

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

August 2018

Vol: 2 No: 8



Seven Rivers Cheshire Home 60th Anniversary

Above: Jeromy Cheshire with Home
manager, Jo Auger

Left: Gary King as Elvis entertains

Report on page 3

THE FIRST PAGE

I don't think (and I am happy to be corrected) we have had any rain *per se* since the beginning of May or none to speak of for at least eight or more weeks. I have now lived up here for 47 years and I cannot remember such a long, dry and hot period. Is this year's hot weather a record of some sort? My bees are loving it and providing me with much honey so they are obviously finding nectar from somewhere despite the lack of moisture to nourish the plants.

The prolonged good weather is an event organiser's dream. The Tendring Show (do you remember the really wet and resultant quagmire of a few years ago?) was well attended on a glorious sunny day and I imagine the panama hats and cool clothing flew from the attending stalls as did warm hats, scarves, gloves etc at the Thetford Country Fair in April I went to with the grandchild to see the Dancing Diggers when it was an unseasonably cold day.

Many of you will no doubt be away on holiday somewhere during August but for those of you staying at home there is a Summer Special at the Village Hall for children of all ages.

I have been to a Bat Watch in Little Bromley churchyard in the past and can recommend a good and interesting evening spotting bats as they fly past. There will probably be some bat detectors to borrow - or share - to

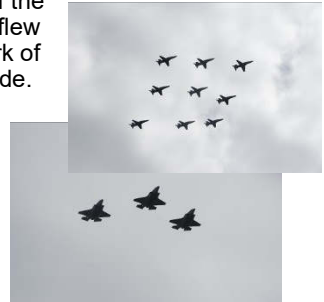
help you to listen to the bat chatter and track their flight plus you may see some moths and even an owl or two.

Then of course there is the Clacton Air Show during August on the sea front. A good day out on the beach with added entertainment in the sky. I went to the Flypast, celebrating 100 years of the RAF, over Colchester recently and had a fantastic view of the aircraft as they flew over the car park of the Park and Ride.

What a magnificent sight they were from 'oldies' to modern finishing with the Red Arrows who sent out a brief spurt of

smoke as they went overhead before, all too quickly, it was over and they were on to London to see the Queen.

So, put your hats on, cover yourself in sun cream and enjoy the good weather while it lasts - 161 (as I write) days to Christmas!!!



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

14th JULY 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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SEVEN RIVERS CHESHIRE HOME

So now the long six weeks of the children's summer holidays has arrived. We are all hoping the good weather that has blessed us over the last months will continue.

Some of those children have had to say goodbye to friends and teachers that have been the focus of their young lives. Do they look forward to their new beginnings? Most of us, as we get older don't look forward to change, we find it hard. Seven Rivers is all about change, the lives that our residents once lived have changed completely, some used to run big companies going around the world making deals. Others where school teachers, builders, shop owners and all things in-between. Then due to sudden illness they find themselves living a totally different life altogether. A life where you are reliant on help from others, a life that you don't understand, and you ask many question why this thing has happened to you. A life where you feel more like a thing than a person, how do you make that change? That change comes slowly and with the devotion and dedicated from family, NHS staff and from our staff here at Seven Rivers. Leonard Cheshire set up his homes to allow disabled people to continue to live life to the full, while giving life meaning.

All our residents have reasons to be grateful to the NHS, as I write this we are celebrating 70 years of the NHS. On June 23rd we celebrated 60 years of Seven Rivers as a Leonard Cheshire home.

We had a lovely afternoon with ex-staff, family and friends this included Jeromy Cheshire, son of Leonard Cheshire. A lot of reminiscing went on as I sure you can imagine.

I have to thank the ladies of our Knit and Knatter group from the WI who helped serve the cream tea, thank you very much ladies and to Jenny for manning the raffle.

We were entertained by Gary King as Elvis. During the afternoon Jeromy Cheshire presented our home manager, Jo Auger, with a thank you gift from the staff. Jo has worked at Seven Rivers for a number of years starting as a Saturday volunteer and returning once she had completed her nurses training, working her way to become manager in 2010.

Let us enjoy the summer with trips out and holidays, safe in the knowledge that even as adults there are people who will look after us if we do trip and fall. Knowing that change may come at any time but not all change is bad, sometimes change is good.

Take care till next time
Liz

Millinery is something I have never really considered. After all a hat is a hat isn't it? My perceptions of hats have completely changed after this month's talk at the WI.

Oggie Weldon was a private secretary to the 7th Marquis of Bristol and decided to take up millinery after his death. She took an 18-month course in millinery, followed by four short courses as specialisations. She started up her Cappelli di Oggie business in 2000 <http://www.cappellidioggi.co.uk>.

Oggie has made hats for Pantomime dames, and other productions at the Mercury theatre in Colchester. She makes bespoke, one-off hats for her clients and brought along a range of hats, perchers, and fascinators for us to try on.

The word Millinery comes from Milan – the home of excellent quality straw for hats. The best region for growing straw in the UK is Luton – home to the Hatters football team and the Luton van, designed to get more hat



boxes into the van. In fact, the hat trade in Luton had its own railway siding to cope with the volume of deliveries.

