

The journal

DANBURY, BICKNACRE & LITTLE BADDOW
Issue No. 289 February 2014

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 Email: danbury@churchandhawes.com
 Country Homes: 01245 227775

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LITTLE BADDOW - O.I.R.O £650,000



SUBSTANTIAL FAMILY HOME...

Enjoying a delightful outlook to the rear over the Heather Hills, with a secluded rear garden and within walking distance of Elm Green Preparatory School and bus routes to Chelmsford. The accommodation has 4 bedrooms, 2 with en-suites, family bathroom, hobbies room/bedroom 5 to 1st floor. To the ground floor is a lounge, separate dining room and a study area. Cloak and utility room plus a fitted kitchen with conservatory/breakfast area overlooking the rear garden. NO ONWARD CHAIN. Energy Rating E.

DANBURY - £735,000



ONE OF TWO BRAND NEW FIVE BEDROOMED DETACHED...

Situated in a quiet cul-de-sac within easy reach of Danbury village centre. Internally there are five large bedrooms set over two floors, three benefitting from en-suites and a separate family bathroom. With underfloor heating to all ground floor rooms, there are three reception rooms which include a study, dining room, lounge and a beautiful bespoke fitted kitchen/diner with separate utility. Externally there is ample off road parking and access to the double garage. Energy Rating B.

DANBURY - 895,000



FAMILY LIVING ON A GRAND SCALE!...

A beautiful 1935 Bakers of Danbury spacious built residence on hill top location adjoining village green, in established secluded gardens of approximately over third of an acre with first floor views over the Chelmer Valley and also situated within Danbury Park School usual catchment. Five bedrooms and four large receptions plus a host of recent improvements including replacement bathrooms and a fabulous 26' fitted kitchen/breakfast room in Shaker style. Utility room. Long drive to garage. Secluded rear garden. Energy Rating E.

Residential Lettings Country Homes

Church & Hawes is trading name of C&H Premier Homes Ltd. Registered in England and Wales.
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The journal



DANBURY PARISH COUNCIL

7 & 7a Blackall Industrial Estate,
South Woodham Ferrers,
Essex, CM3 5UW

Tel: 01245 326 890 Fax: 01245 200 481
Email: thejournal@maypolepress.com

Vacancy for a Parish Councillor

Are you interested in making decisions for the village and do you have time to spare? Would you like to become a Parish Councillor? Please contact the Parish Clerk for more information.



Function Room for Hire

The meeting room at the entrance to Danbury Sports and Social Centre car park is now available for hire by the public for social and community purposes. The accommodation comprises of a large single room with kitchen and toilet facilities and will make an ideal area for a group of people of any age to meet.

Enquires should be made to the Sports and Social Centre in person, by telephoning 01245 224515 or email info@danburysportscentre.co.uk.

Postcard Competition

Take a photo or look through some you took earlier and submit a hard copy to the Parish Council Office (6 x 4 inches) with your name, telephone number and/or email along with the location and when the photo was taken on the back. We would like a range of views, seasons and years. Photographs are not returnable. The closing date is 10th March 2014. Independent judges will decide the results and small prize awarded to each winner at the Annual Parish Meeting on 7th April 2014.

Mini Soccer and 9 a side Pitches are available at Dawson Memorial Field. If interested, please contact the Parish Office.



ECC Winter Salt Bag Partnership Scheme

Danbury will be participating again this winter. Several locations within the village will be supplied with salt to help if there are inclement weather conditions. Salt has been supplied by Essex County Council and will be distributed by volunteer residents.

Village Organisations & Businesses

If you have a club, organisation or business based in Danbury, the Parish Council can add your details to the listings on our website. The website also has a village events diary which any Danbury club or organisation can use to advertise events. Please contact the Clerk.



Volunteers Needed

Currently 25 people deliver the Danbury Times to every household in the village. Some are councillors, others helpful residents, but some of the rounds are very lengthy and some of us aren't getting any younger!

Three new volunteers have recently joined in, and thank you for this.

Could you offer to deliver along your own road? It takes half an hour, three times each year - March, July and December. Your box would be brought to your home. Please think about it because a few more volunteers would help so much. If you can help, please contact the Parish Office.

February 2014 Meetings

Monday 3rd Planning, Monday 24th Planning, Wednesday 19th Resources.

Arthur Allen New Rectory Farm, Southview Road, Danbury CM3 4DX
01245 224707

Stuart Berlyn (Chairman) 13 Hopping Jacks Lane, Danbury CM3 4PN
01245 225883

April Chapman 6 Southview Road, Danbury CM3 4DX 01245 224791

David Harvey 50 Jubilee Rose, Danbury CM3 4JA 01245 224680

Paul Howe 35 Hopping Jacks Lane, Danbury CM3 4PJ 01245 221675

The journal

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Chris Jacobs 1 Millfields, Danbury CM3 4LE 01245 222162

Alan Keeler Hazelbank, Fitzwalter Lane, Danbury CM3 4DZ

Brian Kennewell 82 Maldon Road, Danbury CM3 4QW 01245 222329

01245 226476

John Scott Pilgrims Lodge, The Ridge, Little Baddow CM3 4RT

01245 222673

Max Telling Colne Lodge, 42 Peartree Lane, Danbury CM3 4LS

01245 226037

John Thomson 3 Hyde Lane, Danbury CM3 4QX 01245 222935

Mike Wood (Vice Chairman) 49 Hopping Jacks Lane, Danbury CM3 4PJ

01245 222839

Margaret Saunders, MILCM, Parish Clerk

Danbury Parish Council
Old School House, Main Road, Danbury, Chelmsford CM3 4NQ
Telephone 01245 225111

Email parish.council@danbury-essex.gov.uk

Office opening times 9.15am - 1pm, Monday to Friday

DIARY DATES

Little Baddow History Centre

New Exhibition!

'The Lost Village of Little Baddow'

Revealing our early village through recent archaeological documents, maps and finds

2nd March 2014–6th July 2014

Opening Times

Tuesday 10am–12 noon

Wednesday 2pm–4pm

Thursday 10am–12 noon

Sunday 2pm–4pm

By URC, Chapel Lane, Little Baddow, CM3 4BE

www.thehistorycentre.org.uk 01245 221601

The Parish Church of St John the Baptist, Danbury

Noah's Ark Club & Animal Cafe



MONDAY 3rd FEBRUARY
At 10am

Parents, grandparents and carers with babies and children under 5 years of age are invited to come to our Noah's Ark Club and Animal Café which will meet on the first Monday of the month (except for August). We'll start with songs, prayers and a Bible story for the little ones followed by the Animal Café in the Meeting Room with refreshments and plenty of time for Mums, Grandmothers and carers to chat, meet friends and make new friends. Children are invited to come along with a TOY ANIMAL!



Open Forum and Parish Assembly
Wednesday 16th April 6.30pm - 9pm

Meet your Councillors
City Officers

Voluntary Organisations.
in the presence of the Mayor of Chelmsford
Councillor Trevor Miller

The Annual Assembly
of Little Baddow Parish Council.

Free Refreshments – Licensed Bar
at the
Memorial Hall, North Hill Little Baddow CM3 4TA

Little Baddow History Centre NEEDS YOU!



2014 is a significant year for many reasons and we are planning several events to commemorate these.

One very special event is our 10th Anniversary!

It is an exciting time to be involved with The History Centre and we would love to expand the team and develop the work in all sorts of ways!

To do this we need your ideas, skills and a little bit of your time!

We would like to invite you to an

Open Evening on Wednesday 5th March at 7pm.

Enjoy a 'glass' and hear about our plans for this special year!

All Welcome!

For further information please phone

Chris Day 01245 224094 Mary Klaber 01245 224539

Alison Harker 01245 223042

To wear or not wear a Helmet on the slopes?

Following Michael Schumacher's recent devastating accident the debate has been reignited on whether to wear or not wear a helmet on the slopes.

With about 60% of skiers in some European resorts and almost 90% of snowboarders now wearing helmets, there is still a large group of people who don't wear a helmet. So, let's look at the main issues that affect helmet wearing?

Does a helmet really improve my safety upon impact?

The answer is, it depends upon the speed of impact. Helmets are designed to protect and absorb impact at speed of up to around 25 km/h – 15mph.

At much higher speeds, snowsport helmets cannot practically be the thickness and weight required to absorb the impact completely.



Salomon - Icon Air helmet

However at more controlled speeds a recent study from brain injury charity Headway found:

Forces exerted on the skull were "four times less" when head protection was worn. A helmet's liner absorbs a proportion of the impact; the acceleration of the head is reduced; and the impact on the skull is spread over a larger area.

So, realistically we have to look at helmet wearing as part of an overall safety approach. A helmet will help protect you from more serious head injuries on impact whilst maintaining sensible speeds on the slopes, which will also help protect those around you from all sorts of injuries. A helmet on its own will not improve slope safety, it can help make you safer but being a responsible slope user goes a lot further in making everyone safer.

"Quite often impact at very high speeds is the result of skiing or boarding out of control."

So – this leads on to our next question.

Does wearing a helmet make people ski or board faster?

One of the arguments against wearing helmets is that people ski or board faster because they feel more protected, and as a result become more of a danger to their fellow slope users and themselves.

People need to know that a helmet doesn't make you invincible and they shouldn't be skiing or boarding at speeds or in a way that they wouldn't do without a helmet.

Are helmets heavy and uncomfortable to wear?

One main reason why skiers in particular resist wearing a helmet is that they are just not used to it. They think it will be very heavy, sweaty, uncomfortable and not look stylish enough.

Helmets are now more stylish than ever before and a lot lighter than you'd imagine - most weighing around the 500g mark. They are warm, and if you choose a model with adjustable ventilation, you can open the vents when you need to make it more breathable. No need for a sweaty head! See the Scott – Roam helmet with adjustable ventilation (pictured left).

When choosing a helmet, go to the store and try on different makes, because most often you will find one make matches your head shape better than another. This you cannot see from an image in an on-line shop!



So do I convert to a helmet?

Michael had been wearing a helmet which broke on impact whilst skiing inbetween pistes at Meribel. However doctors have said that if he had not been wearing a helmet he would most probably have died then and there on the piste.

It's personal choice. More people than ever are wearing helmets out there and there's no escaping that.

So after around 25 years of skiing I finally converted to helmet wearing. Mainly because having been taken out by an "out of control" skier in the past, I now feel that I would be vulnerable to head impact from a collision with a skier or boarder who is wearing a helmet when I'm not.

You can be a very capable skier, control your speed and slope awareness, but you cannot control that of those using the slope around you! I feel safer buckled up!

The Alpine Room in Danbury sell 5 different makes of snowsport helmets. Salomon, Scott, Smith, Bern and Uvex. Come and view our ranges where we can measure your head and help you find the make and style that fits your head shape most correctly. Visit the Alpine Room at 71 – 73 Main Road, Danbury, Essex. CM3 4DJ or find them on-line at www.alpineroom.co.uk

Alpine Room

71 - 73 Main Road, Danbury, Essex. CM3 4DJ

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Chelmsford Star Searches for New Charity of the Year!

