

# The Messenger

The Magazine of  
the villages of  
Great & Little  
Bromley

April 2018

Vol: 2 No: 4



## **New sign in Church Meadow**

The new sign at the entrance to Church Meadow being installed by Dan Luckin of Dan's Handpainted Signs. The sign was part funded by a grant from the Parish Council

# KATISHA'S PAGE

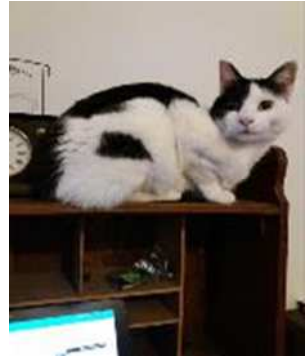


Mistress - and I - thank evrybody hoo haz so very kindly arsked arfter me since I disappeared from home. It woz a bit lyk that Agatha Christy

woman hoo disappeared for a wile and no-one new ware or y she did it. I haven't told Mistress wot happened on that day, or the days that followed and probably never will! I am. however, very glad to be home, warm, safe and fed, with Mistress and Dog.

I hav been finding it very difficult adapting to mi new surrowndings. I luv being warm - the underflaw heeting is just wunderful and I hav fownd orl the best spots to ly in but I do hav to get to them befor Dog - but there r no feelds just owtsyd my bak daw in wich to rome, no rabbits or mice (yet) to catch. No fesants to sit besyd and exchange a yarn with. I hav been a country cat orl mi life and to find miself surrownded bi howses and peepel, sudden noyses not to menshun big macheenery is very hard. So I keep to the safety of the howse and garden.

Mistress haz put me bak in harness and heer I am sitting on the desk wile she tipes wot I tell her. Evry so often I cum down and correct her mistakes by walking on the keybord. This orlways seems to annoy her for sum reason and she pooshes me off but I am only being helpful.



Mistress was recently arranging The Messenger arkive on the bookshelf wen she suddenly realised that with the May ishu this yeer she will hav been editing this magazine 25 years! Gosh she haz been in frunt of the computer for a quarter of a century. No wunder I sumtimes don't get mi supper.

I expect sum of u will be going on Eester Egg Hunts so enjoy yor Eester eggs, the hot cross buns and hav a very Happy Eester and holliday.

*Katisha*

**MATERIAL** for the **MAY 2018** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by

**14th APRIL 2018** please. Contributions from anonymous sources will not be printed.

Whilst the editor welcomes contributions, photographs etc this is on the understanding that there is no obligation to publish, that the item may be edited and that there is no breach of copyright. Publication is in good faith and neither the editor nor the publisher accept any liability in respect of the content of any article, photo or advertisement, including any error or omission, responsibility for which remains with the author.

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For details of availability and costs for **ADVERTISING** in the 'The Bromley Messenger' please contact the Treasurer on 01206 230537

# MORE THAN JUST A FARM

March was a very challenging month on the farm, the 'Beast from the East' came at the start of the month with its freezing temperatures, inches of snow and gusting



winds. We spent more time making sure all our animals, including our pregnant ewes, were safe and warm with food and water. With temperatures reaching below -12°C we had frozen pipes around the farm. Using only the

house for running water and buckets, watering around 100 animals was certainly a test of strength!!

On the 1<sup>st</sup> March we started lambing. We have 60 breeding ewes of which we hope for single and twins. We bring our ewes in to lamb so we can keep a close eye on them throughout their last stage of pregnancy. It's a 24-hour job, so between mum, dad, Tim and myself we make sure they are looked after around the clock.

With the warmer weather now here to stay you will have seen the crops looking greener and growing at a more rapid rate. At this time of year farmers are applying fertilisers and sprays onto the crops to help them grow. The blend of nitrogen and sulphur is applied at a rate suited to the crop to enable them to grow to their best to allow the maximum yield at harvest.

The butchery has been very busy with



private butchery since the start of the year; with more sales of our own meat we are able to offer fresh meat more often, which is brilliant! We now offer a free delivery service once a month too.

Until next time, Thank you  
Becky  
[www.beckysbutchers.co.uk](http://www.beckysbutchers.co.uk)



Great Bromley W.I.  
Wednesday 7th March  
"Food for Thought"

This morning I am going to have scrambled eggs for breakfast - a break from my traditional Waitrose Muesli and Raspberries. Why-----?

Last night at our monthly W.I. meeting our speaker, Suzanne Abbot, gave an inspirational talk about her profession as a Naturotherapist. Suzanne advised that we should have variety everyday in what we eat, including breakfast, every meal should include protein and vegetables - so for me scrambled eggs this morning!

Suzanne has lived in Great Bromley for forty years and contributes monthly to our village magazine "The Messenger".

Naturopathic Nutrition stresses the use of whole and organic chemical free foods. It is a profession treating folk as a whole - using the laws of nature to heal and identify the cause not treat the illness. Treat the whole person mental, physical and emotional. Prevention is better than being cured by the thousands of drugs and chemicals which are used in the western world today to treat our illnesses.

Slowly the realisation dawned as Suzanne described the effect on the human race by chemical modification of crops today which are used in food we eat every day in our diet.

A closer look at the wheat crop was interesting. how the crop and yield has changed over the years through chemical modification to produce a higher yield but it now contains such high levels of gluten, and other chemicals that are so damaging and intolerant to some people. (Suzanne never eats sliced bread). Suzanne recommends sour dough bread, preferably baked at home as the best for our diet, it avoids all those chemicals which enter the food chain in commercially made bread.

Suzanne will be running a workshop in the summer months, "How to make Sour Dough" and members are invited to sign up for this event.

Did we know about fructose? How many foods and drinks contain this artificially made sugar which is so damaging to our health and teeth.

What about our water? Do we know what is in our water? How many of the chemicals which humans and animals consume get in the system? Certainly "Food for Thought" here! Suzanne recommends that all water which we drink (which is important for us) should be filtered before consumption - a jug - or a filter system on the top.

Certainly a talk devised to stimulate thoughts on what we eat and how we eat it! Suzanne's details of her business can be found in the Messenger if you wish more information.

Now off to have scrambled eggs and tomatoes, my protein and vegetables to start the day !!!

Thank you Suzanne for a most informative talk. It was great to welcome three visitors this month to our meeting. Thank you for coming, all are welcome.

Our next meeting is Wednesday April 4th at 7.30pm. Our speaker will be Eileen Brown: "Bullet Trains Baths and Bento Boxes", and the competition is an origami folding.



