

EASTWICK AND GILSTON PARISH MAGAZINE



MARCH 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			
WEDNESDAY	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.

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
lindamaryharvey@icloud.com



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

NEXT MEETING WILL BE ON

MONDAY 11th March 2024 – 8.00PM

ANNUAL PARISH MEETING

**(this is a meeting of the electorate and not a Parish Council meeting)
FOLLOWED BY THE PARISH COUNCIL BUSINESS MEETING**

VILLAGE HALL, PYE CORNER

All residents are most welcome to attend the council meeting.

CHRISTINE LAW - PARISH CLERK

01279 411646

christine.law2@btinternet.com

DRAFT - The Parish Council business meeting of Monday 8th January 2024. Village Hall , Pye Corner, Gilston 8.00pm

PRESENT: Cllr's Bryant, Harvey, Orson, Wightwick, Eric Buckmaster (CC), John Dunlop (DC), 3 members of the public. James Blair (PfP), Christine Law (Clerk) in attendance.

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

PUBLIC PARTICIPATION

- a) James Blair (PfP) presented draft proposals [still to be approved] for road works and traffic management that might be required for the Central Stort Crossing and associated new roads. Cllr Orson thanked him for his informative presentation and asked that he should attend future parish council meetings when further updates are available.

BUSINESS MEETING STARTED AT 8.20PM

61) APOLOGIES FOR ABSENCE

- a) Cllr Jones.

62) RECEIVE COUNCILLOR'S DECLARATION OF INTERESTS

- a) None

63) MINUTES FOR APPROVAL

- a) Minutes of the Parish Council Business Meeting of 13th November 2023 proposed by Cllr Bryant and seconded by Cllr Harvey. Signed as a true record by chairman Cllr Orson.

64) ACCOUNTS

- a) Clerks report to the Council of accounts summary. (attached)
 - b) Precept Form 2024/2025 – to be signed by Chairman and two Councillors, the amount of precept was agreed at our November meeting.
 - c) Purchase of USB sticks for the storage of aerial photographs were agreed. Clerk to purchase.
- Items 64 a,b,c, were proposed by Cllr Bryant and seconded by Cllr Harvey.

65) PLANNING AND ASSOCIATED APPLICATIONS

- a) 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.

- b) 66 Eastwick Road, Eastwick – 3/23/2165/FUOL – Erection of two storey detached dwelling with associated access, parking and landscaping. Awaiting decision.
- c) 36 Pye Corner, Gilston – retrospective planning – erection of two storey side and single storey rear extensions. This was discussed by council and no objections were raised. The Clerk will write to Development Control with these findings. Awaiting decision.
- d) Hertfordshire Draft Minerals & Waste Local Plan 2040. Have been informed that this has been refused.
- e) 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. Awaiting outcome.

66) PARISH PATHS

- a) Cllr Jones was not in attendance, no report given.

67) NEIGHBOURHOOD PLAN

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

68) HIGHWAYS

- a) Cllr Harvey has just taken over this role and reported:
 - i) Several individuals have reported the flooding in Gilston Lane by Fiddlers Brook. This 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 but there has been no resolution. County Councillor Eric Buckmaster is pursuing the matter with both HCC Highways and the Environment Agency. Cllr Orson has contacted the landowner's agent Knight Frank who report that PfP the landowner is working closely with the Highways department to determine the most suitable course of action for Fiddlers Brook to reduce the flooding incidents. Knight Frank will provide regular updates to the parish council as progress is made.
 - ii) Meanwhile it has been suggested that a flood depth gauge might be purchased, this is still under investigation.
 - iii) The signage at Burnt Mill Lane, which was considered inadequate by locals after a recent fatality has been deemed adequate by Highways. Councillor Dunlop intends to pursue the matter.
 - iv) The potholes and inadequate drainage on the Eastwick Hall Road were again reported.
 - v) The lack of adequate signage to Eastwick from the A414 will be reported as will the inadequate lighting over the yellow box junction.
 - vi) Gilston Lane – gritting. Peter May has offered to grit the lane when necessary free of charge. Peter has been thanked for his very kind offer.

69) KNIGHT FRANK ESTATE REPORT

- a) Report from Knight Frank is attached to these minutes.