Local Co-operative Society, Chelmsford Star has embarked on its annual search for its next 'Charity of the Year' for 2014/15. Pauline Dodd, Society President said; *'The Board of Directors are currently looking for local registered charities to put themselves forward as potential candidates backed up with a written statement on what the funds are required for. They compile a short list in early March and then invite the 850 members of the Society's employees to vote on their preference.'*

The name of the charity with the most votes is declared at the annual general meeting at the end of April. After which the new charity and Society work together on fund raising ideas for the year, including collecting tins featured at over 150 till points as well as sponsored events and raffles.

As the Society trades from 49 branches from Braintree to Southend-on-Sea, prospective candidates should be able to demonstrate that their cause would be recognised by customers across all stores. The chosen charity is then encouraged to work with the Society's stores and offer assistance and support in all major initiatives as and when required.

Chelmsford Star is now more than half way through with this year's nomination, Essex Dementia Care.

Debbie Davis, Fundraiser at Essex Dementia Care said; *"We were delighted to have been chosen as Chelmsford Star's 'Charity of the Year'. The money raised will make a huge difference by enabling us to assist many more people with dementia."*

In 2012/2013 the Society raised just over £36 000 for Canine Partners (Essex) and over the past 6 years has raised in excess of £180 000 for Essex charities. Interested parties should email Pauline Dodd, President at coty@chelmsfordstar.coop or write to her at 220 Moulsham Street, Chelmsford, Essex, CM2 0LS by Friday 28th February, 2014.

Also ... New Year, New Challenge?

Local Co-operative Society, Chelmsford Star is currently on its annual recruitment drive to fill vacancies within its governance structure through its popular 'Meet the Directors' evening. The event aims to discuss the options available including the Board, the Membership Committee and the Members' Council.

Now in its 147th Year with an annual turnover fast approaching £100m, the society is one of Mid- Essex's biggest employers, with a workforce of over 800.

The strategy and way forward for this ambitious organisation is determined by a non executive board of 10 Directors, all of whom are voted into their position by the membership.

These Directors come from a variety of background; some are employed in commerce and industry, whilst others are now retired. However, they all have two things in common – a belief in Co-operative Principles and a desire to work together for the benefit of all Members and the community.

They meet monthly in the evening with the Chief Executive Officer, whose role is to guide and advise the Directors before implementing agreed policies. All Directors give at least three hours a week to their position and receive regular training.

If you have enthusiasm and experience in matters that could benefit other members, customers or the communities in which it serves then you may be just what the Society is currently looking for. For those that may wish to be less involved initially, there are elected places available on both the Membership Committee and Members' Council. These meet six and four times a year, respectively.

So, if you need a fresh challenge, believe in the ethics of the Co-operative and are people minded this could be a rewarding option. Why not find out more by contacting the Society for more details or reserve a place at the 'Meet the Directors' evening on Tuesday 25th February in the 'quadrant' department store, Chelmsford. Doors open at 6.30pm for a 7pm start.

Simply ring Ellen Tredwin on 01245 216916 or visit our website www.chelmsfordstar.coop for more details.

PROPERTY



DANBURY £479,000

Situated close to the centre of Danbury and within walking distance of local shops, schools and bus facilities to both Maldon and Chelmsford town centres, a three/four bedroomed, detached bungalow enjoying a plot approaching half an acre with an approximately 160ft rear garden backing onto Lingwood Common.

The property offers potential for further enlargement/development, subject to the usual planning consents, and includes a very useful cellar and store room/workshop.

The spacious accommodation comprises three double bedrooms, a fourth bedroom/study, two reception rooms, a fitted kitchen, a family bathroom and a separate wet room. There is also a double width garage.

For further details of this most desirable property please contact the selling agents, Meacock & Jones of Danbury, 01245 222856

MEACOCK & JONES
www.meacockjones.co.uk



Tel: 01245 222856

Eves Corner, 10 Maldon Road,
Danbury, Essex CM3 4QQ



DANBURY £435,950

Within walk of Danbury village centre, a detached chalet bungalow offering flexible accommodation mainly on the ground floor providing a large living area.

- * Four bedrooms * Family bathroom & separate shower room
- * Two reception rooms * Conservatory
- * Kitchen & utility room * Store/games room
- * Oil fired central heating * Double glazed sealed unit windows
- * NO ONWARD CHAIN.



DANBURY £540,000

Situated in a private lane facing National Trust land, just off Danbury Common and within walking distance of Danbury Park School, a four bedroom detached chalet bungalow offering surprisingly large accommodation

- * Four bedrooms * Three en-suites * Family bathroom
- * Separate wc * Three reception rooms * 20ft fitted kitchen
- * Utility room * Double cart lodge
- * Oil fired central heating

THE RODNEY CELEBRATE 25 YEARS IN LITTLE BADDOW!

The Rodney in Little Baddow will be celebrating 25 years in business this August. To mark the occasion, customers are invited to hold an event each month at The Rodney and donate all funds raised to their favourite charity.

There will then be a Fancy Dress Event at the beginning of September to celebrate both the 25th Anniversary and all the charity events that were held throughout the year.

To coincide with this, owners of The Rodney Lynne & Peter Smeeton will be celebrating their 35th Wedding Anniversary on 22nd September - so a Big Year!

Please contact Lynne on **01245 222385** to arrange your Charity Fund Raiser and help celebrate their Anniversaries.



**LITTLE BADDOW
DRAMA CLUB**

Building Blocks

By Bob Larbey (writer of 'As Time Goes By')

30th April and 1st-3rd May 2014 at the Memorial Hall,
Little Baddow

They say Rome wasn't built in a day, as Jim and Mary Baxter would no doubt understand. They have engaged local builder David to put up a house extension for them. But it's the old story as far as David is concerned, with too many jobs on the go at once and too few workers to do them.

As a result, chippie Brian and labourers Mark and Piper are constantly being hauled away from the Baxter job to do other work, and the wily David has to be at his smooth-talking best to explain to Mary and Jim why their extension is taking so long. Will the building be finished in time for the arrival of a new baby?

If you have ever watched 'As Time Goes By' with Judi Dench and Geoffrey Palmer, you will realise what a superb comedy writer Bob Larbey is. Following his many television success his first play was 'A Month of Sundays' which won an Evening Standard Best Comedy award in 1986. His second play was 'Building Blocks'.

Director, Ken Rolf, is looking forward to bringing this wry situation comedy to life on the Memorial Hall stage - as long as he can persuade the stage manager to finish the set on time!

**LITTLE BADDOW DRAMA's production runs from Wednesday
30th April to Saturday 3rd May at 7.45pm in the Memorial
Hall on North Hill in Little Baddow CM3 4TA**

Tickets: £8.00 Wednesday and £9.00 Thursday to Saturday
Box Office: 01245 421729

Tickets available from 7th April, 5.30pm-9.30pm

There's a bar and free parking at the Memorial Hall

For any further details contact:

Alison Woollard: 01245 421729 a.woollard@virgin.net

DANBURY MEETING POINT

The first meeting of 2014 was an illustrated talk on the Danbury Palace Babies by Caroline Lambert and John Bowen. There was an excellent attendance as John gave us the history of the Danbury Palace, and then Caroline told us about the babies born there during the war and the recent reunions taking place of both babies, and mothers. She had prepared an extensive display of photos and memorabilia on the table. Caroline and John were thanked by our chairman David Whiteing for giving us an interesting afternoon. Next month we will welcome Suzanne Gaywood to give us a talk on Grenada at Chelsea. Suzanne is a multi-gold medallist at the Chelsea flower show. This will be on Wednesday 12th February at 2pm in the URC hall. Any retired people interested in joining us should contact David Whiteing on 01245 225379.

**David Whiteing,
Chairman of Meeting Point.**



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Christmas Fayre Fun at St John's C of E Primary School, Danbury

The children and staff were very busy leading up to our Christmas Fayre, held on Friday 6th December 2013. The children used their creative skills to produce some fantastic goodies for sale. Throughout the day we enjoyed fun activities and were thrilled to receive a visit from a very special guest. Thank you to Father Christmas for making time in his busy schedule to stop by and also to some very helpful elves who transformed our School library into such a magical winter grotto!

The Friends of St John's School helped to provide refreshments and ran a very successful 'Surprise Present Room' for the children to buy and help wrap a special gift for their loved ones. Thank you to everyone who kindly donated such wonderful treasures for the children to choose from and we hope you enjoyed your surprises!

We would like to express our great thanks and appreciation to the following businesses who supported us by kindly donating some wonderful prizes to our Fayre:

Brandy Hole in Hullbridge
The Co-operative in Danbury
Emerald Beauty in Danbury
The Hair Gallery in Danbury
Kidspace in Romford
Lazer Mayhem in Ongar
Olio Restaurant in Chelmsford
Marsh Farm in South Woodham Ferrers
The Mega Centre in Rayleigh
Quasar in Colchester
Rollerworld in Colchester
Rope Runners
Sea Life Adventure in Southend
Small Monsters in Corringham
Walton Pier

A final thank you to all the staff, governors, children, their friends and families for making our Christmas Fayre such a successful event and helping us to raise just over £2300 towards our funds!

50 Years of the Danbury Wine Circle

This year Danbury Wine Circle celebrates its Golden Anniversary.

Founded in 1964, just a year after the legal restrictions on homemade beer and wines had been lifted, it brought together a small group of enthusiasts who were intent on producing good quality drinks at an affordable price.

Expertise flourished and members' efforts were rewarded (or not!) at an annual competition. There were prizes to be won for different classes of wine & beers, the top award being for Master Winemaker of the year. Founder member Lavina Lovell, who made all her wine with rainwater, was the first lady to win this award. But best remembered is the year when the Essex Chronicle famously reported that Bill Palmer had won a prize for "Best wind in show"!



Memories of the 25th Anniversary Celebrations

Over the years, enthusiasm for making wine diminished and members began bringing more and more commercial wines to meetings for tasting and comparison. Hence the Wine Circle now considers itself to be a wine appreciation society rather than a wine making society. This does not impede a small number of stalwarts who still make wine from whatever fruit comes their way.

The Wine Circle meets on the first Tuesday of each month when a variety of events are organised. These range from commercial wine tastings, quizzes and speakers on a range of subjects, with four or five dates each year including an evening meal.

Annual membership is £15 per person, which is 6 shillings more than the Wine Circle spent on wine and food in its 5th anniversary year. How times change!

Danbury Wine Circle is very well supported with monthly meetings usually being attended by more than 70% of members - and this includes the AGM !

In this anniversary year there will be a special celebration event on June 3rd which we hope all members will be able to attend.

If you are interested in joining Danbury Wine Circle, please contact Sue Spurgeon on **01245 222733**.

