

THE BROMLEY MESSENGER

APRIL 2016

Volume 31 No 1

Show Jumping Success for Sarah



Sarah Endean from Meadow Close is enjoying show-jumping success at Wix Equestrian Centre. She has just won The Bowen Trophy after a series of shows which started back in November. She competed in the 2ft 9 and 3ft sections on her 20-year-old Irish sports horse, Bunnow Magpie (whose stable name is Fly).

Sarah had to fight off some stiff competition as the majority of competitors were adults. She was consistent and won both her classes every month. Although nerves got to her a bit on the final weekend, when she knocked a couple of poles, she was triumphant with an overall win of 49 points.

Sarah is a 15 year old Manningtree High School pupil and has just been selected to represent the Essex & Suffolk Pony Club England Trials for the Prince Phillip Cup Mounted Games with her pony Gypsy.

Photo by kind permission of Mark Warr

KATISHA'S KOLUM

Mistress sez I hav dun nuthing 2 help 4 monthsh and must urn mi keep. I protest. I hav been keeping the mice - and mole - populashun down wen the wether is fine. There will soon b sum baby rabbits to catch. I am now over 9 yeers old and no longer like long owers owtside in the cowd, wind and rayn and there seems 2 hav been an orful lot of that recently. Mistress sez up to now it has been miyeld! Huh! She dusn't sit in long wet grass wayting 4 a mowse to pars by.

Mistress sez sum of u hav arsked arfter me and miss my kolums. Thank you 4 arsking and as u can c I am fine and as cheerful as always. I do have a bit of a bad leg witch sems to be worse wen it is cowd and damp but it is not as bad as the dog's leg wich is the subject of consurn at the moment. She is on medicashun and is wayting 4 an X-ray. I think she just wonts attenshun - she cannot walk on it very well, the joint is very big and swollen, she is not allowed to go out and haz to rest. Fuss and nonsense. Dog, and Mistress, just wont to sit by the fire.

There is a new teecher cuming to the skool after Eester. I hope she dusn't say rood things, like Mrs Fitzgerald did, abowt my spelling. Mrs Fitzgerald offered me a playce in wun of the class rooms but I woz mor interested in catching mice so didn't

go. I kan spell.

This is the munth lots of running people will be abowt the lanes in Little Bromly wich sownds a big occashun. I wunder how long it takes to run 10k? I am a very fast runner witch I had 2 do the uther day wen a visiting dog chased me. I climed a tree. Dogs can't clime treez - useless creetures. Little Bromley are having a litter pik during the munth and need help if anywun kan spare the tyme.

Mr Fred, Chareman of TDC, is having a big supper for a boat project in the village hawl. I don't expect mice will be on the menew but it shood be a good evening.

So lots 2 do. Now if I cood just tare miself away from this nice wawm chare I have tyme to go owtside wile it is stil sunny.



MATERIAL for the **MAY** edition of 'The Bromley Messenger' should reach the

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SAVE THE BROMLEY CROSS

As those of you who pass the Cross Inn will have noticed, the new owners have already raised the garden and dug up the patio, making it a very sad sight. We understand that a property speculator has bought the pub and garden, and they have no intention of ever re-opening it as a pub. The garden has already been sold to a builder and the site cleared. We called Tendring Council, who visited while the work was being done and said it was within the new owner's rights. It's important to emphasise that this does NOT make the pub a lost cause. The planning permission for the garden is outline only, with all matters reserved, and access via Colchester Road and Ardleigh Road were both turned down by highways. The pub itself is still listed as an Asset of Community Value and we will oppose any change of use to turn the pub into houses or demolish the pub.

The campaign to save the pub has received fantastic support from the local and regional press. We were in the East Anglian Daily Times, Colchester Gazette (thanks to the 30+ people who turned out on a Sunday morning for the photographer) and we were featured on the BBC Radio Essex Dave Monk's show - the articles and a recording of the interview are available on the news section of our website <http://www.greatbromleycross.org.uk/>

In the meantime we're continuing with our pop up pubs which help publicise the campaign, demonstrate the demand for the pub and most importantly, are great social events. Thanks to everyone who came to our Pop Up Pub Curry Night in the Village Hall on 26th February. With the help of the Ashiana Tandoori, we fed over 100 people, with a fantastic Indian buffet and even ran out of beer, temporarily, until we could replenish stocks from our local Sticklegs brewery. Our next event is a Pop Up Pub Music Night on Saturday 7th May starting at

7:30 at Southview, Ardleigh Road, Great Bromley, CO7 7TL, just down the road from the Cross Inn. We'll have our usual licenced bar and music from "Tea

Ladies", East Bergholt's Premier Alternative Cajun Band. It may be in a shed, but it's a very big shed, and it does have a bar. What more could you ask for? Well a pub would be better, but for now we'll have to make do with sheds, etc. We're planning more events throughout the summer, but if anyone else has ideas or can offer venues for more pop up pubs, then please get in touch via email to SaveTheBromleyCross@yahoo.co.uk.

Jim Craddock, Secretary, Save The Bromley Cross



GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

A number of residents attended the March Parish Council meeting to hear a presentation by Gordon and James Parker, on behalf of a client, regarding a proposed development on land opposite The Cross Inn. The Council were provided with a selection of draft sketch layout plans for between 20-38 houses including affordable starter homes, specialist bungalows for the physically disabled, 3 bedroom family homes, 4 and 5 bedroom aspirational homes and plots for self build projects. It was suggested that the development would take place over a 5 year period.

