



Highwood Parish News & Diary



MARCH / APRIL 2020

HIGHWOOD PARISH COUNCIL



PLEASE HELP HIGHWOOD LITTER PICK

Sunday 29th MARCH 2020

**Please join us and help keep
Highwood litter free.**

**Meet in the Highwood Village Hall Lobby
10am - 12 noon**

**Hot and cold drinks and homemade cakes to
enjoy after litter picking.**

Litter pick tools, hi-viz and collection bags will be provided. We have a limited supply of gloves, so please bring your own if possible.

All welcome and your help will be very much appreciated.

Children must be supervised by an Adult.

PLEASE NOTE: Items for the next magazine received by the 15th April will be included subject to available space. Send as early as possible please to avoid disappointment. I have a tight budget to keep to. Items received after this date cannot be included. ANYONE REQUIRING MORE THAN ONE PAGE FOR THEIR ARTICLE MUST PLEASE HAVE IT WITH THE EDITOR AT LEAST ONE WEEK BEFORE THE ABOVE DEADLINE IN ORDER TO AVOID DISAPPOINTING OTHER CONTRIBUTORS.

Issues are bimonthly. - next May/June 2020.

EDITOR. David Taylor, Woodside, Loves Green.
01245 248921 dl.tay@btinternet.com

COVER PHOTO

Secret Highwood

Looking South from FP 37. Hockley Shaw

Photo by David

HIGHWOOD VILLAGE HALL

For the latest information on activities, together with details of the Hall's facilities and hiring tariff, please see the Village Hall

website:- **www.highwoodvillagehall.org**

Bookings:- Shelley Fowler 07305 580329

enquiries@highwoodvillagehall.org

Treasurer:- John Kent 01245 697092

**THE MOBILE LIBRARY is still available
for the general public beside the school.
Every third Thursday 10.30 - 11.00 am.
20th FEB, 12th MAR, - - -**

They will be very pleased to meet you !

HIGHWOOD PARISH COUNCIL

**Please see page 9 for an updated
version of the Council's meetings and
reports**

KEMI BADENOCH MP

holds regular advice surgeries offering help and support
for local residents.

If you would like to contact Kemi, you can email
kemi.badenoch.mp@parliament.uk
or call 0207 219 1943

NICOLETTE CHAMBERS CHEMSFORD CITY COUNCILLOR

Will be at Catch up Cafe for consultation
Friday May 1st 10.30 to 11.30
01245 23109

of the Green

SERVICES

March 2020

Sunday 1st	10.30am	Julie Robinson & Friends
Sunday 8th	6.30pm	Ian Chamberlain
Sunday 15th	10.30am	Mike Shelbourne
Sunday 22nd	6.30 p.m	Jim Allen
Sunday 29th	6.30 p.m.	Steve Randell United Service Cooksmill Green

April 2020

Sunday 5 th	10.30	Rev Mike Aston
Good Friday 10 th	11.30	Joan Goode
Easter Sunday 12 th	10.30	Steve Randell
Sunday 19 th	10.30	Jeff Hoskins
Sunday 26 th	18.30	Arthur Mitchell

COOKSMILL GREEN See page 18 NEW FARM STUD



FROM THE VICAR

FEBRUARY 2020

Today as I write the wind and rain have both stopped, the sun is out and how different it feels to yesterday.

I've done quite a number of funerals in January, and it's not uncommon for elderly people to die around the Christmas/New Year period, which makes that season feel very different to what the so-called spirit of Christmas is 'meant' to feel like. At that time of year when people die, it may well feel to their loved ones like the wind is blowing hard and the rain is pelting down and the world feels cold and uncaring. Nonetheless, for me it remains a privilege to be invited into the winter of peoples' lives and share the stories, the sadness, the laughter and memories that made that person who they were and what they meant to others.