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www.chelmsfordstarfunerals.co.uk

Film Night in Little Baddow The Memorial Hall

Next film

Captain Phillips (12a)

Starring Tom Hanks, the true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates

Saturday 22nd February

Tickets £5 from E Willington

01245 224060

Please pre-order nibble box £6.00

Doors open 7pm. Film 7.30pm

E-mail emwillington@hotmail.com

While We Were Having Fun Over Christmas.....

While many of us were having fun during the Christmas holiday, a team of trained Volunteers were on standby to go into action if there was a medical emergency. They are our Community First Responder Team. They support the Ambulance Service, aiming to get to an emergency perhaps even sooner than an ambulance as they are based locally, and they provide assistance until the ambulance arrives.

This Christmas, the Volunteers worked out a rota that meant they had the whole of Christmas week covered except for a short gap of 2 hours on Christmas Day itself. That's the whole of every 24 hours! And they were certainly needed this year.

They were called out on the Monday – twice - and on one of those times got to the patient before the ambulance even though they had to go a long way round to avoid a fallen tree. Those 2 calls were to addresses in Danbury.

On Christmas Day itself, the first call came at 4.40 in the morning – yes, 4.40am! That was to a patient in South Woodham Ferrers. More was to come with a call to East Hanningfield at 6.45pm; and a third call, this time to Sandon, was needed at 9.05pm.

Boxing Day was quiet, but on the Friday there was another urgent call to a Danbury address, mid morning. Then 2 calls on Saturday 28th, one on Monday 30th, and to round up the busy festive period the Volunteer on duty overnight on New Year's Eve had 3 calls before breakfast time on New Year's Day all from Little Baddow, and another from South Woodham Ferrers around when he must have been having his breakfast!

Our grateful thanks must go to our First Responder Team for the support they give to our community. If you feel you might be able to spare a few hours from time to time to help, give Gordon Wren a call on 224309 to find out a bit more. There's no pressure to put in more time than you are ready to offer, no prior expertise is required and full training is given.

Little Baddow WI

We meet at Little Baddow Memorial Hall on the first Thursday of every month from 2pm to 4.30pm. Come along as a guest and meet us for a chat, to be entertained, meet like minded ladies or just for the Cake!

The lovely Liz Hiscock was our guest at our first meeting of the year to help us work off the Christmas calories with some Zumba. Being an ex-nurse, Liz knows the importance of exercise for good health and holds local classes for all abilities. After our taster class, we had time for a chat and a look at booking up a show or an outing to the popular event "Make it Knit it Stitch it". Of course this was while we all ate cake!

In February we have Sarah Mason, an Essex based milliner with her presentation of "Hats and head-wear".

Our knit (or not) & natter group is at 10.30 till 12.30 on the 2nd Thursday of the Month. A great chance to meet up with like minded ladies and knit, sew or bead etc. We have projects to knit for charity or do your own thing. Please ring 07876213317 to see where we are meeting up in the next few months.

So if you would like any information on anything the Little Baddow WI has to offer you come along as a guest, or call 07876213317.

B Alnwick-Baldwin



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February Fat Camp

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**Free Assessment And
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Antifreeze Poisoning



EdgeWood
Veterinary Group

At this time of year when the weather is cold and the car is frozen we quickly reach for the antifreeze. But what lots of people do not realise is that it's extremely toxic to cats and dogs.

Ethylene glycol, the main constituent of antifreeze, is poisonous for cats and dogs. Pets are attracted to the sweet taste of ethylene glycol and many will lap up spilt or leaking antifreeze from garage floors and driveways.

Ethylene glycol is converted in the body to toxic products which cause irreversible kidney damage.

Signs of antifreeze poisoning can depend on the amount ingested. Common signs can include depression, incoordination (animal appears drunk) and vomiting. Sometimes there is excessive thirst and urination. These can be followed by muscle twitching and 12-24 hours after ingestion acute kidney failure. Seizures and death can quickly follow due to uraemia (failure of urine production).

If you see any of these signs or have a suspicion your pet has come into contact with antifreeze call your veterinary surgeon without delay.

Provided intensive care is started before too much damage has occurred to the kidneys some pets may recover but often the prognosis is poor.

Whether you are a pet owner or not, if you use antifreeze in the future please take care not to spill any. If you do, wash down the area thoroughly. Do not leave containers of antifreeze open or in an area pets can get to them.

Please be aware of this winter poison and help prevent pets suffering unnecessarily.

Love your library this February for the chance to win an iPad

This February Essex Libraries are celebrating National Libraries Day (8 February 2014) and all the fantastic services they offer. During February new members who join the library will be entered into a prize draw to win an iPad. Existing members can get involved too; recommend a friend (or friends) to be entered into a separate prize draw with the chance to win an iPad when their friend joins up.

New members are often surprised by the range of services which are available with a library card. Essex Libraries offer much more than books (although there is still an unrivalled range of these too).

- Choose from hundreds of courses with computer based learning and online tutors available for support and guidance
- Help getting online courses - from the basics of using a keyboard and mouse to online banking and shopping
- A wide choice of ebooks and e-audio books compatible with many e-readers, smartphones, tablets, MP3 players and iPods
- Events and activities for visitors of all ages from Baby and Toddler Rhyme Times to the popular Summer Reading Challenge
- Access to the library online from home including the Homework Helper Service and many online resources
- Make new friends at a Book Club, Knit and Natter group or view a local art exhibition
- Library job clubs for help with job hunting, CVs and interview practice
- Free use of the library computers and free Wi-Fi for visitors who bring their own laptop
- Helpful booklists for advice on specific topics ranging from health to parenting

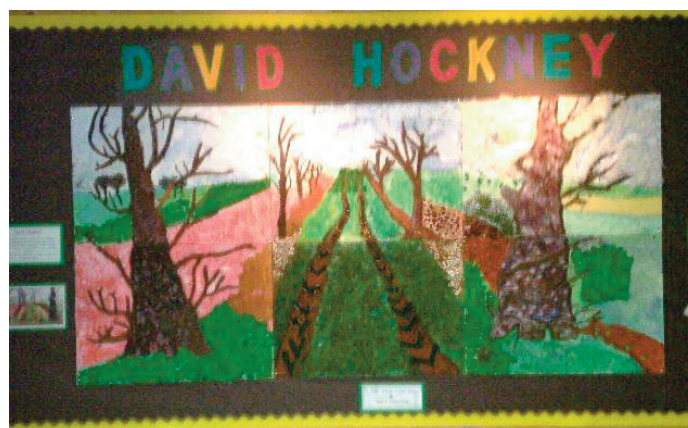
Councillor John Jowers, Cabinet Member for Libraries, Communities and Planning, said: "We're quite rightly very proud of Essex Libraries as a place for all members of the community to meet, read, share, enjoy and learn. I would encourage you to celebrate National Libraries Day by joining up or by helping to spread the word to friends and family about the fantastic services available."

Essex Libraries are free to join, in person at any library or mobile library or online at www.essex.gov.uk/jointhelibrary. Prize draw entries will be accepted from 1 February to 15 March 2014. Prizes have been kindly sponsored by BorrowBox.

Display of artwork by St. John's School pupils at County Hall

Two large collages by Year 5 and 6 children from St. John's C of E Primary School in Danbury have been accepted for display at County Hall from the end of April through to the beginning of June. The children were thrilled to hear that their 2.7m x 1.2m mixed media collage showing the parish church of St John the Baptist in Danbury and a similar sized collage inspired by David Hockney's oil painting, 'A Closer Winter Tunnel' had been selected for display.

The collages will be hung in a gallery leading to the member's restaurant at County Hall where artworks from pupils from Essex schools are showcased



Danbury proofreader celebrates his third anniversary

Paul Churchouse celebrates the third anniversary of his proofreading business this month.

If you need a book, magazine or article checked for spelling, punctuation and grammar before publication, Paul would be pleased to help. Or you may even want a new website or webpage checked before going live.



Please contact him on **01245 227426** to discuss or why not take look at his website www.paulchurchouse.co.uk.

THE CRICKETERS ARMS A Shepherd Neame Pub



♥ VALENTINES DAY at the CRICKETERS - FEB 14th ♥

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Choice of starters, main & dessert on the night

BURN'S NIGHT-SAT 25th FEB

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Tel: 01245 222022

THE CRICKETERS ARMS ARTS & CRAFTS

**Bespoke Picture Framing
service now open in Danbury**

Experienced local picture framer now based at the Cricketers Arms Danbury. Able to produce a variety of frames and mounts for:

- Family photos
- Limited Editions
- Sports shirts
- and much more! for realistic prices
- Watercolors & Oils
- Canvas stretching
- Fabric art

Easy to park why not bring your artwork in for a quote?

Also starting in February a New Art exhibition

Opening Times 12-4pm WED. FRI. SAT. SUN.

The Cricketers Arms, Penny Royal Road, Danbury

Tel: 01245 22 35 21

Why not
treat yourself
to lunch and
come and
browse



An agile home is a happy home

With January being the most likely month for relationships to break up, one of the most common causes of a split is the feeling of resentment, with one person thinking they are doing the lion's share of the household tasks... Does this sound familiar to you?

Often, one person feels that they are doing everything and this can lead to resentment, bitterness and feelings of being taken for granted which as you can imagine, impacts on intimacy and the level of happiness within the family unit. When I have explored this issue by asking if there are any jobs that can be delegated, a frequent response is "I don't want to tell them what needs to be done, they should KNOW what needs to be done...after all, I do." A fair point perhaps but this approach would not be successful out of the home.

It is curious to consider quite how different relationships are at work than they are at home and this can often be put down to the strategies that we use. Consider for a moment the way in which a business project is run; typically with a visible project plan, named stakeholders, key objectives, delegated tasks, measurable timescales and a contingency plan.

Now consider how an average home is run; with key members of the household carrying out 'owned' tasks. Rarely (except in extremely well organised households!) are these tasks documented so that the other household members can see quite who is doing what.

Agile working practices are highly successful when translated into the household setting. Households can be transformed by implementing an agile working system - often as simple as designing a flow chart divided up into three columns: **STUFF TO DO, THINGS IN PROGRESS, THINGS DONE.**


Tasks are then written onto post it notes and posted onto the chart. The idea is that the tasks are then discussed and most importantly visible! This coupled with the addition of a weekly 20 minute meeting ensures that concerns are heard and even in hectic households the results are excellent with more tasks being shared and vitally, the lines of communication open.

It could be said that the most important business that we have IS the family?

When you identify and remove the barriers of what is making you unhappy, you are consciously choosing to be happier.

Next month I will be talking about applying coaching strategies for success.

Nicola Beattie, Clinical Hypnotherapist & NLP Practitioner at Hypnotherapy Works



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Maldon Theatretrain to Perform at London Palladium



Maldon Theatretrain a part time theatre school for 6 - 18 years has had an incredible year & is looking forward to the challenges that 2014 will bring. The pupils performed a 2 hour show at the 02 Arena in July, took part in a workshop the west end cast of We Will Rock You and performed a Christmas show at Maldon Town Hall. Centre Director Mark Everard said "The last year will be one that we won't forget in a hurry. We have been lucky enough to be included in three shows at the Royal Albert Hall, performed at Sadler's Wells in The Motown Story and performed as part of the choir in two concerts on London's South Bank over the last 7 years, but our show 20@02 at the 02 Arena will always be special as it was our organisations 20th Anniversary"

The next venture will be a new show at The London Palladium to be performed on 13th July called "Now Then", all pupils who are enrolled at Theatretrain will be part of the performance as the company are inclusive of everyone's abilities and needs.