**The Post Office**  
at  
**The Cross**

Wednesday mornings 10 - noon



# Little Dragons Pre-School - Great Bromley & Frating

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

Website: [www.littledragonspreschool.org](http://www.littledragonspreschool.org)  
Email: [littledragonspreschool@gmail.com](mailto:littledragonspreschool@gmail.com)



## **OFSTED INSPECTED OUTSTANDING** **BREAKFAST AND AFTER SCHOOL** **CLUBS- PLACES AVAILABLE**

**Tel: 01206 231823/ 07857 503103**

We are flexible and happy to take children for the occasional session and times to suit your situation.

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

**30 Hours funding** for eligible parents comes into effect from September 2017 - give us a call for more details.

The snow last month proved very exciting for the children and challenging for the adults (to get to work), we are proud to say we managed to open every day throughout our 'snowy' week. The children enjoyed exploring the snow and had great fun 'sledding' in the car park. We even took some snow indoors (there was plenty of it) to make snowmen in trays, sadly they didn't last long in the warm! Lots of interesting observations and learning though.

Due to the adverse weather, 'World Book Day' was celebrated a week later on 8<sup>th</sup> March. Children and staff dressed up as their favourite book characters. They all looked great.

To celebrate Mother's Day on Thursday 8<sup>th</sup> March we invited our Mum's into preschool to listen to their children perform a few songs. We are very proud of our children who all joined in singing our lovely Mother's Day song. Afterwards each child presented their Mum with a daffodil and their handmade cards and presents.

Quotes from Mum's included: - 'It was touching and beautiful - not a dry eye'. 'Lovely idea, very thoughtful and enjoyable'.

### **FUNDRAISING:-**

Upcoming events- make a note in your diary.

### **ASDA TOKENS – Colchester branch**

Help us to fundraise when you shop –

simply pick up a token at the checkout and pop it in the chute at the exit under 'Little Dragons Preschool', please tell friends and family too. Thank you.

### **SUMMER FAYRE – Saturday 16<sup>th</sup> June –**

further details to follow

This year is our 40<sup>th</sup> birthday so we will be celebrating in style!

### **Please help us to collect:**

Used Printer Ink Cartridges/ biscuit wrappers/ plastic bottle trigger heads and caps from washing up bottles.

### **OUR RECYCLING STATION now makes it easier to drop off items**

We have set up an area – across the car park to the right of gate, with boxes for you to drop off collected items. Thank you.

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](mailto:littledragonspreschool@gmail.com)*

Dates for diary:

Fri 30 March–Fri 13 April – Easter Holiday

Wednesday 4th April – Holiday Club

Thursday 5th April – Holiday Club

Tuesday 10th April – Holiday Club

Wednesday 11th April – Holiday Club

Mon 4 June–Fri 8 June – Family Week

Saturday 16th June – Summer Fayre



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

Telephone: 01206 230305

## Waitrose Community Matters Scheme

We are delighted that we have been accepted as one of the three good causes for the Waitrose Community Matters Scheme. At the end of your shop in the Colchester store, you'll receive a token to place in a box of the good cause you'd most like to support. The more tokens a cause gets, the bigger the donation they receive. Each month every Waitrose branch donates £1,000. Please support us if you can and remember to tell your friends and families to choose us too!

## Kitchen Vacancy

We were very sorry to say farewell to Maxine Cooper, our Catering Manager, who left us to take up a new position. We wish her every success for the future. Please see below advert from Chartwells for this position. Please feel free to share with anyone you think may be interested in this post.

### **CATERING MANAGER REQUIRED**

*We are looking for a catering manager to join our friendly school in Great Bromley, Essex. Term time only (20 hours per week).*

*Duties to include:*

*Preparing and cooking approximately 70 meals per day.*

*Managing the day to day running of the kitchen, working alongside an assistant. Cleaning and complying with the current health and safety regulations. Ordering of produce, recording an accurate stocktake, weekly paperwork. Being able to use a computer would be an advantage but full training would be given in that regard. An enhanced DBS would be undertaken, uniform will be provided.*

*Job Type: Part-time*

*Salary: £9.00 /hour*

*Please contact Sharon Tyrrell Business Support Manager 07789 396 350 for further details.*

## Cluster Music event

On Thursday 22<sup>nd</sup> February, chosen pupils from Class 3 took part in a Ukulele Workshop at Wix and Wrabness Primary School. When we got there we chose a Ukulele to play.

Firstly, we learnt some chords including C, F and G. That was just the basics! Next it was time for some songs. Our favourite was a song called Candy Man which was a happy tune and had some easy but also challenging parts to play.

We think playing the guitar already really helped but a ukulele is different because it's smaller, much lighter and has fewer strings. Noah had to work really hard because he's left handed so everything seemed the wrong way round!

Thank you to Mrs Platt for taking us and to Wix and Wrabness School for hosting us.

By Emelia, Imogen and Noah

## Football Match report

On Wednesday 21st February the senior football team played a home match against Chase Lane school. In the first couple of minutes we scored a header from a corner by Alex Breedon. At the beginning of the second half, from behind the halfway line, Thomas Stacey scored an amazing volley and then Chase Lane came back, scoring a goal which made the score 2-1 to St George's.

We were near the end, the last 30 seconds remained.....then the whistle blew and we had won! After the match we invited Chase Lane into the Hall for drinks and biscuits. Well done St George's!

By Torri

## KITCHEN CORNER

### Hot Cross Apple Scones

You might like to try this recipe from Waitrose

#### *Ingredients:*

400g Self raising flour  
1 Tsp Baking powder  
100g cold unsalted butter cut into cubes  
1Tsp ground mixed spice  
85g light brown muscovado sugar  
2 small dessert apples peeled and chopped  
100g mixed dried fruit  
zest of one orange  
1Tsp orange juice  
22 ml semi skimmed milk  
1 tsp vanilla extract  
1 medium egg

#### *For the crosses:*

85 g plain flour plus extra for dusting  
2 tsp golden syrup

#### *Method:*

Preheat oven and baking sheet to 220°C / Gas Mk 7

- Rub butter into the flour and baking powder with 1/2 tsp salt.
- Stir in spice, sugar, apples, dried fruit and orange zest

- Warm milk to room temperature, add orange juice vanilla and 2 Tbs beaten egg.
- Combine lightly with the dry ingredients to a rough sticky dough
- Tip onto floured surface and work into a round 3cm thick, dust with flour.
- Cut rounds with your scone cutter.



#### *For the crosses:*

- Stir 6-7 Tbs cold water into plain flour to make a smooth paste. Don't add more water!
- Spoon into a food bag and snip off the end
- Sprinkle the hot baking sheet with flour, add scones. pipe crosses on tops
- Bake 12 minutes or until risen and golden
- Stir 1 tsp boiling water into golden syrup to make a glaze and brush over scones.

