mornings when I can place the biscuit into his tiny paws and watch him sit there eating, and then afterwards lick clean every part of his paws, and follow it up by washing his face. This way it is so undignified – the biscuit has fallen on a paving stone and shattered into a dozen pieces. I throw another one, taking care this time to drop it on to the grass. He has not noticed because he is still running around cleaning up all the pieces of the first biscuit. Picking up a piece, he is off and running across the lawn, round the old apple tree.

The magpie is watching. He has not moved from his perch yet, only turned his head to follow the squirrel's progress. As the squirrel reaches the bottom lawn, the magpie flies down and starts hopping after him keeping his distance. The squirrel is now under the magnolia. He has cleared the leaf litter to expose a patch of bare earth. He puts the biscuit piece down and carefully covers it with the leaf litter, putting it in place with his paws, adjusts it again and pats it, then with a satisfied bound has turned and is running back. He picks up another piece and runs to the middle of the lawn, where he holds the biscuit in his mouth while he digs a hole. As he buries it, I glance across at the magpie who is busy recovering the first hidden piece of biscuit from under the magnolia. This will continue until the squirrel has hidden all the pieces and the magpie has retrieved and devoured each one.

Another squirrel comes and picks up the whole biscuit and takes it back to the lawn where he starts feasting. Unfortunately for him, the first squirrel has seen and a merry chase follows.

The four pigeons have come for breakfast. I never wanted pigeons – only the small garden birds, but four years ago, I found one with a broken wing hiding in the bushes and fed him. He was unable to fly again for many months, then he learned to climb bushes and glide down from them, and after a while short hops and small flights, and now, even though his wings sticks out at right angles to his body and brushes the ground, he can fly as well as any other pigeon. During the months when he was grounded I was so worried the fox would get him that I put out double and triple portions of food so that the fox would not go hungry and look for more. To my joy the broken wing pigeon survived.

About a year after Broken Wing, another pigeon joined us. I was not pleased about this, but he looked in such a bad way – he had lost all his tail and such trouble walking – that I felt moved to allow him to stay. So these two enjoyed a free banquet every morning. In time it became clear that Broken Wing and No Tail did not like each other, although usually tolerant, sometimes one would chase the other away. Anyway, now Broken Wing is stronger and No Tail has started growing a tuft where her tail should be, they have both found mates, and the four of them feed happily together each morning, and spend many hours either in the magnolia or the birch tree. So I feel beholden to the first two pigeons, and accept their mates gracefully. After all, are not pigeons the gentle giants of the bird world?

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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Society's website has been updated although it retains the name www.hundredparishes.org.uk

The most significant change is the addition of a section called Articles. This section consists of about 80 pages and offers a window onto more aspects of the Hundred Parishes, complementing the existing introductory pages to parishes, walks, people, what's on, etc.

The Articles section comprises a series of short essays on a diverse range of subjects ranging alphabetically from Almshouses to Workhouses. Most of the articles started life as a submission to local parish magazines; most have been expanded. We have introductory articles about the Hundred Parishes Society's origins, aims and activities. Other topics include Aviation, many aspects of Churches, Landscape, Listings, Museums, Parish names, Pub names, Village halls and Village signs – and many more. This expansion of the website has provided an opportunity to include some 600 additional photos. The Articles section will grow over time, usually to incorporate new subjects that are submitted as monthly articles to parish magazines.

We like to receive feedback, whether that be to report a problem, expand our knowledge, or perhaps just to express an opinion on what the Society is doing or could do.

We particularly rely on feedback to keep our What's On page up to date and the contact details current within our parish introductions. The details that require most frequent change usually relate to our pubs, either closing, re-opening or changing their contact details.

We hope residents will take a fresh look at the website. We hope they will find something to interest them and perhaps inspire them to investigate further, either online or better still on foot, following one of our suggested walk routes.

Ken McDonald, Secretary

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Sent in by a reader of this magazine.

SPICED VEGETABLE CRUMBLE

120g peas	½ tsp fresh ginger, grated	1-2cloves of garlic, crushed
225g carrots, diced	1 tsp tomato puree	225g celery, chopped
2 tsp cumin	225g courgettes, diced	2 tsp coriander
1 tsp turmeric	1/2tsp chilli powder	225g onion, chopped
2 tsp oil	400ml dark vegetable stock	salt & black pepper

FOR THE CRUMBLE TOPPING

85g wholewheat flour	60g butter	85g porridge oats	2 tbsp oil
Salt & black pepper			

Pre-heat the oven to 190c. Mix the spices to a paste with 2-3 tbsp of water. Heat the oil in a large pan and fry the onion and garlic until soft. Add the spice paste and cook for 5-8 minutes stirring frequently. Mix in the diced vegetable and cook for another 2 minutes. Now add the tomato puree, stock and salt and pepper. Bring to the boil, cover and simmer very gently for 15 minutes. Transfer the vegetable to a lightly greased 2 litre casserole. Meanwhile prepare the crumble topping. Sieve the flour into a small bowl and rub in the butter. Then stir in the oats and mix in the oil. Season to taste. Sprinkle the crumble over the cooked vegetables and bake for 25 – 30 minutes. Enjoy

Newsletter from your Patients' Group– January 2024

Email: patientgroup4sawbosurgery@gmail.com

Your Central Surgery Patients' Group wishes all Patients a very happy and healthy year in 2024!