In 1784 the prime minister, Pitt the Younger,

placed a tax on hats, so to avoid the taxes milliners became inventive. The style, known as fascinators, often uses bird feathers for decoration. This barbarous trade in bird feathers encouraged the formation of the Fur, Fin and Feather Folk group which merged with the Society for Protection of Birds in 1891 to form what is now known as the RSPB.

Oggie told us about our Queen's hat collection – she has over 5,000 hats looked after by her own in-house milliner who designs hats in conjunction with a team of three dressmakers and a designer on-site at the Palace

Oggie demoed how to create a hat as she told us her story. Using an African Beechwood block for the crown and the brim, she stretched a piece of Sinamay straw tightly over the block, securing it in place North then South, East then West, with hat pin tacks.

Once the crown of the hat is secured to the crown block, the edges of the Sinamay crown is tried and a water-based PVA stiffener is added to the straw. The trim is not wasted but saved for hat decoration.

A range of tiny millinery irons are used to iron and the straw, smooth out the creases – and create the hat's final shape.

Sinamay is not the only material used to make hats. Parasial straw is finer, with a smooth weave, and is used for more expensive millinery. Wool felt – which comes in cones, makes our winter hats, Paris Net, or Blocking net, stiffened, and wires added for 'percher'-type hats. Domet – a type of interfacing – can be added for a more robust crown, and Buckram, bias binding added around the brim and ironed Petersham, to make a curve, used for the crown.

Millinery is a fascinating subject – with many more nuances than we suspected – and Oggie demonstrated her enthusiasm for her work with every hat she showed us. If only we had more opportunities to wear these fabulous creations. If only hats like these were part of our day wear – and not just for special occasions.

I can dream can't I?

Eileen Brown



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

Telephone: 01206 230305

Scatterball Tournament

On a very hot and sunny Friday morning, St George's hosted a scatterball. Five teams took part, playing great scatterball,



especially fielding. It was a very exciting ending as we had shared first place with Great Oakley, therefore going to points run.

Unfortunately, they had scored 269 to our 267, so close. However, everyone had

enjoyed the morning and showed good sportsmanship throughout. Many thanks to Isobel Fairley for being our scorer.

Lawford Football Tournament

On Saturday 23rd June children from Reception up to Year 6 took part in the above tournament.

Two teams from KS2 took part and they both showed strong determination together with great team football. Well done to all.

MDA Vacancy

We will have a vacancy for a Midday Assistant starting in September. If you wish to apply for this position email the school office: admin@st-georges-pri.essex.sch.uk.

FRIENDSHIP CLUB

At the June meeting in the village hall we were treated to delicious smells coming from the kitchen. John, a representative from Wiltshire Farm Foods was heating a selection of their meals for us to sample after he gave a comprehensive talk about the Firm and their products. Everyone agreed these meals are an excellent alternative to basic cooking when the need arises.

The August meeting will be our auction so please put aside any small items you wish to be auctioned. No raffle or competition in August.

The outing in September is still under discussion.

Sylvia Ward

SWEET SUCCESS

Linda & Steve from Sweet Success have now retired from the business, it has been for sale for 2 years with nobody coming forward to continue it after 34 years of success.

We have enjoyed the challenge which were many and varied, we have met a huge amount of people who have not only given us repeat business but have also become friends over the time.

We would like to thank, all our past customers for their continued support, as we look forward to our retirement.



**SWEET
SUCCESS**
CATERERS OF
DISTINCTION

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**

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.

We have had a very busy time this term: Thank you all so much for your donations and support for our 40th Summer Fayre on 16th June. The weather was brilliant, we feel this year has been our most successful to date, there was such a lovely atmosphere and we raised a fantastic £2080! This money will go towards setting up 'Tapestry' – an online learning journal. Tapestry helps educators and parents to record, track and celebrate children's progress in early years' education.

We really couldn't do this without you! We would again like to thank all our parents, friends and staff for their continued support, time, generosity and hard work.

On 30th June we joined Gt. Bentley Carnival procession – the weather was glorious, we had a lovely time and our float won 2nd prize in its category! Thank you to those who were able to join us.

On 3rd July we once again took part in the Barnardo's Toddle around the beautiful grounds of Leonard Cheshire Disability. This year the theme was 'Nature' and the staff and children looked great all dressed up. A big thank you to those who took part and the money you raised.

FUNDRAISING:- Family Quiz Night -

Saturday 22nd September at Gt. Bromley Cross Inn (make a note in your diary -details

to follow)

GREEN TOKENS

Thank you so much for supporting our project at Asda. We were very fortunate to receive the most tokens and have been given £500 to spend on the development of the garden area for our 2-3 year olds.

Thank you also to the Co-op at Manningtree and to those who vote for us there with their token.

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

Dates for diary:

Thursday 6th September – Preschool reopens

Saturday 22nd September – Quiz Night

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

Clerk: Lizzie Ridout Email: clerk@gbpc.org.uk



FEEDBACK NEEDED

At our recent monthly meeting the subject came up again regarding the Tendring Rally. Representatives from the rally organisers, and members of the public attended. Members of the public present were opposed to the rally taking place this year, and again in the future.

It was suggested that feedback should be sought from the Great Bromley community and the surrounding villages to get a more balanced view of how it was received this

year, and if it would be welcomed back next year.