Cool on a wire rack

*Jill Frostick*

## FRIENDSHIP CLUB

Our February meeting began with a minute's silence in remembrance of Mary, one of our long serving members of the Committee. A donation has been sent to a Charity supported by Mary.

The rose bowl was presented to Margaret, the competition winner for this year. Names were taken for the fish and chip lunch before the April meeting. Our speaker for April will be Bill Smith who will speak on WW2 in Essex. The competition - any memorabilia of this time.

As our Speaker for the afternoon was cancelled Lesley very kindly stepped in and gave an excellent talk on her voluntary work fostering rescued dogs. This was thoroughly enjoyed by all. Thank you Lesley!

Members are reminded that subs are now due and will be collected at our next meeting.

*Sylvia Ward*

## SEVEN RIVERS CHESHIRE HOME

After all the sudden snow of last month we can say spring is here, all the flowers and the promise of warmer days are on the way. For us here at Seven Rivers it does mean that we can get out a bit more. Our Ladies and some of the men love shopping, but everyone loves going Ten pin bowling and out for lunch but after such a long winter its nice just to be able to walk in our grounds. We are so lucky to have our lovely garden. We will be having our annual garden tidy on Saturday 7 March and everyone is welcome to join us from 10.00am, please bring your own tools and garden gloves, we will keep you supplied with tea and biscuits.

Easter being so early this year (I do hope you had a nice time with family and friends) within the Home I have put up Easter Trees, although I'm still not sure if I agree with them, but they do look nice and they do make the home look bright and happy.

As I have said before we are celebrating our 60<sup>th</sup> year of opening Seven River this year and our plans are in hand for a traditional afternoon cream tea, with musical entertainment. Unfortunately we

are not going to be able to open this up for everyone as we do have to limit numbers, but I know some of you will be getting an invite as so many of you have helped us in the past and continue to do so.

Looking forward a few more weeks, we will be holding a FUN DOG SHOW this is purely for fun and the classes are Saddest eyes, waggiest tail, best trick, bad hair day (dog or owner), best boy, prettiest girl, best fancy dress( dog and owner joint), best paw shaker, Fastest sausage eater, Best owner and dog look-a-like, winners from each class going into best in show. All class winner receive a small gift and rosette, best in show and reserve best in show gift and rosettes. Each class will be a £1.00 to enter, so I do hope that all you dog walkers and your families will join us. The class entry fee will not change, but classes may. Refreshment will be available. If you would like more information please phone me on 01206 230345.

Hope to see you at our garden tidy  
Take care till next time  
Liz x

## ST HELENA HOSPICE

### Bubble Rush is back!

Bubble Rush is a bubbly 5km run which will be taking place at High Woods Country Park in Colchester on Saturday 9<sup>th</sup> June in support of St Helena Hospice.

A total of 5 bubble cannons will blast out colourful bubbles as you run, walk or dance



around the 5km course.

This is a family friendly event for all ages and abilities. Wheelchairs and prams are welcome but please be aware of the hilly terrain around the park.

This family day out will also feature a bubble village where there will be activities and refreshments for both participants and spectators to enjoy!

Sign up now to be part of the bubble fun at [sthelenahospice.org.uk/bubble18](http://sthelenahospice.org.uk/bubble18) or by calling St Helena Hospice's Fundraising Team on 01206 931468



# IN THE GARDEN WITH KATE



I was recently fortunate enough to visit Cape Town in South Africa. Despite severe water shortages it was a most beautiful and, by and large, green area.

There is enormous emphasis on reducing water use, wastage and recycling wherever possible. Although here in East Anglia we have nowhere near the same problems, we could learn a lot from the South Africans in the intelligent use of water conservation and reuse. There are still, despite what seems like a wet winter, grave concerns here in the East about the level of water in the aquifers and we should be using water responsibly, especially in our gardens. We are lucky enough to have on our doorstep one of the iconic dry gardens at Beth Chatto's garden in Elmstead Market. If you have not already done so it is worth a visit. The nursery with plants for sale is divided into sections depending on where the plants are to be sited, and naturally there are many for both sunny and shady dry areas. When it comes to selecting plants, location, location, location is all important. A plant sited in the correct position and soil will thrive, and it is helpful when planning planting to look at neighbours' gardens and see what grows there. The annual plant sale in the Village Hall on May 26th provides locally grown plants, so can also be a useful resource.

April is a tricky time of year in the garden. Generally the weather and temperatures have improved, and summer really seems a possibility- it is all too easy to become carried away and plant tender plants outside - unfortunately frosts still occur and snow in April is not unheard of.

The garden is, however, beginning to spring into life, and shrubs will benefit from an application of general purpose fertiliser. Bulbs that have flowered will also benefit from a feed, flowering heads need removing, and foliage should not be removed until at least six weeks after they have finished flowering.

Tubs and pots can be planted up with bedding plants, but will need protection, at least at night until all danger of frosts has passed.

Many vegetable seeds can be sown now such as broad beans, summer cabbage, brussel sprouts, leeks, beetroot, radish, lettuce, rocket, turnips, spinach and parsnips. First early, second early and maincrop potatoes can also be planted. With the spring sun and frequent April showers, seeds should germinate rapidly, but so will the weeds, so it is important to weed the vegetable garden regularly to reduce competition to emerging seedlings. Greenhouse doors can be left open on mild days, and towards the end of the month, frost tender plants need to be outside on fine days to be hardened off. A cold frame is ideal for this. Vegetables that can be started in a heated propagator include melons, cucumber, sweetcorn, marrows, pumpkins, squash and courgettes.

A close watch on slugs and snails at this time of year is critical as they will love to chomp your emerging seedlings. I am in favour of a slug pub - at least they die happy!

Enjoy your garden!

*Kate Stowbridge*

## HOW DIGESTION WORKS?

I was in conversation with a young mum recently and I discovered that she had no idea what happens to the food we eat; in other words – how digestion works. She couldn't understand how eating fruit high in vitamin C would benefit her muscles, bones or organs. So this is just an explanation in a nutshell, for anyone who is interested, to know what makes our body work.

When we put food in our mouth, saliva secretion is triggered. It is very important at this stage to chew our food very well and mix it with the saliva. Substances in saliva start the first stage of digestion, the breakdown of food into smaller components.

