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2021 Edition 2



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Around Colchester 2021 Edition 2

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Christmas is just round the corner and after the year we have all had what better way to
 celebrate than to book a Christmas staff party at The Old Siege House?
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 18th. We will be open Christmas eve for lunch only and open Christmas Day for lunch also. We will
 be closed from December the 26th and reopen on January the 7th 2022.

Garden View

This month - Prepare for Spring

September is the time to plan your spring bulb purchases. The best selections always sell out quickly and it's frustrating when the prettiest crocuses and tulips are not available.



with silver-leaved plants like Stachys, which grows like a weed in my garden, and best of all, once established you can harvest it like asparagus.

I like to plant up a few pots this month, for some late

autumn and winter colour. I favour Rust-toned heucheras, paired with miniature grasses such as Carex buechananii; Oxblood-coloured ajuga, silver-leaved thymes and small-leaved trailing ivies make great combinations too.

I have sempervivums shoved in crevices all over my garden. They are incredibly hardy and will survive all manner of frost and poor weather. We have a lovely sheltered sunny patio with a small table and chairs which is lovely to sit out on even in the winter. A few years ago, I started planting up shallow terracotta trays and a couple of old tin bowls with differing varieties of house leek. I mix one

part horticultural grit to one part peat-free multipurpose compost for the planting mix, and make sure any container has lots of drainage. Handy tip - top dress with grit or stones if you don't want the birds to start digging around scattering your planting mix and unearthing your plants! I learned the hard way! These little flat planting bowls make a lovely table display and also make wonderful birthday and...erm...Christmas gifts.

Happy planning.

I garden on quite dry limey soil, and I've mentioned before my love affair with Bath Chatto's planting schemes. Sadly, she died in 2018 but her gardens and trust continue and are well worth a visit. This year on their recommendation I'm trying Ornithogalum pyrenaicum, known poetically as the spiked star of Bethlehem, and more prosaically as Bath asparagus.. It has subtle, green flowers and grows to 50-60cm tall. It pairs well

By Rachael Leverton

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in Season

Why we have seasons

September 22nd marks the Autumn Equinox. It's the end of summer and the start of a new season. But what is a season? We all instinctively know the difference between summer and winter but who decides when they start and end? Are there official dates? Well actually yes.

A season is defined as a period of the year distinguished by special climate conditions. The four seasons: spring, summer, autumn, and winter each have their own light, temperature, and weather patterns that repeat yearly.

In the UK the winter solstice generally begins on December 21 or 22. This is the day of the year with the shortest period of daylight. Summer begins on June 20 or 21, the summer solstice, the day which has the most daylight of any day in the year. Spring and autumn, begin on days that have equal amounts of daylight and darkness. The vernal, or spring, equinox falls on March 20 or 21, which brings us back to autumn which starts at the end of the month. The seasons of the Northern Hemisphere are the opposite of those in the Southern Hemisphere, which is why in Australia, summer begins in December, winter begins in June and Christmas lunch is served on the beach!

Our seasons occur because Earth is tilted on its axis relative to the orbital plane, the invisible, flat disc where most objects in the solar system orbit the sun. Earth revolves on its axis, which is an invisible line that runs through its centre, from pole to pole.

In June, when our Northern Hemisphere is tilted toward the sun, the sun's rays hit it for more of the day than in winter, which

means we receive more hours of daylight. In December, when the Northern

Hemisphere is tilted away from the sun, there are fewer hours of daylight.

But our four-season year is not experienced all over the globe. Four seasons only occur in the mid-latitudes, which are places that are not too near the poles or Equator. The

further north (or south) you go within these mid-latitudes, the bigger the differences in the seasons. For example, Helsinki in Finland sees a full 18.5 hours of daylight in the middle of June whereas in mid-December it barely gets 6 hours. Athens in Greece however in the far south of Europe, has a smaller variation, with 14.5 hours of daylight in June and 9.5 hours in December.

Places near the Equator experience little seasonal variation and receive the same amount of daylight and darkness throughout the whole year. These places remain warm year-round and typically have just two seasons, a rainy season, and a dry one.

Polar regions do experience seasonal variation, although they are obviously colder than most other places on the planet. Near the poles, the amount of daylight changes dramatically between summer and winter. In Barrow, Alaska, the northernmost city in the U.S., it stays light all day long between mid-May and early August, while in winter the city is in total darkness.