Please can we ask that you all take the time to let us know what your thoughts of the rally were, how it was organised, if you would like to see it again in and around Great Bromley and the surrounding villages. Please email the Clerk at clerk@gbpc.org.uk or by post to Great Bromley Village Hall, Parsons Hill, Great Bromley, CO7 7JA.

Also at our meeting, the election of the Chairman and Vice Chairman took place. Cllr Rob Lord is the Chairman, and Cllr Owen Blowers is the Vice Chairman for the remainder of the municipal year.

The construction of the new roundabout at Harwich road is progressing slowly and

unfortunately causing many problems with the diversion set up and numerous signs which have been confusing drivers. Cllr Day and Cllr Nicholls have been intervening where they can and trying to resolve the issues, along with helping many lost drivers find their way.

Free Event!!

We have received details of a free event run by the Tendring Community Safety Partnership called Older Persons Crucial Crew, which will be held on Thursday 27th September 2018, 10am until 2pm in the Princes Theatre, Town Hall in Clacton. The event offers safety information for the older person in the home and on the Street – and buffet lunch is included. If there is enough interest, the Parish Council will be arranging some free transport. You will need to be able to get on and off a coach, or bring a carer with you who can help. If you would like to reserve a ticket please contact the Clerk by **31st August**.

Our next meeting is on Wednesday 8th August at 7.30pm, in the Village Hall – all are welcome.

Lizzie Ridout, Parish Clerk

Planning Determinations

REFERENCE	PROPOSAL	LOCATION	DECISION
18/00596/FUL Mr Carl Bird	Single storey rear and side extension.	Quintrel, Chase Road West, Great Bromley CO7 7UA	Approval - Full 21.06.2018 Delegated Decision
18/00714/ COUNOT Mr A Lochore - A Lochore & Sons	Proposed conversion of two barns into two dwellings	Holly Lodge, Colchester Road, Great Bromley CO7 7TN	Determination prior approval not req'd 19.06.2018 Delegated Decision

Planning Applications		
REFERENCE	PROPOSAL	LOCATION
18/00974/DETAIL Mr Dodds	<p>Reserved matters applications for the erection of 24 new dwellings, including affordable housing and the provision of additional church and school overflow parking within the new site for approximately 30 no. private cars.</p> <p>Great Bromley Parish Council supported the application however would prefer there to be more three-bedroom accommodation in the affordable housing part of the development. It also notes that there is existing foul water drainage issues which are already under investigation by Anglian Water.</p> <p>It was further agreed that the Parish Council would write to Anglian Water to request that the drainage issues raised by a local resident are investigated.</p>	Park 2 Land, Plot 6988 Badley Hall Farm, Badley Hall Road, Great Bromley CO7 7HU
18/01028/AGRIC H Fairley & Son	<p>Erection of an agricultural building replacing existing dilapidated building following demolition.</p> <p>FOR INFORMATION ONLY</p>	Park Farm Hilliards Road Great Bromley Colchester Essex CO7 7US

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The memorial surround has recently been damaged again - a car drove into the kerb and across one of the gardens damaging the plants and the ground covering, apparently travelling too fast for the bend. We are pursuing the 30 mph speed limit along this stretch of the road and will be sending another email to the Highways agency detailing the latest incident. The road has been gritted and we expect that when the stones have been swept up the white lining will be redone through the Village.



We are discussing the Church Toilet and the Memorial Garden with the PCC and hope to have some news for the next meeting regarding the Memorial garden at Lt Bromley Church.

We have had one reply regarding the request for people to run the Neighbourhood Watch group - if you would like to get involved please email the Clerk with your details (littlebromleypc@gmail.com).

The next meeting of the Council will be earlier than usual in September due to holidays - the date will be the 13th September at 7.30 pm at The Haywain.

Little Bromley Parish Council

DISTRICT COUNCILLOR NEWS

The roundabout construction on A120/ Harwich Road, Great Bromley is progressing, rather slower than we all hoped. The main complaint is regarding the numerous diversion signs, I am informed there are over 120 such signs. The person in charge of the works, Adrian Taylor, usually comes to Great Bromley Parish Council meetings and provides an update on progress. Businesses in the area are affected because of the confused, and mainly necessary, diversion signs which seem to be affecting people over a wide area. I have invited ECC Portfolio Holder for Highways to visit the site and discuss the problems but he seems reluctant to do so. I also understand the Harwich Road leading from the roundabout through to Little Bentley (Monkey Street) is to be closed from 00.01 20th July until 06.00 6th August.

The much discussed car rally was on the Agenda at Great Bromley Parish Council meeting on 11th July. The organiser Tony Clements was due to be present along with members of TDC overview and scrutiny committee.

Rosemary and myself have congratulated our MP Bernard Jenkin on his knighthood which was announced in the Queens Birthday Honours list.

Clacton Air Show is being held on 23rd and 24th August; we may well see the Red Arrows flying overhead. It is the 60th anniversary of Seven Rivers Cheshire Home so the Red Arrows may well commemorate the event.

Fred Nicholls, District Councillor

THE OTHER POINT OF VIEW

Having read the article in June edition of The Messenger about the "Jolly day out" one parishioner had when the recent car rally went through a number of parishes, including Great Bromley, I felt the need to put the other point of view. I should say that I am not on the Parish Council but as your views are being canvassed in this issue it seemed an appropriate time to consider the impact on people's lives, their animals and also the message that racing on the roads gives to the wider public about what sort of county Essex is.