70) NEW HOMES BONUS / INVESTMENT INTEREST

- a) Aerial Photographs – Cllr Wightwick will give an update at our next meeting. The Parish Clerk is investigating ways to instal onto the web site.
- b) Terlings Park – ‘True’ Tree Preservation – Cllr Wightwick will give an update at our next meeting.
- c) 80th Anniversary of D-Day 6th June 2024 – The PCC asked if the Parish Council would be able to fund this event. It was agreed to review this funding request once sufficient details were available.

71) VILLAGE HALL MANAGEMENT COMMITTEE

- a) Cllr Harvey reported as Village Hall Treasurer that the finances remain solvent. During the last year several projects have been completed:
 - i) Carpark improvements.
 - ii) Hall floor maintenance.
 - iii) Replacement of kitchen blind.

- iv) Provision of new chairs and tables.
- v) Installation of solar panels and storage battery (mainly S.106 grant funded)
- b) Next year's projects will be discussed at our February meeting. However, we will commence our arrangement with the Probation Service to tidy the outside of the Hall and repaint benches and railings once the weather has improved. This is a very low-cost option and will allow funding of further internal decoration.
- c) There are already baby classes and exercise classes and the possibility of funded sessions for older residents is being investigated.

72) CORRESPONDENCE

- a) Trees central reservation Roseley Cottages, Eastwick – Clarion Housing have inspected the trees and report that no urgent maintenance is required. The trees will be included in their monitoring schedule.

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

- a) None.

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

- a) None

75) DATE OF NEXT MEETING

- a) Date of next meeting is Monday 11th March 2024 – ANNUAL PARISH MEETING – this is a meeting of the electorate and not a Parish Council Meeting – followed by the Parish Council Business Meeting.

Meeting closed at 10.00pm

ALL REPORTS CAN BE FOUND ON THE WEB SITE UNDER PARISH COUNCIL – MEETINGS & MINUTES

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 open every day 8.00am to 4.00pm and 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
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SAFEGUARDING OFFICER: Cath Sharples	01279 600996
Diocesan Safeguarding Advisor (DSA)	01727 818107

HIGH WYCH PARISH

LAY LEADER OF WORSHIP: Jan Bellingham	01279 724247
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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 / MISSION ENABLER:

Rosemary Davis	01279 419763
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PCC SECRETARY:

Mrs Christine Law	01279 411646
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PCC TREASURER:

Mrs Judith Denton	01279 723714
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FORTHCOMING EVENT

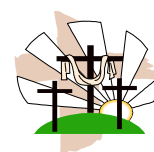
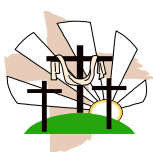
Saturday 20th April
7.00pm – 10.00pm
Music Night
Gilston and Eastwick Village Hall

More details to follow in April's magazine.



SERVICES FOR MARCH

1 st March	Friday	10.00am	World Day of Prayer	St James, High Wych
3 rd March	3 rd Sunday of Lent	8.00am	BCP Holy Communion	St James, High Wych
		9.30am	Family Service – For Breakfast and 10.00am start	St James, High Wych
		2.30pm	Community Dog Walk	St James, High Wych
10 th March	4 th Sunday of Lent	9.30am	Holy Communion	St James, High Wych
	Mothering Sunday	11.15am	Holy Communion	St Mary's, Gilston
17 th March	5 th Sunday of Lent	9.30am	Holy Communion	St James, High Wych
23rd March	Saturday	2.00pm	ST BOLOPH'S CHURCHYARD TIDY UP	St Botolph's, Eastwick
24 th March	PALM SUNDAY	9.30am	Holy Communion	St James, High Wych
		11.15am	Holy Communion	St Botolph's, Eastwick
28 th March	Maundy Thursday	7.30pm	Maundy Thursday Service	St James, High Wych
29 th March	Good Friday	10.00am- 12.00pm	Easter Messy Church	St James, High Wych
		2.30pm	Service at Rivers	Rivers Hospital
			Station of the Cross	
		2.00pm	Last House	St Botolph's, Eastwick
30 th March	Easter Eve	10am - 12noon	Easter Messy Church – Lite	St Botolph's, Eastwick
		7.00pm	Easter Vigil	St Mary's, Gilston
31 st March	EASTER DAY	9.30am	Holy Communion	St James, High Wych



GOOD FRIDAY – EASTER

Hot-cross buns, hot-cross buns;

One a penny, two a penny,

Hot-cross buns!

If you have no daughters,

Give them to your sons,

One a penny, two a penny,

Hot-cross buns!