As we swallow the food and it enters the stomach, it gets mixed with digestive juices – stomach acid - and is partially broken down further. Some digestion of protein, fat and carbohydrates takes place in the stomach. This process usually takes about 3 – 4 hours. The partially broken down food, which is liquid by now – the chyme - is then slowly trickled into the duodenum, the first part of the small intestine. The arrival of the chyme triggers the release of hormones. These in turn trigger the pancreas to release pancreatic enzymes and bile from the gall bladder to break the chyme to even smaller particles. Fats and oils are broken down to tiny droplets, complex carbohydrate molecules are broken apart and protein is broken into amino acids. These tiny particles now gradually move along the rest of the intestines – the jejunum (*the middle section of the small intestine*) and ileum (*the longest section of the small intestine*) where millions of tiny projections called villi have more enzymes on their surface, and the digestion as well as absorption of the nutrients continues. These broken down particles are now absorbed into the capillaries at the base of the villi and are carried to the liver. (*This is how eating*

*vitamin rich food gets vitamins into the liver, then to the organs, muscles etc).*

After all the goodness has been absorbed from the liquid chyme in the small intestine, the rest – the undigested waste, which includes fibre from fruit and vegetables, dead cells and bacteria that are picked up on the way, is processed by the large intestine and is eliminated through the anus.

The primary function of the colon (*part of the large intestine*) is to move the waste so that it can be eliminated from the body. The water from the chyme, as well as salts, are reabsorbed into the body through the colon's lining into the bloodstream. This is how the body recycles water and avoids dehydration.

I should mention how important it is to drink plenty of water during the day to stay hydrated, but not at meal times!

Too much of any liquid at mealtimes dilutes the gastric juices and therefore food may not get digested properly.

Drinking carbonated drinks is detrimental to digestion. The high quantities of sugar hinder digestion and excess sugar gets converted to fat. It's best to drink water or green and peppermint tea to aid digestion during meal times.

As we can see, digestion is a very complicated process but it is essential for us to know what happens inside our bodies.

The quality of food, the type of food and drink are the cornerstones for good health. Eating organic food, grown without pesticides and chemicals, is most beneficial to the body, as well as eating loads of vegetables for the fibre and vitamins that benefit the health of the gut microbiome – the intestinal flora that regulates our health.

**You are what you eat – Hippocrates.**

Best of health!

*Suzanne*

Natural Health Consultant  
Specialising in Naturopathic Nutrition

# 2018-19 EVENTS

## APRIL

- 4 WI meeting, Village Hall, 7.30pm
- 8 Running into the Graveyard 3, start from Lt Bromley church
- 11 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 12 Quiz (in aid of Village Hall), Cross Inn
- 19 Friendship Club meeting, Village Hall 2.00pm
- 22 Car Rally in Great and Little Bromley  
St Helena Hospice Pier to Pier walk
- 23 St George's Day
- 28 Concert, St James' church, Clacton-on-Sea, 7.30pm

## MAY

- 2 WI meeting, Village Hall, 7.30pm
- 6 Bluebell service, meet at Lt Bentley church at 2.30pm
- 9 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 16 Village Hall AGM followed by Annual Meeting of Trustees, 7.30pm
- 17 Friendship Club meeting, Village Hall 2.00pm  
Lt Bromley Parish Council meeting AGM, The Haywain, 7.00pm
- 26 Plant Sale, Village Hall, 11.00am

## JUNE

- 6 WI meeting, Village Hall, 7.30pm
- 8/9/10 Lawford church Flower Festival
- 9 St Helena Hospice Bubble Rush, High Woods Country Park
- 13 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 16 Little Dragons Summer Fayre
- 21 Friendship Club meeting, Village Hall 2.00pm
- ? Strawberry Cream Tea, Seven Rivers Cheshire Home



## JULY

- 4 WI meeting, Village Hall, 7.30pm
- 11 Gt Bromley parish council meeting, Village Hall, 7.30pm
- 14 Tending Show
- 19 Friendship Club meeting, Village Hall 2.00pm

## LAWFORD CHURCH FLOWER FESTIVAL

### Lawford Church Flower Festival

June 8<sup>th</sup>, 9<sup>th</sup> 10<sup>th</sup> 2018

"Let me tell you a story".

Featuring flower displays based on this year's theme, refreshments, second-hand book stall, children's activities, face painting, raffle plus more.

We are looking for volunteers to help set up the church, meet and greet, sell books and/or serve refreshments. If you think you could spare an hour or more please get in touch. We also need second hand books in good condition as well as cakes to sell.

We would also like to hear from you if you could help sponsor us in any way. Sponsorship packages are available from £15 to £50 and also in exchange for goods to be sold and raffle prizes.

We do hope that you will be able to support this special event and help raise money for the Church.

Please contact Sarah Vincent on 01206 393848 or email [LawfordFlowerFestival@outlook.com](mailto:LawfordFlowerFestival@outlook.com)  
You can also follow us on Facebook at Lawford Church or [@stmaryslawford](https://www.facebook.com/stmaryslawford)



## Great Bromley Plant Sale

Saturday 26th May  
11am-1pm

**Great Bromley Village Hall**

The annual sale of locally grown and donated plants in aid of Great Bromley Village Hall funds.

Donations very welcome, please contact Kate on 07592735600 to arrange collection

## RUNNING INTO THE GRAVEYARD 3

The Bromley 10K will take place on 8th April from St. Mary's Church, Lt. Bromley starting at 10.30am.



**Walk to support St Helena Hospice**

### Pier to Pier 2018!

Come together with your friends, family and work colleagues on Sunday 22<sup>nd</sup> April and enjoy the sea air and fantastic atmosphere at the St Helena Hospice Pier to Pier 2018 sponsored walk!

You can start your walk at 10am from either Clacton or Walton Pier and have a choice to walk 7 or 14 miles. Register for free today by visiting [sthelenahospice.org.uk/piertopier18](http://sthelenahospice.org.uk/piertopier18) or by calling the events team on 01206 931468. Walk in memory of a loved one, or to help the hospice support families in the local community.

## Village Hall Events

Thursday 12 Apr  
**Quiz**

at Cross Inn  
in aid of Village Hall

Wednesday 16 May  
**Village Hall AGM** at 7.30pm  
followed by Annual Meeting of trustees

Saturday 26 May  
**Plant Sale**  
at Village Hall from 11.00am

Saturday 10 Nov  
**Festive Fayre Shopping Event**  
at Village Hall

Come and Join us for  
**Bluebell Service in Little Bentley Woods**  
Sunday 6th May at 3pm



Meet at St Marys Church, Church Road, Lt Bentley CO7 8SE at 2.30pm for short walk to the Wood. Transport available for the less able.

Ponies, Dogs etc are all welcome.

This wonderful annual gathering is a short open air informal service for all Denominations in the middle of a private 100 Acre Bluebell Wood. Afterwards you are all welcome to walk around the Bluebell wood, and then meet back to the Church Hall for Tea and Scones.

We look forward to welcoming you all.