I think there are probably very few people in Great Bromley who are not having their lives impacted negatively by lorries and cars going through the parish at high speeds and causing excessive noise. We, as a community, spend large amounts of money trying to get drivers to slow down and drive with respect for pedestrians, dog walkers and people riding horses, we even have a team of volunteers running a Neighbourhood Speed Watch group to encourage safe driving in the parish. It seems ridiculous to do all this and then allow or encourage cars to race against the clock on our rural roads.

There have been a lot of impassioned views expressed at the recent Parish Council meetings as it now appears the organisers want to run the event next year and indeed extend some sections in Great Bromley and also make it an annual event. Many people who actually live on this year's route felt prisoners in their own homes in the run up to and especially on the day of the race. They have also noticed an increase in the number of cars racing the route following the event, presumably enthusiastic car drivers seeing how their times compare to that of the professionals on the day. There have also been some near misses described between horse riders and cars being put through their paces.

Please take the opportunity to express your views to the Parish Council so that they can best represent you. I obviously would like you to say "**not again in my parish please**" but if you can see any benefit to the parish please feel free to express that view too.

*Ian Kernutt
Greenacre, Briar Road, Great Bromley.*

COLOURFUL PLANTERS IN LITTLE BROMLEY

Four years ago planters were built and positioned in the village to continue the colour after the daffodils have finished right through until the following Spring. We have received many compliments from residents and also those just passing through. The planters were paid for by the Amenities committee and the expense for maintaining the planters is met by the Parish Council.

Ken and I have put in many hours to keep this going and would like to know if there are like minded residents who would like to join us. Given that a small group could contribute, it may be possible to expand the number of planters to enhance the village further. The new gates, for example, we feel would benefit from some more colour.

If the idea interests you please contact Ken or myself.

Roly Knott
Email. eandr@harwichrunners.co.uk



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

St Helena announces the trek of a lifetime with a chance to see the Northern Lights!

The Northern Lights or Aurora Borealis are on most people's bucket list and St Helena are giving supporters the opportunity to see them on their latest trek in March 2019.

Trekkers will make their way through southern Iceland taking in the stunning scenery including a mix of geothermal valleys and beautiful mountains, streams and waterfalls. The trek will last 3 days with a day either side for travel to and from the UK.

To register for the information evening or a pack with more information, contact Sarah Philips on 01206 931468 or email events@sthelenahospice.org.uk.



IN THE GARDEN WITH KATE

I can't believe it's August already. This year seems to have whizzed past - probably not helped by the late spring. August always reminds me of preparing to go back for the new school year; new uniform, pencil box, and pencils and new beginnings, but of course in the garden it is the other way around and the garden is hopefully giving its best in the form of fruit, vegetables and flowers.

The weather so far this summer has been a challenge to both plants and gardeners. The prolonged dry weather has tested the ingenuity of all, but it is remarkable how plants seem to survive despite the sometime searing temperatures. Strangely, the biggest casualties seem to be trees. Some of my fruit trees are looking very stressed and are succumbing to various diseases. I say strangely, but thinking how much water is needed by trees, even those that are well established, I suppose it is not surprising.

One of the perks of this dry weather is that the grass seems to have stopped growing, much to my husband's relief. In fact the lawn now resembles a dust bowl! I do not intend to do anything about it as past experience shows that when it does rain, the grass will regain its former colour. The exception is, of course, newly sown areas.

Most gardens will by now be a riot of colour, and the importance of deadheading and feeding containers should be re emphasised. Most border plants will appreciate a feed when they have finished flowering too. I am considering making feed from stinging nettles or possible comfrey this year, but possibly not- although the mixture is a wonderful fertilizer, apparently the smell is awful.

Lots of vegetables should be ready to harvest this month - beans, lettuce, beetroot, turnips, courgettes, onions, indoor tomatoes, marrows, and second early potatoes. Herbs can also be harvested and

dried or frozen. A good idea is to freeze small amounts of herbs in water in ice cube trays in the freezer. They can then be easily added to soups, stews and sauces when required.

Most soft fruit will be ready to be harvested now, and I have also noticed that in previous years, many of the blackberries in the hedgerows are ready in August - I'm sure it was September when I was a child.

Some types of lavender can be harvested now. I adore the smell as it dries upside down in the kitchen. Even better- those pesky moths hate it, so a win-win situation. Camellias and rhododendrons will need a feed to help them set next year's buds. They are lime haters so will need an ericaceous fertilizer. Semi-ripe cuttings can be taken from shrubby herbs, woody shrubs, lavender and roses; this is a good way to propagate precious and expensive plants.

Above all, enjoy your garden. Happy holidays!