But is you have none of these little elves,

Then you may eat them all yourselves.

By Christian tradition, the day of the crucifixion of Christ, the Friday immediately preceding Easter which celebrates the Resurrection. The obvious symbolism of the cross on these spicy buns, carried over from pre-Reformation days, there is also a thought which sees it as a picture of quadrants showing the four seasons.

MARCH LETTER



Yesterday I saw snowdrops and a few cowslips as we move from winter into spring. The birds were singing and the sun was warm on my face and I felt my heart lift at the thought of longer days and not having to walk Bean in the dark in a dayglo jacket so I can find her when she is off the lead!!

We are journeying towards Easter, to all those joyful times of longer days, warmer evenings, not perhaps as much rain and mud, being able to get out in the garden, the allotment or play in the park, long dog walks, time off school, time off work, spending special time with our families and friends, all on our horizon. We have so much to be thankful for. We have already had our Pancake Party



Thank you to all the helpers – children that attended – and the winner.

and our Ash Wednesday service to mark the beginning of Lent, and.....

We now have the Quiz Night to look forward to at Gilston and Eastwick Village Hall on Saturday 24th February at 7.30 pm, where you can bring your own drink, although we will serve tea and coffee and I believe there may be cake! (see flyer for full details).

Our next dog walk leaving from St James Church, High Wych will be Sunday 3rd March at 2.30 pm However, as we journey towards Easter with all our services to look forward to we are experiencing Lent, that journey that is of personal self-reflection as we journey with Jesus as he walks towards the Cross, asking ourselves - where do we fall short? what can we do that is better? Who can we help?, etc This year I am asking you all to think carefully about taking on the Lent Challenge as our way of giving thanks for all that we have and for serving others who are struggling at this time. There are many ways we can do this, here are 3 different ways we can do this (see below):-

2024 The Lent Challenge

During the 40 days of Lent we may give things up – to fast – from sugary or fatty foods, while others choose a well-loved treat, social media, alcohol, or TV the idea being that we remember Jesus' time in the wilderness when he went without and we are called to give more attention to God, in prayer and reading the Bible.

We are also called during Lent to remember those worse off than ourselves and there are so many ways we can do this. We can give our money to charity, maybe sending help to children in Gaza who are struggling without food and basic necessities:-

[Children in Gaza crisis appeal - UNICEF UK](#) – (follow this link to financially give).

Or you may consider using the Count your Blessings project that helps you work through Lent thoughtfully, giving to the poorer countries around the world who are dealing with the onslaughts of climate change and poverty:-

[count-your-blessings-2024-v1.1.pdf \(christianaid.org.uk\)](#) – (follow link to download the 40 days challenge – printed out at back of church (St Mary's) for you to look at)

Or you may want to look closer to home and take up the **Lent Challenge for our own area**. We are committing to give generously to the Pop-Up shop during Lent, focussing on a particular area of food/household products each week as follows:-

Week 1 - we focus on bringing soft drinks for that week.

Week 2 – cans of food.

Week 3 – dried goods

Week 4 - Cereals or household products.

Week 5 – chocolate (small Easter eggs)

Week 6 – Special Easter food

This will call us to sacrifice some of our wealth but it will benefit others who are struggling. The church (St James, High Wych) or (St Mary's, Gilston) is open every day from 9.00 am to 4.00 pm for you to bring food and place in the box provided, and we will make sure this food gets to the Pop-Up Shop. Or if this is difficult for you, you can give the Pop Up Shop money directly at:-

Barclays Bank – Account Number 60797029 – Sort Code 20 36 98

Account Name: Sawbridgeworth Congregational Church

My hope for each one of us over this Easter period is that we will say this prayer:-

Father, help me to live each day to the full,

Being true to You, in every way.

Jesus, help me to give myself away to others,

Being kind to everyone I meet.

Spirit, help me to love the lost,

Proclaiming Christ in all I say and do. Amen.

I leave you with our Bible verse for the year to encourage us to find the joy in each day that we are given.

Your Priest

Alison

Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.



JIMMY'S
Baby & Toddler Group

Every Thursday morning
From 9.30am to 11.30am
at High Wych Memorial Hall
(term time only)

First session starts:
Thursday 14th September 2023
Healthy snacks will be provided

£1.50 per session, per family
For childminders: £1.50 per child



**COMMUNITY DOG WALK
OR PRAYER MORNING**

ST. BOTOLPH'S, EASTWICK
Sundays:
25TH FEB, 28TH APR, 26TH MAY, 30TH JUNE
11:15am

MEET AT THE war memorial for the DOG WALK
and meet at the CHURCH for the Prayer morning.