And that's the thing for us isn't it....making meaning out of our life and death. Sometimes it's really hard to make that sense of meaning in our own lives when it all goes pear-shaped and something hits us from the side when we didn't see it coming. But it's often helped when we are able to share our struggles, pains, and questions with someone who has the time and can listen well to us as we try to articulate what's going on inside of us. Someone once said that being listened to well is like being loved. And that's profoundly deep and powerful and resonates with us. Always remember, as the Christmas story has just reminded us, that God is with you and is closer to you than you think, and especially so when you feel you're in a winter period in your life.

And a reminder to all that the Sunday church services at St Paul's Highwood have now changed to 10am. We'll be reviewing things again after Easter to see how it's working in conjunction with the other 2 parishes I'm responsible for: Writtle, and Roxwell.

Thank you all for your welcome of me amongst you, and I look forward to working with the various organisations in the village. Thanks to all who work to build the local community, especially those who give their time and talents freely through volunteering in all manner of ways - particularly the unseen ways.

And thank you to those who actively look for ways to be a ray of sunshine in other peoples' lives. When you smile, or listen well to another it can help remind them that life will not always feel like a wet winter.

Rev Tony

ST PAULS SERVICES

February 23rd	Peter Mason	10.00am
March 1st	Vicar to be arranged	10.00am
March 8 th	Rev John Howden	10.00am
March 15 th	Rev Tony Cant	10.00am
March 22 nd	No service	
March 29 th	Vicar to be arranged	10.00am

April 5th	Palm Sunday – Rev Tony Cant	10.00am
April 12th	Easter Day - Peter Mason	10.00am
April 19th	Vicar to be arranged	10.00am
April 26th	Rev Andy Griffiths	10.00am

PLEASE NOTE THAT ALL SUNDAY SERVICES ARE NOW AT 10.00AM

Carol service and Carol Singing

We had a very successful Carol Service on December 15th in Church led by Rev Tony Cant. Thank you to the Highwood Choir for their wonderful singing and to David Pattrick for playing the organ. It was lovely to see so many people there and we raised £301 for The Children's Society. A few days later a brave bunch of people went Carol Singing around Loves Green and raised a further £130 for the same charity. We were able to send a total of £431 to The Children's Society, the highest amount we have achieved so far. Thank you to everyone who donated to this very worthy charity.

Pastoral Team – All Saints Writtle

The pastoral team in Writtle is organised by Hazel Kempton and she would be happy to extend their services to Highwood. If you or someone you know is ill, bereaved or just feel you would like to have a visit/chat with someone please contact her by e mail and she will be happy to help. Her e mail address is pastoral.WrittleAllSaints@gmail.com

Organist required, St Pauls Church

Can you play or know someone who does? If so and would be willing to play for our Sunday service, or even occasionally please contact either Anne Gooch on 01245 248538 or Janet Young on 07971 947980. Thank You

Family notices

Rachel Horsnell

15th August 1930 – 14th December 2019

Mum was born in Edinburgh, the youngest of 6 children and when she left school took up employment as a Shorthand Typist. In 1955 she married Fred and she moved to Gorrells Farm, Highwood where she quickly settled in to life as a Farmer's wife. One of the first things she had to do was to learn to drive!

She quickly settled in to village life and got involved in the various organisations in Highwood. In April 1957 Trevor was born and in February 1960 I came along. Now she was not only a busy Farmers wife, but also a Mum! Over the years she was involved in the school, the church, the Ladies Club, The Welcome Club, just about anything that went on in the village. She loved cooking, sewing, knitting, dancing and playing Bingo. Mum was always asked to make cakes for any function and her Scotch Pancakes were legendary.

She was over the moon when her Granddaughters Emily and Jenny were born and she spent a great deal of time with them and spoiling them, of course!

Nothing was ever too much trouble for her and she did everything with a lovely smile. Sadly, about 5 years ago she was diagnosed with Alzheimer's Disease and this robbed her of so much. In February 2018 we had to make the hard decision to move her to a care home and she went to live at Manor Lodge in Chelmsford where she had wonderful care.