Kate Strowbridge



2018-19 EVENTS

AUGUST

- 8 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 14 Summer Holiday Special, Village Hall, see box for times
- 16 Friendship Club, Village Hall, 2.00pm
- 18 Bat Watch, Little Bromley church, 7.30pm
- 23/24 Clacton Air Show
- 25-28 Coggeshall Flower Festival

SEPTEMBER

- 5 WI, Village Hall, 7.30pm
- 6-9 St Helena Hospice Coast to Coast Cycle Challenge 2018
- 13 Friends of St George's meeting, Gt Bromley church, 7.00pm
- Little Bromley Parish Council meeting, The Haywain, 7.30pm
- 20 Friendship Club, Village Hall, 2.00pm
- 22 Little Dragons Family Quiz, The Cross Inn, 6.00pm
- 27 Older Person's Crucial Crew, Princes Theatre, Clacton, 10.00am

OCTOBER

- 14 Air Ambulance Dog Walk (*see box opposite for more details*)

NOVEMBER

- 10 Festive Fayre Shopping Event, Village Hall
- Gt Bromley Autumn Litterpick
- 11 Remembrance Sunday



20 YEARS SAVING LIVES

WALK THOSE PAWS FOR A LIFE-SAVING CAUSE

HELI Funds
ESSEX & HERTS AIR AMBULANCE

SUNDAY 14TH OCTOBER 2018
Church End, Little Hadham, Ware, Hertfordshire, SG11 2DY

Join us for a pawsome three mile autumn walk alongside hundreds of other four-legged friends, followed by a Dog Show with pedigree and novelty classes to enter and an afternoon of doggy-related fun.

For more information about the day and to register, visit ehaat.org or call us on 0345 5040 055

 **Essex & Herts Air Ambulance**
Your local life-saving charity
Charity Number: 108866





Coggeshall Flower Festival
St Peter ad Vincula
25th to 28th August

Saturday 25th August
10.00am to 5.00pm

7.30pm Concert
Frog Island Jazz Band
Traditional New Orleans Jazz
Tickets £12
Concessions £10 ~ Under 16s £2

Sunday 26th August
11.45am to 5.00pm
10.30am Sung Eucharist
5.15pm 'Songs of Praise'

Monday 27th
Tuesday 28th August
10.00am to 5.00pm
Refreshments & stalls
Admission free
Donations welcome

www.coggeshallflowerfestival.org.uk

Batwatch at Little Bromley Church



Friday 18th August
at 7.30pm

For children and adults.

Come and look and listen, and discover all about bats.
Free admission



SUMMER HOLIDAY SPECIAL

Great Bromley Village Hall
14 Aug 2018
Juniors 9.30am
Toddlers 10.30am
Infants 11.30am

BOOK NOW!

Baby College
Inspiring Play Together

<https://tickedit.com/BookingWidget?id=90>



Martial Arts

for children aged 4 to 16
at Great Bromley Village Hall
from 4pm on 18th September

All registration details and info
via the following link.
www.childrenskarate.co.uk

Little Dragons Pre-School

Family Quiz Night

The Cross Inn
22nd September at 6.00pm

Watch this Space for further details.



Friends of St George's church

Inaugural meeting
13th September 2018
In the church
at 7.00pm

(see article on page 21)

AUTUMN TERM IS NOW OPEN FOR BOOKING!

Great Bromley Village Hall
Tuesdays
(starting 11 Sept)
Juniors 9.30am
Toddlers 10.30am
Infants 11.30am

BOOK NOW

Baby College
Inspiring Play Together

<https://tickedit.com/BookingWidget?id=90>



Village Hall Events

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

Watch this space for further details

KITCHEN CORNER

The ewes at Becky's Butchers have battled through the Beast from the East and other extreme weather patterns to provide some fine-looking lambs. Cue this delicious recipe, of unknown provenance that I was sent by a friend in Cambridgeshire.

Mustard lamb pie

1 lb/450 g potatoes, washed and parboiled
2 tbsp/30 ml oil
8 oz/225g onion, peeled and sliced
2 lb/900 g lean lamb, cubed
2 tsp/10ml Mustard seeds
1 stock cube (lamb if possible)
Salt and pepper
2 tbsp/30ml cornflour
1oz/25g butter
A little milk, to glaze

Serves: 4-6. Prep time: 45 mins. Cook time: 45 mins. Calories: who cares!

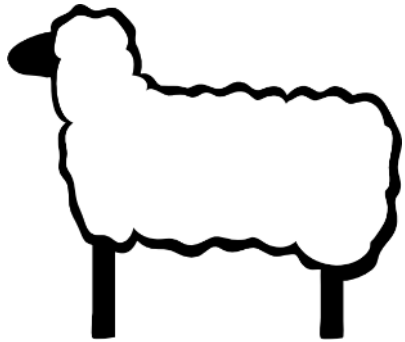
Preheat the oven to Gas Mark 4/350F/150C. Wash and parboil the potatoes.

Heat the oil in a saucepan and fry the onion for 3 minutes until soft. Add the meat and mustard seeds and cook for 2 minutes. Reduce the heat slightly.

Dissolve stock cube in 1 pint/570ml of boiling water and add to the meat with seasoning. Allow to simmer gently for 10 minutes. Meanwhile, thinly slice the potatoes.

Mix the cornflour with 3 tbsp/45ml water and pour onto meat. Stir continuously and allow to thicken. Spoon the mix into a 2 pint/1.2 litre ovenproof deep pie dish. (Any excess liquid can be kept for gravy.)

Cover the meat with layers of sliced potatoes and brush with the melted butter followed by a little milk.



Cook in the oven for 45 minutes or more until the potatoes are crispy and golden. Serve with a selection of lightly cooked vegetables, like sprouting broccoli and asparagus - yum!