Young people between the ages of 6 - 18 years work in three age groups and rotate between each skills class of Singing, Acting and Dancing.

Theatretrain is proud to have the backing and support of several very talented and very well known patrons that include the actors Catherine Tate, Lucy Davis, Sir Derek Jacobi KBE and Alfred Molina.

Maldon Theatretrain is offering a Free Trial Session and half price 1st term to any pupils who enrol this term. Siblings attend with a 50% discount and scholarships are available for those who maybe in times of hardship. For more information contact Mark Everard ATCL DipVCMed on 01621 850274 or email maldon@theatretrain.co.uk



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1992 - 2012**

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EVERY Saturday between 2-5pm.
During School Term Time (incl. half term)
1 hour Dance - 1 hour Drama - 1 hour Singing

Every Saturday in Maldon at The Plantation Hall,
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Open to all abilities - no audition necessary
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Email: maldon@theatretrain.co.uk

JOIN NOW AND PERFORM WITH US AT THE LONDON
PALLADIUM ON 13TH JULY 2014

PATRONS:
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CATHERINE TATE, LUCY DAVIS
www.theatretrain.co.uk

NEW TO DANBURY BELLHOUSE ESTATES

Bellhouse Estates are expanding, with another branch opening in Danbury Essex, the company who specialise in village location properties are launching their new branch in January 2014 at 4a Eves Corner Danbury Essex CM3 4QF.

This will be their second village location after the success of their first branch based at Ramsden Bellhouse in Billericay Essex, which has been trading for the past eight years.

Kathy Horton and Lindsay Laight, who have a combined 40 years' experience in property sales, believe their success and expansion has been down to first class customer service, with many past clients recommending Bellhouse Estates to friends and family wishing to sell their properties.

Bellhouse Estates provides a bespoke service tailored to your property needs, with first class advice on selling or buying your property to mortgage advice and recommended solicitors, to make your move as stress free as possible.

Their village properties range from country cottages to large country houses being a speciality, with exceptional presentation being a key feature, along with staff expertise and knowledge of local areas.

If you are buying or selling or looking for friendly, expert advice call now on:

Bellhouse Estates, Eves Corner, Danbury Essex CM3 4QF

01245 222801

BELLHOUSE ESTATES

www.bellhouseestates.co.uk



To celebrate the opening of our office in Danbury,
we are offering unique incentives and commission fees.
Call Lindsay for more information



Kathy and Lindsay look forward to seeing.

Tel: 01245 222801

Bellhouse Estates,

Eves Corner, (behind the Tea Shop) Danbury, Essex. CM3 4QF



DANBURY COUNTRY PARK

Happy New Year from Danbury Country Park. It has been a mild, but wet, winter and the park is still water logged, but there are the first brave shoots of bulbs pushing their heads up through the carpet of wet leaves and the birds are beginning to establish territories in preparation for the breeding season.

The Yarn bombing event went very well with the local Girl Guides and other children's and community groups decorating the trees with colourful yarn creations. The winter winds buffeted the decorations around but many have survived and can still be seen with a keen eye! Park visitors have been delighted by these charming, fun creations and have taken lots of photos. It is hoped that Essex Knitters and Country Park Rangers can do it all again next year!

Conservation volunteers, and Country Park Rangers, made a good



Conservation volunteers help maintain a diverse habitat for the benefit of people and wildlife. Properly maintained formal borders, for example, benefit invertebrates and bees; they also contribute to an enhanced visitor experience. As well as acquiring new skills, volunteers enjoy gentle exercise, and meet other people out in the countryside, as they learn more about their local area. Initially the new Danbury team will work alongside the Flitch Way conservation volunteers. Supervision, tools, training and a car park day pass are provided; volunteers must wear suitable outdoor clothes, steel toe cap boots and gloves.

County Councillor John Jowers, Cabinet Member for Libraries, Communities and Planning, said: "Conservation volunteering is extremely interesting and rewarding. It's ideal for people who've made a New Year pledge to enjoy the great outdoors."

Anyone wishing to try a taster session is welcome to call Wendy Moss on 01376 329245. Or you can visit their web site <http://www.friends-of-the-flitch-way.org.uk/>

There is a lot for children to get involved with at Danbury Country Park: Nature Club, run by Andrea the Ranger, resumes on Saturday, January 18th when they will be making damper bread and toasting it on an open fire. On February 22nd Nature Club will be den building and the next one after that is on March 8th, Nature Club is suitable for children aged from 7 to 11, it costs just £3 a child and runs from 10am to 12noon. Puddleducks – outdoor exploration for children under 5, resumes every Monday afternoon in term time. Meet Louise in the lakes car park at 1:30pm. Just £1 a family. Wild Wednesday – free family fun resumes in February half term. Following the signs, and noise, to find out where Wild Wednesday is on the park - there is a lot to do for everyone!

Take care! The park is still saturated and some of the paths are quite slippery with mud, but this is all the better for stomping through in wellies, so why not grab your

start to lay the boundary hedge between the park and the Outdoor Centre. Hedge laying is a traditional method of managing a boundary to ensure re growth is maintained from the base, and as such the hedge provides an excellent boundary offering good nesting and cover for wild birds. Danbury Country Park is seeking people with a passion for the countryside for a new band of conservation volunteers to get involved with tasks similar to the hedge laying, and other practical jobs that need doing to maintain a diverse range of habitats. Initially volunteers can contact the established Flitch Way Volunteer Group coordinated by Wendy Moss on 01376 329245. Or you can visit their web site <http://www.friends-of-the-flitch-way.org.uk/>

There is a wide range of activities to get involved with and the group is very welcoming, bringing together local, like-minded people. If you want to join in why not give Wendy a call? Volunteers meet at Rayne Station at 9.15 for a 9.30 departure to wherever the day's work party is taking place. Car sharing is used to minimise costs and to reduce the number of car journeys. They currently pay a mileage rate to anybody asked to use their car. Usually they return to the station between 3.30 and 4.00pm. Volunteers living near to the workplace can choose to meet us on site. Everybody intending to take part in a work party should contact Wendy the day before the event to ensure there is sufficient work for the numbers wishing to attend. Autumn and Winter are probably our busiest periods and work parties usually take place each Tuesday and Thursday during those times.



waterproofs and come over to the park and see if you can spot any signs of spring!

To express an interest and to find out about upcoming dates and activities, call Andrea Gabriel on 01245 222350 or email andrea.gabriel@essex.gov.uk

Opera *in the* Orchard

La bohème

SATURDAY 12th July 2014

**"BOUNCERS", WICKHAM BISHOPS,
ESSEX CM8 3JJ**

OPERA IN THE ORCHARD was started by Robbie Bishop. Whilst he was working in Rome he went to many operas and realised that opera was enjoyed by all the family from grandparents to grandchildren. With this in mind he opened up the gardens of his home for performances of classical opera, encouraging families to see opera for themselves in a relaxed atmosphere; children come free with their families. This is our twelfth year and many people have been coming from the beginning. This is still a family affair run by Robbie's children, grandchildren and friends.

We are thrilled to have Garden Opera returning to perform **La bohème**. The two previous years have been such a huge success; this is reflected in the many thank you letters we have received.

Giacomo Puccini's romantic depiction of bohemian Paris. This love story drawn from everyday life, has captivated audiences round the world, making **La bohème** one of the best-loved of all opera, containing some of Puccini's finest music.

The plot centres around a community of artists in Paris, particularly between the romantic relationship of poet Rodolfo and grisette Mimi. Their love is not without conflict and they are united tragically as Mimi returns to the garret and dies there, surrounded by her friends.

EARLY BIRD TICKETS £20PP BEFORE THE END OF MARCH

Price of tickets are **£30** (1st April to 9th July) **£40** (after 9th July)
Children up to 18yrs **FREE**

Performance; 17:00hrs (gates open 15:00hrs) Interval 18:00hrs - 19:30hrs

Refreshments - Make up your own picnics from the food stalls supplying local produce. Bouncers roast meat rolls, Caprilatte ice-cream, Lottie and Jakes cupcakes, licensed beer tent selling Farmers Ales from Maldon, wine, tea, coffee will be available before the performance and during the interval.

Camping - £10 per pitch per night.

FOR TICKETS SALES & INFORMATION VISIT

www.operaintheorchard.co.uk

Email: info@operaintheorchard.co.uk

Tel: 01621 894112

BOX OFFICE Maldon T.I.C - 01621 856503 for credit card payments

Help Save Sudanese Refugees

on
Saturday March 29th 10.00 to 12.00 am.

Danbury Mothers' Union is holding a Coffee Morning to raise funds to send to
M.U. Mary Sumner House Appeal

Coffee and biscuits will be served and there will be a Raffle.

**Do come and bring a friend
- or even two!**



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* Not to be used in conjunction with any other offer

The journal

Call for conservation volunteers at Danbury

Danbury Country Park is seeking people with a passion for the countryside for its new band of conservation volunteers.

Once on board they will take part in a range of interesting and essential activities, such as coppicing, hedge-laying and meadow-raking. They may even join a team installing new park benches and drainage systems.

An opportunity to try conservation volunteering comes on 18th February, when The Flitch Way's volunteers visit Danbury Country Park to begin essential garden restoration and hedge reduction work.

Conservation volunteers help maintain a diverse habitat for the benefit of people and wildlife. Properly maintained formal borders, for example, benefit invertebrates and bees; they also contribute to an enhanced visitor experience

As well as acquiring new skills, volunteers enjoy gentle exercise, and meet other people out in the countryside, as they learn more about their local area.

Supervision, tools, training and a car park day pass are provided; volunteers must wear suitable outdoor clothes, steel toe cap boots and gloves.

County Councillor John Jowers, Cabinet Member for Libraries, Communities and Planning, said: "Conservation volunteering is extremely interesting and rewarding. It's ideal for people who've made a new year pledge to enjoy the great outdoors."

To express an interest in conservation volunteering at Danbury Country Park and to find out more, call Andrea Gabriel on 01245 222350 or email andrea.gabriel@essex.gov.uk.

After-eight Social Club

present hand clapping, foot stomping, funky and live at Maldon Town Hall

'Down Home Jazz Band'

Saturday 15th February

Admission: £8 members, £10 non members

Doors open 8pm

No bar so bring your own drinks & nibbles!

For further information call Mike on 01621 856219

You can find us at www.aftereightsocialclub.co.uk



CONGRATULATIONS!!

Congratulations to Steph Ovenden, Chez Coughlan, Ellie Dollery, Gemma Clark, Charlotte Turner & Lottie Anstee who recently took their Gold Latin American Medals with the International Dance Teachers Association. Also, special congratulations to Steph Ovenden who not only passed Gold Latin but also Gold Ballroom.