Little Dragons Pre-School  
**SUMMER FAYRE**  
Saturday 16<sup>th</sup> June  
further details to follow

## FOUR GREAT COMPOSERS

Saturday, 28 April 2018 at 7.30 pm  
Clacton Choral Society accompanied by the Kingfisher Sinfonietta will perform music from Bach, Handel, Mozart and Haydn  
St James' Church, Tower Road, Clacton

# SNOW, CLOUDS AND THE NORTHER LIGHTS OVER THE BROMLEYS - PLUS ADDERS

Despite the fact that officially Spring has begun a dip in temperatures combined with cloudy, rainy weather could bring another bout of snow to the villages overnight on Monday, 1<sup>st</sup> April. With predicted winds from the east and temperatures of about -15°C with a 75% chance of precipitation it would not be a surprise to wake up to snow drifts with both villages being cut off again and, in consequence, disruption getting to work.

A further concern is that last week snow crept in below some doors creating snowdrifts in halls. There they remain having become ice thus reducing the temperature of the affected houses to worryingly cold temperatures. The advice is to wrap up warm with many layers and to make sure you wear boots as there have also been reports of the rare Snow Adder emerging from hibernation for the first time since 1963. Recently two cats died in Essex after being bitten by this very poisonous snake which has emerged in unusually large numbers thanks to the recent arctic conditions. At present there is no cure for its bite. One bite and the blood starts to freeze. The body temperature

starts to fall as soon as you are bitten. Scientists are trying to find a cure.

Every cloud has a silver lining though and there is exciting news that The Bromleys are cited as being the right place to get a glimpse of the Northern Lights normally only seen clearly inside The Arctic Circle. Activity will be high on the night of 31<sup>st</sup> March/1<sup>st</sup> April but you will only be lucky enough to see them if the predicted snow does not fall and obscure the Lights.

Fortunately, the Meteorological Office do not expect the storm to last more than 24 hours so that by Tuesday morning all will be clear again.



## ADVERTISING & SPONSORSHIP

### Advertising

Are you a Business operating within a 15 mile radius of our villages?

Would you like to advertise your business?

The Messenger is delivered free to every household in the villages of Great and Little Bromley.

### Sponsors

Would you perhaps become a Sponsor and help keep our magazine printed each month? We are completely self supporting through sponsors and advertisers although Great Bromley parish council would help out in the case of an emergency. Sponsoring a month would give you a permanent box on the back cover and an additional advert on page 2 for one month of your choice (first come with a monthly preference, first choice).

**Contact Richard on [perrybr@btinternet.com](mailto:perrybr@btinternet.com)  
for more details.**



# DISTRICT COUNCILLOR NEWS

The big talking point at the moment is still the car rally.

I have received numerous telephone calls from concerned residents regarding this. The following statement has been issued by Cllr. Ian Grundy, Portfolio Holder for Highways at Essex County Council.

*"There is no legislative requirement to consult or advertise these closures. The legislative requirements surrounding the application and making of a Motor Race order are amendments to the Road Traffic Act of 1988 which came into force last year (sections 12C and 12D).*



*Essex Highways has followed the new legislation regarding the production of the relevant Traffic Orders for this event. When the applications were submitted all aspects surrounding the event, ranging from objections to the event going ahead right through to the economic benefit the event will bring to the local area, were assessed before any decision was made.*

*When the Motor Sports Association issue a Permit to the event organisers giving them permission to apply for an order, they must be satisfied that the organisers will*

*undertake their own consultation. This was done by Chelmsford Motor Club who visited all residents on and close by to the rally stages. They also attended Parish meetings, met with Bernard Jenkin MP and officers of Tendring District Council.*

*I hope that this information assures you that the legislative process has been followed."*

Another talking and discussion point is the public consultation regarding "wheelie bins" in Tendring. The public consultation runs until 16th March it has been widely reported in the local newspapers for residents to express their point of view to the council.

*Fred Nicholls*

## The Great Bromley Cross

*Community-owned  
community-managed community-run*

<b>Pub Open</b>	Thursday 6:30 – 11:00 Friday 6:30 – 11:00 Saturday 6:30 – 11:00 Sunday 12:00 – 3:00
<b>Cafe/Post Office</b>	Wednesday 10 – noon
Sun 1 Apr	Easter Sunday Roast £13.50 Booking essential
Fri 6 Apr	Classic Pub Food Night Bookings not required
Mon 9 Apr	Monday Club 6:30-11 pm
Thu 12 Apr	Kate & Jayne's Alternative Quiz 8pm. Booking essential
Sun 15 Apr	Roast - Booking essential
Thu 19 Apr	Live Jazz Music Night
Sat 21 Apr	Esther's Best French Feast. 2 courses £20. Please book
Sun 22 Apr	St George's Breakfast. Full English from 10:30am-1pm. £9 - Booking Essential



**info@greatbromleycross.co.uk**  
**www.greatbromleycross.co.uk**  
**Tel. 01206 621772**

# LITTLE BROMLEY PARISH COUNCIL

Email: [littlebromleypc@gmail.com](mailto:littlebromleypc@gmail.com)

We hope everyone coped with the disruption caused by the recent snow storms. People are saying they haven't seen snow as bad as that for a long time. The roads in Little Bromley were completely covered and impassable for a couple of days - but thanks to the local farmers a lot of the snow was cleared off the highways. It's really great that they gave their time and made the effort to do this for the Village and we would like to say a big thank you. As a lot of the problems were caused by snow drifting off the fields, the Council will be enquiring whether Highways will sanction the planting of hedging to prevent such drifting in the future.

We are having quite a few problems with lorries and other vehicles driving over the curbs, killing some of the plants and moving the hard landscaping at the War Memorial. To try and stop this, it has been suggested that two or three oak posts, each 6" square and just under 2' high, are placed in each of

the 'gardens'. Reflectors will be positioned on some of the posts and it is hoped that they will deter drivers from cutting the corners and riding up on the Memorial. If anyone has any comments about this, then please email the Clerk. If we get support, it is hoped that work on this will start when the weather warms up a bit.

I'm sure everyone has seen the VAS signs by now! Perseverance does work in the end! Hopefully, together with the Village Entrance Gates, these will have a positive effect on reducing the number of speeding vehicles through the Village. Thanks to everyone involved in making this happen.

Apologies for moving the Council meeting date in March - we don't like moving the date but it was unavoidable this time.

However, the next meeting of the Council will be on 17th May and as it will be our AGM, it will start at 7 pm at The Haywain.

*Little Bromley Parish Council*



## VILLAGE HALL TRUSTEES

### GREAT BROMLEY VILLAGE HALL NEEDS YOU!

The 2018 Annual General Meeting (AGM) for the village hall will be held on 16th May at which trustees will be elected to serve on the Village Hall Management Committee for the coming year. More details about the AGM will follow in the May edition of the Messenger.