Hugh Frostick

MORE THAN JUST A FARM

Harvest 2018 is fully underway. It is usual for Barley to be ready for combining around the Tendring Hundred Show, however this year due to lack of rain and endless weeks of hot sunny weather the crop was ready well before this date. Barley is usually the first crop to be combined followed by Oil seed rape, wheat and any spring crops. Despite the lack of rain at the end of May, beginning of June the yields for Barley were not too bad.



glands and are almost incapable of panting. Therefore, being allowed to wallow keeps their body temperature down.

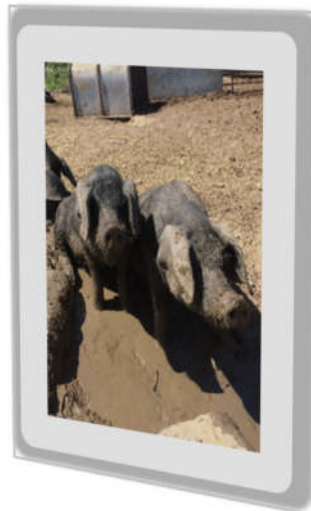
In June our sheep were sheered of their wool, this is a yearly task carried out by a local sheep farmer who comes in. It is surely one back breaking, hard work job but beneficial to know those



sheep are now happier in the heat without their 'winter wool' still on.

The Tendring Hundred Show is a fantastic local day out for those living in the Tendring Hundred and surrounding area. This year we have been blessed with blue skies with a slight breeze. The Theme area this year was 'Farming is Magic' showing how farming can be a 'magical' experience – for example how seeds drilled at the start of the growing season turn into crops and then into food for us all to eat. Did you attend?

Our pigs are treated daily to a water hole to keep themselves cool during this heat wave. Pigs lack functional sweat



We now have spring lamb in the butchery, if you are interested in half a lamb for the freezer or ¼ pig, please get in touch.

Let's hope for some rain soon!

Until next time, Thank you
Becky

RECYCLING SYMBOLS EXPLAINED—PART 2

<https://www.recyclenow.com/recycling-knowledge/packaging-symbols-explained>

Other symbols

The following symbols can be found on a variety of packaging and explain a range of information: whether or not an item can be recycled, how to dispose of the item, or if it's made of recycled material

<p>The Green Dot The Green Dot does not necessarily mean that the packaging is recyclable, will be recycled or has been recycled. It is a symbol used on packaging in some European countries and signifies that the producer has made a financial contribution towards the recovery and recycling of packaging in Europe.</p>	
<p>Mobius Loop This indicates that an object is capable of being recycled, not that the object has been recycled or will be accepted in all recycling collection systems. Sometimes this symbol is used with a percentage figure in the middle to explain that the packaging contains x% of recycled material.</p>	
<p>Plastic resin codes This identifies the type of plastic resin used to make the item by providing a 'Resin Identification Code'. It is represented with a 'chasing arrows' symbol surrounding a number between 1 and 7 that defines the resin used.</p>	
<p>Glass This symbol asks that you recycle the glass container. Please dispose of glass bottles and jars in a bottle bank, remembering to separate colours, or use your glass household recycling collection if you have one.</p>	
<p>Recyclable aluminium This symbol indicates that the item is made from recyclable aluminium.</p>	
<p>Recyclable steel This symbol means that the product is made of steel. All local authorities collect steel cans for recycling. Other steel or metal items can be taken to your household recycling centre.</p>	
<p>Tidyman This symbol from Keep Britain Tidy asks you not to litter. It doesn't relate to recycling but is a reminder to be a good citizen, disposing of the item in the most appropriate manner.</p>	

THE DEDHAM EDUCATIONAL FOUNDATION

The Governors invite applications for residents in the parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St Mary for financial grants that are available in the following categories:

Secondary Schools and Sixth Form Colleges




Applicants must be at least 12 years old on the 1 August of the year of applications.

Universities and Colleges of Further Education

Applicants must have lived in one, or more, of the five Parishes for at least two years prior to the application date.

For an application form or further details contact the Clerk to the Governors – Mrs Jean Flewin, Coppins, Crown Street, Dedham, Colchester CO7 6AT. Tel: 01206 322215.

Closing date for applications: 31 October 2018.

<p>Waste electricals This symbol explains that you should not place the electrical item in the general waste. Electrical items can be recycled through a number of channels.</p>	
<p>Compostable Products certified to be industrially compostable according to the European standard EN 13432/14955 may bear the 'seedling' logo. Never place compostable plastic into the recycling with other plastics; as it is designed to break down it cannot be recycled and contaminates recyclable plastics. Plastics that carry this symbol can be recycled with your garden waste through your local authority.</p>	
<p>Home composting In addition to the seedling symbol for industrial composting, you may see this one which means that it is suitable to be home composted.</p>	

Paper, card and wood

The Forest Stewardship Council (FSC) logo identifies wood-based products from well managed forests independently certified in accordance

Harry Ellis

1885 -27th August 1918

Harry Ellis was born in Lawford in September 1885, probably at his parents' home on Wignall Street.

Arthur Ellis was Coach Painter and Trimmer originally from Felsted. He had married Caroline Baalham from Lawford in 1876, and they made their home there. Arthur and Caroline had at least 6 children together – Harry being the youngest - before Caroline's death in 1887, at the age of 32.

In 1890 Arthur Ellis married again to Jane Golding from Colchester. Arthur and Jane would have at least 9 children together, of whom 8 were still alive in 1911.

