



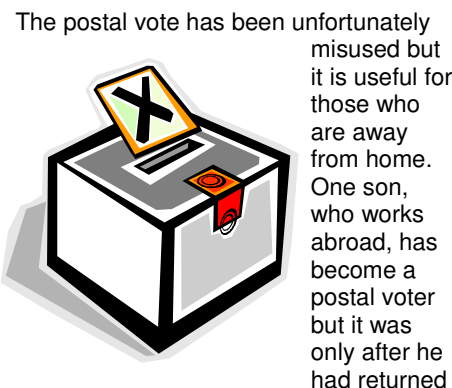
**Services for May**

<b>Sunday 1st</b>	7.30am 8.00am 10.30am 6.30pm	<b>Easter 6</b> Morning Prayer The Eucharist The Parish Eucharist Evening Prayer	<i>St. Mary the Virgin</i> <i>St. Mary the Virgin</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i>
<b>2nd</b>	9.15am	The Eucharist	<i>St. Mary the Virgin</i>
<b>4th</b>	6.00pm	The Eucharist	<i>Hamilton Lodge</i>
<b>5th</b>	7.00pm	<b>Ascension Day</b> The Parish Eucharist	<i>St. Mary the Virgin</i>
<b>6th</b>	11.00am	The Eucharist	<i>Seven Rivers</i>
<b>7th</b>	9.00am 2.00pm	The Eucharist & Rosary Wedding of Vickie Clark and Tim Banks	<i>St. Mary the Virgin</i> <i>St. Mary the Virgin</i>
<b>Sunday 8th</b>	7.30am 8.00am 10.30am 6.30pm	<b>Easter 7</b> Morning Prayer The Eucharist The Parish Eucharist & Confirmation Evening Prayer	<i>St George the Martyr</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i> <i>St. George the Martyr</i>
<b>9th</b>	9.15am	The Eucharist	<i>St. Mary the Virgin</i>
<b>13th</b>	11.00am	Holy Communion	<i>Seven Rivers</i>
<b>14th</b>	9.30am 2.00pm	The Rosary Wedding of Sarah Coombs & Paul Turtle	<i>St. Mary the Virgin</i> <i>St. Mary the Virgin</i>
<b>Sunday 15th</b>	8.00am 10.30am 6.30pm	<b>Pentecost</b> The Eucharist The Parish Eucharist Evening Prayer	<i>St. Mary the Virgin</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i>
<b>19th</b>	7.00pm	The Eucharist	<i>St. George the Martyr</i>
<b>20th</b>	11.00am	The Eucharist	<i>Seven Rivers</i>
<b>21st</b>	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
<b>Sunday 22nd</b>	7.30am 8.00am 10.30am 6.30pm	<b>Trinity Sunday</b> Morning Prayer The Eucharist The Parish Eucharist Evening Prayer	<i>St George the Martyr</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i> <i>St. George the Martyr</i>
<b>23rd</b>	9.15am	The Eucharist	<i>St. Mary the Virgin</i>
<b>26th</b>	7.00pm	<b>Corpus Christi</b> The Parish Eucharist	<i>St. Mary the Virgin</i>
<b>27th</b>	11.00am	<b>S Augustine of Canterbury</b> Holy Communion	<i>Seven Rivers</i>
<b>28th</b>	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
<b>Sunday 29th</b>	7.30am 8.00am 10.30am 1.00pm 6.30pm	<b>Trinity 1</b> Morning Prayer The Eucharist The Parish Eucharist Wedding of Claire Reed and Robert Jeffery Evening Prayer	<i>St. Mary the Virgin</i> <i>St. Mary the Virgin</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i> <i>St. Mary the Virgin</i>
<b>30th</b>	12 noon	National Pilgrimage	<i>Walsingham</i>

**IT'S YOUR CHOICE**

The lambs are gambolling in the fields, the blossom is out on the trees and the politicians are rushing about the country. Spring is in the air. Hopes for new beginnings, renewals and fresh starts are rife.