We are fortunate in Great Bromley in that at each AGM we have been able to fill almost all of our charity trustee vacancies and trustees have been generous with their time thus enabling the hall to be managed entirely by volunteers, with the exception of Marion Britton our paid caretaker/cleaner. As usual, there will be one or two trustee vacancies arising at the time of the AGM in May and this offers an opportunity for people from the local area to join the Management Committee and get involved.

Trustees are sought who are willing to play an active (but not onerous) role in managing the hall. You do not need to have any particular knowledge or skills to be a trustee, however you should be willing to give up a bit of your time, be prepared to work as part of a team with like-minded people for the benefit of the community and to have fun/share a sense of achievement.

If you are interested in becoming a member of the Management Committee, or wish to volunteer as a 'friend' of the village hall and help out informally where you can, then please contact the Secretary for further details of what is involved (01206 250263 or [villagehallsecretary@greatbromley.org.uk](mailto:villagehallsecretary@greatbromley.org.uk)).

The Management Committee looks forward to welcoming you to the team!

*Remember: Without active volunteers to run it.....there will be no village hall!*

# GREAT BROMLEY PARISH COUNCIL

[www.gbpc.org.uk](http://www.gbpc.org.uk)

Clerk: Lizzie Ridout Email: [clerk@greatbromley.org.uk](mailto:clerk@greatbromley.org.uk)

No sooner has the last lot of snow gone and the next lot has just arrived... The Parish Council would like to thank all those who helped in the bad weather, from those who cleared pathways, checked on neighbours, to helping with stranded vehicles and taking patients to hospital appointments. It really is so appreciated and shows what a fantastic community we live in – THANK YOU EVERYONE!

Cllr Lord's full report of the severe weather is available within the minutes of the last meeting via <https://www.essexinfo.net/gbpc/>

At our meeting we welcomed Adrian Taylor, Project Manager for Osbourne Construction. Mr Taylor provided an overview of the progress of the new A120 roundabout at Hare Green. He explained that phase 1 was hoped to complete by late June/early July, Phase 2 by the end of October and Phase 3 by February 2019. He also advised that there was a Traffic Regulation Order in place to close the Harwich Road junction for 23rd April, with a further full closure of up to a week at the end of June. Some overnight road closures on the A120 would occur in September/October during Phase 2.

We have been asked to remind residents that when cutting back vegetation on verges, to please cut back no more than 1 metre, to protect the wildlife in hedges.

Several residents attended the meeting to express further concerns of the Tendring Rally taking place on 22<sup>nd</sup> April. A statement from Cllr Ian Grundy, Highways Portfolio Holder at Essex County Council was read as follows:-

*"There is no legislative requirement to consult or advertise these closures. The legislative requirements surrounding the application and making of a Motor Race order are amendments to*

*the Road Traffic Act of 1988 which came into force last year (sections 12C and 12D).*

*Essex Highways has followed the new legislation regarding the production of the relevant Traffic Orders for this event. When the applications were submitted all aspects surrounding the event, ranging from objections to the event going ahead right through to the economic benefit the event will bring to the local area, were assessed before any decision was made.*

*When the Motor Sports Association issue a Permit to the event organisers giving them permission to apply for an order, they must be satisfied that the organisers will undertake their own consultation. This was done by Chelmsford Motor Club who visited all residents on and close by to the rally stages. They also attended Parish meetings, met with Bernard Jenkin MP and officers of Tendring District Council.*

*I hope that this information assures you that the legislative process has been followed."*

Residents are advised that concerns should be reported directly to the organisers of the Rally, Chelmsford Motor Club on tel. 01245 351468.

*Lizzie Ridout  
Parish Clerk*

## Planning Determinations

REFERENCE	PROPOSAL	LOCATION	DECISION
17/02078/FUL Dr Nick Strowbridge - Gt Bromley Cross Pub Comm Benefit Society	Proposed erection of wheelchair accessible WC with covered entrance, following demolition of existing motel rooms and the insertion of rooflights.	Cross Inn Motel, Ardleigh Road, Great Bromley, CO7 7TL	Approval - Full <b>13.02.2018</b> Delegated Decision
17/02192/FUL Mr & Mrs Jarvis	Proposed small infill link between main house and pool building.	Morants Lodge, Colchester Road, Great Bromley CO7 7TN	Approval - Full <b>15.02.2018</b> Delegated Decision
18/00100/TPO Mr Martin Frostick	1 No. Oak - All branches and epicormic growth removed from trunk up to 3.2 m	Copley Dene Parsons Hill Great Bromley CO7 7JA	Approval - Full <b>13.02.2018</b> Delegated Decision
17/02117/OUT Mr & Mrs Bennett	Outline planning application with all matters reserved for three dwellings.	Land to Field House, Parsons Hill, Great Bromley CO7 7JF	Refusal - Outline <b>28.02.2018</b> Delegated Decision
18/00055/FUL Toad Hall Free Range Eggs	Erection of an agricultural dwelling to replace temporary mobile home approved under 16/00874/FUL	Land East of Hall Road, Great Bromley CO7 7TR	Approval - Full <b>28.02.2018</b> Delegated Decision

## Planning Applications

REFERENCE	PROPOSAL	LOCATION
18/00230/FUL Mr Ken Robinson	Replacement of a general purpose agricultural barn building destroyed by fire, with a new agricultural barn building in the same location.  Great Bromley Parish Council had no objection to this application.	Badley Hall Farm, Badley Hall Road, Great Bromley CO7 7UU
18/00247/FUL Mr Andrew Digweed	Proposed erection of 2 bay cartlodge studio garage.  Great Bromley Parish Council objected to this application and felt it was too near the boundary and contravened the original use requested on the previous approved application. It was a change from cartlodge to studio garage which was accommodation on first floor.	Whiteleaf House, Colchester Road, Great Bromley CO7 7TN
18/00268/FUL Mr Nigel Brind	Rear and side extension  Great Bromley Parish Council had no objection to this application.	Brook House, Brook Street, Great Bromley CO7 7HX

# CHILDREN'S EASTER GAMES

## Easter Bunny Ten Pin Bowling

### What you will need:

- Rabbit pictures
- 10 large empty drinks bottles all the same size
- Scissors
- Tape
- Soft Ball

### How to Make:

To make the Easter Bunny bowling pins, draw, or copy, 10 pictures of a Rabbit, cut out and stick onto each bottle. Set up the bowling pins on one end of the room (probably put some water into each bottle for extra stability). Stand the child back about 6 feet behind a taped mark on the floor and let him or her roll the ball to try to knock down the pins. Each child gets two turns. Set pins back up and have next person in line go. Continue until everyone has had a turn.