The Ellis family moved to Little Bromley at some point between 1899 and April 1901. There they lived on what was called for a time Back Road but is now called Ardleigh Road. After leaving school Harry found work as a Farm Labourer.

In early December 1914, Harry volunteered to join the Essex Regiment, and by August of 1915, had been posted to the 11th Battalion of the Essex Regiment. He went to France with them at the end of August 1915. Within a month of arriving, the 11th suffered heavy losses during the Battle of Loos. Over the next two and a half years, Harry and the Battalion would be involved in the Battle of the Somme in 1916, and the Battle of Cambrai in 1917.

Harry was captured on 22nd March 1918, the second day of the massive German March Offensive. The 11th Essex had been fighting to the south of the village of Morchies and successfully held their positions until the evening, when they were ordered to withdraw after the Germans broke through to their north.

Transported to Germany, Harry was interred in the large Munster II and Friedrichsfeld Prisoner of War Camps. He later appears to have been put to work by his captors – most likely in industry – and so would have been moved to a smaller camp.

Harry died of what was termed a lung infection – most probably the Spanish Flu - on 27th August 1918, at the Bertha Hospital in Friemersheim.

He was buried in the civil cemetery at Friemersheim, but after the War it was decided that the graves of those Commonwealth servicemen who had died in Germany should be brought together into four permanent cemeteries. Harry's was one of those bodies which was reinterred, and he now lies in the Commonwealth War Graves plot of Cologne Southern Cemetery.



**Community Library
at The Cross**

Every Wednesday 10.00am-12 noon



**The Post Office
at
The Cross**

Wednesday mornings 10 -

COFFEE BREAK NUTRITION with Suzanne Abbott

KNOW YOUR SALT

It is so difficult to navigate our way through the vast amount of information and misinformation that's out there with regard to salt and its effect on the human body.

There is a myriad of salt types to choose from – ordinary table salt, Maldon sea salt, Himalayan salt, French Grey salt or the Sicilian Trapani sea salt, to name but a few, but do we really know what's best for us and why?

The backbone of all salt is 'sodium chloride' which is essential for the body to function properly¹. Salt is a necessary mineral and we couldn't live without it. It helps to keep a proper mineral balance; we need it for good bone density, healthy blood circulation and for stabilising blood sugar levels.

Too much – it could poison us. You will find most of the unwanted refined salt in processed, packaged goods. The salt is there to preserve the 'food' to make it last longer. This excess of salt can do all sorts of damage in the body – over time we can develop high blood pressure, heart disease, water retention, stroke, thyroid and kidney problems or major nervous system disorders such as anxiety and depression.²

The salt we all know and 'love to death' is the common **table salt**, a highly refined manufactured form of sodium, with all of the minerals removed through a high temperature process. Although similar to natural salt (rock, crystal or sea salt) it merely mimics the taste of all of the elements in natural salt.

It is predominantly hard on the circulatory and nervous systems as well as the very delicate balance of the lymphatic system. Table salt is extremely addictive; as the body gets used to high levels of this fake sodium, the more it craves it.

Sea salt is unrefined and unmodified. One of the nutrients of sea salt is naturally occurring Selenium which helps to remove heavy metals from the body. Boron helps prevent osteoporosis and chromium regulates blood sugar levels. There are many other minerals in the different types of

natural salts which play an active part in maintaining a mineral balance in the body.³

hen there is the pink **Himalayan salt**. This salt is mined from pure primeval salt veins, at the foothills of the Himalayas, untouched for millennia. The salt is pink because of its mineral content.

The French swear by the use of the **French Grey sea salt**, 100% natural, hand harvested in Guerand, France. French Grey Sea Salt crystallizes on clay in salt evaporation ponds, which gives it its unique characteristic colour, flavour, and nutrients.

Trapani sea salt is 100% natural and contains a higher concentration of potassium and magnesium but less sodium chloride than table salt. The lack of chemical treatment means that the trace elements are maintained, enhancing its flavour.

The bottom line: Salt is an element the body cannot do without. But everything in moderation! I would choose all of the above natural salts and leave the highly refined table salt on a high shelf at the supermarket where it belongs.

The recommended daily allowance of salt for adults per day is⁴ 6g (2.4g of sodium). This means about 1 teaspoon.

Children's intake:

1 - 3 yrs: 2g salt (0.8g of sodium)

4 – 6 yrs: 3g salt (1.2g of sodium)

7 – 10 yrs: 5g salt (2g sodium)

11 yrs + same as adults.

Babies shouldn't go without salt either; a little pinch of natural salt in their food will do wonders for their neurological development.

Best of health!

Suzanne

Naturopathic Nutritionist

1. Food Rules - Dr Catherine Shanahan

2. Global Healing Centre – Dr Edward Group

3. HealthWyze.org – Thomas Corriher

4. NHS Choices

Recent Meetings

"Around the World in a Container Ship" was the interesting talk by Peter Hesketh, a former Police Officer & Merchant Navy Purser on Wednesday 11 July. As a lone passenger for around 4 months it positively was not a cruise. He explained the attraction of, and comments on, life at sea when the ship spends so little time in port.