May 5th, Election Day, is almost upon us along with our one chance in every four or five years to vote on the policies of those who seek to represent us at Westminster. I do not know how the parties decide upon their future policies but presume they canvass the opinions of their members on different matters. I never have belonged to a political party so my thoughts have never been sought. I do not hear until too late when candidates are speaking locally on their particular manifestos and so do not get to see in the flesh those who are asking for my vote.



The postal vote has been unfortunately misused but it is useful for those who are away from home. One son, who works abroad, has become a postal voter but it was only after he had returned the form that he discovered that the voting form is sent out a week before the election leaving no time for it to be sent to him abroad and returned back in time to be counted. He then investigated voting

by proxy but had left the country by the time the form arrived.

He would like to use his vote but there are many who will not bother despite their right to a democratic vote being hard won in the past. Is it because they think that the result is a foregone conclusion and so feel that their vote is worthless or is it because they simply can't be bothered, or are of the opinion that all politicians are the same? Maybe it is because they do not like the candidate of a particular party and cannot bring themselves to vote for any other party or even that no-one appeals to them at all. However, simply not voting results in a low turnout and talk of apathy. It registers none of these feelings as one can by abstention at a meeting. As there is no box to mark for abstention the only option available for those who wish to have their positive act of abstention counted is to spoil their ballot paper. Clearly a positive vote for a particular candidate should be one's first choice and apathy the last.

To have the freedom to be able to vote without fear or prejudice, unlike the case in some countries, is a precious thing and it good to feel that we all have a right to our say, whichever way, in the running of our country.

*Leonie Henderson*

**The Parochial Church Council**  
 are pleased to be able to sponsor  
 this month's Messenger  
 and gratefully thank Leonie  
 and her team for their work and support.



At S George's, we are seeking under God  
 to serve Him in The Bromleys.

To this aim we are developing the Church  
 for the worshipping generations to come.

This month's Flower Festival (29<sup>th</sup>-30<sup>th</sup>) will be to  
 raise funds for the new room, and lavatory facilities,  
 the plans of which are displayed in Church.

Thank you.

**PLEASE SUPPORT OUR SPONSORS**



**THE UNITED PARISHES OF ARDLEIGH AND THE  
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The Rectory, Hall Road, Great Bromley, CO7 7TS



Dear Parishioner,

'There are many women working at the  
 sugar plantation. Before the sugar  
 factory opened, we were very poor. Now  
 things are better, we can all earn money  
 and buy food from the markets.' *Louisa  
 Mahahela*

Louisa Elias Mahahela works on a sugar  
 plantation in Mozambique, earning  
 enough to feed her family. Her job is one  
 of thousands that have been created  
 since the Mozambique government  
 helped its sugar industry by attracting  
 investment to it. It set the price for  
 imported sugar, most of which comes  
 from rich countries where it is subsidised.  
 This set price means that the locally  
 produced sugar is able to compete with  
 imports.

But Mozambique is an exception. Other  
 poor countries are prevented from helping  
 vulnerable industries and farmers. Rich  
 countries and international institutions that  
 lend poor countries money force  
 governments to accept free-trade policies.

Free trade means that governments may  
 not interfere in the market place, and all  
 traders – from rich and poor countries  
 alike - must face each other in open  
 competition. This gives the poorest no  
 chance. To begin to make a decent living  
 for their families they need some help  
 from their government to support their  
 industries – that is they need trade justice,  
 not free trade.

This is why Christian Aid is campaigning  
 for trade justice, not free trade. The  
 campaign is informed by the biblical vision  
 of a just world where the needs of the  
 poorest people are met. To compete in  
 today's global marketplace poor farmers  
 and traders need special help from their

governments until they are strong enough  
 to manage without it.

Please return the enclosed envelope to  
 Church, Chapel or Post Office. £5 buys  
 five chickens. £6 maintains one girl at the  
 Bridge School in India for a month giving  
 her a chance of education that otherwise  
 would not be available. £11 will buy the  
 network card to access the internet so  
 students can train in computer  
 programming. £66 will pay for the internet  
 connection for a computer school for  
 children orphaned by HIV/AIDS. £112  
 buys a water tank meaning the villagers  
 can get water without having to walk to  
 the nearest stream that could be over 2km  
 away. Thank you and god bless you.