Councillors had a lengthy debate on the pros and cons of producing a Neighbourhood Plan – one line of argument being that the Parish Council should wait to see TDC's Local Plan first, which we understand will be available by the end of this year. The other view is that the Parish Council should assess the neighbourhood's housing requirements independently.

There has sadly been a spate of fly-tipping around our lanes this month. It is also noted that occasional dumping of garden waste occurred last year on a local basis, and I remind residents that this is illegal as well as undesirable and unsociable. I do report fly-tipping to Tendring District Council who usually deal swiftly with it for us, so can you all please be vigilant and help us. If you see anybody dumping rubbish of any sort please try to get a registration number, a

photo if possible, and let us know as soon as possible.

Discussion took place regarding removal of the dog bin in Carringtons Road; a new bin will be placed in Furze Lane and a second in Chapel Lane.

Complaints have been received regarding construction lorries going down Ardleigh and Frating Road in breach of speed restrictions and the Parish Council will be looking into this.

It was noted that Essex Highways, through their contractors, have done a marvellous job of clearing the rotted leaves and vegetation from the walkway between Harwich Road and Mary Lane North. This makes the path much easier and more pleasant to use and the work is appreciated.

Last but not least, it was noted that the hedge on Carringtons Road, which is home to grass snakes, has been cut back. It was pointed out that frogs are also crossing the road on the way to the pond and the Council will be looking into obtaining some Frog Crossing Signs!

The next Parish Council meeting is on Wednesday 13th April in the Village Hall at 7.30pm.

*Karen Tarling
Clerk to Great Bromley Parish Council*

LITTLE BROMLEY TREES

There are a number of trees needing a home in Little Bromley from our nursery. If anyone has room to plant one (or more) would they please ring Anita on 07564 363478.

The trees we have include Silver Birch, Hazel, Beech, Ash, Horse Chestnut and

they are all in pots and need planting out fairly quickly.

Thanks



PLANNING APPLICATIONS

REFERENCE	LOCATION	PROPOSAL	
16/00217/FUL	Land adjacent The Cross Inn PH, Ardleigh Road, Great Bromley	Erection of two dwellings (revision to scheme approved under planning permission 15/01502/FUL)	Great Bromley parish Council support this application.
16/00090/FUL	Westward House, Mary Lane North, Great Bromley	Alterations to building within cartilage to facilitate conversion to annexe	Great Bromley Parish Council oppose this application on the same grounds as the previous application under 13/00786/FUL
15/00761/OUT	Land to the South of Long Road and to the West of Clacton Road, Mistley, Essex	APPEAL. Outline application with all matters reserved, other than strategic access points onto the public highway, for the erection of up to 300 dwellings, up to 2 hectares of employment land (A2/A3/B1/ D1 uses) with associated public open space infrastructure.	For Information Only.

GT BROMLEY PARISH COUNCIL FOOTPATH WARDEN

During August-October last year I undertook an extensive survey of our village Public Rights of Way which was submitted to the Parish Council. Since then a great deal of remedial work has been carried out and our Public Rights of Way are now in good order. Damaged fingerposts, fingerposts which need re-setting, missing waymarker discs, etc. have all been reported to Essex County Council for action.

I am, together with Kate Strowbridge, drawing up a Work Proposal as part of our Parish Paths Partnership for maintenance and improvement of our Public Rights of Way.

Please would residents ensure that hedges and vegetation does not encroach onto Public Rights of Way from the sides or from above. A gentle reminder to

landowners that footpaths must be reinstated following cultivation. The majority of Great Bromley's landowners maintain their footpaths to a high standard; they should be congratulated on this.

Please report any problems with our village Public Rights of Way to myself via the Parish Council website: footpaths@gbpc.org.uk

If anybody is interested in joining our working group to help keep footpaths clear of vegetation, etc., or are willing to adopt individual paths as 'wardens', please contact me through the Parish Council Website.

Mrs Deborah Lawes, Footpath Warden

DISTRICT COUNCILLOR NEWS

There have not been any full council meetings since the last news I provided. The local plan committee for March was cancelled as information that was awaited had not been forthcoming. The next Local Plan meeting is on 12th April at Weeley Council Office members of the public are invited to attend.

Planning appeals are being made thick and fast. Some are being agreed by the Planning inspectorate and others are dismissed. For TDC officers or the planning committee there has to be good planning reasons for turning applications down. It is not sufficient to turn applications down because they are not liked. A number of appeals recently have been allowed, one in particular in my ward at Elmstead.

Food caddy bags have been delivered courtesy of Defra.

Civic duties in the past month been much quieter, on 28th February Jenny & I attended Brightlingsea Mayor and Cinque Port deputy civic service. On 5th March I presented certificates to children that were involved in the Magna Carta competition. On 11th Jenny & I attended Healthy Schools Award at Chelmsford. A Manningtree High School pupil received an award. In the evening we attended Rochford Chairman's Civic Dinner. On 12th I opened the Health & Well Being event at Walton on Naze and on 14th Jenny & I attended Commonwealth Raising the Flag ceremony at Clacton Town Hall.



A

reminder on 15th April my charity supper in aid of the Mayflower project is being held at Great Bromley Village Hall. A welcome drink followed by a two course meal, provided by Sweet Success. Entertainment by Harwich Sing and Ray Clarke BBC Essex presenter and former pirate radio DJ. If you wish to attend please contact Ashley Wood 01255 686583 or myself 01206230688.

Fred Nicholls, District Councillor

COFFEE BREAK NUTRITION with Suzanne Abbott

HIDDEN SUGARS - where are they?!