All the girls passed with excellent results. The girls attend dance lessons at our Sports & Social Centre with our Dance Teacher Jen Thomas. They are now working towards their next grades.





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www.shaftsburyhouse.co.uk

Danbury Sports & Social Centre



OPEN:

9am - 11pm Monday to Saturday

9am - 10:30pm Sundays

The Licensed bar is open every day at the discretion of the manager.

FOLLOW US
ON FACEBOOK



www.facebook.com/danburysportsandsocialcentre

FARMERS MARKET/INDOOR TABLE TOP SALE Saturday 1st February 9.00am - 12.30pm

Held on the first Saturday of the month this is your opportunity to buy fresh, local, quality produce.

Stalls include Kelly Turkeys with their award winning turkey & beef.

Also, Indoor Table Top Sale on same day in our Dawson Suite so come along to see if you can find yourself a bargain!

Admission: Free

COMEDY NIGHT

Saturday 15th February 8.00pm - 10.30pm

Following the immense success of our previous Comedy nights, we're having another one. Acts are Addy Van Der Borgh, Matt Rees, Mark Cooper-Jones & Matt Dwyer. Come along; enjoy a night of good fun and laughter!!

Tickets: £12 members, £14 guests

Doors open: 7.30pm

VALENTINES BALLROOM/LATIN SOCIAL EVENING NIGHT WITH JEFF SHORT

Saturday 15th February 8.00-11.00pm

These informal social dance evenings are held on the second Saturday of each month. Music is provided by Jeff Short. Everyone is welcome regardless of standard and resident dance teacher Jen Thomas will be on hand to offer guidance if required. Licensed Bar provided & free parking.

Admission on the door: £4 members, £5 guests

(NEW) ADULT BALLROOM/LATIN AMERICAN DANCE CLASS

Enjoyed watching 'Strictly', then why not come along to our new beginner's class and learn some basic steps to the Waltz, Quickstep, Cha Cha Cha & Jive. No partner needed.

It will take place on Wednesday 26th February from 7.45-8.45pm. First class is 'FREE' so why not come and try it!

MURDER, MYSTERY EVENING Saturday 15th March 8.00pm

One pub. Six people. One secret. Aubrey Fox has managed to upset pretty much everyone around him, so few tears are shed when he meets his maker. But who did it? Was it Denis, who Fox threatened to send into bankruptcy? Or Beattie or Margaret Cable, whose livelihood he was threatening? Carol shared a secret with him that she didn't want anyone to know. Not forgetting the security expert protecting his future. Whodunit? Everyone would have. Anyone could have. But can YOU work it out? Sit back and watch the drama unfold, try and spot the clues and track down the murderer.

Tickets: £12 members, £14 guests including hot buffet

(NEW) ARE YOUR CHILDREN INTERESTED IN VOLLEYBALL?

If they are I have the former captain of the England Under 17's National Volleyball team ready to coach them. Please call us to put your name down on our waiting list?

(NEW) PRE SCHOOL MINI TENNIS CLASS

We are looking to start a new pre-school mini tennis class in the near future on a Thursday morning from 10.45-11.30am. If you are interested in your children having fun, learning new ball & racket skills & improving their co-ordination please call us to put their name down on our waiting list.

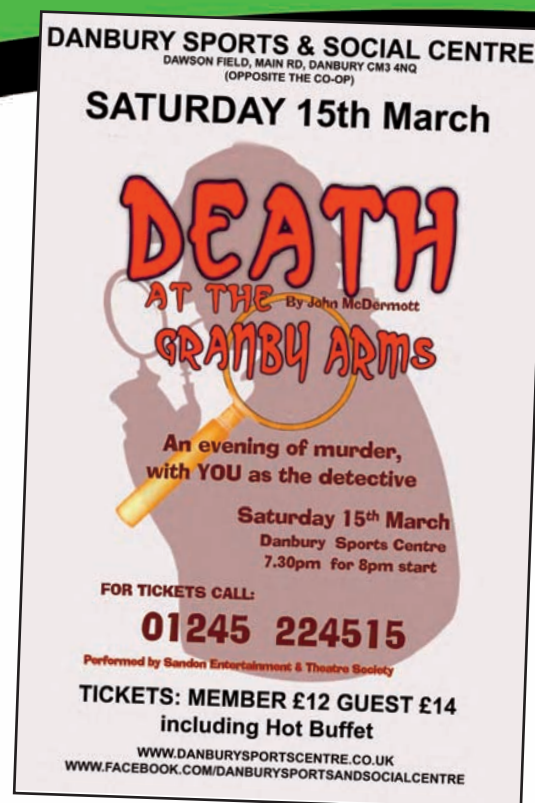
FORTHCOMING EVENTS

Sat 10th May
Fri 6th June

Barn Dance
Buddy Holly Show

Remember, Have fun; be smart, fitness is good for your heart!

Adrian



Tel: 01245 224515 or go to www.danburysportscentre.co.uk

(Opposite the Co-op) Eves Corner, Main Road, Danbury, Chelmsford, Essex CM3 4NQ

SOCIALISE, EAT AND BE ENTERTAINED

The Stow Maries Fund Raising Group invites you to an evening of music, food and good company in Smythe Hall, Church Lane, Stow Maries at 7pm on Friday 21st February.

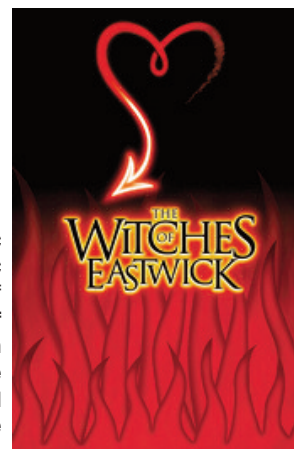
Musical entertainment will be provided by 'Bambi' who has sung all her life starting with blues and jazz and now sings 'middle of the road' such as Ella Fitzgerald type songs. In her early days she was signed by Decca records, having been supported by Lady Fermoy (lady in waiting to the Queen Mother) and has appeared on TV's Barrymore show. In the last 5 years of her professional career she was with a 7 piece function band playing top venues in London.

A freshly prepared paella (or vegetarian alternative) hot supper will be provided, but you will need to bring your own liquid refreshments.

The cost of the evening is £7.50 per person payable on the night. However, in order to plan food requirements, potential partygoers should book by contacting Colin on 01621 828505

CAODS SPELL-BINDING 'THE WITCHES OF EASTWICK'

Chelmsford Amateur Operatic & Dramatic Society (CAODS) return to the Civic Theatre, Chelmsford with the premiere of the musical version of 'The Witches of Eastwick', playing February 25th - March 1st 2014. The combination of Sallie Warrington's dynamic direction and choreography with a bewitching cast make this musical comedy unmissable.



In the New England town of Eastwick, a place of clapboard houses and picket fence mindsets, nothing much happens to the bored inhabitants. Three local women - Alex, Jane and Sukie - frustrated by the constant scrutiny and disapproval of their neighbours, fantasize about their ideal man. When their longings are made flesh in the timely arrival of the wickedly devilish Darryl van Horne, all hell breaks loose - quite literally! Darryl seduces each of the three 'witches' in turn and shows them how to expand the forces locked within them through a 'ménage a quatre' that scandalises the town. As their power grows, his corrupting influence pushes them to extremes and the coven resolve to use it to rid themselves of the Prince of Darkness.

For those with expectations based around the acclaimed 1987 film 'The Witches of Eastwick', there are strong parallels to be drawn with the three superb leading lady performances in CAODS production. All have amazing vocals - Claire Carr (Alex), Sarah Barton (Jane) and Alison Hartley (Sukie) play the witches of the title, respectively repressed, tongue-tied and stropky until they meet the demonic Darryl van Horne, and are transformed into vampish femmes fatales. Gareth Barton is excellent as the sycophantic seducer. The devil of course always has all the best tunes, and he swaggers magnificently through the 'Glory of Me' and the louche 'Dance with the Devil'.

'The Witches of Eastwick' has it all - slick special effects and sleight-of-hand magic, flying witches, superb singing, exuberant dancing and plenty of humour too. In every sense, CAODS spring production is a truly magical show! Book your tickets now on tel: 01245 606505 or www.chelmsford.gov.uk/theatres.

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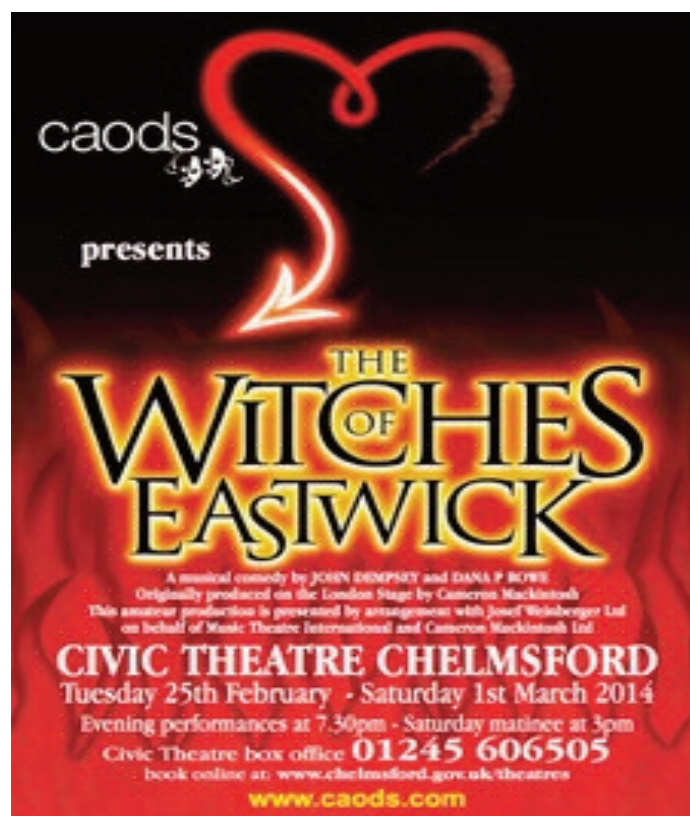
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The journal

*****THE AUDITIONS ARE HERE*****

BOOK YOUR AUDITION PLACE NOW - IT'S NOT TOO LATE! DO NOT MISS OUT - YOU COULD BE THE WINNER OF THE £100 CASH PRIZE AND TAKE THE 2014 'WINNERS' TITLE!!!

OPEN TO ALL YOUNGSTERS ACROSS SWF AND NEIGHBOURING TOWNS/VILLAGES

- ✓ You must be aged 6-18yrs old on the 25th January 2014.
- ✓ You must be available, with a 3-4 minute polished piece for the auditions, having already telephoned us to be given an audition time slot.
- ✓ You must be available for the Live Final on Saturday 15th February 2014 from 12.00pm onwards.