Fr Nicolas



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**Walk the Famous London Bridges and help promote kidney awareness and organ donation**

**London Bridges Walk - 21st May, 2005**

Help raise kidney awareness and organ donation by walking eight of the London Bridges on Saturday, 21st May.

The Bridges Walk starts and finishes at Potters Fields on the south side of Tower Bridge and walkers will snake across the eight bridges, including Tower Bridge, London Bridge, Southwark Bridge, Millennium Bridge and Blackfriars Bridge.

Registration fee is £5 per walker, there is no minimum sponsorship but walkers are encouraged to raise as much sponsorship as they can. Proceeds will be used to further the work of The National Kidney Research Fund and help improve the lives of people living with kidney disease.

At present there are over 180,000 people in the UK suffering with some form of kidney condition and 35,000 are on renal replacement therapies, which include dialysis and transplantation. As yet, there are still no cures.

For more information or to take part in the London Bridges Walk please call The National Kidney Research Fund on 0800 783 2973 or visit [www.nkrf.org.uk](http://www.nkrf.org.uk).

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**Bromley Messenger**

**Statement of Accounts**



	2004/2005 £	2003/2004 £
<b>Income</b>		
Carried forward	46.07	320.50
Creditors	0.00	125.00
Donations	127.81	149.00
Advertisements	1,748.50	489.00
Sponsorship	1,010.00	1,051.50
Interest	0.00	0.00
<b>Total</b>	<b><u>2,932.38</u></b>	<b><u>2,135.00</u></b>
<b>Expenditure</b>		
Printing	2,143.36	2,020.45
Postage	39.05	21.48
Expenses	46.39	47.00
Debtors	30.00	0.00
Overpayment	45.00	0.00
(Loss) /Gain	628.58	46.07
<b>Total</b>	<b><u>2,932.38</u></b>	<b><u>2,135.00</u></b>

Honorary Treasurer L.B.Christodoulides MBE

**Report**

We have had a good year with advertisements reaching a record level, especially as they have invariably come to us by word of mouth. Most of the advertisers are local and one even stopped advertising because they received too much work. Postage has increased due to inflation and to accommodate the paperwork involved in the bigger "circulation". Sponsorship stays in the doldrums but the regulars keep up this valuable input to funds.

Donations are dwindling with only 4 contributors but still very much appreciated with ultimate praise, when they write to me, always going to our Editor, Leonie. Barclays no longer give any interest on charity accounts, however there are still some accounts that do. I will look into this.

The delivery "boys" (of which I am one), do a grand job with Ann Fairley organising the distribution (and Henry the deliveryman).

If there are any questions on the figures above please do not hesitate to call me or email [lenchristo@onetel.com](mailto:lenchristo@onetel.com)

**Brightlingsea Farmers' Market**

26th May 9am - 1pm  
Brightlingsea Community  
Centre, Lower Park  
For further details contact Bob Shotton  
(01206 302669)



St George's Church, Great Bromley

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'Remembering a Loved One'**

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Contact: Heather Brown on  
01206 250349



## GT BENTLEY SURGERY NEWS

It's great to see the sun and some warmer weather again. Long may they last. Being able to take the dogs for their evening walk in daylight gives me a real boost. Any day now, the swallows and house martins will be buzzing The Hollies again and I promise that this year we won't be doing any outside decorating to put the martins off nesting.

Holiday time is approaching and I guess that a lot of people will be thinking of heading off somewhere really exotic in the next few weeks. Just a word of warning though. At present, Yellow Fever vaccine is all but unobtainable, so before you book it's worth checking that this isn't one of the essential jabs. You might possibly find another Yellow Fever centre that still has stock, but we don't know when we will get it in again.



If you are going abroad and think that you might need jabs or anti-malarial drugs, please get a written report showing what you need from one of the recognised sources of up to date travel information before ringing us to book an appointment. Our nurses must have it before they give jabs or prescribe anti-malarials.