Not a day goes by without coming across an article in a magazine or in the news that tells you to cut back on sugar. But do we really know why? In the past few years, our waistlines have expanded despite the many diets we have tried! This doesn't only apply to women; men too are affected as well as children.

I often come across people who tell me that they have tried every calorie-controlled diet under the sun but the weight always comes back. So what is going on?

Eating sweet, sugary foods will produce more insulin in the body. This will make you put on the pounds because insulin triggers weight gain in three ways:

1. It increases appetite
2. It increases the amount of fat that gets stored away
3. With more insulin, more fat is produced and this stops the body from being able to burn the accumulated fat. A vicious circle!

The fat which accumulates around the tummy area is called 'visceral fat'. Insulin related weight gain is around the middle of the body and can be a sign of some of the degenerative diseases like diabetes, heart disease or stroke.

So what is actually causing this effect when years ago we all looked much thinner as a nation?

We all know that we should cut back on sugar, but do we actually know the whole story? Ordinary table sugar breaks down in the body into 50% glucose, which can be used for energy, and 50% fructose.

Fructose can never be used for energy; the liver turns it into the visceral fat in our abdomen. OK, but we were always told that 'sugar gives us energy'. That isn't exactly correct. When you eat something sweet or have a soft drink sweetened with sugar, honey or high fructose corn syrup, the fructose in the food you are eating will turn into visceral fat which goes straight to your tummy. This is a very complicated process and that's probably why it is never

explained to the general public – on the 'don't need to know' basis.

With the introduction of the 'High Fructose Corn Syrup' (HFCS) into any and all 'foods' back in the 1970s, because it was much cheaper to produce than sugar, we are now facing a huge obesity problem. HFCS is between 55 - 90% FRUCTOSE. It is used by the food manufacturers in all processed foods which include cereals, mass produced sliced bread, ready meals, yoghurt, ice cream, chocolate, cakes, desserts, biscuits, even savoury biscuits, jam and all the soft drinks and fruit juices as well as meat; in fact probably 85% of food products on any supermarket's shelves will have HFCS in them. It's cheap to produce and that is why the food manufacturers use it – for profit. No wonder that we can't get rid of that spare tyre.

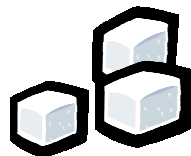
And why did I call this article 'Hidden sugars', because HFCS can be disguised under various names like glucose-fructose, maize syrup, glucose syrup, isoglucose, fruit fructose etc. If it doesn't say 'sugar' or 'cane sugar' you can be certain it's some disguised form of HFCS.

My advice to you is to read all the labels on food packets. Search articles on the Internet about HFCS and learn more about it. Eat lots of veg and some fruit – they will give you all the glucose you need for energy. Learn about what's in your food; don't let your supermarket control you. You can always come and talk to me too!

¹ Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans.

Stanhope KL, Havel PJ, et al. J Clin Invest. 2009 May;119(5):1322-34. doi: 10.1172/JCI37385. Epub 2009 Apr 20.

School of Modern Naturopathy, Naturopathic Nutrition, Mod. 3, p 39 /2016 L. Lazarides



IN THE GARDEN WITH KATE



I have just come back from a wonderful two weeks in India. The flowers and the gardens were fabulous, even the motorways had hibiscus and

seem to have stopped this year).

bougainvillea growing in the central reservation - take note Highways! However it is their winter (dry season) at the moment and any uncultivated areas are very parched and dusty, but the cultivated areas remain green and lush. Despite it being winter, the temperature the day before we came home was 40 degrees, rather a shock to come back to frosts.

It has been lovely over the last few days, sunny during the day though frosty at night, which has enabled me to start getting a bit more enthusiastic about gardening! Before we went it was so cold and wet that I really didn't want to go out in the garden at all.

The puppy is officially no longer a puppy, and had his first birthday earlier in the week. Thankfully he has improved dramatically in the garden and, apart from thinking the wood store is his own personal store of sticks, is very well behaved and has stopped trying to play with chain saws! With the passing of the equinox we are now officially into spring and the flowers in the garden are a picture. Despite many of the spring flowers starting in December, there are still many blooming and my hellebores are especially beautiful this year.

Now spring is here, it is time to dust off your tools and gardening gloves and get to work. Roses, shrubs, trees and spring flowering bulbs will appreciate a dose of general purpose fertilizer, and grass will benefit from a spring feed too. Grass needs to be mown at least once a fortnight (though I am aware that many people have been mowing all through the winter as the grass doesn't

In the vegetable garden broad beans, summer cabbage, brussel sprouts, early peas, broccoli, leeks, beetroot, radish, spring onions, lettuce, rocket, turnips, spinach, parsnips, chard, carrots and onions can all be sown, and first early, second early and main crop potatoes can be planted. Weeding and watering is very important to give the baby seedlings the best possible chance, as is thinning out. Tomatoes in the greenhouse will need pricking out when they have their true leaves, and other frost tender vegetables such as cucumbers, runner beans, marrows, pumpkins, squashes and courgettes can be started under cover. Summer tubs and hanging baskets can be planted up, but left in the greenhouse until all dangers of frost have passed. Tender annual flowers can be started in the greenhouse too.

Early pests can be a real problem in spring with slugs and snails happily munching on newly emerging seedlings. I find slug pubs work well,- I like to think the little devils died happy! Above all, find time to enjoy your garden!!