Thank you to everyone who came along to her Funeral on January 21st and to everyone who sent us messages and cards. If you would like to make a donation to Alzheimer's Society in her memory, these can be sent to M Lucking and Sons, 195 New London Road, Chelmsford, CM2 0AB. Thank you.

Janet Young

HIGHWOOD PARISH COUNCIL

Chairman's Report

The Parish Council are here to serve the community and we welcome your views on any subject within our remit.

We have recently developed a new web site (www.highwoodpc.org) where you will find all our information and a contact us page. Our Clerk, Karen Kuderovitch can be contacted via e-mail clerk@highwoodpc.org or calling 01245 842953 after 3pm Thursdays/Fridays. We have also created a Facebook page in order to further improve contact with our residents. We will be installing a new main notice board at Loves Green & refurbishing all the others within the Parish, and will ensure all of them are updated on a regular basis.

Upon receiving some feedback of the content in this magazine we will not continue to publish the full Minutes of our Parish Council Meetings, but will provide a summary and ensure Planning is included.

Play Area - Rear of Highwood Village Hall

New fencing and additional car parking will be installed at the beginning of April. Towards the end of March a new smaller children's play tower and older children's swing will also be installed.

CCTV/Security

We are currently exploring options and liaising with Chelmsford City Council to see what can be done.

Edney Common

The area that has old play equipment - we are looking for residents ideas on what we could do with the land. We are considering trying to get free trees to turn the area back to Woodland, but if you have any ideas please let us know.

When we meet

Our next meeting is on 9th March 2020 starting at 7.30pm at the Highwood Village Hall. The remaining dates for 2020 are:
11th May, 13th July, 14th September, 9th November.

The Annual Parish Meeting is the meeting of the electorates and is your opportunity to come along, meet the Councillors and we hope to make the event this year beneficial to all and well attended. Please look out for further details once we decide on a date.

The Parish Council Meetings are open to the public, there is a section on the Agenda for residents to come and address the Council on any matter. This normally lasts 15-20 minutes, but can be extended by the Chairman. Once this public session closes residents are welcome to stay and listen to the whole meeting but can no longer comment, unless specifically invited by the Chairman. We really would welcome more residents to come along and see what we do.

We look forward to seeing you. David Cameron, Chairman.

WHAT'S ON AT THE HALL

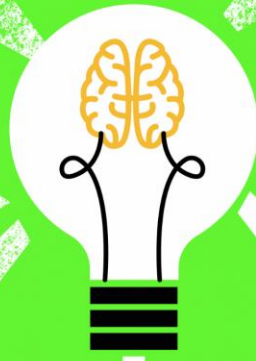
- MONDAY 1.30 - 3.30pm **Table Tennis Social Club**
Info:- Shelley Fowler 07305 580329
- MONDAY 6.00 - 8.00pm **Pilates with SG Fitness**
Beginner & Intermediate. Info;- Sue. 07702236841
- MONDAY 7.30pm bi-monthly **Highwood Parish Council.**
Next 9th March. (No Pilates)
- TUESDAY **Iyengar Yoga.** Info;- <http://www.ivce.com>
9.15 -10.45am Denise Mehiman.
11.15 - 13.15 Susan Long
7.00 - 8.30pm Susan Long
- WEDNESDAY 11.30 - 12.30 **Pilates (gentle, spine safe)**
Info;- Sue. 07702 236841 or 01245 421961
- WEDNESDAY 1.30 - 4.30pm **Carpet Bowls.**
Info:- Chairman. John Walker 01245 420919
- WEDNESDAY 7.30 - 10.30pm **League Table Tennis**
Info:- Martin Goddard. 07795 430332
- THURSDAY 6.00 - 7.00pm. **Pilates with SG Fitness.**
Beginner & intermediate. Info;- Sue. 07702236841
- THURSDAY 7.30 - 8.30pm Highwood Community Choir
Info;- Secretary, Mel Fishwick 01245 248598
- FRIDAY 10.00 - 12.00 **Catch up Cafe.** First Friday in month
Info;- Leslie Bridgeman 07944 515598
- FRIDAY 10.00 - 12.00 **Remedial Iyengar Yoga.** (Not on
Catch up Cafe days) For info see Tuesday above.
- SATURDAY 10.00 - 12.00 **Remedial Iyengar Yoga**
With Susan Long 07460 101510
- SUNDAY First Sunday of the month. 9.30 - 11.30 am
Pranayama Class. Info;- Susan 07460 101510
- SUNDAY 1.30 - 5.30 pm Alternate Sundays.
Time 4 Dance Info:- Debbie Garrard 07872 427846