The three expert sources of travel information which we believe to offer proper advice are:-

Foreign Office Travel Advice Unit:  
tel 0207 008 0232/0233  
MASTA: tel 0906 5501 402  
Travax: tel 0906 5500 059

You can also access their websites to print off a report. Either way, there may be a small charge involved, but compared with the cost of your holiday it will be tiny and the advice you get might be a life-saver.

Whilst on the subject of vaccinations, anyone who will be 65 or over by 31st

March next year is now eligible for a free pneumonia jab. (It was 75 or over until a few days ago.) If your age is right and you haven't had the jab yet, do book in for one. It only takes a minute, won't hurt even if you're a total wimp and could spare you a very nasty illness. For most people, the jab lasts a lifetime, so won't need repeating.

I've been specially asked to remind everyone that both the surgery and the pharmacy are closed on Saturdays these days. Our gardening guru, Betty Harvey, tells me that people still turn up at both doors hoping to be looked after. You can always get emergency medical treatment outside normal surgery hours by ringing the surgery telephone number which will automatically transfer you to the Primicare out of hours service. The pharmacy, however, is closed from 6.30pm on Friday until 9.00am on Monday.

I don't often blow the surgery's trumpet - you lot are usually kind enough to do that - but this month I am going to. The NHS year has just finished and it's the first time that we have been awarded points for achieving targets. These include clinical issues such as helping patients get their blood pressures or cholesterol levels under control, ensuring that we offer the right levels of service and various administrative matters.

I am delighted to say that we scored 97% of our available points which I reckon is pretty good. Congratulations to everyone here who worked so hard to achieve that result. We aren't going to be complacent though. Next year we want 100%. We are also still open to suggestions from patients about how we can improve things, so please do let me know if you spot something that we need to work on.

*Hugh Cronin, Practice Manager*

## CLACTON & DISTRICT STROKE ASSOCIATION STROKE PREVENTION INFORMATION

### Reducing Cholesterol can help prevent a stroke

#### What are saturated and unsaturated fats?

The terms saturated, monounsaturated and polyunsaturated refer to the make up of fats and oils. The body handles saturated and unsaturated fats differently. Saturated fats raise cholesterol more than unsaturated fats. A diet containing more unsaturated fat than saturated is thought to be healthier.

Saturated fat comes mainly from animal fats, whereas unsaturated fat comes mainly from vegetable and plant origins. Vegetable oils such as corn or sunflower oil are high in polyunsaturates, and oils such as olive are high in monounsaturates.

#### What happens if there is too much cholesterol?

Whilst the body needs some cholesterol, extra cholesterol may get stored in your arteries (blood vessels) leaving deposits or patches called atheroma. Patches of atheroma, also called plaques, are like small fatty lumps that develop on the linings of arteries causing them to narrow. The tendency to have narrowed blood vessels throughout the body is called atherosclerosis. Large deposits can block an artery, so the blood cannot flow through. This can affect any blood vessel. If the vessel is an artery to the brain then a stroke can happen.

#### What are the risk factors for high cholesterol?

Cholesterol is present in large quantities in foods such as egg yolk, liver, kidneys, other meat offal, processed meats and fish roe. Overweight people tend to have

raised cholesterol levels, and higher LDL and triglycerides. Eating less fat and taking more exercise will help lower the average cholesterol level. If the cholesterol level does not respond to the measures to help lower it, then a doctor may think it wise to prescribe some medication. For high levels of fat in the blood called hyperlipidaemia, lipid-lowering drugs may be recommended.

#### Lowering cholesterol levels

Lowering cholesterol by eating healthier food is easier than you might think. You don't have to give up your favourites, just eat them less frequently - as a special treat perhaps? We can all benefit from eating less fat and finding new ways of cooking and preparing food, trying new recipes and experimenting can be fun. Why not give it a go! Your doctor will advise if you should take a statin or other lipid lowering medicine.

Eating a low fat diet can help to lower cholesterol levels. Stopping smoking, getting regular exercise and losing weight are also beneficial.

Changing to a new way of eating is far easier than you think - it becomes just as much a part of your everyday life as your old eating habits did and it's often less costly too.

The above information forms part of an article in The Stroke News. If you would like a copy of the full text please phone 01255 815916 plus any information on stroke prevention or post stroke literature.