Kate Strowbridge



Cricket Club 100 Club Winners

Winners for January

- 1st. Mrs. R. Herring
- 2nd. Mr. Matt Foley
- 3rd. Julie Herring

Winners for February

- 1st. Mrs Julie Hitchcock
- 2nd. Mrs Lisa Davis
- 3rd. Mrs Jill Frostick

Little Dragons Pre-School - Great Bromley & Frating

Church Meadow Bungalow, Hall Road, Great Bromley CO7 7TR
Ofsted Inspected

Website: www.littledragonspreschool.org
Email: littledragonspreschool@gmail.com



OFSTED INSPECTED **OUTSTANDING**

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CLUBS- PLACES AVAILABLE** Tel: 07857
503103

If you require further information please call the number above or pop in to see us.

VISIT FROM INDIA

We were very lucky to have a visit from our friend Ashish Dabral last month. He came to have a look around our pre-school and share ideas for our twinning with a rural school in a Himalayan village. The children were very welcoming and made him some cards to take back to India.

Mums and Dads were invited to join us in our sessions and take part in some of the activities for 'Mum's Week' and 'Dads Week'. Thank you to those who were able to make it, we hope you enjoyed your time with us, the children and staff certainly enjoyed having you.

We celebrated 'World Book Day' in March with a dinosaur themed week. The children had fun with lots of activities including drawing, painting, 'mud' play dough (made with coffee beans), making dinosaurs from construction and recycled modelling and even making their own dinosaur 'fossils' in clay.

With spring on the horizon thoughts are turning to our sensory garden and the children have been involved in planning which vegetables and flowers we will need, very exciting.

Fundraising

A PAMPER AND SHOPPING EVENING.

We would like to say a BIG THANK YOU to Michelle and all her helpers for organising and raising an amazing £900.80 at our Pamper Night and thank you to everyone who supported the event.

Future events planned are:-

Saturday 14th May Quiz Night at Gt. Bromley Village Hall

Saturday 18th June Fun Day at Little Dragons Preschool

SAINSBURYS VOUCHERS

We are now collecting Sainsbury's vouchers so please tell friends and family

PLEASE SAVE YOUR BISCUIT WRAPPERS AND BOTTLE TRIGGER HEADS

We have registered with Terracycle and are currently collecting biscuit wrappers and plastic bottle trigger heads and caps from washing up bottles. These we send away and are then paid according to the weight. So please ask friends and family to help us collect as many as possible.

We take children from the age of two years and offer a 'home visit' to families of children prior to them starting Pre-school. This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment.

For further information or to arrange a visit to the setting please contact us on the above number.

Party Table and Chair Hire

Having a party for Pre-School children?

We can offer 4 perfectly sized tables & 20 chairs.

Deposit only £10 Tables only £5.00 each

Chairs Only £1.00 each

*Collection Only - Contact us: Tel: 07857
503103 Email:*

littledragonspreschool@gmail.com

Dates for Diary:

Monday 11th April Return to preschool
after Easter Holiday

Saturday 14th May Quiz Night

Saturday 18th June Fun Day

FRIENDSHIP CLUB

At the February meeting the Treasurer's report was repeated for the benefit of those who were absent in January.

Representatives from our Club attended the funeral of Mrs Doris Pleasance, and a donation was also sent in her memory.

Committee members are still needed so please volunteer if you feel you would like to help with the running of the Club. Lily, who has organized the competition for many years has now retired and Lesley has agreed to take it on. Lily and Barbara have been awarded the Rose Bowl trophy jointly and have agreed to share the possession for the year.

It was suggested that fish and chips could be available at 12.30pm before the April

meeting in the hall. This is the date of the Queen's 90th birthday. Names will be taken at the next meeting.

Beryl then introduced our local Historian, Hugh Frostick, who gave an excellent and interesting talk on the role of Churchill's Secret Army during the last War. Hugh's father, Charles Frostick, was a member of this organisation and was involved in special duties.

Charles Frostick left in 1942 as he had been called up. In 1968 a book was published about the Secret Army as until then it had been kept secret.

In 2014 Hugh represented his father at the Cenotaph march past.

Our Speaker for April is Rev. Lovell and the competition, "Something to do with the Queen".

Sylvia Ward

STOUR VALLEY U3A

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

Recent Meetings

On Wednesday March 9th Charlotte Harding spoke on "An Introduction to Warner & Sons", a talk on the 120 years of textile design and manufacture in London and Braintree, highlighting the Company's Royal connections. The speaker worked at the Braintree Museum who manage "The Warner Textile Archive".

Future Meetings

On Wednesday 13th April Rebecca Parry BSc, Director of Conservation, Education & Research, will talk on "Zoos and Conservation". Her talk will include the history of zoological collections, including Colchester Zoo; the Zoo's current modern roles, its breeding programmes & conservation projects in the wild.

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

Membership

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 200 members and 18 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.

Remember

It's never too late to learn! Join the 361,477 members across 969 U3As throughout the UK today!