I love the fact we have four seasons in the UK but just a small change in global temperature could cause the seasons to shift or become more extreme. We can't take our wonderful seasons for granted.

By Kate McCarthy



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Techy Tips to Make Life Easier

1. Put your USB drive in the right way the first time

Why do we get it wrong on the first try so often? Get it right first time, every time. Here's the secret: Grab any USB cable sitting around your house. Find the symbol on one side? It's not just for decoration. That symbol will point up if you're plugging in horizontally and if you're plugging a cable vertically, the USB symbol will face you. Now you know.

2. Reopen a closed browser tab

It happens all the time. You have a dozen tabs open in your browser and accidentally close the wrong one. I know you can open up your browser's history and reopen the tab from there, but did you know you can do it with a couple of keystrokes. Hit Ctrl+Shift+T on your PC or Command+Shift+T on your Mac to automatically reopen the tab you just closed. Simple.

By Tom Hancock



3 Share a YouTube video at a precise point

You find a brilliant YouTube video but the bit you really want to share is 3 minutes and 24 seconds in. If you want to share it at that exact point, you can get a link that takes people directly to the moment. Simply click the Share button below the video. Look for a little box below the link. This automatically displays the time at which you currently have the video stopped. You can stick with this time or pick any time you like. Then when you copy the link and share it, whoever views the link will view it from point you chose.

4 Search WhatsApp chats

WhatsApp chats can be fast-moving, and messages accumulate over time. When you want to find the address of the party, or the joke someone told you two weeks ago, you don't have to scan back through every conversation, you can search for it. On IOS there's a search bar, and on android device there's a search icon

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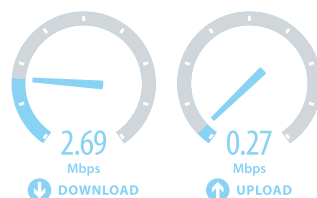
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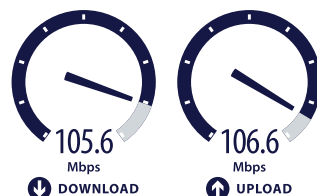
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VITAMIN D

HAVE WE GOT IT WRONG?

Some thoughts and ideas by local resident Steve Kelly

Most people think of 'Vitamin D' as the 'sunshine vitamin' – the one essential for bone health by preventing Rickets and associated conditions.

Whilst the idea is true to some extent, it is an incomplete view when up to date knowledge is taken into account. Firstly, 'Vitamin D' is really a pro-hormone. All the other hormones are critical for both fertility and mental health and pro-hormone D actually helps regulate them all, including cortisol and thyroid hormones. The more one learns about its roles, the more one can see it is as essential to our health as sunlight is to plant health. Indeed, plant chlorophylls in our diet work with pro hormone-D to regulate our immune response systems. With Vitamin K2, Magnesium, Zinc and Glutathione, it supports our lymphocytes to ensure our health is in balance.

When the current recommendations were set for what most call 'Vitamin D', they were based purely on ensuring good bone health and didn't address the need for its role in immune health - arguably a more important consideration when one looks at the possibility of pro-hormone D making most non-hospital based antibiotics unnecessary! So, a rate was set of 400iu of Vitamin D a day for bone health. Some experts today believe we need 5-10,000iu a day for immune health so 20 times as much. In this country 80% of people are 'Vitamin D' deficient and this can lead to more cancers, more heart

disease, strokes, inflammatory diseases of all descriptions and allergies, all of which have increased in the last 80 years. Could this increase reflect the introduction and expansion in the prevalence of chemicals in our food, water and environment? Our immune systems are further challenged as our natural sources of pro-hormone D are compromised because the animals that supply our meat are now reared indoors away from the health giving, pro-hormone D making sunshine. Even when we or the animals CAN get outdoors, we are challenged by all the pollution particulates and the increased water vapour which reflect the UVB (Ultra-Violet B Light) away. So even with the superficially innocuous act of increasing the amount of vapour / clouds in the atmosphere through global heating, we do our immune systems incalculable damage. When the Department of Health agreed upon the importance of 'Vitamin D', they recommended 400iu - a dose that would have NO impact on supporting immune function, only supporting bone health and fractures did come down as a result.

Perhaps one day we will all take pro-hormone D at 4000iu daily minimum and we will see a decrease in ALL infections including Covid?!