*Linda Eliot - Stroke Family Support*

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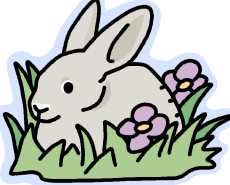
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**THANKS**

A grand total of £1,884 was raised by 100 people attending the 'Easter Bunny Dinner Dance' held at Lawford Venture Centre for Paige Loneragan, a three year old with major health problems, whose family struggle with Social Services to get the equipment so badly needed to help her to lead a more comfortable and happy life. My thanks to all who helped; they know who they are.




**GREAT BROMLEY & DISTRICT CRICKET CLUB**



**CARPET BOWLS**

The summer league started on 7th April, the first two matches were at home, Great Bromley beat Weeley 8-1 and Gt Bentley 7-2. A match constitutes 9 games of singles each of 9 ends. On 3rd April, three supporters saw Andrew safely to Braintree for his next round matches in the Essex Singles Championship. Unfortunately he wasn't able to progress further in the competition winning two games but losing two, but he said that he enjoyed the experience. Apparently as winners of the 2nd Division league we go to Braintree in May to play for the County Plate - and much to our surprise, as winners, are to receive medals!! That's a first.

We would like to thank all who came to the Quiz Night on 2nd April. A very enjoyable evening was had which raised £420 for the G.B.C.C. Colts. Magnificent!

**Forthcoming Events**  
 29th May Kwik Cricket Festival  
 25th June Chairman's Day

**Kwik Cricket Festival**  
 On 29th May commencing at 12 noon there will be 16 teams from local clubs. The boys will all be primary school age. This will be followed by a 20-20 cricket game by the adult cricketers. There will be a Barbecue and all sorts of games for the children. The bar will be open. Please come along and join in the fun.



**100 Club Winners for March**  
 1st Tony Clarke  
 2nd Peter Brinkley  
 3rd Harry Hitchcock

We welcome new member, Shirley Cater, who has been with us since February and has got to grips with the game very quickly considering that bowling was completely new to her. We hope she enjoys her new hobby and our company.

*Nancy Kempster*



### Photographs fading away?

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## FRIENDSHIP CLUB

The outing to Windsor is still in the balance if we don't get 25 people at least - the cost at the moment will be £12 for members and £15 for non-members.

**Payment at the May meeting** if you have not already paid.

At our last meeting we were entertained by Mrs Dennis and Kelly who has a beautiful singing voice and her solos were a pleasure to listen to. We hope to have them with us again at a later date.

The competition for May is a BIRD ORNAMENT.

*Vicky Griffiths*



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## GREAT BROMLEY VILLAGE HALL

The Village Hall Management Committee met on Tuesday, 8th March at 7.30pm. The next meeting of the Management Committee will be on Tuesday, 26th April at 7.30pm in the Village Hall. Our Annual General Meeting will be held on Wednesday, 11th May at the Hall when the officers give their reports and five people are elected to serve a further year on the committee. Seven of the committee are appointed by organisations named in the Trust Deed and up to a further three may be co-opted. Please come along and give the hall your support, without it the local community would suffer a severe loss. Sir Percy Crossman was a great benefactor to provide the original building.

The Village Hall will be your Polling Station on Thursday, 5th May, 2005.

The 14-piece Big Band sound 'Nostalgia' were at the Hall on Saturday, 19th March. We hope you had an enjoyable time dancing and listening to their great programme. Thanks to Beryl Hurst and helpers for staging the event and to you all for supporting the evening. The amount raised was £483, a great effort: thank you all very much.

We are planning a coffee morning with light lunches for Saturday, 2nd July from 10.30am till 2.00pm in the garden of the Chairman and June's home. More information next month when the plans have been developed a little but please note the date.

*Bevan Willgress*



### FROM THE PAST ...

#### MEDIEVAL BROMLEY PARSON LAND OWNER



Essex Feet of Fines lists Thomas de Wymondham as "parson of the church of Brumley" in 1255.

He was also "Parson of the church of St Leonard of Brumfeld (Broomfield)".