Our Hire Fees 2020

	Residents*	Non Residents	Commercial
Monday to Friday 0800-1800	£10.00 Per Hour	£17.00 Per Hour	£40.00 Per Hour
Friday 1800-2300	£70.00 Set Rate	£120.00 Set Rate	£40.00 Per Hour
Saturday 0800-1800	£15.00 Per Hour	£25.00 Per Hour	£40.00 Per Hour
Saturday 1800-2300	£130 Set Rate	£200.00 Set Rate	£40.00 Per Hour
Sunday	£15.00 Per Hour	£25.00 Per Hour	£40.00 Per Hour

Highwood Primary School PTA Presents

QUIZ NIGHT



TO BENEFIT THE HIGHWOOD PRIMARY SCHOOL

**March
27th, 2020**

Doors open at 7:00 PM Quiz starts at 7:30
PM £5 per person / Tables of up to 10 players

Raffle - Tea & Coffee - Cakes - BYO Alcohol

Tickets available from Highwood Primary School Reception or post
your entry, team and name in an envelope to Summerfield, Loves
Green, CM1 3QH

HIGHWOOD VILLAGE HALL, HIGHWOOD ROAD, LOVES GREEN CM1 3QG

HIGHWOOD HUB WHAT'S THAT ??

A number of people have expressed the need for a regular games / social evening in our village hall.

We are very fortunate to have Tracey our dog walker who is keen to organise the venture.

Any kind of cards, board games should be possible or just chill out and chat. Fun and laughter !!

She already has the support of some of our parishioners and a Chelmsford social organisation.

All she needs now is **YOUR SUPPORT**

Please contact Tracey to express your own ideas or to ask your questions or to pledge your support.

phone 07903738519

Please do not let this opportunity slip through our fingers.

HOORAY! IT'S ARRIVED

FRI 21st FEBRUARY. HIGHWOOD VILAGE HALL. 7-10pm

£3 to cover costs please.

Tea and coffee, but you are welcome to bring your own drinks

YOUR SUPPORT FOR THIS FIRST NIGHT IS ESSENTIAL.



COOKSMILL GREEN See page 18 BILL TIDEY



From the County Council

SWITCHING OFF DUPLICATE STREET LIGHTS TO SAVE CO2

Many of you may have noticed that there are a number of street lights of the County Council's 129,000 that are not working. In most cases this is because they are awaiting an upgrade to LED lamps. However, total replacement of the old sodium lamps (which are no longer being manufactured) will take a little while yet. In the meantime, Essex Highways is taking action to switch off some duplicate street lights that illuminate the same area and where they perform no useful function and waste energy. It is now planned to switch off a small proportion of identified duplicates – working with District and Borough councils in the process. This move will not greatly reduce light or affect safety but will mean that we will not be burning lights that are unnecessary. It will ensure we are doing all we can to reduce carbon emissions, helping The Council's commitment to mitigate climate change. Safety will not be compromised. If you have a problem with street lights use the Report It tool on <https://www.essexhighways.org/transport-and-roads/tell-us/report-street-lights.asp>

All STEAMED up

Have you heard about Essex 2020 – a Year of Science and Creativity? Inspired by the British Science Festival it is coming to Essex for the first time in almost 200 years and is set to be the County's biggest celebration of Science, Technology, Engineering, Arts and Mathematics (STEAM) ever.