ALL welcome

DOGS AND/OR CHILDREN OPTIONAL
Tea and cake afterwards

revajacksonhwge@outlook.com
Mob: 07833667707

THE HODGSON LEGACY IN GILSTON CHURCH

When John and William Hodgson settled down in Gilston, there's no question that they looked forward to being very much a part of the local community. They were, of course, important investors in the estate and would want to make sure that there was a good return on money spent on improvements. They wanted value for money and respect for themselves and others for a job well done so it's not surprising that nothing seems to have been wasted in the creation of their brand new lifestyle. When New Place was demolished, unused stone was crushed and used to repair paths on the estate. The late John Clarke used to tell me that on his walks he frequently came across some piece of masonry that had worked its way back up to the surface of some path or other.

John Hodgson also managed to offload onto the church some of the furnishings and woodwork from New Place. The pulpit in St Mary, Gilston is made from some of the linenfold wainscot panelling from the old house. And there is, in the east window of the church, some coloured armorial glass which seems to have no connection with anyone in particular. There is a suggestion that this also came from New Place. The last owners of New Place had been the Plumer family. William Plumer is said to have acquired some coloured glass from Standon church which he used to decorative effect somewhere in New Place. Clearly this was too fine to throw away and was put to good use in the design of the new window in St Mary.

Some people can be very sniffy about Victorian glass; but this window was made by the prestigious firm of Clayton & Bell. John Clayton and Arthur Bell set up their company in response to the huge demand for stained glass in the middle years of the 19th century. At that time there was an enormous church building programme under way. Between the years 1835-1875 new Anglican churches were being consecrated at a rate of two per week. (Small wonder that there are so many redundant churches up and down the country.) And whereas most churches had lost their stained glass in the years following the Reformation, the Victorian fashion was to replace plain, with coloured, glass. Clayton & Bell used the finest materials and their windows, deservedly, are much admired.

If you walk up to the church, do pop in to have a look at the window (but don't go in if you have muddy shoes. The white carpet doesn't like muddy shoes!) Christ's Crucifixion is at the top of the window, with Mary and St John standing by his side. Beneath are the two bits of armorial glass. Below are four tall windows showing scenes from the life of Christ. On the left is the Annunciation; above, the Nativity. The next window shows the Marriage at Cana (Christ's first miracle); above Christ carries the cross of his crucifixion. In the next window Christ is buried; his resurrection is shown in the window above. The sleeping soldier is supposed to be keeping guard over Christ's tomb and Christ is holding the Banner of Victory, two white pennants stream from the cross that he holds by his side. The last window depicts two stories following Christ's resurrection. First, the three Marys going to the tomb on the Sunday to anoint Christ's body. They are confronted by an angel bearing a banner which says "he is not here, he is risen". Above is the figure of Mary Magdalene, going alone to the tomb. When she sees that it's empty she asks the gardener if he knows where Jesus has been taken. It takes her a moment to realise that the gardener is Christ himself.

The whole church had been restored about 10 years earlier by John Hodgson. John was the patron of the church and could do more or less what he wanted. It seems that the whole of the south aisle (nearest the road) was refaced and a pretty window inserted to the left of the porch. A spanking new, broad porch with benches either side for weary workers, replaced the old, narrow one. The black marble burial slabs in the chancel were rejigged, the whole floor was taken up, and a really old stone coffin lid which had once covered the body of Alice de Roos from Overhall Farm (died 1374) was re-used as part of the flooring in the north aisle. If the light and shadow are right, you can just make out the shape of the cross which would have been carved onto Alice's coffin. Evidently, after 500 years John Hodgson considered that it could be put to good use in his restored church.

You may not know it but the treasure of the church is the wooden screen by the Chancel step. About a third of this is 13th century and must at one time have been part of the Rood Screen. At the time of the Reformation, an order was given for Rood Screens to be removed and so these carved medieval

treasures were torn out and, in many cases, burned. The villagers at Gilston decided to rescue theirs and store it away in the Tower where it mouldered for the next 300 years! Inevitably, Hodgson decided to salvage what could be reused to create a new screen. If you study the reverse of the screen, you can see where the whole thing has been pegged together. The carpenter carved roses to match the medieval ones (Mary's symbol is a rose) and produced spindles of the same profile. The whole undertaking is a magnificent statement of care, continuity and love.