He had land in Bromley, Frating and Broomfield between 1255 and 1272.

*John Appleby*

### CLASSIFIED ADVERTISEMENTS

#### FOR SALE

12' solid wooden field gate, with spring fastening. £100 ono. Tel: 231397

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## PARISH COUNCIL NEWS

### GREAT BROMLEY PARISH COUNCIL

**Report of the Great Bromley Parish Council meeting held on 14 April 2005**

#### Planning

The Council considered and agreed no objections to the following planning applications:

**Primrose Farm, Hall Road**

- extension to barn

**Parkside, Back Lane West**

- replacement roof to increase floor area

**Greenacre Cattery, Carrington's Road**

- 12 units of cat accommodation

**4 Meadow Close**

- two-storey extension

The Council considered but objected to the following planning application:

**2 Rose Cottages, Mary Lane North**

- two-storey extension

Tending District Council has refused the following planning application:

**Primrose Farm, Hall Road**

- farm office etc

#### Hare Green Recreation Ground

A picnic table and benches has been installed at the ground. During the summer the uneven surface, caused by the subsidence of the drains, will be made good.

#### Jesus College land

Jesus College Cambridge is expected to sell off its Cold Hall estate later this year. The parish council will explore the possibility of acquiring some of this land for amenity purposes.

#### Future meetings

The Annual Parish Council Meeting will be held at the Village Hall at 7.00 pm on Thursday 12 May 2005, followed by the Annual Parish Assembly at 7.30 pm.

#### Great Bromley Annual Parish Assembly

The Annual Great Bromley Parish Assembly will be held at the Village Hall at 7.30 pm on Thursday 12 May 2005. The Chairman will report on the parish council's activities during the past 12 months. There will then be an opportunity to raise matters of concern to the village, ask questions of the council and also make suggestions.

All residents are welcome to attend.

### Little Bromley Parish Council

The next meeting of Little Bromley Parish Council will be held on **Thursday, 16th June, 2005 at 7.30pm**. For details of venue please ring Parish Clerk.

#### TEMPORARY ROAD CLOSURE

Essential Track Maintenance

Ardleigh Level Crossing, Ardleigh  
23:30 Saturday, 7th May -  
08:00 Sunday, 8th May

1. The road will be closed from its junction with the level crossing for a distance of 20 metres either side of the crossing gates.
2. The alternative route will be via B1029 Station Road, A137 Colchester Road, A133, B1029 Station Road and return.



## Pestclear

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#### EVENTS during MAY

- Monday 9th SINGAROUND from 8.00pm onwards**  
A bit of a sing and play, come and join us.
- Thursday 19th CHARITY QUIZ 8.30pm PROMPT start**  
In aid of the Village Hall. Teams of up to 4. £2.50 per head includes light supper
- Wednesday 25th MUSIC NIGHT. 8.15pm start**  
Sing, play or just come along and enjoy an evening of good music and entertaining recital.
- Friday 27th - Bank Holiday Monday 30th BEER FESTIVAL**  
**Sunday 29th May The Cross Inn ANNUAL MUSIC FESTIVAL 3.00pm till late**

\* \* \* \* \*

#### MUSIC FESTIVAL - SUNDAY, 29TH MAY

Enjoy traditional, acoustic music at our annual **MUSIC FESTIVAL** (3.00pm start). Everyone, of whatever standard, is welcome. To book a 15 minute slot, call in person or phone 01206 230282 **OR** just come and listen whilst enjoying the fine ales of our **BEER FESTIVAL BAR** open all day. Burgers and hot dogs available from 5.00pm. A **TABLE TOP SALE** will also be held - £5 per table - please book early to avoid disappointment. Table money will go to charity.

Non-Smoking Restaurant

Open for lunches Wednesday, Thursday and Friday as well as Sundays.  
Last orders 1.45pm. Evening meals Wednesday - Sunday inclusive.

