

OUR CHRISTMAS PRESENCE

How lucky we are to live in such a beautiful Village surrounded by people who are friendly, helpful and kind. However, do we all appreciate how lucky we are to live in this Village, which is small and quite remote from other shops, yet which has a shop and a Post Office to provide for the majority of our needs?

The shop and the post office cannot operate in isolation. The post office needs the shop just as much as the shop needs the post office. The shop is an amazing amenity offering a very extensive range of produce thanks to a very efficient manager and her loyal team of volunteers. In the last post office review, the authorities decided that the post office should remain open because of its situation in the area and because it is extremely well run. Others not very far away, were not so lucky.

Keeping this in mind in the run up to Christmas, we would very much like the people of the village, and the surrounding area, to give careful consideration to what the shop and the post office have to offer and use them as much as they feel able. This will be the last issue of Shop Talk this year, so everybody at the shop and the post office, send their best wishes for Christmas and the New Year.

Duncan Eyre - Chairman

MANDY'S FESTIVE COUNTER

December Last Posting Dates:

Wednesday 20 th	2 nd Class
Thursday 21 st	1 st Class & Special Delivery
Friday 22 nd	Special Delivery

***Don't forget to check sizes and contents of all inland and overseas parcels.*

Here we are again, organising and planning for Christmas 2017. Pop into the Post Office to pick up your Christmas stamps and check last posting dates. Leaflets and advertising are on and around the post office counter.

What about last-minute presents? One-For-All Gift Cards are great and can be used at so many places now, and, Phone Top-Ups and Health lottery tickets make really good stocking fillers.

Did you know you can top up electricity keys here? And if you are planning to get away from it all in the new year, you can get Euros & US Dollars at the counter and lots more currencies on pre-order. No need to run out of cash, as all your banking can be done here: cash withdrawals, cash deposits and cheque deposits, it's so easy! ...

... Maybe your New Year resolution is to start saving for a rainy day? Check out savings product leaflets on the counter. Our post office needs you to keep it a viable business, and I thank all of you who continue to support me here. Wishing you all a very Happy Christmas and a happy and healthy New Year!

Mandy

ORDER NOW FOR CHRISTMAS!

With the festive season fast approaching it's time for me again to remind everyone that orders can now be placed in the shop for all your Christmas goodies: Turkeys, Hams, Mince Pies, Christmas Puddings, Fruit & veg etc.

Delivery dates to be advised, but place your order as soon as possible to avoid disappointment!

Once again, I would like to thank all our wonderful volunteers for all their help over the past year – we all know that the shop would not survive without them and they all deserve a very big pat on the back.

We now have in stock Daphne's cakes (delivered on Fridays) and frozen meat and fish – very good value and very tasty! May I wish all our customers, volunteers, committee and all those who support our shop, a very Happy Christmas!

Janet – Shop Manager

WE'RE HAPPY TO HELP YOU!

A selection of our festive volunteers, seen here pictured outside the shop on a crisp November morning.



Your local shop simply could not continue, were it not for our brilliant volunteers, who give up some of their free time each week to help in providing such a fabulous service to you all. We thank you one and all. Merry Christmas!

Monks Eleigh Community Shop Committee

ARTHUR'S APIARY WISDOM

What is raw honey, and why does it matter?

The term 'raw' describes honey that has neither been heated above natural hive temperature nor micro-filtered. It is simply spun or crushed from the comb and filtered at ambient temperature through a mesh coarse enough to allow the pollens held in suspension to pass through. After that, it is either put straight into jars or stored for future packing.

“ Sadly, bulk honey is one of the most tampered-with food products on Earth



Left in this natural state, raw honey is a 'whole' food, packed with nutrients. These include amino acids (proteins), vitamins B, A, C, D, E & K, active enzymes and a range of minerals. Honey straight from the hive has been esteemed for thousands of years as both food and medicine. The anti-bacterial, anti-viral, anti-inflammatory and anti-fungal properties of raw honey are now being analysed by modern medicine, making it the subject of research in several key fields.

So why isn't all honey sold raw?

Sadly, bulk honey is one of the most tampered-with food products on Earth. It has to meet extremely low supermarket price points (making adulteration with cheaper sweeteners such as corn syrup tempting...) and must retain 'shelf appeal' as long as possible by delaying the natural crystallisation process.

To achieve all this, honey is subjected to a series of industrial processes. These include pasteurisation (extreme heating) and micro-filtering to remove as much pollen as possible. Some of the world's largest honey producers, such as China, routinely dose beehives with antibiotics which then get into the food chain.

If you are looking for authentic, straight from the hive, raw honey, you need to check labels carefully.

Luckily the shop sources its honey from an artisan beekeeper in Edwardstone and we sell both runny honey and naturally crystallised honey.

Arthur Grosset

CHRISTMAS OPENING HOURS

COMMUNITY SHOP

Sunday 24 th December	9:30am - 12:30pm
Monday 25th Christmas Day	Closed
Tuesday 26 th Boxing Day	9:30am - 12:30pm
Wednesday 27 th December	7:45am - 6:30pm
Thursday 28 th December	7:45am - 6:30pm
Friday 29 th December	7:45am - 6:30pm
Saturday 30 th December	8:45am - 5:00pm
Sunday 31 st December	9:30am - 12:30pm
Monday 1 st January	9:30am - 12:30pm
Tuesday 2 nd January	Normal Hours

POST OFFICE

Saturday 23 rd December	9:00am - 1:00pm
Sunday 24 th Christmas Eve	Closed
Monday 25th Christmas Day	Closed
Tuesday 26th Boxing Day	Closed
Wednesday 27 th December	9:00am - 1:00pm
Thursday 28 th December	9:00am - 5:30pm
Friday 29 th December	9:00am - 5:30pm
Saturday 30 th December	9:00am - 1:00pm
Sunday 31 st December	Closed
Monday 1st January	Closed
Tuesday 2 nd January	9:00am - 5:30pm
Wednesday 3 rd January	9:00am - 1:00pm

Prize Draw

Christmas Hamper

Name _____

Telephone No. _____

Fill in your details, and return the slip to the shop.
The winner will be announced on 22nd December

Monks Eleigh Community Shop Committee