*Rosemary Davis, Team Leader
Church Recording Group, East Herts*

With acknowledgements to the writings of the late John Clarke

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

Tuesday 1 March 2011

Blackbirds and daffodils

Pleased today to see blackbirds collecting nesting material.

Today is St David's day and, as if to support it, the daffodils are out in force.

Wednesday 2 March 2011

Crow Goes Fishing

Had fun watching a crow this morning. He had been following a squirrel around and harassing him to make the squirrel drop his biscuit. He never did, but eventually when he'd eaten his fill the squirrel buried the next one. As soon as the squirrel moved away the crow unearthed the biscuit and flew to a large blue plastic plant tray which I use as a bird bath, balancing on the side he started to dunk the biscuit making no effort to eat it. After several dunks he was left with a tiny piece in his beak and the rest in the water!

He must have felt very frustrated, he had waited a long time for this biscuit and now he had lost it, he didn't give up though, he spent the next four and a half minutes trying unsuccessfully to retrieve it, before flying away.

Friday 4 March 2011

Catkins and Cones

Pleased to see a pair of pheasants feeding again this morning and look forward to seeing their chicks later on.

Down the lane to lean over the bridge and watch the river, it is still quite high and fascinating to watch as it rushes along.

Further along the lane I passed a small larch tree. It looked so pretty with its fresh yellow catkins and last year's brown cones still attached. Each one is such a contrast to the other and the visual effect so pleasing that I always have to stop and admire it.

I love all trees but of all trees I think larch trees, oaks and birches are my favourite, and best of all is the mighty oak because it supports so much wildlife. It is hard to choose between the larch and birch for second place.

The larch also supports some wildlife and as I have already said is such a pretty tree, it gives us both catkins and cones while the birch in its turn gives wonderful autumn colour with its butter yellow leaves, it also supports wild life and of course has catkins. I have yet to see any tree look as stunning as the birch tree when it is brightly white after a hard frost, the blue sky is behind it and the sun shining strongly on it, picking out the frost and making it sparkle and glitter. Breathtakingly beautiful.

So I think the larch and birch must tie in second place.

Saturday 5 March 2011
Spring Time

The Emperor (Chief male pheasant) is here with his mate every day. I wish she wasn't so nervous as it makes it difficult to take a good photograph of her -- she is usually running for cover and mostly I just end up with a blurred back end of her. I shall keep trying!
The garden is looking so pretty, there are so many flowers out now.

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

We are fortunate today that we have a benefit system to help vulnerable people. In the past, the less fortunate relied on parish relief or the generosity of the better-off. Some wealthy benefactors left money for the provision of almshouses. You can see an article on almshouses on the Hundred Parishes website at www.hundredparishes.org.uk.

Other philanthropists helped the poor by giving money in a variety of ways. Some churches record the benevolence of these donors on large "benefactor" boards. For example, in St. Peters, Ugley we are told on one board that Robert Bucke, a draper, in his will of 1620 gave 3 suits of clothes to 3 poor men and 3 suits to 3 poor women with hats, to be given every third year "for ever".

Just a few miles away in Manuden's parish church, a board describes three benefactors, one of whom is the same Robert Bucke. Here he gives the same number of suits to the poor of Manuden, here with additional hats, shoes and stockings.

In Little Hadham the church of St. Cecilia has a board recording that Miss Ann Scott, in her 1865 will, left dividends to the rector and church wardens to distribute bread on Shrove Sunday each year "at their discretion" to the poor of the Parish.

Hatfield Broad Oak's Church of St. Mary the Virgin has a brass plaque describing the generosity of John Gobert. He left £600 in his will of 1623 for the purchase of land, the proceeds from which were to be distributed in a variety of ways including £4 per annum to the town of Hatfield Broad Oak. His heir Sir John Barrington subsequently bought the manor of Keeres in Aythorpe Roothing to comply with the will.

Please look out for more proclamations of generosity.

Ken McDonald, Secretary

+++++



Hot Cross Buns



1lb plain flour	½ teaspoon salt	½ teaspoon mixed spice
scant ½ pt milk	¾oz yeast (fresh)	2-4oz butter
2oz caster sugar	2 eggs (beaten)	6 oz currents
1oz chopped candied peel	sweetened milk for finishing	

Put the flour, salt and mixed spice into a bowl. Warm the milk to blood heat and add the yeast and butter. Stir until yeast is dissolved, then mix in the sugar and eggs. Make a well in the flour and tip in the liquid and beat until smooth.

