

# ST. GEORGE THE MARTYR, GREAT BROMLEY

united with St. Mary the Virgin, Ardleigh



## Services for December

1st	7.00pm	Parish Eucharist	<i>St. Mary the Virgin</i>
2nd	11.00am	The Eucharist	<i>Seven Rivers</i>
3rd	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 4th		<b>Advent 2</b>	
	7.30am	Morning Prayer	<i>St George the Martyr</i>
	8.00am	The Eucharist	<i>St. George the Martyr</i>
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
	6.30pm	Evening Prayer	<i>St. George the Martyr</i>
5th	9.00am	The Eucharist	<i>St. Mary the Virgin</i>
6th	2.00pm	Little Footsteps (pre-school)	<i>St. George the Martyr</i>
7th	7.00pm	The Eucharist	<i>St. George the Martyr</i>
8th		<b>The Immaculate Conception of Our Lady</b>	
	9.00am	Little Footsteps (pre-school)	<i>St. Mary the Virgin</i>
	5.00pm	The MAGI (Yr 6 +)	<i>The Old Coal House</i>
	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
9th	11.00am	The Eucharist	<i>Seven Rivers</i>
10th	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 11th		<b>Advent 3</b>	
	7.30am	Morning Prayer	<i>St. Mary the Virgin</i>
	8.00am	The Eucharist	<i>St. Mary the Virgin</i>
	10.30am	The Parish Eucharist	<i>St. George the Martyr</i>
	6.30pm	Evening Prayer	<i>St. Mary the Virgin</i>
12th	9.00am	The Eucharist	<i>St. Mary the Virgin</i>
13th	2.00pm	Little Footsteps (pre-school)	<i>St. George the Martyr</i>
14th	6.00pm	The Eucharist	<i>Hamilton Lodge</i>
	7.00pm	The Eucharist	<i>St. George the Martyr</i>
15th	9.00am	Little Footsteps (pre-school)	<i>St. Mary the Virgin</i>
	5.00pm	The MAGI (Yr 6 +)	<i>The Old Coal House</i>
	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
16th	11.00am	The Eucharist	<i>Seven Rivers</i>
17th	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 18th		<b>Advent 4</b>	
	7.30am	Morning Prayer	<i>St. George the Martyr</i>
	8.00am	The Eucharist	<i>St. George the Martyr</i>
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
	6.30pm	Evening Prayer	<i>St. George the Martyr</i>
19th	9.00am	The Eucharist	<i>St. Mary the Virgin</i>
21st	7.00pm	The Eucharist	<i>St. George the Martyr</i>
22nd	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
23rd	11.00am	The Eucharist	<i>Seven Rivers</i>
	8.00pm	Bible Readings & Carols for Christmass	<i>St. Mary's, Lt Bromley</i>
24th		<b>Christmass Eve</b>	
	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
	3.00pm	Christmass Carol Service	<i>Hamilton Lodge</i>
	4.00pm	Christingle Service	<i>St. Mary the Virgin</i>
	5.30pm	Christingle Service	<i>St. George the Martyr</i>
	11.30pm	Midnight Mass	<i>St. George the Martyr</i>
Sunday 25th		<b>Christmass Day</b>	
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
26th		<b>S Stephen</b>	
	10.30am	The Eucharist	<i>St. George the Martyr</i>
27th		<b>S John the Evangelist</b>	
	10.30am	The Eucharist	<i>St. Mary the Virgin</i>
28th		<b>Holy Innocents</b>	
	7.00pm	The Eucharist	<i>St. George the Martyr</i>
29th	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
30th	11.00am	The Eucharist	<i>Seven Rivers</i>
31st	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>

# DECEMBER 2005

Vol 19 No 9

## MUSINGS AT CHRISTMAS



Recently in the press there have been reports of some town councils refusing to allow their town centres to be decked in lights to celebrate the Festival of Christmas lest it offend people who are not Christians. Britain has been a largely Christian country for many centuries and I suspect that such decisions are a result of a zealous sense of political correctness rather than as a result of any significant minority pressure. The views of people who hold different religious beliefs are (quite rightly) being considered more and more and many religions hold their own festivals close to ours over the same period as Christmas.

The celebration of the Winter Solstice, or Yule, pre-dates Christianity and is one of the oldest winter celebrations in the world. The period of the Solstice (20/21 December), when the days cease being shorter and start to become longer, was celebrated by, among other things, decorating the houses with greenery, feasting, lighting candles and the giving of presents to friends and family. Some of these traditions have become part of the 12 day Christian Festival of Christmas (end of December), the 5-day Hindu festival of Diwali (beginning of November), the 1-3 day Muslim festival of Eid-ul-Adha (end of January) and the 8-day Jewish celebration of Hanukka (end of December).