2016 EVENTS



APRIL

- 6 WI meeting, Village Hall, 7.30pm
- 9 Cricket Club Working Party, 9.00am (see page 18)
- 10 Sponsored run/walk in aid of painting St Mary's Lt Bromley fence, 10.30am
- 12 Lt Bromley Amenities Group meeting, The Haywain, 6.00pm
- 13 Knit and Knatter, Cheshire Home, 2.00pm
Gt Bromley parish council meeting, Village Hall, 7.30pm
- 13 TDC Chairman's Charity Supper, Village Hall
- 14 Lt Bromley Spring Litter Pick, meet Lt Bromley car park, 10.00am
- 17 Pier to Pier walk in aid of St Helena Hospice
- 21 Friendship Club meeting, Village Hall, 2.00pm

MAY

- 4 WI AGM & 68th Birthday meeting, Village Hall, 7.30pm
- 6 Kwick Cricket 6-11 year olds season starts (see page 18)
Colts Cricket Club trains starts (see page 18)
- 7 Annual Meeting, Tea & Music, Lt Bromley church 3.00pm
Pop up Pub Music Night, South View, Ardleigh Rd, 7.30pm
- 14 Little Dragons Quiz Night
Lt Bromley Amenities Group Quiz, The Haywain, 7.30pm
- 18 Village Hall Trustees AGM, Village Hall, 7.30pm
- 21 Plant Sale, Village Hall
- 28 St Helena Hospice Ladies Midnight Walk, starting from Colchester United
Weston Homes Community Stadium, 10.30pm

JUNE

- 1 WI Meeting, Village Hall, 7.30pm
- 17 Kwick Cricket Tournament (see page 31)
- 18 Little Dragons Fun Day

JULY

- 6 WI meeting, Village Hall, 7.30pm

AUGUST

- 12 Cricket Club chairman's Day

SEPTEMBER

- 17 Abba Night (Cricket Club)

NOVEMBER

- 14 Quiz Night (Cricket Club)

Village Hall Trustees AGM

18th May
Village Hall
at 7.30pm

The Friends of St. Mary's Church, Little Bromley
would like to invite you to our

Annual Meeting with Tea and Music

Come to St. Mary's Church, Little Bromley on **Saturday 7th May 2016 at 3pm**
We will start with tea and music, then our AGM at 3.30pm, followed by a short History
talk at 3.45pm followed by more music at 4pm.
Everyone welcome to this free event.



10th April

10K Run

starting in St Mary's church, Little Bromley

at 10.30am

Children's 2K race (enter on day) starting 10.00am

4K event for Walkers starting 10.40am for a donation.

Refreshments, entertainment and displays around the church

In aid of painting the church fence.

Tendring District Council Chairman's Charity Supper

Friday 15th April

Great Bromley Village Hall

In aid of The Harwich Mayflower Project

2 course supper, entertainment

Catering by Sweet Success

Tickets £30

Please contact Ashley Wood 01255 686583 or email wood@tendringdc.gov.uk or 01206 230688

What's On with Little Dragons

Saturday 14th May

Quiz Night at Gt. Bromley Village Hall

Saturday 18th June

Fun Day at Little Dragons Preschool



Charity No. 1136038
Company No. 7599441

Pop up Pub Music Night

7th May

Southview, Ardleigh Road, Great Bromley, CO7 7TL

(just down the road from the Cross Inn)

Licensed bar with music from "Tea Ladies", East Bergholt's Premier Alternative Cajun Band

Lt Bromley Amenities Group

12th April

Amenities Group Meeting
The Haywain at 6pm

16th April

Spring Litter Pick

Meet at the Village car park at 10.00am

Hi Viz jackets required



14th May

Amenities Quiz

The Haywain at 7.30pm
Light buffet provided

Tables should be booked by phoning 01206 390004 or emailing the Amenities Group



Plant Sale

21st May

Village Hall

Watch this Space!



Knit and Knatter

meets in Seven Rivers Cheshire Home
2.00pm-4.00pm

Just come along with knitting needles or crochet hook - or whatever! - and create and chat

All welcome



CAR BOOT SALE

The Friendly Boot Fair
EVERY FRIDAY 8am.
Junction A120/B1035 CO11 2NZ
Horsley Cross Roundabout

DORIS MAY PLEASANCE 24 APRIL 1921 - 1 FEB 2016

Doris was born near Eye in Suffolk into a family of three brothers and three sisters. Sadly her mother died when she was only 10, so she spent some of her early years in a children's home, losing touch with her brothers and sisters. Fortunately she got back in contact with them later. She went into service, then in wartime she worked for the NAAFI, looking after the catering needs of service people.

It was during the war that she met the love of her life, Maurice. They married in 1943 and were together for over 50 years. They had two children Valda and Ivan, followed by four grandchildren and at the latest count six great-grandchildren.

Maurice served in the army then he returned to work on the land, firstly near Halesworth and later at farms in Great Bromley, while Doris looked after home and family. The family was always the focus of her activities. She was a great one for knitting, making clothes for children and grandchildren, and always seemed to be mending or sewing something. She loved the large family get-togethers but equally loved smaller, simple occasions, just two or three family playing cards together. Family holidays to caravans were always great fun, as were trips to the seaside at Southwold – in the early days she went by bicycle.

She went to work at Great Bromley Primary School, at Keddies Restaurant in Colchester, and fruit picking in the Autumn with other villagers. But home and family always came first. A great feature of home was the garden. They had a big plot at Great Bromley, where she cultivated a fine display of plants and flowers, whilst Maurice was more into his vegetables.

When Maurice retired they moved to



Ardleigh where they made many friends and participated in whist drives, school fetes and many other events. It was in that happy community that they celebrated their golden wedding, before Maurice died in 1996.

Doris was a popular figure at Great Bromley's Friendship Club for very many years. She had many friends in the two villages and was a great one for going to see anyone who was not well, or needed a visit, remaining a loving and caring person all her life. One old friend said that she had never heard a cross word from Doris in 70 years!

It was only recently, well into her 90s, she had to move into the nursing home at Loganberry Lodge. She will be sadly missed by all who knew her.

Alpacas and Chocolate.