Turn dough onto floured board and work in currants and candied peel. Knead dough until it is elastic and not sticky, then place in warmed greased bowl and sprinkle with a little flour, cover and leave for 1 ½ hours until doubled in bulk. Knock it down once if you like and allow to rise again. Shape the dough into 16 buns and arrange on a greased baking sheet and allow to prove until twice their size, about 15 minutes. Brush tops with some sweetened milk.

For crosses, make a small amount of short crust pastry with white flour and roll out and cut into strips which you can fix on to the buns in crosses. Put in hot oven 425F (Reg 7) for 15 mins. Put a tray of water in the bottom of the oven to provide a steamy atmosphere.

Newsletter from your Patients' Group – March 2024

Email: patientgroup4sawbosurgery@gmail.com



Reminder: Your Patients' Group Annual Meeting: will be on Thursday 9th May 2024 at 19:00 in the Memorial Hall.

The meeting will focus on the new services at the Surgery and ways in which you can access them, either by phone, in person or, by the

quicker and more efficient methods of, using Systemonline and/or the NHS App. It is hoped that during the interval break for tea/coffee, there will be an opportunity for patients to get help with registering for Systemonline at the Practice.

Come and hear from the Pharmacists about the Government's new Pharmacy First initiative and how this can help you look after your own health and reduce your need to visit the surgery for minor illnesses.

Easter Opening Hours: It's hard to believe that Easter will be at the end of March so.....

Surgery & Pharmacy Opening Times – Easter 2024: We expect opening times to be as follows:

<u>Date</u>	<u>Surgery</u>	<u>Bell Pharmacy</u>	<u>Village Pharmacy</u>
Thursday 28th March	Normal Surgery Hours from 08:30	Normal Opening 09:00 – 18:30	Normal Opening 09:00 – 18:30
Good Friday 29th March	Closed	Closed	Closed
Saturday 30th March	Closed	Normal Opening 09:00 – 13:00	Normal Opening 09:00 – 17:00
Sunday 31st March	Closed	Closed	Closed
Monday 1st April	Closed	Closed	Closed
Tuesday 2nd April	Normal Surgery Hours from 08:30	Normal Opening 09:00 – 18:30	Normal Opening 09:00 – 18:30

Measles Vaccinations: MMR (measles, mumps and rubella) vaccine:

You may have seen reports in the Press recently, about the sharp increase in Measles infections – almost double in a year. This has been attributed to a reduction in vaccination rates and this has now led to a rush to get children vaccinated. The MMR vaccine is a safe and effective combined vaccine. It protects against 3 serious illnesses: Measles, Mumps and Rubella (German Measles)

Measles is a highly infectious condition that starts with cold-like symptoms, followed by a rash a few days later. It affects the respiratory tract and can then lead to complications that can include chest and ear infections, diarrhoea or encephalitis (infection of the brain) and maybe hospitalisation. Getting vaccinated against all Measles infections is very important, as these conditions can also lead to serious problems including Meningitis, hearing loss and problems during pregnancy. It is very contagious can spread easily between unvaccinated people – usually children.

If missed, 2 doses of the MMR vaccine, which can be given at any age, will provide the best protection against measles, mumps and rubella.

For further information, you can:

- ask your GP surgery or other healthcare professionals for advice.
- read more about [why vaccination is safe and important](#)

When should children have the MMR vaccine? The MMR vaccine is given to babies and young children as part of the [NHS vaccination schedule](#).

MMR Vaccine Schedule	
Child's Age	Vaccine
1 Year	MMR – 1 st Dose
3Years and 4 Months	MMR – 2 nd Dose

Important: Missed vaccines. It's important to catch up on any missed vaccines. You can still ask your GP surgery for the MMR vaccine if your child has missed either of these 2 doses.

Diabetes: A local specialist community team has been recognised for its work in supporting people with diabetes.

The West Essex Community Nutrition and Dietetic Service helps people with diabetes manage their condition so they can enjoy a good quality of life. It is one of Essex Partnership University NHS Foundation Trust's (EPUT) specialist community teams.