Steve Kelly

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Banana Upside Down Cake

For lovers of caramel everywhere



Line a 20 x 20cm square baking tin or a 23cm round tin with baking parchment. It's best not to use a loose-bottomed tin but if you do fold the parchment so it goes up the sides of the tin too. Otherwise, the caramel will leak out into the oven!

To make the topping, place the sugar, butter, and golden syrup into a small heavy-bottomed saucepan. Heat until all the sugar and

butter have melted. Stir gently and pour into the tin, tilting the tin backwards and forwards so the layer of caramel completely covers the bottom.

Slice the bananas into pieces about 2cm thick. Place them in the caramel.

For the cake, mash the bananas with a fork then mix into the yogurt. Set aside.

Place the butter and sugar into a large mixing bowl. Whisk till pale and fluffy.

Add the vanilla extract and eggs, one at a time, whisking after each one.

Sift the flour and spices together and gradually fold into the mixing bowl. Then fold in the banana and yoghurt mixture.

Spoon the batter into the cake tin on top of the caramel and bananas.

Bake at 180C for about 45 minutes. Test with a skewer to see if it's cooked. If necessary bake for a little longer.

When ready, remove the cake from the oven and let it stand for a couple of minutes. Then place a plate on top of the tin and turn it over to remove the cake.

Preparation time: 25 minutes

Cooking time: 45 minutes

Ingredients

For Banana Topping

120 g brown sugar

60 g butter

1.5 tbsp golden syrup

3 bananas sliced

For the Cake

2 ripe bananas

2 tbsp yoghurt

90 g butter at room temperature

180 g caster sugar

1 tsp vanilla extract

2 eggs

180 g self-raising flour

½ tsp cinnamon

¼ tsp nutmeg

Method

Preheat the oven to 180C.

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*Ts and Cs apply

15TH,
16TH, 22ND,
23RD, 27TH,
29TH, 30TH
OCTOBER
2021

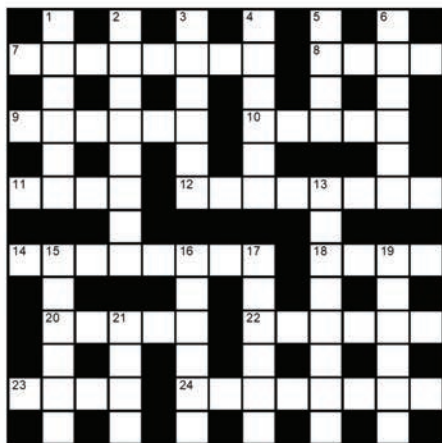
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Crossword



Clues

Across

- 7 Fakes, falsifies (8)
- 8 Bar joining two wheels (4)
- 9 Type of breakfast cereal (6)
- 10 Picture (5)
- 11 The round before the final (4)
- 12 Interloper, stranger (8)
- 14 Jam-filled bun (8)
- 18 Greasy film on water (4)
- 20 Shroud (5)
- 22 Build again (6)
- 23 Layer (4)
- 24 Personal views (8)

Down

- 1 Excite, entice (6)
- 2 Hoarding (8)
- 3 Deep violet blue (6)
- 4 Help (6)
- 5 Molten fluid rock (4)
- 6 Accuse, assert (6)
- 13 Sleeplessness (8)
- 15 Rare, intricate flower (6)
- 16 Of little breadth (6)
- 17 Root vegetable (6)
- 19 Cruel (6)
- 21 Diversify, change (4)

Answers on page 27

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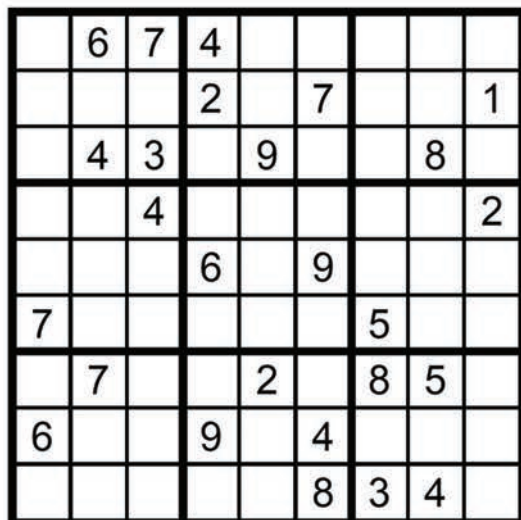


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Sudoku



How to play Sudoku

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Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition.

You don't need to be a genius. These puzzles use logic alone.