When abroad one is respectful of the religion of the host country but also celebrates one's own religious festivals. The family of a Hindu colleague of my husband have just finished celebrating Diwali but they also intend, as they have in the past, to enjoy the period of Christmas by decorating their house and feasting. The same is also true of Jewish friends who will be celebrating by the lighting of candles for Hanukkah and also enjoying the holiday that is Christmas. A relative who runs a pre-school nursery holds the view that whilst we celebrate our religious festival, all religions, and also non-believers, should understand and recognise the differences in our society and respect each other's views.

A Festival, by whatever name, is for getting together with family and friends and rejoicing in their company whilst remembering our blessings in accordance with our beliefs.

Whatever your belief may be I wish you a Happy Christmas.

*Leonie Henderson*



**Merry Christmas**  
**to all our Readers**

## FROM THE DOCTORS' SURGERIES

### GREAT BENTLEY SURGERY THE HOLLIES, THE GREEN GREAT BENTLEY

It is amazing how generous and selfless people can sometimes be when they are having a terrible time in their own personal lives. This has been proved to us twice recently when bereaved families have asked that donations in memory of loved ones should go to the surgery's equipment fund. I won't embarrass anyone by mentioning names, but everyone here is very grateful to the grieving families and friends for enabling us to purchase an important new piece of equipment that will help with the diagnosis and treatment of asthma and COPD. Thank you very much for thinking of other people at such a difficult time.

It doesn't seem possible that the year is so far gone, but I suppose that now is the time to put out an early warning about Christmas and New Year arrangements for the surgery and the pharmacy.

**Both the surgery and the pharmacy will be closed from the evening of Friday, 23<sup>rd</sup> December (Oh good! That leaves Saturday to buy presents.) until the morning of Wednesday, 28<sup>th</sup> December, then again from close of business on Friday, 30<sup>th</sup> December until normal opening time on Tuesday, 3<sup>rd</sup> January. Then we have to get used to writing "2006" on everything. Personally, I've only just come to terms with 2005. Normal arrangements for out-of-hours medical help will apply of course, just ring the usual surgery number and you will be transferred to Primecare. The pharmacy will keep on display a list of the duty pharmacies covering the holiday periods.**



As usual at this time of year, we're asking you to help us by giving us a bit of extra time to get repeat prescriptions processed. It's staggering how much extra prescription work the staff seem to have to cope with here and at the pharmacy when we are closed for just three extra days. But there again, maybe not when you consider that we now usually process over 2,500 items each week.

Just a reminder that we won't accept prescription orders over the telephone. We are happy to get them by fax to 01206 252496, by e-mail to [postmaster@gp-f81021.nhs.uk](mailto:postmaster@gp-f81021.nhs.uk), by post to the normal surgery address or, of course, by requests

left at the counter. Hopefully this provides enough flexibility for everyone.

Another way in which some of you can help us at this or any time of the year is by being a bit more thoughtful and considerate over missed appointments.

Though it's tempting, I won't embarrass anyone by naming names, but it's a real pain when patients book an appointment to see a doctor or nurse, then either don't turn up at all or ring so late to say that they can't make it that there's no chance of us being able to offer the slot to anyone else. You know who you are! This gets especially irritating at times when we are very short of appointments anyway – which seems to be most of the time nowadays – or when they are multiple appointments. Please, please make a note of your appointment on your calendar as soon as you book it and please, please ring us immediately if you realise that you can't keep it. That way, we might keep a few more of you healthy and happy.

I guess that quite a few people's thoughts turn to exotic holidays about now and I'm delighted to be able to report that we have tracked down a new stock of Yellow Fever vaccine ready to help you on your way. It's been hard to get hold of recently, presumably because of all the young people going off on gap years.

If you do decide to go somewhere foreign – and I don't mean Suffolk – it's a good idea to check well in advance whether you need any jabs or anti-malarial medication. Local situations change so quickly that we cannot keep up with what is needed in individual countries, let alone specific regions of countries, so we must ask you to check with the experts before booking to have jabs etc done. Three sources of good information are the Foreign Office Travel Advice Unit (tel. 0207 008 0232/0233), MASTA (0906 550 1402) and TRAVAX ((0906 550 0059). Apparently, each of them has a website that you can visit too. There might well be a small charge for the report that you get from these organisations, just as there could well be a charge for the jabs or other medication that you need. Some people seem surprised that they need to include these costs in the overall budget for their trip, but I'm afraid that the NHS isn't into subsidising the cost of foreign holidays.

If you are going off to somewhere warm, sunny and exciting, those of us left at the surgery are not at all jealous really. Have a great time and don't forget the postcard.