And the service recently won third place in the Cardiovascular Disease Risk Reduction category of the X-PERT Health annual health audit and awards.

Their work includes delivering an educational course for adults with Type 2 diabetes, put together by X-PERT Health, which helps them understand how they can make lifestyle changes to manage their health more effectively.

You can read more about the award on the [EPUT website](#). For more information about the course, email Westessex.dietitians@nhs.net.



The poster features a light beige background with a subtle texture. At the top left is the Ware Choral Society (WCS) logo, a square containing the letters 'WCS'. To its right, the text 'WARE CHORAL SOCIETY' is written in a serif font. Below this, the title 'WAR AND PEACE' is prominently displayed in large, blue, serif capital letters. The program of music is listed in two columns: Haydn (Te Deum), Mozart (Exsultate Jubilate), Mendelssohn (Verleih' uns Frieden), and Haydn ('Nelson' Mass). To the left of the vocalists' names is a black silhouette of a dove in flight, holding an olive branch. To the right, the vocalists are listed: Soprano Erin Alexandra, Alto Miriam Sharrad, Tenor Ross Wilson, and Bass Sam Young. Below them is 'The Orpheus Sinfonia' and 'Conductor Rosie Howarth'. The date and time '7.30pm Saturday 9th March 2024' are written in a bold, sans-serif font, followed by the venue 'The Drill Hall Amwell End Ware SG12 9HP'. Ticket information 'Tickets: £15 All unreserved' and the website 'From: www.warechoral.org.uk' are provided, along with 'Society Members & At the door'. At the bottom left is the charity number 'Charity No 1169932'. At the bottom right is a QR code. Silhouettes of soldiers in a trench are visible at the very bottom of the poster.

WARE CHORAL SOCIETY

WAR AND PEACE

Haydn	<i>Te Deum</i>
Mozart	<i>Exsultate Jubilate</i>
Mendelssohn	<i>Verleih' uns Frieden</i>
Haydn	<i>'Nelson' Mass</i>

Soprano Erin Alexandra
Alto Miriam Sharrad
Tenor Ross Wilson
Bass Sam Young
The Orpheus Sinfonia
Conductor Rosie Howarth

7.30pm Saturday 9th March 2024
The Drill Hall Amwell End Ware SG12 9HP

Tickets: £15 All unreserved
From: www.warechoral.org.uk
Society Members & At the door

Charity No 1169932

Need to
CONTACT THE POLICE?

Which one
IS BEST FOR YOU?

Follow the 5 STEPS

1. RIGHT SERVICE?
Is it a police issue or is another service better suited?

2. CHECK ONLINE?
Is the information already on our website?
Check online: www.herts.police.uk

3. REPORT ONLINE?
Has a crime already happened and you want to report it?
Report online: www.herts.police.uk

4. LIVE CHAT / CALL 101
Do you want to share some information with us or speak to someone specific? Use live chat, otherwise call 101.

5. CALL 999
Is it an emergency? Is a crime happening right now, or is a life or property at risk? Call 999.

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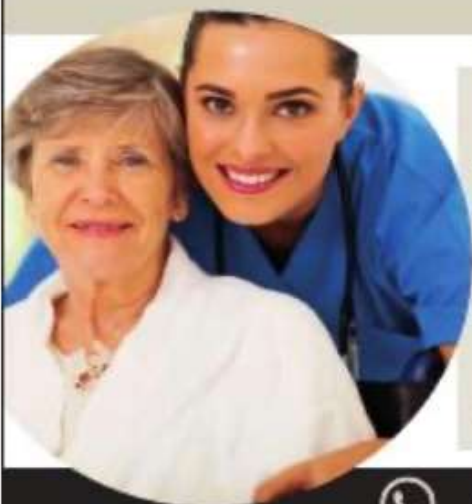
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VILLAGE DEFIBRILLATORS

We have four defibrillators within our two villages and they can be found at:

Gilston & Eastwick Village Hall, Pye Corner – CM20 2RB

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



The Lion Public House, Eastwick – CM20 2QP

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

St Mary's Church, Gilston Lane, Gilston – CM20 2RJ

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

Fitzpatrick Way, Terlings Park – CM20 2FX

The defibrillator is designed to be very easy to use and talks you through what you need to do step by step.

If you are in the unfortunate position of needing to use it you simply

Phone 999

You will be given the code to open the cabinet and then supported by the Emergency Services.

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christine.law2@btinternet.com

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