Watch out! Sudoku is highly addictive.

Answers on page 27

Let's talk about Equity Release....

- Supplement your income
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- Dream holidays
- Pay off your mortgage
- Reduce your debt

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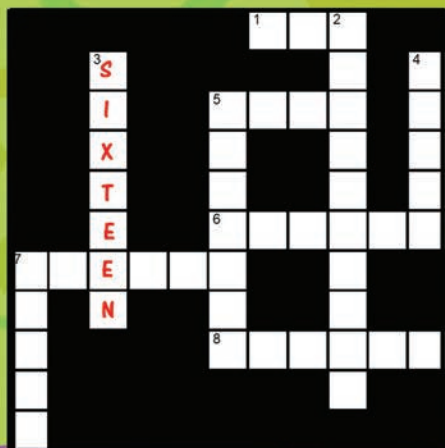


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Kids' Page

Mathsword

Can you solve the clues to find the crossword answers? The first one has been done for you.



Across

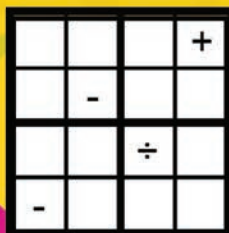
- 1 The only prime number (3)
- 5 The number of sides a pentagon has (4)
- 6 A quarter of 80 (6)
- 7 A dozen (6)
- 8 The number of degrees in a right angle (6)

Down

- 2 The number of pence in a pound (3,7)
- 3 Four squared (7)
- 4 50% of 120 (5)
- 5 The next number in the series 3, 6, 9, 12, ? (7)
- 7 The square root of nine (5)

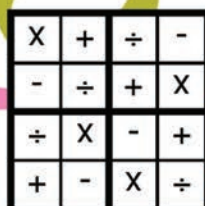
Maths Symbol Grid

Can you fill in the grid so that each row, column and box contain the maths symbols +, -, x, ÷ with no repetition?



When Millie was six years old, her sister Isobel was half her age.
When Millie is 15, how old will Isobel be?

Isobel will be 12
When Millie was 6, Isobel was 3
When Millie is 15, Isobel will still be 3
years younger.



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Word Search

Can you find all of the mathematical terms hidden in the grid?



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angle
brackets
cube
decimal
difference
differentiate
divide
equation
estimate
evaluate
expression
factorise

factors
fraction
graph
integrate
median
mode
power
quadratic
range
rounding
square
subtract
surd
term

Answers on page 27



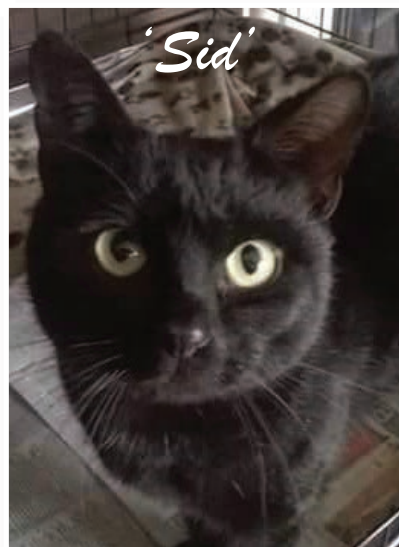
Mr. Tibbs

Hi everyone.

Well it has been a long time since my last column in March 2020 and so much has happened since then. It has been a very worrying and miserable time for most and also incredibly sad. We hope and pray that the vaccines will prove fully effective and that the pandemic will be brought under control soon.

Here at the rescue, we have said tearful goodbyes to several of our long-term residents who have gone over 'The Rainbow Bridge'. It is always such a wrench to lose a beloved family member and we do miss them terribly. We also said hello to some new residents who arrived due to being made homeless when their owners had to move. They have fitted in beautifully and are fully integrated with our gang. We have also taken in a poor kitty who was in a dreadful state when he arrived and needed an emergency veterinary operation on his mouth to remove several growths that made it almost impossible for him to eat and he drooled terribly. He had a most awful skin condition too, with huge bald areas and bleeding sores. As he is a black cat, we called him Obsidian (Sid for short) and gave him all the love and attention we possibly could whilst we nursed him back to health. Today he is a very happy, affectionate little boy, is able to eat properly and all his beautifully soft fur has grown back. Sid will stay with us forever now as one of our much loved sanctuary cats so we can keep an eye on him and make sure there is no recurrence of any problems.