Now is the chance for businesses, schools, community groups and individuals to be part of the Essex 2020 programme. Whether you have an arts, tech or science event underway or are keen to bring an idea to fruition – the County Council would love to hear from you. Please go on line to <https://www.essex2020.com/>

The Essex Lottery

This month celebrates the two-year anniversary of the Essex Lottery. Thanks to all those who buy an Essex Lottery ticket each week, Essex County Council has so far donated over £150,000 to good causes across the County benefiting organisations such as Chelmsford Community Radio, Kids Inspire, Friends of Columbus School and College, Open Road and many others. Players can win free tickets for the next lottery or prizes of £25, £250, £2,000 and £25,000 - if their numbers match the winning combination.

Your participation provides vital extra funds to make a truly positive impact in local communities. For a chance to win and help a good cause please check out <https://www.essexlottery.co.uk/>

Essex Highways wins award for employing serving and former Forces Personnel

Essex County Council's partner in Essex Highways, Ringway Jacobs, has achieved the Armed Forces Covenant Silver Award for employing serving and former members of the Armed Forces.

Essex Highways employs 8 ex-Regulars and 4 Reservists and under the Armed Forces Covenant will look to offer other opportunities to former members of the Armed Forces.

If you have any problems about County Council matters please let me know on 01245 421524 or email cllr.john.aldridge@essex.gov.uk.

John Aldridge CC February / March 2020

PARISH CONTACTS

St. Pauls Church	Vicar	Rev Tony Cant	01245 631078
Church Warden	Keys, Treasurer	John Graham	01245 248343
	Secretary	Janet Young	07971 947980
Cooksmill Green Church	Secretary	Lydia Bridges	01245 248208
	Treasurer	Paul Aston	01245 248685
Sunday School	Youth activities	Hannah Randell	01245 422368
Parish Council	Chairman	David Cameron	01277 353272
	Clerk	Karen Kuderovitch	01245 842953
	Ingatestone Road	Trevor Horsnell	01245 248203
	Loves Green	Peter Latham	01245 248158
	Loves Green	Carl Sargent	01245 248249
MP Saffron Walden	Metsons Lane	Anne Mitchell	01277 821538
	Loves Green	Steve Maclean	01245 248797
	House of Parliament	Kemi Badenoch	0207 219 1943
City Councillor		Nicolette Chambers	01245 231709
Essex C Councillor		John Aldridge	01245 421524
Neighbourhood	Watch	David Cameron	01277 353272
Primary School	Head of School	Mrs Aedin Lipski	01245 248200
	Bunnies Pre School		01245 248200
	Parents Association	KellyLathamPearman	01245 248200
Highwood Choir	Secretary	Sarah Mills	01245 248327
Welcome Club	Chairman	G. Seller	01245 248045
	Bookings	Wendy Game	01245 248264
Village Hall	Bookings	Shelley Fowler	07305 580329
Essex Police			101 or 999
RSPCA	Animal Welfare	Accident / Injuries	0300 1234999
South Essex Wildlife	Hospital	Advice + Help	01375 893893
Injured Animal	EmergencyDespatch	Brian Smith	07803 504267

On non school days I would usually meet up with Ken Sheldrake from the Saw Mill, Gerry Willett from Glendale or David Flack from Home Lodge. I am sure most of our days were routine and long forgotten but a few will always remain in my memory. I will start with a very gentle one. We must have been about seven years old.

We had invented a new game to be played on the Ingatestone Road with a biscuit tin and ten carefully selected pebbles each. The tin was placed in the centre of the road. We would sit opposite each other on the grass verges and take it in turns to lob our pebbles into the tin, 2 points for in and 1 for a hit.