Acts can be individuals, pairs or groups and all art forms are welcome, just so long that all auditionees are within the 6-18 year age requirement. Every act is welcome to audition providing an audition slot has been booked – the audition will be in front of our panel of judges. The management team reserve the right to refuse entry on reasonable grounds. Each person auditioning is required to pay a £4.00 audition fee. After confirming your audition time by phone, you will be given a 4 minute audition slot on 25th January. Please note if the judges have seen enough of your act to conclude their decisions, your act may be stopped part way through your routine. If chosen for the Live Final, your performance piece must change from the audition. To register your place for the audition, please have a name for your act and full names, ages and addresses for all performers within your act.

There must also be an adult contact for your act. CALL 07960 372633 TO REGISTER YOUR ACT NOW!



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Real Lives

WEDNESDAY 5TH MARCH 7.45PM: REAL FREEDOM

ADDICT FINDS FREEDOM Neil Blake interviews musician Steph Macleod about how God freed him from alcohol and drug addiction. Live music and refreshments.

THURSDAY 6TH MARCH 7.45PM: REAL SUCCESS

OLYMPIC MEDALLIST : SECRET OF SUCCESS Olympic medallist, two times world champion and first female captain of the Leander club, Debbie Flood, talks to Dave Hartwell about life, God and sporting success. Refreshments will be served.

SATURDAY 8TH MARCH 7.30PM: REAL FORGIVENESS

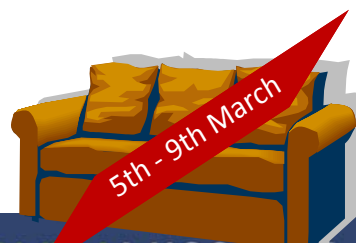
AL-QAEDA TERRORIST KILLED MY SON Join us for supper to hear the extraordinary story of how God helped former chief constable Robin Oake forgive his son's murderer. Suggested donation £5. Contact the church office to book.

SUNDAY 9TH MARCH 10AM: REAL LIFE

THE MAN WHO CAME BACK FROM THE DEAD

Jonathan Griffiths will conclude our week focussing on Jesus, who shows us what life is really all about.

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info@danburymission.org.uk www.danburymission.org.uk



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Little Baddow Conservation Society

Will hold its AGM on

Wednesday, 5 March 2014

at Little Baddow Memorial Hall at 8pm.

The official proceedings will be followed by refreshments and a talk by **Mark Hanson** entitled **'Trees of Essex'**

Annual subscriptions (£5/household) are now due. For convenience, please print and complete a subscription form from our website www.ltbaddowconservation.org.uk or from our email notification to bring to the AGM.

Interested in joining the Committee?
Please contact Susan Gaubert on **226432**

INDOOR BOOT SALE

SUNDAY 2ND MARCH

9AM - 12PM

LITTLE BADDOW MEMORIAL HALL

PROFITS GO TO HALL FUND

TABLES SUPPLIED £10

FOOD AVAILABLE

MUST BOOK IN ADVANCE

CALL 07866 754131

Emma gets taken out by funnyman Paddy McGuinness!

It definitely wasn't a case of 'no likey, no lighty' when a Slimming World Consultant from Heybridge met comedian and TV presenter Paddy McGuinness at an annual awards ceremony.

Emma Chapman, who runs Slimming World groups at Heybridge, Wickham Bishops and LITTLE BADDOW MEMORIAL HALL, Little Baddow every Wednesday morning (9.45am), was delighted to get a chance to cuddle up to Paddy when he co-hosted the Slimming World Awards with the organisation's chair and founder Margaret Miles-Bramwell OBE.

Bolton-born Paddy, who shot to fame in Channel 4 comedy Phoenix Nights alongside school friend Peter Kay before becoming a popular stand-up comedian and TV presenter on shows including ITV1's Take Me Out, said he thoroughly enjoyed the experience.

He added: "I have to admit the most I knew about Slimming World before the awards was a gag in Peter's routine that refers to Slimming World as being a £1 cheaper than its competitors! Jokes aside, I was genuinely amazed to hear about what a difference Consultants like Emma make to people's lives. At the ceremony I met lots of people who'd lost incredible amounts of weight and it had totally changed their lives. Every single one of them told me that they couldn't have done it without the support of their Slimming World group and their Consultant.

"Before I started working in comedy I was a fitness instructor so I know how important it is to look after yourself, but equally I know it's not always easy to motivate yourself. So, having the help and support of someone like Emma to keep you on track and be there with advice when you need it really is invaluable."

Emma said meeting Paddy at the event, which was held at Birmingham's International Convention Centre, was the cherry on the top of a great year for her Slimming World groups: "Obviously the most important thing of all is that the groups have lost weight and improved their health throughout 2013 and I'm so proud of all of my members - many of them have achieved their target weights and been able to do things they never thought possible before slimming down, including doing more with their families, taking up new hobbies, reducing medication or simply fitting in smaller-sized clothes. And they're helping their entire family to eat more healthily too. But as well as seeing stonking success on the scales, we've had a lot of fun throughout the year too - we've held parties in group, raised money for charity and members have cheered each other on with every step of their weight loss journey. I can't wait to see what 2014 holds my Groups and I'd love anyone who's thinking about losing weight to join us.

For more information call Emma on **07929 062819**

Events at RHS Garden Hyde Hall

Little Acorns Pre-School Gardening Club - 05/02/2014

10:30 - 12:00. Encourage your little ones to become budding gardeners! This fun and informal club will provide a wealth of ideas to help stimulate an interest in gardening. Normal garden admission applies, plus additional cash payment of £2 per child.

Valentine's Cream Tea - 10/02/2014 - 14/02/2014

12:00 - 15:00. Enjoy an indulgent cream tea including sandwiches, scones, cakes and hot drink at just £9.95 per person. Add champagne for £6.95 a glass. To avoid disappointment please book on 01245 402024. Normal garden admission applies.

Half term at Hyde Hall - 15 - 23 February 2014

Join us this February half-term for plenty of scarecrow-themed fun! Help our scarecrow find his stuffing, have a go at making a scarecrow, or enjoy scarecrow-themed stories.

Children's great scarecrow straw hunt - 15 - 23 February

10am - 5pm. Help our scarecrow find his stuffing! Venture around the garden looking for sacks of straw, work out the clues, collect some points and then discover how well you have done! Simply pick up a leaflet from the admissions desk when you arrive.

Children's scarecrow making - 15 February

Sessions at 10.15am, 11.45am & 1.15pm. Gather the family for some old-fashioned fun. We'll provide the scarecrow kit, you simply bring the clothes to dress it. Booking essential on 0845 612 1253. Cost: £7 per scarecrow, plus garden admission.

Children's scarecrow stories and craft - 18 - 21 February

11am - 3pm. Have fun with a range of scarecrow-themed activities including lollipop scarecrows, storytelling sessions, hat making and colouring-in sheets. Normal garden admission applies, plus additional cash payment of £2 per child. Booking not required.

LITTLE BADDOW PARISH COUNCIL

The Council met on 9th January 2014. County Councillor John Spence had been helpful with our highways problems, although most were still on-going eg as yet no installation of visible depth markers on regularly flooded roads nor improved parking at Paper Mill Lock. The Highways Department's response to gritting the potentially treacherous stretch of road north of Spring Close, used four times a day by a school bus, was deemed totally inadequate so once again Mr Spence would be asked to intervene to get action.

Police Sergeant Morley, responsible for our area, failed to attend for the second time, being deployed elsewhere. Council wants to talk to him about its position in relation to complaints of activities at the area of Hurrells Ford, although none from Essex Wild Life Trust. It was cited that there has also been significant harassment of some visitors by others at the Ford. A letter will be written to the local Police Inspector requesting guaranteed attendance by Sergeant Morley at the next meeting of a Parish Council which is in his area.

Three substantial thefts from garden sheds were reported and advice given to lock properly, check and be vigilant. Additionally Council was concerned that a dog owner had found a snare in a badger sett in Holybread Wood. It was noted that this is a reportable offence and there will be increased vigilance to ensure protection.

In the development agenda item, where there were re-applications without change then there were still objections, but a re-application for a replacement house on Postmans Lane had been significantly altered and there was now no further objection. It was noted that before a proposed large grain store with hard standing (to which Council did not object) could be built at Hammonds Farm, there would first be an officially organised archaeological survey.

The crack in the flooring of the Pavilion was to be repaired and monitored. Council has protested about imposed bank charges and is worried about the new VAT proposals. All Hall storage users must follow the guidelines. Council will pay the Film Club storage needs.

Details of items in this independent report can be obtained from the Council. GH.

Little Baddow Parish Councillors

Rod Barrett	rodbarrett276@aol.com	226246
Mary Buckley	mary.cbuckley@btinternet.com	
Nic Cooper	redholmenicooper@aol.com	07818 296957
Keith Ferguson	keith.ferguson@kferg.co.uk	224436
Peter Irvine	peterirvine264@btinternet.com	07941 181992
		07850 610929

Martyn Richmond richmondm@philipmorant.essex.sch.uk

		225036
John Robinson	johnnhollywood@talktalk.net	224858
Bob Shepherd (Chair)	chasecottages@tiscali.co.uk	223709
Peter Willington	pkwillington@hotmail.com	224060

Parish Clerk
Roger Upward littlebaddow@yahoo.co.uk 226740

Parish Website www.littlebaddow.org.uk

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VALENTINE'S DAY CANDLELIT SUPPER FRIDAY 14TH FEBRUARY

Treat the special someone in your life to a delicious three course meal including coffee. **£25.95 per person**

MOTHER'S DAY SUNDAY ROAST SUNDAY 30TH MARCH

Take mum out for a 3 course Sunday Roast & Coffee for **only £14.95 per person for 2 courses or £17.95 per person for 3 courses**



EASTER WEEKEND

Good Friday 18th April, Easter Sunday 20th April and Easter Bank Holiday Monday 21st April.



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The journal

WOMEN'S WORLD DAY OF PRAYER

(International and Interdenominational)

Friday 7th March

10am at

**St John The Baptist Church
Danbury**

Speaker - Revd, Canon Christine McCafferty

Streams in the Desert

Women's World Day of Prayer is an international Inter-Church organisation which enables us to hear the voices of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is extensive. An international committee works from New York and each participating country has its own national committee. Regional conferences meet to consider the service and the local groups make their plan. Finally, at a church near you on March 7th, women and men will gather to celebrate using a programme of worship offered this year by women in Egypt.

The theme of the service is 'Streams in the Desert' and we are asked to reflect on our Christian role of being a 'stream in the desert' for those who experience spiritual 'drought'. We believe that the service from Egypt has universal appeal.

One of the oldest civilisations in the world, Egypt has long been home to Coptic Christians. Since the uprising in 2011 there has been conflict between religious groups. Political change affects individual lives and we pray with the women of Egypt for peace. We envisage a great wave of prayer, rising with the sun over the Island of Samoa and sweeping across Asia, Africa, the Middle East, Europe and the Americas, coming to rest in American Samoa some 36 hours later. By then WWDP services will have been celebrated in over 170 countries.