Some more good news: Earlier this year we were contacted by one of our lovely adopters who had been feeding a feral cat for several years in his garden but was sure this poor cat would not be able to survive another winter outside on his own. There are a few rescues who have facilities for ferals, where they can live free within a secure environment and be taken care of, so we reached out and found him a wonderful place with a friend of ours 'down South'. First of all however, we needed to trap him and find somewhere for him to go whilst we arranged transport to get him there. One of our wonderful fosterers stepped up and so we were able to put things in motion. He was trapped, checked for a chip (none) and transported to our fosterer straight away. And then we all had a very big surprise! He wasn't at all feral, just very, very scared and timid and a gentle, nice natured little boy. Within days he was offered a home and is settling there very well, much loved and adored as is only right and proper. We do so love a happy ending.



That's it for this edition pals – stay safe and see you in my next column.

Tibbsy

You can contact me via email mrtibbs@adamspublishing.co.uk
on Facebook www.facebook.com/mrtibbsatAP Twitter @MrTibbsatAP
WLF Rescue www.facebook.com/wlfrescue
Mr Tibbs Petfood available from www.mrtibbs.org.uk

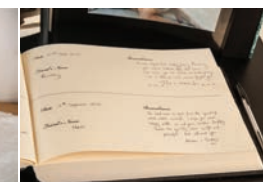


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Sunnyfields is set in the heart of the countryside in a peaceful and tranquil setting; we have our own Chapel of Rest located in a discreet part of our grounds where you can lay your loved one if you wish, spend time with them and write in our remembrance book. You are also welcome to post or bring a photograph of your beloved pet to place in our very own memorial photo album and perhaps write a few words which we will add to your photo entry creating a beautiful memory which you can visit and reflect on as a lovely reminder.

We are never too busy to listen...

We spend as much time with you as you need and guide you through every stage. We always welcome and encourage people to stay in contact, to visit us and remember their friend or, if they wish, just to talk.

We aim to look after the whole process for you, so you can look forward to having your loved one back home with you, where they belong.

If you would like us to help we are here for you...

If there is anything else we can do to help and support you please do not hesitate to contact us, no matter how small you might feel it is, if it is important to you, then it is important to us.

We are the only crematorium that returns your pet home to your door personally or you can collect your beloved pet from us, whichever you prefer. We only provide individual cremations which are 100% guaranteed, so you can rest assured that the ashes returned to you are solely those of your beloved friend.

www.sunnyfields.org.uk

Paula & John



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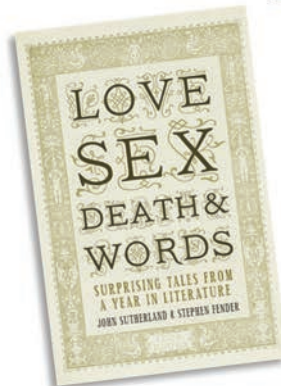
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A Good Read



Love, Sex, Death and Words – John Sutherland and Stephen Fender

Sometimes it can feel like the shelves of the local bookshop are planning your life out for you, with their collections of 1001 Places to

Go/Films to See/Things to do Before You Die/Turn 40/Lose the Will to Live.... Such collections vary in quality too – some are weighty coffee table tomes, beautifully illustrated, which reward random opening and selection, whereas others have a distinct sense of being 'thrown together' for a key shopping moment in the crowded calendar.

Well, if you have a book buff among your acquaintances, here is a collection with a difference. Sutherland and Fender have used the days of the year as their format, and each day contains a mini essay concerning a literary event from history. Some are uproariously funny anecdotes, some are well-known tales of foolishness or excessiveness which stand up well to a second/third/tenth telling, and some are serious musings on life and literature – in other words Love, Sex, Death and Words.

So, in a typical month, you might go from Peter Pan to TS Eliot, or from Francis Bacon to Harry Potter. The day-by-day format suggests that the authors intended this to be a book 'dipped in to' on any given day. However, the quality and variety is such that it can be read all at once should you so wish – I did and passed an enormously entertaining train journey rattling straight through from January to June.

By Willow Coby

Not just for avid readers, but for anyone interested in life and literature, this is an excellent bedside or holiday companion – funny, entertaining, and educational. Be warned though – one thing leads to another, and you will soon find yourself putting many of the authors who feature here on your wish list..