The only traffic was about one van a day and 2 giant Scammel tree pullers a week laden with huge tree trunks for the sawmill.

We were in our usual place close to "The Bungalow" (recently demolished) where the very friendly Mrs Adams lived. She often had a cheerful word with us but that morning was very special. She appeared at her gate and called out "Hullo boys. Would you like some Banana?"

We looked at each other in amazement. The only banana we had ever seen was in our infant's alphabet book. B for banana. A big Yellow thing!

There was a very enthusiastic "Yes Please!" from us all.

"You get on with your game and I'll bring it out," she said and disappeared. Then I remembered that I had been warned about the danger of eating banana and my enthusiasm turned to concern. My sister Pam who was 9 years older than me took great delight in telling me about the time in the 1930s when the family were on a train heading for their first and only holiday in Devon. Pam and little brother Stan had been given a banana each. Just as Stan took his first bite the train entered a tunnel. Stan screamed, "Don't eat your banana. I've just gone blind!"

Mrs Adams reappeared but where was the long yellow thing? Instead, she gave us each a cereal bowl containing what looked like mashed potato. We did not recognise the taste but all being polite, well trained boys we told her it was very good, thank you. Before she could return for the dishes most of the contents had been scraped into the ditch.

I soon discovered that we had sampled boiled parsnip with banana essence. I have never eaten parsnip to this day and banana was off my menu until recent years when it became an essential part of breakfast.

David. In loving memory of every one mentioned.



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Charity Number: 1108989



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HIGHWOOD WELCOME CLUB COACH PROGRAMME FOR 2020

**Please note:- All trips are now on the first
Wednesday of the month.**

April 1st	Windsor - Coffee stop to be decided
May 6th	Southwold -Coffee stop at Woodbridge
June 3rd	Bluebell Railway - Coffee stop at Polehill
	Cost for Bluebell Railway £14 return per person.
July 1st	Whitstable - Coffee stop at Rochester
August 5th	Bexhill - Coffee stop at Pantiles
Sept 2nd	Bury St Edmunds - Coffee stop at Lavenham

Wendy Game will take bookings (01245 248264)
Coach cost. Members £16. Non members £18.
Cancellations must be made by the previous Friday or full
payment must be made.
Please have your envelope ready when boarding and marked
with your name, amount enclosed and if you will be coming on
the next trip

CATCH UP CAFE

Thank you to everyone who continues to support our monthly CATCH UP CAFE in the village hall. We are there to bring people together for a friendly chat, with the added bonus of a bit of shopping from our wonderful stall holders and of course the pleasure of homemade cakes and teas and coffees to suit all tastes. Our aim is not to make money and so any profits we have, we like to hand back to local good causes. At our February CUC, we were delighted to be able to present cheques for £200 each to Barrow Farm, Highwood Primary School, the Welcome Club, Farleigh Hospice and for the flowers at St Paul's church. We also wished to give some support to the new monthly Highwood Hub and presented Tracey Poole with tea bags and a jar of coffee. We wish Tracey every success with this new venture.

**Our next CUC is on Friday 6th March and again on Friday 3rd April,
10am to noon**

Best wishes from all at Team CUC. We look forward to welcoming back all our regular visitors and to meeting you if you have never been before.

**Nicolette Chambers, our Chelmsford City Councillor will be present on
Fri. 1st May 10.30 - 11.30**

COOKSMILL GREEN LAND OF THE HORSE

We all think of Kings Court as a wonderful old C15 house with a C21 arable farm but if we could go back to the first 40 years of the C20 we would have found a very different world.

Today, a walk from The Well House to Kings Court Farm takes you past just two houses, Kings Court Cottage and Kings Court House. This is very strange as the name "Kings Court" did not exist until C1940

The 1910 census shows there were nine separate families living in cottages within the four properties above. You could expect them all to be occupied by farm labourers, but this is far from the truth. The first part of The Well House was Mary Crush's village shop. The next part was occupied by William Tidey described as a Stud Groom, Three others, male and female are listed as grooms, two as horsemen and one as stockman. The sole occupant of New Farm (the original name for Kings Court Farm) was Albert Boyer Barrow. Could he have been the instigator of a very horsey business for Cooksmill Green?