What were we going to hear this evening and what could be the connection? Pat Fryer, a member of our nearest institute Erdelega*, was our speaker. She began her talk by telling us that the family story told to her by her mother was that she was related to Sir Titas Salt of Saltaire in Yorkshire. Pat, however, as a child did not believe her!

When Pat retired she decided to investigate the family tree and although her grandparents names were not known to her at the time, she was able to find this out after some time and a great deal of internet searching.

But what of Alpacas? or indeed Chocolate?

Pat then took us on a journey of finding out one's ancestry on the internet and via past members of her family keeping alpacas and another branch being in the chocolate making business (the connection!) she arrived at the revelation that she was indeed related to Sir Titas Salt. It just

shows you never can tell!

What an interesting evening which made us wonder how we ever managed before the internet as in the past the determined ancestry finder had to visit cold, damp churches, Somerset House, or other various dusty corners where all the old records of yesteryear were kept.

Our next meeting is on 6th April at 7.30pm in Great Bromley Village Hall. The speaker will be Bill Pirie on "His Life and Times".

Competition "A Limerick" and flower of the month.

All welcome

* *the ancient name for Ardleigh*



DEDHAM TENNIS CLUB

Dedham Tennis Club is now taking membership for 2016. Playing opportunities for all standards and ages. We have a range of junior and adult coaching programmes in addition to regular club play sessions and competitions, match play and much more. Visit www.dedhamtennis.org.uk or contact our Membership Secretary, Caroline Weston on 01206 323726 for further information.

In addition we are delighted to announce the appointment of a new coach at the club, Paul Newman. If you would like to book coaching please email coaching@dedhamtennis.org.uk

KITCHEN CORNER

LAMB TIKKA

Lamb. lean cubed 750g for 6 servings approx

Marinade: 1 tablespoon each of turmeric, ground coriander, chilli powder, and fresh chopped root ginger.

Mix with natural Yoghurt and 1/2lb sliced onion 2 or 3 cloves garlic.

Mix with the cubed lamb and leave for 5-8 hours.

Put the meat on to skewers with the usual vegetables - peppers, mushrooms, courgette. Grill them and serve on lettuce leaves.

Jill Frostick

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery

instances still useful even today. ***Please bear in mind this was written a long time ago!***

I'm writing this on the morning that we've received our notice of a Care Quality Commission (CQC) inspection on March 23rd and as you can imagine, my brain is working overtime at the moment thinking about all the things I need to do! By the time you read this however, it'll all be over and I'm sure that we will have made a good impression on them.

IMPORTANT: I need to remind patients that we do not offer a 'walk in' service here at Great Bentley Surgery. Unfortunately we are getting more and more patients turn up in person wanting to see a doctor which is causing them to wait for long periods in the waiting room when they're ill and impacts adversely on other patients. We will always see patients when there is a clinical need for an on the day urgent appointment, but patients **MUST** telephone us first. When an urgent appointment is requested, patients will get a call back from the on call doctor who will assess them over the phone, If they agree on the need to be seen that day, they will book the next available urgent appointment. Call backs are usually made between 20 to 30 minutes and any resulting appointment is usually booked for within two hours of that call.

This month's meeting of the Great Bentley Surgery **Patient Participation Group** will be meeting on **Thursday 21st April 2016 at 6.30pm** at the Great Bentley Village Hall

Richard Miller (Practice Manager)

This part of our newsletter publishes suggestions from this 102 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many



Broken Limbs – *If the child has his leg or arm broken do not attempt to undress him. Send for the doctor at once, and until his arrival let the child lie on his back, either on a hard mattress or on the floor, and cover him over with a couple of blankets. If it is absolutely necessary that he should be moved, let one person carry him, and another take charge of the broken limb, holding it in such a manner, that it is not in the least jarred. Remember that the medical man is the only person who can be of any real service in such cases. Do not attempt to manipulate or bandage the broken limb in any way yourself. – Of course these days we have 999, ambulances and hospitals!*

Bronchitis – *is one of the most common diseases of children. When the malady is approaching, the child suffers with a heavy cold and is very fretful. The cold becomes more confirmed, he has a loud, hard, dry cough, while his breathing is hurried, oppressed and wheezy, and the malady is worse during the night. Keep the child in one room which should be well warmed – over 65F; and if it is a severe case, keep him in bed, and have a bronchitis kettle always boiling, so to moisten the atmosphere. A teaspoon of ipecacuanha wine, mixed with a little sugar and water, should be administered every four hours. Give the child a warm bath at night, and, in a stubborn case, put linseed and mustard poultice on his chest. Do not physic the child with paretics, which are apt to stop the cough without curing the disease. The cough being the best means of relieving the chest of the phlegm, should not be prevented. – There are many unusual words by today's standards here which like us, you may want to look up the meaning of!*



St Helena Hospice
 your time...your hospice
 Registered Charity Number 280919

ST HELENA HOSPICE

Open your hidden treasures in aid of the hospice

St Helena Hospice is inviting local people to showcase their gardens from March to August in order to raise money in support of its patients and their families.

The hospice recognises that lots of its supporters have beautiful gardens nestled away which have had a lot of hard work, time and effort put into, and it would love supporters to share their masterpieces in aid of its work. Whether the garden is a large estate or just a few pots and planters the hospice wants to give people a chance to show off their hidden treasures!

The community fundraising team will provide fundraising materials for anyone

opening their garden as well as helping with advertising to the local community. An event raising just £25 could pay for a chaplaincy visit to provide a 'listening ear' to a patient, regardless of any religious beliefs. A small donation can make a large difference.