The Queen's Knickers – Nicholas Allan

Ever wondered why the Queen's Christmas Speech is so short? It's the holly on her knickers. But they are not her most impressive pair – well, not compared to the special parachute-equipped pants that she wears for transatlantic flights, or the ones that inflate into a rubber dinghy...

Confused? Don't worry, Nicholas Allan explains it all in this gloriously mad and ever-so-slightly-rude fantasy tale about the Queen's underwear choices. The text may be deadpan, but the illustrations show just how much fun the writer is having dreaming up all kinds of different knicker varieties. It's contagious – by the end, you too will be pondering what else the Queen (and her loyal servant Dilys) should have packed in the special pants trunk.

Since it was published back in the year 2000 The Queen's Knickers has become a modern classic. Go on, take a peek!



Old Books Bought

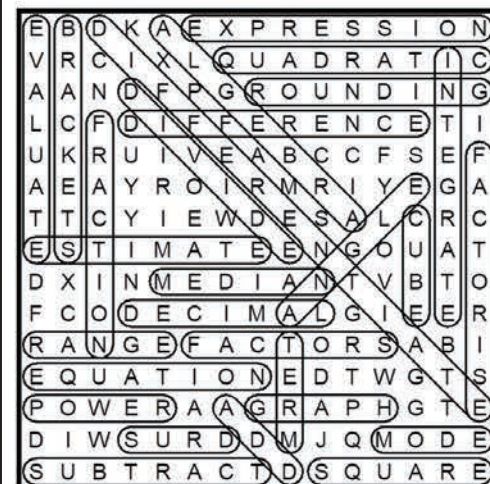
thriller - sci fi - horror - fantasy - risqué

can collect in CO postcode area

contact Adrian:
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melmoth2000@hotmail.com

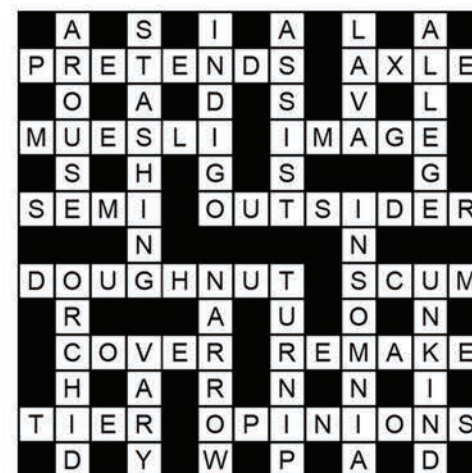
or Steve:
07837 247008
catcave2021@outlook.com