It appears to have been a thriving business except for WW1 when horses were conscripted to serve with our troops in Europe. The stud farm was very active during the 1920s and 1930s. Thanks to Mrs Mallett we have the photographic evidence to prove it.

When my father, a retired jockey moved to the neighbouring Ewson's Farm in 1930 he often enjoyed helping with exercising on the pastures between the two farms but I was too young to know what he was talking about.

PICTURES

See pages 5 The stables behind New Farm House 1920s ?
12 Bill Tidey at New Farm. 1920s ?
(James William Tidey born in Romford 1876)
24 A good hay crop for the horses. New Farm 1920s ?
24 Young rider unknown. New Farm 1920s ?

David.

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David at Woodside, Loves Green. 01245 248921

Also available - Sepia prints of an area

Ongar to Dunmow and Harlow to Pleshey

and other pictures of interest

WRITTLE RELIEF IN NEED CHARITY

A charity to assist those who live in Highwood and Writtle who find themselves in short term financial difficulty.

Enquiries in confidence to Mrs C E Aldridge 01245 421524

COFFEE MORNINGS

AT ALL SAINTS CHURCH WRITTLE

EVERY TUESDAY 10.30am to 12 NOON

TEA/COFFEE - CAKES & BISCUITS

EVERYONE WELCOME

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For dogs, cats, alpacas, chickens, guinea pigs, rabbits, etc.

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DAY CARE - ANIMAL BOARDING at my home.

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Guild of Master Sweeps member

HETAS Chimney Sweep

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nicksgardening@yahoo.com

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Longmeads House, 12-14 Redwood Drive (Room 18), Writtle, Essex, CM1 3LY
signe@signaturebeauty.com

BLACKMORE FARMERS MARKET

Every third Sunday in the month - 10am to 1pm
Blackmore Village Hall

Traditionally reared meats. Fish, local honey, eggs, cheese and veg.
Plants, crafts, vegan meals and more. **Free tea and coffee**
More info;- email: blackmorefarmersmarket@gmail.com

Spinach Bread and Butter Bake

This is a tasty dish. Once prepared, best if you can to leave for a couple of hours for the mixture to set.

Have ready:

Grease a large ovenproof dish-one that will fit into a roasting tin.

Preheat oven to 190c/375f/gas 5

INGREDIENTS

400g/14ozs fresh spinach

1 Brioche loaf, thinly sliced

50g/4oz softened butter

2 tbsp of olive oil

1 red onion

115g/4oz mushrooms, thinly sliced

1tsp cumin powder

pepper

115g/4oz grated Gruyere/any cheese-Stilton is good, can mix

3 large free-range eggs

500ml/ 2 1/4 cups of milk

nutmeg (powder is fine) to sprinkle

METHOD

Blanch spinach in tiny amount of water for 2 minutes

Drain well, pressing out excess water with a potato masher, chop roughly

Butter the bread slices

Line the base and sides of the dish with the slices

Fry onion and mushroom lightly in the oil for 5 minutes, sprinkle cumin & spinach

Sprinkle pepper

Spread the spinach mixture over the bread with some grated cheese. Top with remaining bread then rest of cheese

Beat the eggs with the milk, add pepper and nutmeg, pour slowly over the whole dish, set aside to allow bread to absorb egg & milk

Stand the dish in a roasting tin and pour around some boiling water for a bain marie (cooks gently).

Bake for 40-45 minutes until risen and crispy on top.

Lovely with crisp salad (can add sliced avocado) & jacket potato.

Enjoy! Sylvia



BIRDS OF HIGHWOOD by MATTHEW DAVIDSON.