Find out more information about the event and how to get involved at sthelenahospice.org.uk/opengardens16 or by calling the community team on 01206 931468.



STOUR VALLEY MEN'S PROBUS CLUB



Recent Meetings

On 2 March Richard Walker presented a view "When Pirates ruled the Waves" a very local issue a few decades back and we held our Annual General Meeting on Wednesday 16 March when Graeme Forsyth stepped down after his year as President.

Future Meetings

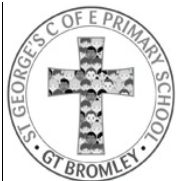
On 6 April David Carman will interview our new President Hew Naylor in his "Dessert Island Discs" in what promises to be a most interesting meeting. At our second meeting of the month on 20 April Phil Hadwen will speak on the life Edith Cavell, a British nurse who saved the lives of soldiers from both sides, without discrimination and helped some 200 Allied soldiers escape from German-occupied Belgium during the First World War.

Meeting Venue

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

New members

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.



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

Telephone: 01206 230305

We are coming to the end of our Spring Term and are really looking forward to welcoming Mrs Keitch, our new Headteacher, who will be joining us next term. We hope you all have a super Easter holiday.

Hollytrees Trip

On Wednesday, 16th March Classes 1 and 2 went on a school trip to Hollytrees Museum. We made a cup and ball game when we got there and played with it, it was lots of fun. We were given a little booklet about Hollytrees and we coloured in a picture and did some activities. We then saw some of the rooms. The toy room was my favourite room we were allowed to play with some of the toys that were around in the Victorian times. In one of the rooms we



learnt about Victorian times. It was very different then because they did not have electricity. We got to dress up in some of the clothes that servants would have worn in Victorian times. The boys wore waistcoats and the

girls wore plain white dresses. The king and queen would have worn fancy dresses and waistcoats and every season would have new clothes made for them. We had a really lovely day.

By Emelia Esposito Class 2

Cluster Music Festival

On Tuesday 15th March, class 3 hosted the Cluster music festival. The choirs of eight other schools joined us at St George's to sing and perform a variety of songs. Year 4 greeted each school and directed them to the hall. We started by all singing 'King of the Konga' – a very cheerful warm up song. Following that, each school performed a song of their own choice on the stage. During the interval, all of us played outside together and we were delighted to get a biscuit and drink. Our song was 'Drop in the Ocean' to which we added actions and Isabel sang a solo at the end. The concert finished with 'The Power in Me' which made us all feel uplifted and proud. It was a very exciting morning for all of us and we'd like to thank Mrs Bridle for organising it.

Class 3





GT BROMLEY & DISTRICT CRICKET CLUB

Taking the Lead at Great Bromley and District Cricket Club

The clocks have changed, the days are stretching out, and hopefully rain will not stop play as we look forward to the start of the Cricket Season.

Great Bromley and District Cricket Club start the season with further success for Jessica Bird, who has been made Captain of the Essex Ladies Under 17 squad for 2016 season. She will be supported by Beth Dodd who has been appointed Vice Captain. Both Bromley Girls are also in the Essex Women's 1st XI for 2016. The Club wishes them all the best for the coming season with both Essex and Bromley.

Last season saw the opening of the new Club House extension which was greatly appreciated and admired by all the teams visiting throughout the season. To maintain this facility we greatly appreciate the volunteers, sponsors and club members who help support us both financially and with their time. Without them we could not maintain this valuable community asset. If anyone would like details of how they can get involved at the club or provide sponsorship they can contact me. We also have a **Working Party scheduled for 9:00am on Saturday 9 April 2016** to complete important maintenance so all volunteers would be welcome to join us.

We have great things planned for this season with **Kwik Cricket** returning on **Friday Evenings from 6 May 2016**. These



are great family evenings allowing children **aged 6 to 11 years old** to enjoy and take part in the Kwik Cricket **from 6:30pm to**

7:30pm while the parents can enjoy the club house. The cost is only £2 per session and is a great introduction to Cricket.

In addition **Colts training** will start again from **Friday 6 May 2016** for the under 13 and under 14 age groups. This is from **6:30pm to 8:00pm**.

I would finish with some important events for the coming season which we hope everyone will support, as it helps raise vital funds for the club:

- 17 June - Kwik Cricket Tournament
- 12 August - Chairman's Day
- 17 September- Abba Night
- 14 November - Quiz Night

Remember you can follow us on the Great Bromley and District Cricket Club Facebook page.



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VILLAGE HALL TRUSTEES

With refurbishment of the village hall now well into the planning stage and proceeding well, the attention of trustees is now turning towards the Village Hall AGM which this year will be held on Wednesday 18th May commencing at 7.30pm in the Millennium Lounge. All parishioners are welcome to attend the AGM which reports on the past year and looks forward to the next. This is your opportunity to provide feedback in person on the facilities in our village hall and the way it is organised and managed.

The AGM is also your opportunity to volunteer to assist with the management of the village hall, either as an elected trustee, co-opted trustee or as a 'friend' of the hall. There are currently 4 vacancies on the Management Committee (the Trustees) and my colleagues and I would really welcome 'new blood' onto the committee to help with the strategic and day-to-day running of the hall. No particular skills are required, however a desire to help our fine community facility to flourish and a willingness to get stuck in and take on a non-onerous management responsibility would make the role more meaningful and much more enjoyable. We have fun as trustees and are proud to be responsible for the village hall and its lovely grounds. If you

are interested in joining us on the committee please contact me for further information.