## Tag Team Alien Easter Rabbit Drawing

### What you will need:

- Paper
- Markers
- Stopwatch

### Directions:

Decide who is the official Timer in charge of the stopwatch.

Each player has their own colour marker and a piece of paper. At "Go," players have 30 seconds to begin a drawing of an Alien Easter Rabbit. When the time is up, everyone moves clockwise to the next paper, gives it a quarter turn, and has 30 seconds to continue the drawing. Play continues in this manner, with the paper being given a quarter turn by each new artist, until everyone has added to each drawing.



## Bunny Hop

### What you will need:

- Pillow/cushion or egg for each child

### How To Play:

Children divide into two teams. Give each child a pillow.

Each child should place the cushion (egg) between their legs and hop to the end of the room and back. On getting back they sit down. First one back wins.



## James Frostick (1880 – 1918)



James Frostick was born in Little Bromley in early 1880, the youngest son of William and Elizabeth. William Frostick was an Agricultural Labourer born and bred in the village and nearly 50 when James was born. After the death of his first wife, William married Elizabeth Tweed from Bradfield in 1867 and together they had at least six children.

After leaving school, James was employed as an Agricultural Labourer, and for a time remained living with his parents on Paynes Lane. In 1902 he married Bertha Cook who had lived with her family on the same lane as the Frosticks. James and Bertha also made their home on Paynes Lane, and their first child, Bessie, was born a year after their marriage, followed by Joan in 1905, Mary in 1908 and Tom in 1909.

James volunteered to join the Essex Regiment in early January 1915. He was sent to France on 1st June 1915, and joined their 2nd Battalion. During James' service overseas, in addition to the "usual" trench duty the 2nd Essex were involved in the Battle of the Somme in 1916, the Battle of Arras and the Third Battle of Ypres (both in 1917).

On 28th March 1918 the focus of the German offensive, which had started seven days previously, was switched to the British

Third Army near Arras. These attacks were defeated so widely that the Germans cancelled this part of the offensive after only one day, and transferred their efforts back to the

British Fifth Army near Amiens. The 2nd Essex were one of those units at the very front of the British line, and in the course of resisting the German attack they suffered over 400 casualties. Most of the survivors were used to form a Composite Company which was then attached to another battalion in their Brigade, the 2nd Lancashire Fusiliers.

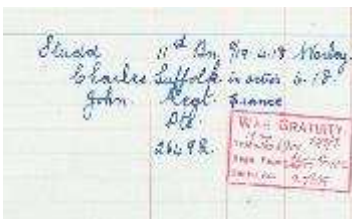
On 5th April, the 2nd Lancashire Fusiliers and the Composite Company were manning the front line just north of the village of Fampoux. James and two other men were killed. James was buried in a small military cemetery in the village of St Nicolas, on the northern outskirts of Arras. That village is now a suburb of Arras, but St Nicolas British Cemetery is still situated on the edge of meadows overlooking the River Scarpe.

Son Tom grew up to be a horseman at Park Farm, Great Bromley, and his son Derek still lives in the village.

## Charles John Studd (1884 – 1918)

Charles Studd was born in either Little Bromley or Lawford in the summer of 1884, one of at least 8 children from the marriage of John Studd and his wife Phoebe. John was an Agricultural Labourer from Little Bromley, whilst Phoebe (nee Bund) was from Lawford. Part of Charles' early childhood was spent in Little Bromley

before the family moved to East Street, Dedham. By April 1901 were living on



Harwich Road, Colchester, when 16 year old Charles was employed as a Timber Carter.

By April 1911, Charles was employed as a Labourer and was lodging with the Bird family on Mill Road, at Mile End in Colchester. It is difficult to pinpoint exactly when Charles joined the Army, but he either volunteered under the "Derby Scheme" in December 1915, or was conscripted during the first three months of 1916. This makes it very likely that he was sent to France in the summer of 1916.

He was posted initially to 2nd Battalion of the Suffolk Regiment, and then to their 11th Battalion. When the German offensive was launched on 21st March 1918, the 11th

Suffolks were in the front line near Croisilles south-east of Arras. During the next two days of severe fighting they suffered over 200 casualties. After being relieved, the Battalion were sent 30 miles to the north, to a relatively quiet sector near the town of Armentieres.

On 9th April, the Germans launched a second offensive, this time directed against the British and Portuguese forces in Flanders. Over much of the next ten days the 11th Suffolks were again involved in heavy fighting, initially around the village of Erquinghem (near Armentieres), and finally – as the British retreated – around the town of Bailleul.

By the time, the Battalion was relieved on 18th April, they had suffered a further 500

casualties, including over 100 dead. Such was the nature of this fighting retreat that the Army were not able to establish the exact dates on which most of the Battalion's dead had lost their lives. Charles was one of those men, and is recorded as having been killed at some point between 9th April and 19th April 1918.

Charles Studd is officially commemorated on Panel 3 of the Ploegsteert Memorial in Belgium. The Memorial commemorates more than 11,000 servicemen of the United Kingdom and South African forces who died in this sector during the Great War, and have no known grave.

We have no picture of him, so instead his entry in the war gratuity book is shown.



## STOUR VALLEY U3A

### Recent Meetings

“The Life And Times Of Sir Alfred Munnings” was the subject for our popular 14 March meeting. Marcia Whiting, Curatorial Associate at The Munning's Museum gave an illustrated presentation exploring his life & wide ranging subject matter, including portraits, landscapes & rural scenes as well as the horse paintings for which he is so well known.

### Future Meetings & Diary Dates

On Wednesday 11 April Professor Wendy Harwood will speak on “GM Crops – where are we now?” She will cover what the technology is, how it has developed from the first GM crops, how the new technology of gene editing fits in, the current situation worldwide and what is in the pipeline. Roger Kennell will talk on “William Pretty – A Suffolk Family & Corset Manufacturer” on Wednesday 9 May. His illustrated presentation follows the major corset making business of William Pretty & Son at Ipswich (& its outpost factories) which was part of the Footman Pretty department store, now Debenhams. Our 13th June speaker is Tony Diamond who will tell us of the history of the colourful discovery and spread of the hot drink to Europe, astonishing aspects of chocolate and an overview of the financial importance of chocolate to the UK.

### 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 nearly 300 members and over 35 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Gillian Gibbs may be contacted.

### Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 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.

### Remember

It's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!

# MESSY CHURCH

For over eight years we have enjoyed Messy church sessions. Originally started by Gill Moore to cover the Parishes of Ardleigh and the Bromleys, we have organised fun craft sessions in both village halls. These have been run in alternate venues to encourage family time through stories from the bible.