*Hugh Cronin, Practice Manager*



THE UNITED PARISHES OF ARDLEIGH AND THE BROMLEYS

The Rectory, Hall Road, Great Bromley, CO7 7TS



Dear Parishioner,  
Traditionally in Advent (the four weeks before Christmas) Christians meditate on the themes of death, judgement, heaven and hell; not particularly popular these days! Christmas is the most wonderful thing ever to happen to our world; God chooses to take the form of a man and live amongst us. This is the supreme act of divine love that God comes to bring the light of understanding to his people who are walking in darkness.

Part of that understanding is that each of us has been made by God and after our earthly life will return to Him. The one thing we can guarantee in life will happen to everyone, rich and poor alike, is that death will come in some form. Thankfully due to medical progress, improvements in nutrition, housing and clothing, life expectancy has for some of us increased. A Christian, whilst celebrating life and seeking to live it to the full, still acknowledges the end is nigh, not in a

morbid way, but realistically and in confidence that a relationship with God has been developed which will lead them to see God face to face and be recognised by him.

In fact everyone will be recognised by Him, which is where the judgement comes. God knows all the secrets of our hearts and simply measures us against how we have loved; loved Him, loved neighbour; loved self.

Jesus says "Not everyone who says "Lord, Lord" will enter the kingdom of heaven " as a stark reminder, especially to those of us who call ourselves practising Christians, that heaven is not a forgone conclusion. Even through death we will still have the will to choose between good and bad, just as on earth. So one could choose not to be with God, that is hell, rather than take responsibility for how we have lived, loving or not.

May your preparation for this beautiful feast of Christmas have it's spiritual part, as it will bring you deep blessings of understanding, joy and love.

Fr Nicolas.

**Rector:** Fr Nicolas Spicer -01206 230344  
[nspicer@lineone.net](mailto:nspicer@lineone.net)

Churchwardens

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## FROM THE PAST ...

The Blacksmith's Shop or Smithy  
In 1848 there were two blacksmiths in the village. William Nicholls at Hare Green and John Scott at The Great Heath (The Cross). - *William White, Essex Directory*

The 1851 Census records William Lord, aged 47, at Hare Green and James Nicholls, aged 62, assisted by his son, William, aged 23, at The Great Heath. John Scott resided on Colchester Road.

In 1859 Elijah Fitch and John Scott are listed in the *Kelly Directory of Essex*

By 1978 Walter Bruce was at the forge at The Cross.

John Appleby



## A NEW ZEALAND SPECTACULAR

I would like to thank all those who either attended or generously donated money or raffle prizes to the above show held at Gt. Bentley Village Hall on Saturday 1st October. As a result £717-75 was raised which will be split between Macmillan Nurses and the Jefferson Ward Trust at Essex County Hospital in memory of Jayne Peak who sadly passed away a year ago on 9th November 2004.

Paul Peak

What did Adam say on the day before Christmas?

It is Christmas, Eve



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## ARDLEIGH SURGERY THE SURGERY, DEDHAM ROAD, ARDLEIGH

### Patient survey results – October 2005

This year patients were requested to take the questionnaire form home which was handed out in the surgery during one week in October and post it back to the surgery as stipulated by the PCT. This has resulted in a lower response rate. Figures in brackets are the results of the May 2004 survey. The questionnaire form used is one that is used nationally to obtain information about the quality of the service provided by general practices under the provisions of the new GP contract.

159 (189) forms were returned during the survey period amounting to a 75% (90%) response rate.

81% (72%) of responders attend the surgery three or more times a year.

98% (96%) rated the way they were treated by receptionists as good to excellent.

96% (94%) rated the hours the surgery was open as good to excellent. 10% (15%) would like extended evening surgeries and 35% (20%) access at weekends.

83% (71%) rated the time they had to wait to see a particular doctor as good to excellent. (62% (49%) within two working days)

89% (86%) rated the time they had to wait to see any doctor as good to excellent. (86% (84%) within two working days)

98% (97%) reported that they could see a doctor urgently on the same day.

77% (74%) rated the time they had to wait in the surgery to see a doctor as good to excellent. (94% (94%) seen within 20 minutes)

83% (78%) rated the ability to get through on the telephone as good to excellent.

92% (83%) rated the ability to speak to a doctor on the phone for advice as good to excellent.

92% (81%) are able to see their usual doctor a lot to always.

On average 98% (95%) rated their consultations with their usual doctor as good to excellent. Taking into account factors such as asking, listening, explaining, involving, caring, patience and time spent with the doctor.

97% (96%) rated their consultations with the practice nurses as good to excellent. Taking into account factors such as listening, explaining and quality of care.