More on this in the magazine next month – but please ensure the AGM date is in your diaries now!

Our next fundraising event follows shortly after the AGM - we are holding a Plant Sale at the hall on 21st May so please do support us and stock up for your borders and planters as summer approaches. Kate Strowbridge is organising the event and would be grateful for donations of plants in due course.

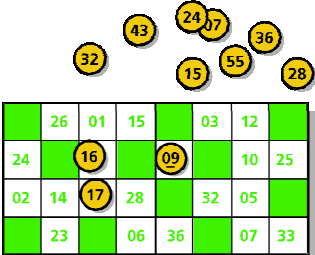


The Trustees would like to take this opportunity of wishing you and your families a very Happy Easter.

Martin Frostick, Secretary
01206 250263
villagehallsecretary@greatbromley.org.uk

LITTLE BROMLEY AMENITIES GROUP

Little Bromley Amenities Group held a bingo evening at The Haywain on 20th February, which I am happy to report was a resounding success once again. It was an evening of good fun and was attended by about 40 plus people from the village and surrounding area. The profit for the evening was £168, of which £84 will be donated to Mistley Place Park and the rest to the Village funds. Special thanks go to Steve Clark for the very professional bingo calling and also to the Amenities Group members who supplied the very tasty buffet which was enjoyed by all who attended.



CHURCH JOTTINGS

The A.P.C.M (Annual Parochial Church Meeting) heralds the ending of the Church's Financial Year and the election of the new officers for the following year.

The A.P.C.M. actually consists of two meetings:

- a) The Vestry Meeting to elect the Church Wardens for the year. All parishioners are eligible to attend and vote at this meeting.
- b) The A.P.C.M. meeting where only those on the church electoral role are able to speak and vote. Reports are approved, financial statement approved and adopted.

The A.P.C.M. of the Bromleys took place this year on 13th March at 11.45am. The Rev. Canon Simon Heron, who is to be our new curate in charge after April 19th, very kindly offered to chair both meetings. The

attendance was very good and thank you to all who took the time to attend these meetings.

The A.P.C.M. is also an opportunity for the parish to thank and show appreciation for all those volunteers who give their time willingly and loyally support St George's Church, i.e. cleaning, flower arranging, gardening all year round.

It was also important to hear about the great changes that are taking place not only here at St George's but in the Harwich Deanery and in the Church of England. Simon took time to explain these changes inviting questions along the way.

Gregory was heartily thanked for his time as Church Warden and congratulations given to Yvonne Cobbled who has been elected in his place.

Thank you again to all who came.

Jenny Nicholls, Churchwarden

Church Diary Dates

19th April

Visit of Guild of St. Agatha Bell Ringers to St George's

22nd April

St George's School Assembly in the Church led by Simon Heron. All welcome (Time to be arranged)

24th April

Service in celebration of Patron Saint St George followed by drinks and tasty buffet in the Church at 10.30am

Next P.C.C. Meeting

20th April at 10.30am
P.C.C. Meeting Copley Dean



*Seven Rivers Cheshire Home,
Hall Road,
Great Bromley*

*Can you spare a few hours to help bring a smile
to our residents and their gardens this year?*

*We have an exciting new raised vegetable garden area
that they would like to work on with your help.*

General gardeners also wanted to help with spring clean-up -

*Just Phone Pauline Melton on 01206 230345
to be assured of a warm welcome.
Thank you.*

ST. GEORGE THE MARTYR, GREAT BROMLEY



Church of England Services APRIL

Sunday 3rd	8.00am 6.30pm	2nd Sunday of Easter Eucharist Evensong	<i>St. George the Martyr</i> <i>St. George the Martyr</i>
Sunday 10th	10.30am	3rd Sunday of Easter Parish Eucharist	<i>St. George the Martyr</i>
Sunday 17th	8.00am	4th Sunday of Easter Eucharist	<i>St. George the Martyr</i>
Sunday 24th	10.30am	5th Sunday of Easter - Patronal Festival Parish Eucharist	<i>St. George the Martyr</i>
Sunday 1st May	8.00am 6.30pm	6th Sunday of Easter Eucharist Evensong	<i>St. George the Martyr</i> <i>St. George the Martyr</i>

St Mary's Church, Lawford

Every Sunday	8.00am	Holy Communion
1st Sunday	10:00am	Holy Communion
2nd Sunday	10:00am	Family Service 6:30pm Evensong
3rd Sunday	10:00am	Holy Communion 6:30pm Cafe Church
4th Sunday	10:00am	Morning Worship
Wednesdays	9.30am	Holy Communion

St Mary's Church, Little Bentley

First Sunday	10.30am	Morning Prayer
Third Sunday	10.30am	Holy Communion

St Mary's Church Ardleigh

1st Sunday	10.30am	Parish Eucharist
2nd Sunday	8.00am	Holy Communion
3rd Sunday	10.30am	Parish Eucharist
4th Sunday	8.00am	Holy Communion

Church Lunch

4th April at 12 noon
St George's Church

All welcome come for friendship and support.

Delicious home made soup

J.A.M. DROP- IN

Every Friday in St George's church
Term time only

Parents & children welcome

All are welcome * 3pm to 3.45pm
Refreshments, activities

Easter Lilies

Thank you to all who donated money for Easter Lilies in memory of loved ones. We were able to purchase 35 Lilies at £4 per stem.

Thank you so much, the Church will look beautiful this Easter Tide. If you would like to help with flower arranging on 26th March please phone me.

Jenny Nicholls (01206 230688)