WORDSEARCH SOLUTION

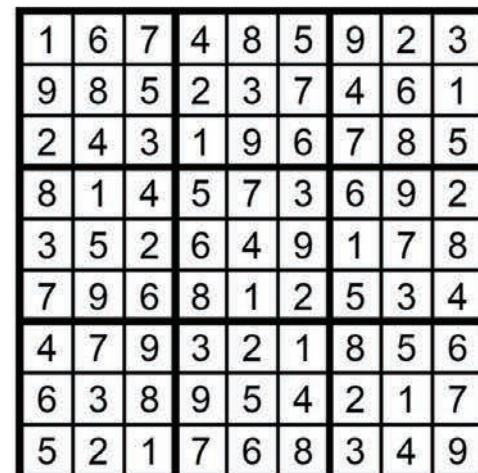


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Sudoku



ST JOHN'S & HIGHWOODS COMMUNITY CENTRE WHAT'S ON 2021

MONDAY		TELEPHONE
9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	853111
1.15pm - 2.45pm	LITTLE SQUIRRELS TODDLERS Babbies & Toddlers	853111
5.30pm - 6.30pm	CAROLYN'S DANCE	853111
6.30pm - 7.30pm	ADULT DANCE	853111
7.45pm - 9.45pm	TAI CHI	853111
TUESDAY		
9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	853111
9.30am – 10.30am	JUST JULES	853111
11.15 to 12.15	LINE DANCING	Mark 01255 431114
1.30pm – 2.30pm	DIFFERENT STROKES GROUP	01376571171
6.45pm – 10.45pm	BRIDGE CLUB	Rick 331599
WEDNESDAY		
10.00am – 11.30am	FIRST STEPS (parent & toddler)	853111
9.15a.m. – 3.15p.m	SQUIRRELS PRE SCHOOL	853111
12.00pm – 2.30pm	HIGHWOODS Lunch and Social CLUB	853111
	Everyone welcome ONLY £5 Lunch Club 3 out of 4 Wednesdays	
7pm to 10.30pm	BRIDGE CLUB [Stratford St Mary]	532839
EVERY 3RD WEDNESDAY		
2.00pm - 4.15pm	U3A (University of the third age)	870353
THURSDAY		
9.15am – 3.15pm	SQUIRRELS PRE SCHOOL	853111
9.30 – 1.30pm	SLIMMING WORLD	Linda 07837186659
2.00pm - 3.00pm	BREATH EASY EXERCISE CLASS	853111
6.15pm – 7.15pm	JUST JULES FITNESS	853111
7.30 – 10.15pm	CARPET BOWLS	853111
FRIDAY		
9.15am – 12.15pm	SQUIRRELS PRE SCHOOL	853111
10.00am – 12.00pm	COFFEE & CHAT Everyone welcome	853111
4.30pm – 5.15pm	CAROLYN'S DANCE SCHOOL	853111
6.15pm – 8.15pm	1st CLASS BRASS BAND 8 yrs+ £3	07880591757
EVERY 3rd FRIDAY		
10.00am – 12.00pm	BREATH EASY meeting	303707
EVERY 1st FRIDAY		
7.00pm - 10.00pm	WOMENS INSTITUTE (over 18)	844529
SATURDAY		
9.30am - 10.30am	WEIGHT WATCHERS	853111
SUNDAY		
from 10am	ST LUKE'S CHURCH service	532252

North East Essex Diabetic Service and National Childbirth Trust also use the Bluebell Centre for classes and meetings.

You are able to hire THE CENTRE FOR WEDDINGS, PARTIES, MEETINGS 140 in Main Hall & 40 in the Garden Suite. Licensed for Music + Alcohol Sale FOR MORE INFORMATION, CONTACT 01206 853111 Office 9.00am to 1.00pm Monday to Friday The Meeting Room at the Bluebell Centre, Jack Andrews Drive, Highwoods CO49YN is available to Hire at very reasonable rates. This room is 54meters square and is the on first floor with lift access and attached integral kitchen.

St John's and Highwoods Community Association Ltd. Registered Charity No.1058410 FUTURE EVENTS AT THE COMMUNITY CENTRE AND COACH TRIPS We require a £10.00 non-refundable deposit for all our coach trip unless otherwise stated when you make your booking. Payment by credit or debit card preferred or BACS, cash or cheque (made payable to St John's & Highwoods Community Association) The Community Centre office is open Monday - Thursday 9.00a.m. - 1.00p.m.

Saturday 20th November Book Sale
with craft and bric-a-brac stalls 1.00p.m. - 4.00p.m.
Table hire is £5.00.

Thursday 2nd December - a trip to Hever Castle in Kent
which will be decorated for Christmas. Depart 9.00.a.m.
Return 7.00p.m. Cost £41.00 coach and entry.

Thursday 16th December Thursford Christmas Spectacular.
Depart 8.30a.m. return 7.30p.m. Coach and entry £63.00.
There is a lunch stop at Swaffham.
Deposit with booking £38.50

THE COMMUNITY CENTRE IS ALSO AVAILABLE TO HIRE FOR WEDDINGS, PARTIES, MEETINGS ETC. 140 in Main Hall and 40 in the Garden Suite. We are licensed for Music and Alcohol. FOR MORE INFORMATION, CONTACT 01206 853111 Office 9am to 1pm Monday to Friday THE BLUEBELL CENTRE MEETING ROOM IS ALSO AVAILABLE TO HIRE (NOT FOR PARTIES) Jack Andrews Drive Highwoods Colchester CO4 9YN 54.9 metres square on first floor with Lift Access and Integral Kitchen. Very reasonable rates. Phone St John's and Highwoods Community Centre to book on 01206 853111 or call in at office between 9am and 1pm. BOOKS & BRIC A BRAC ON SALE IN THE COMMUNITY CENTRE FOYER. Donations of goods other than clothing or electrical, always accepted.

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Greenstead Wed 6 & 7:30pm	Parsons Heath Thurs 7pm	Highwoods Wed 6 & 7:30pm	Copford Mon 5:30pm
Highwoods 9:30 & 11am		St John's Fri 9:15am	Kingsland Wed 5:30 & 7pm
Grt Horkesley Thurs 6 & 7:30pm		Highwoods Sat 9 & 10:30am	Kingsland Thurs 9:30am

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