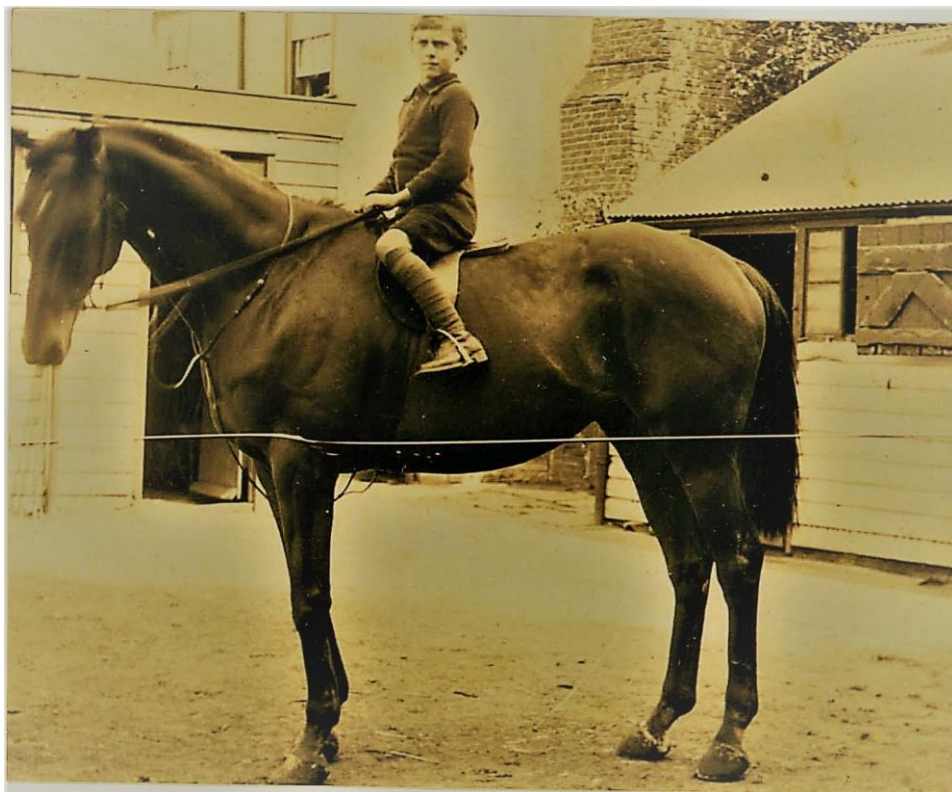
March and April marks the arrival of the Summer migrant birds , Chiffchaff, Blackcap and Whitethroat all flock to our countryside looking for insects. This years Winter has been so mild that it really affected our bird migration, things like Redwing and Fieldfare were not in the numbers we are used to and many of the normal 'haunts' were absent of these winter thrushes. Blackcaps and Chiffchaffs were seen through the Winter they simply never migrated, why fly hundreds of miles when you don't need to?

One bird that I have noticed more of recently is the Chaffinch, a colourful resident bird that is often overlooked. There are 6.2 million breeding Chaffinches in the UK making them the second most commonly breeding bird in the UK (see if you can guess the most common. answer back page). The Male Chaffinch is a colourful bird. It has a pink breast, grey head, reddish brown back, olive green rump and white wing bars and these are a good identifier especially in flight. The female bird resembles the male in pattern but in muted brown colours. The Chaffinch will visit the garden but does not tend to use feeders instead hopping around on the ground underneath bird tables picking up seeds and mealworms. The hurried flutey song of the Chaffinch is one of the most common sounds of the country and is normally performed from the top of a tree, other calls include a 'pink' or 'hweet'. This lovely British bird can be seen all year round so next time you are out and about listen for it's call, take time out for the Chaffinch.

Happy Birding.



PICS FROM THE PAST COOKSMILL GREEN SEE PAGE 18



(BIRD ANSWER The Wren is the most common breeding bird 8.2 million)