Future Meetings & Diary

Dates

As suggested by Members we are introducing our first August meeting, on Wednesday 8th, when Tania Harrington MA, artist, art lover and researcher will talk on "Art Attack- A History of Vandalism In Art". She will look at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It will be a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian, will present a very British view on "Remembrance And The Great War". Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War.

Richard Heap, Production Director, Stephen Walters & Sons Ltd will introduce us to "Silk Weaving in Sudbury". His presentation will cover the history of silk weaving and how it came to Sudbury; the Silk Road from China to Sudbury; how silk yarns are processed; the silk trade, partnerships and relationships with supplier and customer and how the company engages with the local community and the environment.



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 330 members and 40 active groups. For further information please visit 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!

FRIENDS OF ST G'S

Many villages in our area have established a group/organisation which helps to secure the future and the sustainability of the church in their village.

The formation of a "Friends of St Georges" would guarantee a great future for our church: new ideas solid support and new enthusiasm to restore and maintain the fabric of this building and even supporting the new project to provide a kitchen and children area in the North Aisle working with Simon and the P.C.C. If you are not able to attend the meeting but would like to be involved please contact Simon or Jenny.

This is very much a seed of an idea and this letter is inviting all of you to a meeting to be held in the church on September 13th at 7pm. It is a meeting for all. You do not have to be a churchgoer, it is a meeting for all of you who admire and love our wonderful church building which draws people from all over the world to marvel at the wonderful architecture of

this Grade 1 listed building.

We would welcome ideas and suggestions as to how to organise and manage this possible new venture in Great Bromley.

Simon 392659 or
simon.heron@lawfordchurch.co.uk
Jenny 230688 or jenny@fryerning.net
Yvonne 230360



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

John Field introduced us to "The Treasures of Ipswich" on 4th July and we held our Summer Buffet at the popular Haywain on 18th July when our spouses and Probud Widows joined us for what was an enjoyable event and a tasty meal.

Future Meetings & Diary Dates

We don't meet in August and return in the autumn on Wednesday 5 September when Tracey Mackness of the Giggly Pie Co will present her "Life Story". Then on Wednesday 19 September David Ablewhite will return to tell us about "The Other Prince William". Norman Jacobs talks about "Pie 'n' Mash & Prefabs" on Wednesday 3 October and two weeks later on 17 October Sally Chicken's talk is on "The Regeneration of Shotley Pier"

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 Probud 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.

FROM THE RECTORY

If you ever take a cursory glance at the collected musical works of writer and composer Lionel Bart, you'd be forgiven for thinking that he had more than a passing fondness for the exclamation mark. Having had moderate success with both *Lock Up Your Daughters* in 1959, and then *Fings Ain't Wot They Used T'be* later the same year, the runaway popularity of his most famous work *Oliver!* just twelve months later encouraged Bart to write the *World War Two* themed *Blitz!* Despite a run of more than a year, *Blitz!* didn't achieve the global popularity that *Oliver!* had. Bart put this down to its subject matter resonating more clearly for UK audiences, although playwright Noel Coward described it as "twice as loud and twice as long as the real thing".

Even with two exclamation marks, his *Robin Hood* musical *Twang!!* in 1965 spectacularly failed to repeat earlier success, closing after just 43 performances, receiving scathing reviews, playing to near empty auditoriums, and costing Bart his fortune.

Although less likely to do with avoiding monetary disaster, the use of punctuation to aid in the understanding and correct reading of written text has been going on for nearly 3000 years. The earliest examples featuring points and strokes to mark the beginning and end of sections. In modern English, punctuation is vital. "Eats shoots and leaves" conveys an entirely different meaning to "eats, shoots, and leaves".

The bible was written in Hebrew, Aramaic and Greek, the first two without either vowels or punctuation, the earliest Greek manuscripts in capitals and without spaces between words, but with some inconsistent punctuation. The task of the translator and editor becomes harder as a decision to where English punctuation is used can change the emphasis of the text. One passage in the New Testament is a single

sentence in the original Greek, three sentences in one translation and more than ten in others.

There are words of Scripture that transcend punctuation. This is from the gospel of John.

God is love and all who live in love live in God and God lives in them

No need for comma, full stop, semicolon or apostrophe, but most definitely worthy of at least one exclamation mark!

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

01206 392659

www.lawfordchurch.co.uk
'Loving God. Living Life.'

GT BROMLEY & DISTRICT CRICKET CLUB



100 Club Winners

June

1st D. Lording
2nd W. Kempster
3rd T. Carver-Hardy



Services for August

St George's Church, Great Bromley

Welcome to our services

August 5th **Trinity 10**
9.15am Holy Communion with hymns

August 12th **Trinity 11**
10.30am Parish Eucharist

August 19th **Trinity 12**
9.15am Family Service

August 26th **Trinity 13**
10.30am Parish Eucharist
(There is no Evensong on 26th)

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
Facebook or Twitter @StGeorgesGtBrom*

St Mary's church, Lawford

Every Sunday 8.00am Holy Communion

1st 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

St Mary's church, Little Bentley

1st Sunday 10.30am Morning Prayer

3rd Sunday 10.30am Holy Communion

St Mary's church, Ardleigh

1st Sunday 10.3am Parish Eucharist

2nd Sunday 8.00am Holy Communion

3rd Sunday 10.30am Parish Eucharist

4th Sunday 8.00am 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 3rd August at 12 noon

Please come & join us for friendship & fun.