All are welcome to attend, men, women and people of all ages.
www.wwdp.org.uk



**1st Danbury Scouts
are holding a
Jumble Sale and
Mock Auction
on Saturday, 22nd**

March 2014

**at Danbury Village Hall
from 1.30pm til 3pm**

Please bring your unwanted jumble items to the Village Hall between 9.00am and 12.00pm or call Sarah Reid on 01245 225411

or Debbie Hay on 01245 227258 for your items to be collected.

No large items of furniture please.



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David De Winter (tenor) **Colin Campbell** (bass)

Tim Carey (piano)

**Saturday 15th March
at 7.30pm
King Edward VI Grammar School**

Andrew Fardell - Conductor

Tickets: Centre £13 (£11 concessions, £5 under 16s)
from James Dace & Son Ltd., 22 Broomfield Road, Chelmsford;
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Is Your Neighbourhood Switched On?

Please carry out a weekly task of setting your automatic light timers to come on earlier - It is now starting to get dark at around 16:00

As the autumn nights draw in it's time to think about the burglar out there and not leaving them "tell tale" signs that your home is empty and vulnerable. The art of illusion is to try and make it look as though your home is occupied even though you are not there. Provide that first impression to the "would be" burglar that this house is occupied, it looks too difficult to get into and that if they do try there is a good chance they will get their collar felt!

· Lighting, if your house is overlooked and there is the chance of burglars being seen they will prefer to go elsewhere, so get some decent lighting on your house. Dusk till dawn activated lighting on the front and rear with energy saving bulbs, not only deters the burglar but you can see who is at your door or around your home, and also when you return home you have a welcoming light.

· Is there clear unobstructed access to the rear? Burglars will prefer to gain access out of sight at the rear. Where possible fence and gate access to rear gardens, top this with some trellis or spiky toppings (the spiky topping requires a warning notice). How about some defensive planting, what's this you ask.....something like Berberus, Pyracantha or Hawthorn around perimeter fencing or anything else you wish to protect i.e. domestic fuel tank (some garden centres sell more established plants).

· The illusion: - Try to make it look similar to when you are there - table lamps inside on timers (don't use energy saving bulbs with digital timers it shortens the life of the bulb) or use a "dusk till dawn" sensor (bulbs are now available with a built in sensor), a radio on a talking programme, it all helps. You can even buy a device now called "Fake TV" that mimics the light from a television. Out and about? For a little extra confidence consider carrying a personal attack alarm, many come with a torch and are quite cheap from DIY stores, internet etc. Most all be aware of your surroundings, avoid concentrating on mobile phones and music devices whilst out and about.

If you would like further advice on home security please contact Trisha Staerck on 101 extension 421132

Wickford Breathe Easy

Wickford Breathe Easy, a social group for anyone affected by lung disease. Meetings take place on the 2nd Wednesday of the month at Small Hall, Our Lady of Good Counsel, 61 London Road, Wickford SS12 0AW, from 1.30 - 3.30pm. We offer mutual support/friendship/guest speakers and COPD information.

Come along (bring a friend) and join us for tea/coffee and a chat.

The speakers booked for the first few months of this year are:-

Feb. 12th Simon Dinsdale talk on his time as body guard and protection officer to royals/politicians

Mar 12th Brenda Weaver & Dog talk on training Guide Dogs for the Blind

April 9th Breathe Easy Groups Area Quiz Competition, open to all. (We could use the help)

May 14th Entertainment by Sylvia LLOYD and her keyboard

For further information contact Margaret on 01268 769843 or Dianne on 01268 524023.

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Saturday 5th April 2014
Woodham Walter Village Hall
CM9 6RE. Barn dance raising
funds for Helen Rollason
Cancer Charity. 7.30 - 11.00pm.
Live music by Metric Footband.
Ticket £7 bring own food and
drink. Details 01621 859202



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Save the Date for the Chelmsford Marathon!

Could Chelmsford be hosting the most scenic marathon in the South East? The J's Hospice are delighted to announce the date of the very first Chelmsford Marathon - to be held on Sunday 19th October 2014!

Essex boasts some of the flattest and most beautiful scenery in the UK, attracting runners of all levels, and the Chelmsford Marathon promises to establish itself as a unique race not to miss in the running calendar

With a route that takes runners through five of Chelmsford's most beautiful parks; Central Park - where the Marathon begins - through Admirals Park, Tower Gardens, Bellmead Park and the award-winning grounds of Hylands Park, via the picturesque village of Writtle, the route showcases some of the best of Essex countryside.

The idea for a Chelmsford Marathon was generated from some very keen interest and demand from local running enthusiasts who could see the need for The J's Hospice to showcase Chelmsford's new 'city' status and our beautiful parkland.

Over six months of planning, discussions and consultation have brought us to the point of launching the Marathon with the enthusiastic approval and backing of local authorities.

Dominique Brunning, Fundraising Manager at The J's Hospice had the following to say:

"We wouldn't have got to this point without the support of the local community - everyone has recognised this as a unique opportunity; not just runners but the general public have taken the idea - and run with it!"

Potential Marathon runners can register online or using dedicated leaflets from Tuesday 25th February - keep the date in your diary! Entry costs just £28 per person, but of course we're hoping that runners will raise their own sponsorship for a very worthy cause.

This event will raise much-needed funds for The J's Hospice as well as creating a lasting legacy for the City of Chelmsford of a successful marathon that can grow year on year, bringing visitors to the city and highlighting all that the city has to offer.

You can register to take part in the Chelmsford Marathon online by visiting www.thejhospice.org.uk from 25th February or call The J's on 01245 475474 to request a registration form to be sent to you.



The Rotary Club of
South Woodham Ferrers
Rotary RIVER RUN



After much consideration, we have the pleasure to announce that we have linked up with Dengie Events and Marsh Farm to hold the first 'Rotary River Run', which we hope will become an annual event that will not only increase the general fitness of the participants, but also in the process will raise badly needed funds for charities and good causes. This year, the major recipient will be Little Haven Hospice, which looks after terminally ill young patients.

Dengie Events have professionally conducted many sporting events including The Maldon Triathlon. Great consideration is given to safety and correct organisation along with providing a warm and welcoming atmosphere for all. Please see www.dengieevents.co.uk.

Our first run will take place on Sunday 22nd June 2014 and will be along the river wall and open farmland track through Marsh Farm. As we are trying to cater for a variety of runners, there will be a 10 km run for the serious runners or those looking for a challenge. There will also be a 3 km fun run for the beginners and for younger runners and novice runners we will have a 1.5 km course.

The 10 km and 3 km runners will need to register with Dengie Events <http://www.dengieevents.co.uk/#/rotary-river-run/4579890496>. Runners are encouraged to get sponsorship but the run is open to all, from experienced club runners to complete novices. Entries are now open from the Dengie Events website. All those running the 1.5 km circuit will be registered with the Rotary Club and will need to be sponsored.

Registration and Sponsorship forms for the Rotary River Run can be downloaded from www.swfrotaryclub.co.uk

We look forward to your support to make this another SWF Rotary club success and raise valuable funds for charities.

Contact Details:
Soroush Ebrahimi
Rotary River Run Committee
Tel: 01245 221 564

ENGLISH MARTYRS CHURCH DANBURY
WITH HOLY TRINITY S.W.F.

TOYS
GOOD AS NEW
RUMMAGE
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AUCTION
SALE
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RECORDS
BAGS
SHOES

1:30 PM 1st MARCH 2014

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from 9.30 am. No large furniture please.

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Danbury Patient Involvement Group
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JUMBLE SALE & AUCTION

Saturday 22nd February
2014 at 2.00p.m.
in Danbury Village Hall

The P.I.G. aims to support the
health interests of patients in
Danbury & surrounding villages.

We organize Health Awareness
Sessions and help provide for :-
The Danbury & Bicknacre First
Responders, Danbury Medical
Centre and Wyncroft Surgery

your MONEY



Steve Dodge of the Independent Financial Advice Centre writes Do Nothing and lose £137,500

April the 5th is the end of the tax year and once again we find that a decision must be made regarding pension funds as yet more rule changes come into effect. Doing nothing could easily cost you a fortune.

Currently we are all allowed a maximum pension fund of £1,500,000. It used to be unlimited, then £1.8M now £1.5M and on April 6th it reduces to £1.25M.

Now I can hear the cry "for goodness sake, how many people will this affect"? Well 360,000 of us apparently and the largest proportion of these are here in the South East.

The point is that it is possible to keep the £1.5million pound allowance if you sign a form to protect it, called "Fixed Protection". The downside of this is that you can no longer make any pension contributions, and you must not have applied for any previous form of protection "Enhanced" "Primary" or "Fixed 2012".

So, should you make a large, final perhaps, pension contribution

before April 5th? If your fund is over £1.25 million on the 5th April you can also apply for "Individual Protection" so if your fund is say £1.4million you can apply to have that limit instead of £1.25M. The daft thing is if you apply for individual protection you can carry on making pension contributions! But why limit your fund to £1.4M when it could be £1.5M. It is possible therefore that the right thing to do is apply for both forms of protection!

Please don't make the mistake of thinking your fund is presently well below the limits, you need to think what it could be in future. An £800,000 fund at 7% growth only takes 6.5 years to reach 1.25M! Even a £400,000 fund could grow to £1.25M in only 17 years without adding any contributions.

If your fund exceeds the limits, when you draw the benefits the surplus is returned to you as a lump sum, LESS 55% Tax!! Getting it right is therefore rather important. Signing a form before April 5th could mean an extra £250,000 in your pension "pot". Do nothing and you could pay £137,500 extra tax instead!

April 5th is also the deadline for this year's ISA (Individual Savings Account) allowance. It is possible to invest up to £11,520 per individual in an Equity (Share based) ISA account and pay no higher rate tax (up to 45%), capital gains tax (up to 28%), or have to declare anything to the Inland Revenue.

There was a rumour that the Government would like to stop these accounts, or limit the amount you can invest as they are losing a lot of revenue, so make sure you use the allowance, while it exists.

So should you make perhaps a final pension contribution before April 5th, apply for fixed protection 2014, individual protection, or invest in ISA's both before and after the deadline?

As usual your IFA should have the answers for you but please don't leave seeing them until the last minute, this is a complex situation requiring careful thought not a rushed last minute panic.

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The Fighting Essex Soldier: Recruitment, War and Remembrance in the Fourteenth Century A one-day conference at the Essex Record Office

During the fourteenth century, successive English kings sent their armies to do battle in Scotland, France and Ireland. As a result, the number of men involved in warfare increased dramatically. What's more, these soldiers are well documented, enabling us to find out more about the men who served in these campaigns than any earlier ones, especially those drawn from the gentry and nobility. This conference will take a look at the impact these many conflicts had on Essex society, and how soldiers were remembered after their deaths.