(85% (83%) had seen a practice nurse within the last year)

95% (86%) of responders were completely or very satisfied with the practice overall.

Responders - male 39% (45%) and female 61%

(55%). Longstanding illness or disability 68% (48%). Employed 28% (44%) and retired 55% (37%).

The practice will be reviewing the results of the survey with the Colchester PCT Non-Executive Director, Mrs Margaret Fisher in January.

Additional comments provided by a few patients were mainly about three subjects: Saturday morning surgeries, car parking and not being able to obtain medicines from the surgery dispensary.

The new GP Contract that came into being in April 2004 released general practitioners from the requirement to work at weekends and over night. This was in response to a growing recruitment and retention problem, whereby, general practice was not seen by many newly qualified doctors as a career they wished to pursue particularly with the need to have a 24 hour commitment to ensuring medical cover for patients. Primary Care Trusts were, therefore, given the responsibility to provide an emergency primary care service out of hours. In Colchester, the PCT established a new Out of Hours Service and opened a Walk In Centre. Patients can, therefore, access emergency GP care via the Out of Hours Service or a nurse led 'drop in' service at the Walk In Centre for minor problems. We appreciate that the Walk In Centre is not very accessible for our patients and, in view of this, alternative arrangements are in place. We regret that the practice does not intend to re-commence a Saturday morning surgery.

We also appreciate that car parking for patients is limited at the surgery. We are intending to make available a few more car parking spaces for patients at the front of the surgery as part of our plans to extend the surgery next year. Patients are reminded that the car park should be restricted to disabled patients and mothers with babies. We would ask that all other patients should make use of the public car park near the crossroad or park on the road.

A number of patients complained that having changed their address into Manningtree or Dedham they are no longer allowed to obtain their medicine from the surgery dispensary. They are disappointed to lose access to a 'one stop shop' service. Unfortunately, government regulations do not allow patients residing within a one mile radius of a pharmacy to be on the dispensing list of a general practice. There is provision for exceptions. If patients are able to demonstrate to the health authority that they would have difficulty getting to the pharmacy to obtain their medicines. Patients wishing to apply on grounds of difficulty may contact the surgery for the appropriate form to complete and send to the health authority.

Fred Merrin, Practice Manager



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## ST. GEORGE'S (C OF E) SCHOOL, GT. BROMLEY

A Working Party of governors and parents painted some of the benches and cleared away weeds from around the pond and the "nature walk" over half term.

Interactive white boards have just been installed in the classrooms, this will enable teachers to benefit from a multi modular approach to lessons using a variety of visual aids. The money for this enterprise was not in the budget and has come from different sources while the PTA have contributed up to a quarter of the funding.

During the half term a training day for all the teaching staff and governors was held at the School ably presented by one of our ex governors, Julie Fahey, on "Every Child Matters" so that we could all envisage the path to continual improvements to children's education and welfare.

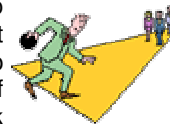
Finally there is to be a "songs from the School play" at the Seven Rivers Cheshire Home during the morning on 14th December and parishioners (as well as parents and carers who will have invitations) are invited to attend. If you would like to go please ring Denise at the School for the time and so we can manage the numbers.

*Len Christodoulides*



## CARPET BOWLS

A few facts and figures as an update. So far in the Winter League, we have played five matches, losing 3-5 away to Walton, winning 7-1 at home against Wix and 5-3 at home against Weeley. Two were drawn matches away to Wix and away to Lawford. We entered two pairs teams in the Henry Gawlett Memorial Trophy at Brightlingsea; Derek and Ron didn't make the second round but Linda and Jayne reached the quarter finals to lose by only 1 shot to Chelmondston. At Wix in the Warne cup our Fours team, of Nan Percival, Derek Frostick, Jayne and Richard Bates came 4th.



We all extend our sincere sympathy to our chairman, Pat, and his family in the sad loss of his wife Doreen at the beginning of the month. Doreen was very supportive of the Club in many ways.

I just can't believe that it is time already to wish all our members and friends a very Happy Christmas and a good New Year. We hope it will be a peaceful one.

*Nancy Kempster*

**What is a crocodile's favourite Christmas party game?**

*Snap*

**What did Mrs Christmas say to her husband during the storm?**

*Come and look at the rain, dear*

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# GREAT BROMLEY & DISTRICT CRICKET CLUB

**Thank you** to all those who attended our Quiz night on 29th October. It was a very enjoyable evening raising £433 for club funds. It was a very close contest with just two points between the winning team, Gt. Bromley cricket club, and a tie for second place between a team from Elmstead and the Kempsters' team.