When Gill stepped down we continued and thanks to a great committee and some wonderful helpers, we have been able to welcome lots of children and their families to the sessions. Through trial and error we finally decided that the start of the holidays was the best time to meet. As time progressed we also found that the churches made nice venues and everyone was happy to attend our sessions there.

When the benefice split up, Ardleigh was paired with Dedham and Great Bromley and Little Bromley were teamed up with Lawford and Little Bentley. We have

continued to work together but now that the Reverend Antony Wilson (Dedham) and the Rev Canon Simon Heron (Lawford) are firmly established it has been decided that it was now time to begin afresh.

From now on Ardleigh will work with Dedham on any future children's events and The Bromleys will work with Lawford and Little Bentley.

We have made some lovely friends over the years and hope that our paths will continue to cross in the future. Any further functions will always welcome those from all Parishes. We would like to thank all those who have attended our sessions during this time and made them such fun to do.

*Carol Cordwell  
On behalf of the  
Children's Committee / Messy Church*



# STOUR VALLEY MEN'S PROBUS CLUB

## Recent Meetings

On Wednesday 7th March Grant Elliot returned again and this time his subject was "The Life of Chic Murray". Our Annual General Meeting was held on Wednesday 21 March when the President, Treasurer, Secretary, Speaker Secretary and Committee were voted in.

## Future Meetings Diary Dates

On Wednesday 4 April Bob Milne will talk on "The assignation of the Italian Barber". Oliver Paul, from the Suffolk Food Hall, voted the best Local Food venue in the UK & Ireland in the Countryside Alliance rural Oscars, will speak to us on Wednesday 18 April and his subject is "Food and Farming Heritage". We have two interesting speakers in May, Joyce Kimber will speak on 2nd May on "Britain's Finest Hour" and on 16th May

Brain Kelly will enlighten us on "The Life of a British Consul".

## Meeting Venue

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

## New members are welcomed

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 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

# CAR RALLY IN GT & LT BROMLEY 22 APRIL 2018

I have been told that the map I was sent, which was included in the March Messenger, indicating the route of the rally through Great and Little Bromley was incorrect and not up to date.

I understand that the maps below show the current routes to be taken by the rally in the five different sectors

I take no responsibility if these are no longer correct!

Editor



## FROM THE RECTORY

The seventeenth century Dutch artist Johannes Vermeer was a slow but careful painter, often using expensive materials to produce his pictures which mostly depicted domestic scenes of middle class life.

Although he remained largely ignored for more than 200 years after his death, by the nineteenth century, his reputation began to grow and he is now considered a significant figure among the painters of the Dutch Golden Age.

Among his most popular paintings is 'The Guitar Player'. It depicts a young girl - probably one of Vermeer's daughters - wearing a full green dress, yellow fur trimmed shawl, and clasping a finely made guitar.

Musical instruments are a common subject in art - either as the main focus, or more incidental. Whether an image of guitar wielding rock superstar Bruce Springsteen by contemporary American painter Amy Belonio, or a marble statue of an early bronze age harp player from more than 4000 years ago, the place that music plays in culture is reflected in the artwork that culture produces.

David, the shepherd boy turned King that we find in the book of Samuel in the bible, is by all accounts an accomplished musician.

When still a young man, the bible tells us how he was such a talented player of the lyre, that he was called on to play for the Royal Household, and specifically for King Saul. Saul suffered from what the bible describes as 'the tormenting of an evil spirit', which is calmed when David took up his lyre and played.

Some time later, David turns his talent to the writing of songs. The book of Psalms contains a great number that are ascribed to him, as many as half of the 150 in the bible carry his name.

David draws on song when times are good, when he has much to praise God for, when he wants to celebrate and give thanks. For the more difficult times, when he is persecuted and hated, when he fails short of the standards God has set, it is in music that he finds a place to lay bare the way he feels.

For these same reasons, and more, this is why we sing when we gather together as God's church. Music, like art, touches our souls.

Simon

Rev Canon Simon Heron  
Lawford, The Bromleys & Little Bentley  
Area Dean of Harwich

01206 392659  
[www.lawfordchurch.co.uk](http://www.lawfordchurch.co.uk)  
'Loving God. Living Life.'

### Easter Lilies

If you would like to sponsor Easter Lillies in memory of a loved one please send your contribution to Jenny Nicholls at Fryerning, Hall Road, Great Bromley. Or telephone 01206230688 or email [jenny@fryerning.net](mailto:jenny@fryerning.net)







## Services for April

<b>April 1<sup>st</sup></b>	<b><i>Easter Day</i></b> 9.15am	Holy Communion (BCP)
<b>April 8<sup>th</sup></b>	<b><i>Easter 2</i></b> 10.30am	Parish Eucharist (CW1)
<b>April 15<sup>th</sup></b>	<b><i>Easter 3</i></b> 9.15am	Family Service
<b>April 22<sup>nd</sup></b>	<b><i>Easter 4</i></b> 10.30am 6.30pm	Parish Eucharist (CW1) Evensong (BCP)
<b>April 29<sup>th</sup></b>	<b><i>Easter 5</i></b> 10.30am	Benefice Service at St Mary's Little Bentley

***See Bromley Messenger or websites for details of other services at Lawford and Little Bentley.***

***2018 Lent Course at Lawford on Wednesdays at 7.30pm for details please contact the Vicar.***

Vicar:	Revd Canon Simon Heron	01206 392659
Churchwardens:	Mrs Jenny Nicholls	01206 230688
	Mrs Yvonne Cobbold	01206 230360

*The church is open daily and you are welcome to visit.  
More details and information at [www.greatbromley.org.uk](http://www.greatbromley.org.uk)  
Facebook or Twitter @StGeorgesGtBrom*

<b>St Mary's church, Lawford</b>			<b>St Mary's church, Little Bentley</b>		
Every Sunday	8.00am	Holy Communion	1st Sunday	10.30am	Morning Prayer
1st Sunday	10.30am	Holy Communion	3rd Sunday	10.30am	Holy Communion
2nd Sunday	10.30am	Family Service			
	6.30pm	Evensong			
3rd Sunday	10.30am	Holy Communion			
	6.30pm	Café Church			
4th Sunday	10.30am	Morning Worship			
Wednesdays	9.30am	Holy Communion			

**J.A.M. DROP-IN**  
Every Friday in St George's church  
Term time only  
Parents and children welcome  
All are welcome  
3.00pm to 3.45pm  
Refreshments, activities

**Church Lunch**  
Friday 6th April at 12 noon  
Please come & join us for friendship & fun.