Saturday 8 March 2014, 9.30am-4.15pm
Essex Record Office, Wharf Road, Chelmsford, CM2 6YT
£15 including refreshments and buffet lunch
Please book in advance on 01245 244614
For more information please see
<http://www.essexrecordofficeblog.co.uk/conferences/>



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A treasured historic asset - the Chelmer & Blackwater Navigation



Today the Chelmer and Blackwater Navigation provides an attractive 14-mile recreation corridor serving ramblers, natural history enthusiasts, fishermen, and boat users - as well as those who might just want to relax with a nice cup of tea and watch the world go by at places like Paper Mill Lock. The navigation incorporates 13 locks, has a towpath throughout its length and runs from Springfield Lock in Chelmsford to the sea lock at Heybridge Basin near Maldon. It was opened in 1797 and at its peak it was carrying 60,000 tons of goods traffic each year. When commercial goods traffic ceased in 1972 leisure pursuits were encouraged but all was not plain sailing: soon many locks were broken or in a bad state of repair and, after surviving for more than 200 years, the original Navigation Company collapsed in 2003. Now all locks are in full working order and the navigation is managed by Essex Waterways Ltd. - a company formed as a subsidiary of the Inland Waterways Association.

The South Woodham Ferrers Local History Society is delighted that Essex Waterway's hard-working chairman Roy Chandler has agreed to give a presentation at the Society's next meeting. His talk 'The Chelmer & Blackwater Navigation: Its Recent History' will concentrate on what Essex Waterways has been able to achieve in the last 20 years or so. The evening should give a valuable insight into the practical outworking of a project with a significant local history interest and will provide an interesting new perspective for any ramblers, natural history enthusiasts, fishermen, boat users - and tea drinkers - who may already enjoy what this treasured local asset has to offer...

The talk will take place at 8pm on **Wednesday 5th February** at Champions Manor Hall Community Centre, Hullbridge Road, South Woodham Ferrers CM3 5LJ. Visitors are very welcome to attend (admission £3). The event is free for Members of the South Woodham Ferrers Local History Society (subscription £12 per annum). Enquiries: **321518**

LETTER FROM YOU ...

We would just like to say a massive thank you to Dean, Kerry and all the staff at The Griffin, in Danbury. They very kindly hosted a Charity Meal for Finley, raising an amazing £1007, which will go towards his electric medical bed. We all had a very enjoyable night, the food looked and tasted amazing and the service was fantastic. Thank you so very much.

For more information regarding Finley take a look at www.facebook.com/finleysfundraisingwarriors, Rettendon Preschool are hosting a Adults Pamper and Gift evening on the 6th December from 7pm, come along and pick up some Christmas gifts while getting pampered for a good cause. Contact Rhys on 01245 327205 for more details.

Sale tables available in February

The next South Hanningfield Village Hall Indoor Table Top Sale will be on Sunday, 23rd February 2014. There are still a few stall tables available. Various stalls include bric-a-brac, second hand goods and some new goods. Doors open at 10am to the public (sellers 9am). Refreshments will be available. For further information and to book a table from £5, contact Clive or 07891 653238



THE UNIVERSITY OF THE THIRD AGE

The Crouch Valley U3A monthly meeting for January 2014 will take place at Champions Manor Hall, Hullbridge Road from 2.00pm Tuesday, January 28th. Visitors to our meetings are very welcome.

The speaker for the meeting will be David Patwick and the subject of his talk will be 'Music of the Fifties', something interesting for those of us of a certain age I would think.

All the details of our organisation and its activities can be found on our website. The website address is - <http://u3asites.org.uk/crouch-valley>

Swift Singers Senior Citizen's Concert Sunday 9th February at 3pm in the SWF Village Hall



Tickets £3.50

including tea and cake during the interval.

Tickets available from Champions Manor Hall

or by calling

Margaret on 01245 321019

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JAMIE WILLIAMS & THE ROOTS COLLECTIVE PRE ALBUM LAUNCH GIG AT THE ALE HOUSE

Jamie Williams & the Roots Collective are making a rare home town appearance at the Ale House in Chelmsford on 1st February in support of their new album DUG DEEP, FOUND STEEL which is due for release on 3rd March.



Jamie Williams & the Roots Collective love playing live & 2014 will see them playing the Broadstairs Blues Bash in February; Cosmic Puffin; Cambridge Rock Festival & the British Stage at the 25th Colne Great British R&B Festival, with more to be announced soon. Their next local gig will be at the legendary Railway Hotel in Southend, home to Wilko Johnson amongst others on Sunday 2nd March.

DUG DEEP, FOUND STEEL their 3rd album in 4 years will be available on Amazon & iTunes as well as for download. The album was recorded at Saint Studios in Burnham on Crouch & was produced by local legend Pete Crisp who captured the essence of their live performances, delivering an earthy, gritty collection of songs chronicling life's vagaries both happy & sad.

The band comprises Jamie on lead vocals, rhythm guitar/mandolin; Lizzie B on vocals/acoustic guitar; Chris Found on lead guitar; Kev 'the Rock' Warner on bass, 'Charity' Nick Garner on harmonica and not forgetting Dan Mills on drums.

There's certainly an Americana feel to the music, as though the band were born & raised on the Delta... it's groovy, it's rocking" *Firebrand Magazine*

"a gritty sound that made me think of the sound of The Kinks of the mid-sixties (or imagine The Feelgoods with acoustic guitars)" - *Blues In the North West*

For more information and the latest tour dates, please visit <http://www.jwroots.co.uk>

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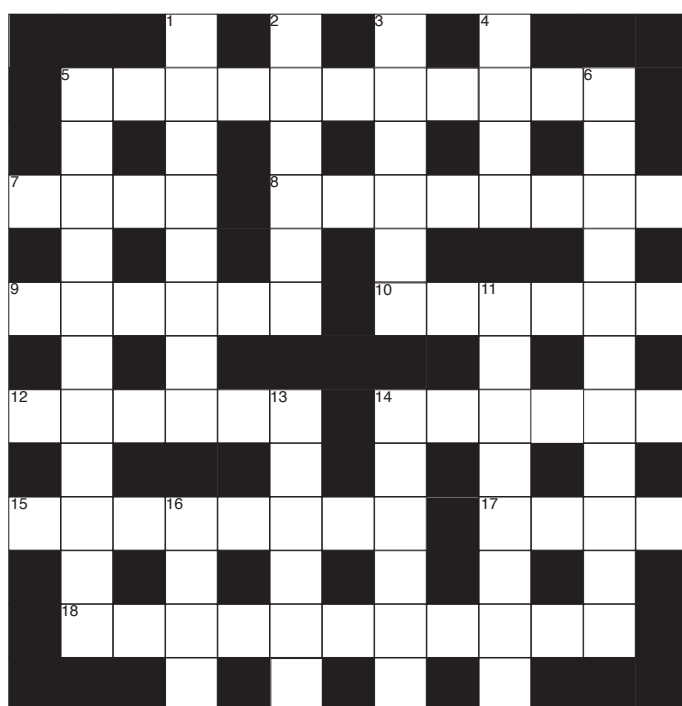
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General Knowledge Quiz - Answers

- | | | | |
|--|----------------------------------|----------------------------|-------------------------------|
| 1. Windsor | 27. Candle In The Wind | 53. Black | 80. 6 |
| 2. 9 | 28. 6 | 54. 12 | 81. South Africa |
| 3. Edinburgh | 29. Mercedes-Benz | 55. 10 feet | 82. Alan Shearer |
| 4. 8600 | 30. Wings | 56. Over 27 years | 83. 2011 |
| 5. Istanbul | 31. Distict Line | 57. The Sun | 84. Circumference |
| 6. 26 | 32. Forearm | 58. Optic nerve | 85. 10,080 minutes |
| 7. Average 238,857 | 33. Camulodunum | 59. Venice | 86. 112 |
| 8. 3 | 34. China | 60. Glacier | 87. Sphere |
| 9. Oysters | 35. Dog | 61. Oxford | 88. Roy's Rolls |
| 10. Tribbiani | 36. Roald Dahl | 62. Dover | 89. 22 |
| 11. Italy | 37. May | 63. Yellow | 90. Emmerdale Farm |
| 12. Florida | 38. The Loire | 64. Great Fire of London | 91. Warwick Davis |
| 13. Canterbury | 39. They are all body joints | 65. The Tube | 92. Dave |
| 14. 90 | 40. Bacon | 66. Stratford, East London | 93. Bridge Street |
| 15. Mr. Jingles | 41. Eyelids | 67. Twickenham | 94. Mercredi |
| 16. Geese | 42. 21 | 68. The Shard | 95. Oxford Street |
| 17. Trevor | 43. 10 | 69. The Clash | 96. Sam Snead |
| 18. Butcher, baker and candlestick maker | 44. Mount Everest | 70. St. Paul's Cathedral | 97. William Shakespeare |
| 19. Animals | 45. Tsunami | 71. London Heathrow | 98. Knot |
| 20. Sega | 46. O | 72. Chimpanzee's/Dolphins | 99. John Candy & Steve Martin |
| 21. Diagnosis | 47. 'A' and 'I' | 73. Glucose | 100. Jeremy Irons |
| 22. Pink | 48. X | 74. Carnivore | |
| 23. 4 | 49. United Kingdom and Argentina | 75. 4 | |
| 24. 27 | 50. Burger King | 76. Aston Villa | |
| 25. Buckinghamshire | 51. Kelly Clarkson | 77. Chelsea | |
| 26. Mickey Mouse | 52. Margaret Thatcher | 78. Manchester City | |
| | | 79. 26 miles and 385 yards | |

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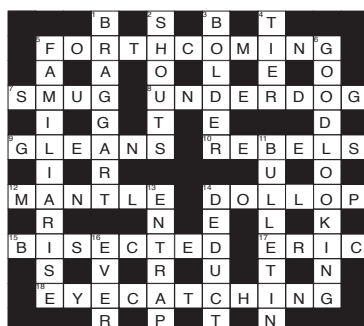


ACROSS

- 5 Having a row with Tim, go in where there are patient people not yet treated (7-4)
- 7 Dwell tediously on heavenly kind of instrument (4)
- 8 They verify things in a game of draughts (8)
- 9 Alteration in balance of money returned after payment (6)
- 10 Gregarious in the Channel Islands also (6)
- 12 Moves stealthily among commonly disliked people (6)
- 14 Eric's starting being a writer (6)
- 15 Own up to breaking rod in heavy fall of rain (8)
- 17 The impetuous rush out of Ireland! (4)
- 18 Think Dear Ed will turn out to be benevolent (4-7)

DOWN

- 1 Speeds in to make up medicine (8)
- 2 Move round - and round (6)
- 3 All at sea, Reg consents (6)
- 4 Employment creating musical composition? (4)
- 5 Small firm making chart for the week that shows which way the wind is blowing! (11)
- 6 Academic cap is just the thing for the builder to use when mixing cement (6-5)
- 11 Fast naval vessel taking five to Crete (8)
- 13 She too becomes calm (6)
- 14 Master-switch controlling current (6)
- 16 Not any result from neon production? (4)



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