## 100 CLUB WINNERS FOR OCTOBER

- 1st. Mr. Dave Scarlett.  
2nd Mr. Mike Raper.  
3rd. Mrs. Jill Frostick

**Our annual dinner and awards night** was this year held at the Wooden Fender. It was a superb meal and a good time was had by the 48 members and friends attending. Many thanks to our hosts for such a great evening. Chairman, Bill Kempster, thanked the committee for all their help with special thanks to Simon Presney, Richard Lawson, Matt Foley, Peter Wright and Didd Wright for the building of the new extension. He said the bar was making a huge difference to the club. He thanked all those who were involved in running the Colts cricket and felt that the Club was going from strength to strength. He thanked the Groundsman, John Boulton, for all his hard work throughout the season and beyond and presented him with a token of appreciation.

## 1st X1

Captain, Pip Allam, thanked his team players for supporting him and on a very successful season gaining promotion into Division 1 and only losing 3 games during the season. He thanked John Boulton for preparing superb wickets.

## 2nd X1

Captain, Dave Hardy, said he was extremely pleased with their first season and that the team could only improve as

there were some promising youngsters progressing nicely.

The President's wife, Lynda Allam, presented the trophies.

## 1st X1

**Douglas Wenden Trophy for Batting** - Richard Lawson.

**Runner-up** - Simon Presney.

**Shield for scoring 153 runs** - Richard Lawson

**Shield for scoring 151 runs** - Richard Lawson

**Shield for scoring 100 runs n.o.** - Peter Brinkley

**Shield for scoring 106 runs** - Matt Pirie  
**Bowling Award** - Peter Brinkley

**Runner-up** - Tony Clarke

**Fielding Award** - Nathan Prike

**Players Player** - Richard Lawson

**Clubman of the Year Award** - Matt Foley

## 2nd X1

**Batting Award** - Richard Lawson

**Bowling Award** - Peter Hibbins

**Fielding Award** - Craig Perrin

**Players Player** - Rob Carey

**Young Player of the Year** - Liam Fisher

**Most Improved Colt** - Daniel Tagg

**Shield for scoring 121 runs** -

Simon Presney

**Shield for scoring**

**115 runs** - Sam Rowe

*Phil Allam*



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**KITCHEN CORNER**

**Christmas Biscuits**

Some ideas for Christmas cooking. These can all be made well ahead and stored in tins. They make nice presents too!

**Zimtsterne (Cinnamon stars)**

2 or 3 egg whites 250g icing sugar  
3 drops almond essence 1 teasp cinnamon  
275-325g ground almonds or hazelnuts

Beat whites stiff, and sifted sugar to make stiff mix that a knife will stand up in. Keep aside 2 heaped dessertspoons for glazing.

Add spice and half the almonds to mixture, then knead in remainder as needed to make a pastry that is not sticky. Roll out on icing sugar or ground nuts to ½cm thick. Cut star shapes and put on a greased tin, glaze with reserved egg mix thinned with water if needed.

Bake in a very moderate oven for 30 minutes. They will be soft when taken out but quickly harden.

**Spekulatius**

4½ oz butter 8½ oz plain flour  
1 egg 4½ oz sugar  
½ teasp baking powder 1 teasp cinnamon

Cream butter and sugar, beat in egg and fold in flour etc. Knead lightly and leave in fridge till firm enough to roll out thinly. Cut into fancy shapes and bake in a moderate oven for 10-12 minutes.

This makes about 4 dozen. Store in an airtight tin when cooled.

*Jill Frostick*



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## WOMEN'S INSTITUTE

At our November meeting, Mrs Ann Jones, our retiring President, welcomed Mrs Ann Newman, Women's Institute Advisor, who had come along to guide us through the Annual Meeting process. Mrs Jones also gave out some notices regarding current activities.

On Remembrance Sunday, 13th November, Mrs Mary Clarke volunteered to lay a wreath on our behalf at the Great Bromley Memorial during the Remembrance Service. The December meeting will be our Christmas party and Ann reminded members to bring along a contribution to the finger buffet together with a glass.

The election for President then got under way with Mrs Susan Orriss winning the vote and agreeing to become our new President. Mrs Mary Clarke remains Secretary and a treasurer will be confirmed later. Committee members are unchanged.



Afterwards, Mrs Newman gave us an interesting talk on her work with the Association of country Women around the World (ACWW). It has been the 90th

anniversary of the Association this year and how our 'Pennies for friendship' contributions within the WI are always a help.

On behalf of all our members, I would like to wish everyone 'A very enjoyable Christmas'.

June Willgress

## FRIENDSHIP CLUB

At our December meeting on 15th we will be having our "CLUB TEA PARTY". It would be appreciated if members could bring a SMALL plate of "eats". together with a prize for the BUMPER raffle.