New Year Resolutions: January and the New Year are traditionally the time when we make new plans that will benefit our well being generally. This may be the time when you give up or cut down your smoking or drinking; when you promise yourself that you will exercise more; that you will eat more sensibly etc. Here in the Sawbridgeworth area we are lucky that there are many activities that will help us to manage our health better:



Park Runs: <https://www.parkrun.org.uk/castlepark/> ; <https://www.parkrun.org.uk/harlow/>

The 'After the Clocks go Back Booklet.....' which you should have seen around the town and online is full of ideas and activities.



Health Walks: https://www.facebook.com/HertfordshireHealthWalks/?locale=en_GB

<https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/countryside-management/hertfordshire-health-walks/hertfordshire-health-walks.aspx>

Carers – Tell your GP Practice about your Caring Responsibilities

It is important to tell your GP Practice if you have caring responsibilities so that it can be recorded on your medical records and their Carers' Register. They can use the information to ensure that you receive support tailored to your needs or that you are entitled to, such as:

- An NHS annual health check.
- Flexibility when booking appointments and double appointments if both you and the person you look after want to see the Doctor or Nurse.
- Access to a Carers' Champion if there is someone in this role.
- Discussions about physical and mental health and the impact of the caring role.
- Involvement in the care planning of the person you care for.

Most carers are also entitled to a free NHS 'flu jab and vaccinations such as covid-19 boosters.

Our Young Carers Service and Health Champion Liaison Officer have been working with young carers, their families and Hertfordshire GP Practices to ensure that GPs have identified young carers, as research found that only about 12.5% of the young carers in the county were on the Carers' Register.

Healthwatch Hertfordshire also carried out research to find out whether Hertfordshire's carers were registered as a carer with their GP Practice and how well services supported carers. Just over 600 carers responded to a survey and the results, published in October 2023, showed:

- 68% of respondents had registered their caring role with their GP.
- Only 17% of respondents had been offered an NHS Health Check
- A quarter (25%) of the practice websites reviewed didn't have a form that patients could fill out to register as a carer.

Healthwatch Hertfordshire has recommended that GP Practices need to offer more choice and flexibility of appointments and should have a Carers' Champion.

Supporting mental health for International Men's Day: Hertfordshire Talking Therapies is raising awareness of the support it offers to support men's mental health. Men are less likely to talk about their feelings and to seek help when they need it. Around one in eight men has a common mental health problem such as depression, anxiety or obsessive-compulsive disorder (OCD). A range of talking therapies are available to men, including Cognitive Behavioural Therapy and counselling. You can access an online referral form at [Hertfordshire Professionals | HPFT IAPT Services \(hpft-talkingtherapies.nhs.uk\)](https://hertfordshireprofessionals.nhs.uk/hpft-iapt-services) For residents in west Essex, the Vita Health Group provides talking therapies in partnership with the NHS. More details are available on their [West Essex - Vita \(vitahealthgroup.co.uk\)](https://vitahealthgroup.co.uk)

And Finally.....A date for your Diaries: Your Patients' Group Annual Meeting: will be on Thursday 9th May 2024 at 19:00 in the Memorial Hall.

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CALL OR E-MAIL THE EDITOR:
CHRISTINE LAW

01279 411646

Christine.law2@btinternet.com

Published: 4/5/23

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CONTACT THE POLICE?**

**Which one
IS BEST FOR YOU?**

**Follow the
5 STEPS**

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or is another
service better
suited?

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Is the information
already on our
website?
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3. REPORT ONLINE?
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happened and you want
to report it?
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www.herts.police.uk

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otherwise call 101.

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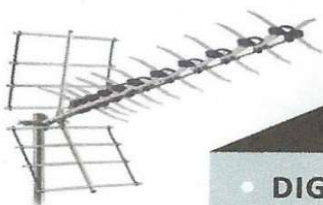
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Gilston & Eastwick Village Hall, Pye Corner

Can be found on the outside at the front of the building by the notice board.



The Lion Public House, Eastwick

Can be found in the covered area to the right of the pub courtyard.

St Mary's Church, Gilston Lane, Gilston

Can be found in the porch as you enter the church on the right-hand side.

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THE EASTWICK AND GILSTON PARISH MAGAZINE MONTHLY DEADLINE FOR ARTICLES IS THE 16TH OF EACH MONTH – TO BE SENT TO IN A WORD DOCUMENT:

christine.law2@btinternet.com

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