The "Entertainers" will be with us - there will not be a competition. By the time you read this you will have had your Christmas lunch and I am sure you will join me in thanking Richard and Brenda for a wonderful meal and also for our "special" lunches during the year. Special thanks to Leonie for making sure our report goes in every month. To everyone we wish a very happy Christmas and a peaceful 2006.

Vicky Griffiths



**The Upside Down Tree** - the latest must-have (and sell-out!) in New York this year. Can be bought to hang from the ceiling, as a wall-mounted version or a free-standing one that hangs upside down in a reinforced stand. The plastic spruce comes fully wired with fairy lights and tinsel trimmings.

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**‘REDUCING SALT IS NOT JUST FOR CHRISTMAS, IT’S FOR LIFE’!!!**

I can hear everyone say that Christmas is the last occasion when you want to think of cutting down on anything and least of all lovely Christmas fayre. But maybe it's the easiest time to take notice of how much we do consume because there is so much food about and we can easily see how the grams of salt add up.

The recommended daily intake of salt per adult is 6 grams, 1-6 grams for children. 6 grams is one teaspoonful and it's hidden in many of the foods we eat.

Salt levels often appear as sodium so how do we work out what the salt content is? 1g of sodium is roughly the same as 2.5g of salt. Some people get confused when they need to multiply the different amounts so an easy way to do this is to double the amount of sodium and then add half again.

The salt content is often measured per 100g so how do we know what to avoid

A lot per 100g	A little
1.25g of salt or more	0.25 of salt
0.5g sodium or more	0.1g of sodium

Breakfast cereals, margarine and cheese have a high salt content. Bread is the single largest source of salt in our diet. Six average slices of bread contain around 3 g of salt - half the recommended daily intake. Cut down on goods that are high in salt such as savoury snacks and crisps, bought soup, ketchup, pickles, smoked meats and sausages, stock cubes, ready made meals and takeaway foods. When buying tinned vegetables and fish, opt for those in water rather than those in brine.

It's good to cook with little or no salt but it can be difficult to cut out salt straightaway. One way of doing this is to actually measure the amount you usually

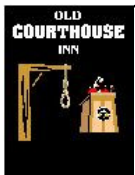
add by buying a measuring teaspoon and seeing how much you do add in each dish or pot of vegetables, pasta etc you'll be surprised how it soon adds up. Gradually cut down the amount and soon you'll be using less and less. **PLEASE DON'T PUT THE SALT CELLAR ON THE TABLE TO COMPENSATE - YOU WILL END UP CONSUMING EVEN MORE SALT BY DOING THIS.**

Start reading product labels to check the salt content. We have information on food labelling, salt, diet, cholesterol and all aspects of healthy eating. Please call in and collect some leaflets from the **CLACTON & DISTRICT STOKE ASSOCIATION**, 85 Frinton Road, Holland on Sea, C015 5UH. Or please phone 01255 815916.

Christmas Tradition – ‘an after Christmas lunch walk’ – so once again the saying should be ‘Going for a walk is not just for Christmas - it's for life’.

If you exercise regularly you halve the risk of having a stroke and help to keep your heart healthy. Walking is one of the best ways of exercising and walking even for a short while each day is really beneficial especially for those who suffer from high blood pressure, diabetes or have a heart condition. Regular exercise can halve your risk of stroke. If you need motivating you can join the Tendring Healthwalks and walk with a group on a regular basis. The walks vary from 1-3 miles and are generally on the flat. For more information please call Kate French on 01255 206272.

**WE ALL WISH YOU A HAPPY CHRISTMAS BUT MOST OF ALL A HEALTHY NEW YEAR**



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## GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

The Village Hall Committee met again on Tuesday, 1st November with nine members present under the guidance of Peter Wenden. A rather full agenda was before the meeting and dealt with before closing at 9.50pm.

The Friendship Club appointed representative vacancy on the Village Hall Committee is to be filled by Beryl Hurst thus leaving a further vacancy which will be filled by June Willgress as the appointed representative from the Women's Institute. We have one further vacancy as the Royal British Legion are entitled to place a representative on the committee but they do not have an active branch in the village. Hopefully, another person from the village will be joining the committee in the near future, thus keeping the number of members at a reasonable level and spreading the load widely.

Each year the Rural Community Council of Essex, to which we are affiliated, organises a Village Hall conference. This year it was held on Saturday, 22nd October in Saling Village Hall and the Secretary attended on our behalf. Subject matters were: 'Risk Assessments' - something we have to do these days, 'Feasibility Studies for Village Halls' - required if you are considering major projects or new build, 'Fund-raising from Charitable Trusts and Companies' - something to be done to pay for major repairs of projects, 'Awards for All' - a Lottery source of funding and the 'Big Lottery Fund' - another dip into the Lottery pot. All that together with a welcome from RCCE Director and very nice buffet lunch in a Millennium built new hall made an interesting day.

Our Christmas Fayre on 19th November will have passed by the time you read 'The Bromley Messenger'. We hope you supported it and had an enjoyable time. Thank you for coming along.



Another date for your (new) diary is 18th March, 2006 when we hope to bring "Nostalgia" back to the Hall for a pleasant evening listening and dancing.

The committee next meet on Tuesday, 10th January 2006 at 7.30pm in the Village Hall.

May I, on behalf of the committee, thank all benefactors and users of the Hall for their continued support and wish everybody a very pleasant time over Christmas.

*Bevan Willgress*

**Why are turkeys wiser than chickens?**  
*Ever heard of Kentucky Fried Turkey?*

**Why is it difficult to keep a secret at the North Pole?**

*Because your teeth chatter*

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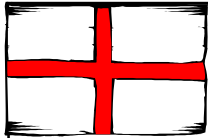
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**TRAFALGAR NIGHT**—A huge thank you to everyone who helped make the event such fun. Especial thanks go to the following who, by their generosity, helped us raise £150 for ‘Seafarer’s UK’: Percival Engineering who made and donated the most outstanding beacon and to David Salmon for his help in the erection; to Maureen, Tom and Brian for providing the musical entertainment; to Tom for the Half Nelson Ale from Sticklegs Brewery; and to Steve and Dougie for the firework display.

**EVENTS during DECEMBER**

**Thursday 15th CHARITY QUIZ 8.15pm PROMPT start**  
 £2.50 per head includes light supper. Teams of 4. Please book your table

**Wednesday 21st MUSIC NIGHT 8.15pm PROMPT start**  
 Sing, play or just enjoy traditional music and light verse. As usual, the evening will finish with carols around the Christmas tree.

**HOLIDAY OPENING TIMES:**

	Lunch	Evening
Christmas Eve	Noon-3.00pm	7.00pm-11.30pm
Christmas Day	Noon-2.00pm	CLOSED
Boxing Day	Noon-3.00pm	7.00pm-11.00pm
New Year’s Eve	Noon-2.00pm	7.00pm-LATE
New Year’s Day	Noon-3.00pm	7.00pm-10.30pm

**Bookings being taken for:**

**BOXING DAY Buffet—£12 per head**

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**PARISH COUNCIL NEWS**

**GREAT BROMLEY PARISH COUNCIL**

**Report of the Great Bromley Parish Council meeting held on 10 November 2005**

**Planning**

*Tendring District Council has approved the following planning applications:*

**Bleatarn, Mary Lane South** – conservatory.  
**Hamilton Lodge, Rectory Road** – single storey extensions.

**Harwin, Frating Road** – extensions and alterations.

(Correction: one sentence in November’s Messenger should have read – ‘*The Council considered and agreed no objections to the following planning application: Bush Farm, Hall Road – domestic stable block*’. This application has in fact now been withdrawn by the property’s owners).

**Tendring Replacement Local Plan**

The revised local plan has now been published and residents are reminded that representations *must* be received by Tendring District Council by *noon on 19 December 2005 at the latest*.

Representations must be made on the District Council’s form or a photocopy (which does not have to be blue!) or submitted on line at [www.tendringdc.gov.uk](http://www.tendringdc.gov.uk). The form can be obtained from either district council offices and local libraries or by post through telephoning 01255 686177 or emailing [planning.services@tendringdc.gov.uk](mailto:planning.services@tendringdc.gov.uk).

It has been suggested that those who made

representations against the first draft plan should *not* withdraw their objections etc. Completed representation forms should indicate precisely which section of the plan is being supported or objected to. Residents might be particularly interested in “Policy QL5c – Economic Development and Strategic Development Sites” which proposes 27 hectares of new employment land in Great Bromley south of the A120 and east off the A133.

**Hare Green recreation ground**

The council has been awarded grants totalling £3900 from the Lottery and Community Safety funds. These will contribute towards the cost of new swings and skateboarding ramps.

**Poorlands Charity Great Bromley**

The Poorlands charity can provide small cash grants – at any time – to residents of Great Bromley who are in need of assistance. If you know of someone who might benefit from such a grant then please contact the Parish Clerk. All enquiries will be treated in confidence.

**Rubbish and recyclables collections over Christmas and New Year**

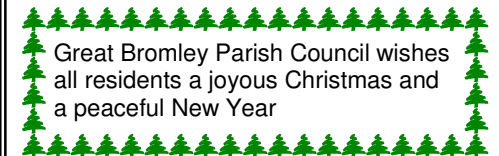
*There will be normal collections up to and including Friday 23 December. Week beginning Monday 26 December: no recycling collection this week and no rubbish collections on Monday and Tuesday. Other days will have normal rubbish collections. Week commencing Monday 2 January: all collections, including recyclables, a day later than normal with Friday’s being collected on Saturday.*

**Future meetings**

The next meeting of the Council will be at 7.30 pm on Thursday 15 December 2005 at the Village Hall Great Bromley.

**LITTLE BROMLEY PARISH COUNCIL**

The next meeting of Little Bromley Parish Council will be held on Thursday 15th December, 2005 at **7.30pm**. For details of venue please ring Parish Clerk.



# Forthcoming Events



## DECEMBER

- 7 WI Christmas party, Village Hall, 7.30pm
- 9 Quiz Night, Seven Rivers Cheshire Home, 7.30pm
- 10 Quiz Evening, Village Hall, 7.30pm
- 14 'Songs from the School Play', Seven Rivers Cheshire Home, a.m.
- 15 Friendship Club Tea Party, Village Hall, 2.00pm
- Lt Bromley Parish Council meeting, 7.30pm
- Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 18 Carol Service by the Rotary Club, Seven Rivers Cheshire Home, 3.00pm

## JANUARY 2006

- 10 Village Hall Trustees committee meeting, Village Hall, 7.30pm
- 22-29 World Leprosy Week

## MARCH

- 18 Dancing to 'Nostalgia', Village Hall

## BRIGHTLINGSEA AND DISTRICT ROTARY CLUB

The Rotary Club will be giving a Carol Service on Sunday 18th December at Cheshire Homes at 15.00hrs. After the carols Santa will distribute presents to the residents. All parishioners are welcome to attend. Please contact me so I can manage the numbers.

The Money raised so far from the foreign money collection is £79 so I am still collecting. The last donation was from the Old Court House who gave me all their paper money off the bar wall.

If anyone can help with the collecting for our sleigh and Santa please contact me - 01206 251264. Dates are 8,9,13,14,15,16,19,20,21,22,24, December. I will tell you place and times. (about 6pm in Wivenhoe and Brightlingsea) ( by email if you prefer [lenchristo@onetel.com](mailto:lenchristo@onetel.com) )

The Club has filled 11 Aqua Boxes and these went out on 9th November. These

boxes, together with the filtration and sterilising kits, are used for making drinking water. The boxes are also filled with other items such as hammer and nails, so as to use up the available space to the full.

The Club also contributed £700 to Mercy Ships. These ships are floating hospitals that use volunteer doctors, nurses and orderlies. They pick up drugs and equipment en route then call in at various African ports to perform operations. The money is used to pay for food and fuel etc - even the ships have been donated. This is a very cost effective charity as the costs are in situ and not given to the government of the state with very little going on administration costs.

Len Christodoulides



## OASIS PLAN PUBLIC MEETING

There will be a public meeting to discuss the Oasis Plan on Tuesday, 29th November in Gt Bromley Village Hall at 7.30pm

## DISTRICT 1240 ROTARY

Young musician of the year  
Are you under 19 at 1/1/06 and an accomplished musician?



Then you might like to enter this competition free of charge. You could win £175 Ask me for an entry form before 1st January 2006.

Play on 4th March 2006 at Chelmsford.

Len Christodoulides -  
email: [lenchristo@onetel.com](mailto:lenchristo@onetel.com)

## CARD CAMPAIGN AGAINST RURAL DESTRUCTION

### QUIZ EVENING

in Great Bromley Village Hall  
On Saturday, 10th December  
7.30pm



£3.00 per person with teams of up to 8 Christmas themed event with a prize for the best fancy dress costume (dressing up is optional)

Teams to be booked in advance by contacting Jenny Willson on 01206 252000

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## Seven Rivers QUIZ NIGHT Friday 9<sup>th</sup> December at 7.30pm



£2.00 per person Teams of any number.

Monies raised are in aid of the Residents Activities Fund. Please bring your own refreshments.

Telephone Paul/Angela on 01206 230345 to book your place.

## Listen and Dance to 'NOSTALGIA'

Coming to  
Great Bromley Village Hall  
on 18th March, 2006

Watch this space!



**MATERIAL** for the **JANUARY 2006** edition of 'The Messenger' should reach the Editor, Leonie Henderson, by **MONDAY, 5th December, 2005** please. Contributions from anonymous sources will not be printed.

Copy can either be delivered by hand or sent by post, fax or e-mail. (see inside front cover for details)

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