Telephone 01206 230282



## LOWTIDE DAY IN BRIGHTLINGSEA

It's free, it's fun!  
7th May

**LowTide Day** is a free annual festival offering people the opportunity to explore and celebrate inter-tidal sites and other aspects of the coastal environment. LowTide celebrations will be held on the same day at sites all along the coast of England, Ireland, Belgium, the Netherlands and Northern France to coincide with the lowest astronomical tide. This year it will take place on 7th May.

Why not come along to Bateman's Tower, Brightlingsea, and join in the fun? Our LowTide Day celebrations will start at 11.00am with activities running throughout the day until 4.00pm.

There will be much to see and do, and not just for children! Attractions include:

- a crabbing competition
- children's activities organised by the Essex Marine Conservation Society
- puppet shows
- the chance to visit the *Pioneer Sailing Trust* exhibition
- story walks by an Essex storyteller
- birdwatching with a local bird expert
- face-painting
- boat trips around the harbour



For more information please call Rebecca Whitfield, Colne Estuary Partnership, on 01206 282480.



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**TOUR DE TENDRING** yet?

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Sunday 22nd May  
From Dovercourt Seafront adjacent to the Swimming Pool

Organised by Tendring District Council  
For your entry form write to Leisure Services, PO Box 5368,  
Clacton-on-Sea CO15 1RT or Tel: 01255 686650  
[www.tendringdc.gov.uk](http://www.tendringdc.gov.uk)

## MAY GARDENING TIPS

**Bulbs:** There is still time to plant gladiolas. Bulbs that have finished blooming can be dug up and either left to dry ready to plant next autumn or heeled in until a space is ready to replant.



**Lawns:** Keep the mower going. Feed with sulphate of ammonia and water in.

**Roses:** Spray roses against pests and diseases and apply a general fertilizer.

**Dahlias:** Plant out young dahlia cuttings which were taken earlier in the spring.

**Annuals:** Plant out half-hardy annuals. Sow biennials, Canterbury bells, foxgloves, sweet William and wallflowers.

Frank Griffiths



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Smaller: [www.essential-chiropractic.co.uk](http://www.essential-chiropractic.co.uk)

Contact: Hugh Frostick PhD

41 All Saints Avenue, Colchester CO3 4NZ

Phone: 01206 509570 E-mail: [hugh@vcsnet.co.uk](mailto:hugh@vcsnet.co.uk)

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## KITCHEN CORNER

### Toffee Date Pudding

6 oz dates  
½teasp vanilla  
1 tblsp black treacle  
1 teasp bicarbonate of soda  
Pour 6 fl oz boiling water over the dates, stir in other ingredients and set aside.

Sponge:

3 oz butter  
3 oz caster sugar  
2 oz soft brown sugar  
2 eggs, beaten  
6 oz SR flour

Make up in the usual way, then add to the date mix. Put the mixture into a greased 2 pt basin and steam 1¾ hours.

Sauce:

6 oz light brown sugar  
4 oz butter  
6 tablesp double cream

Heat the butter and sugar in a pan until dissolved. Remove from heat and stir in the cream.

Turn out the pudding on to a warm plate, pour over some of the sauce and decorate with pecan nuts. Serve rest of sauce separately.

Jill Frostick



## Great Bromley Post Office

at The Cross Inn

Mon/Tues 9.30am-2.00pm  
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## ST. GEORGE'S SCHOOL, GT. BROMLEY

Head teacher: Pat Fitzgerald  
Telephone: 01206 230305

### Future Events

On Saturday, 18th June at 7.30pm there is to be a Barn Dance. This is going to be a fun evening. Tickets will be £10 and are available from the school office. There will also be a hog roast with all the trimmings.



### SCALLY WAGS

0-5YRS  
FRIDAY MORNINGS  
9.30AM-11.30AM  
GREAT BROMLEY VILLAGE HALL  
Contact TRACEY on 01206 230625 or  
KELLY on 07796447361



### GREAT BROMLEY & FRATING

### PLAYGROUP

Mondays Wednesdays & Thursdays  
9.30am-12 Midday  
£5.00 per session 2 yrs 6mths to 5yrs  
at Great Bromley Village Hall.  
Contact 07712961940 and ask for a  
member of staff

## GREENACRE BOARDING CATTERY

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## CHILDREN'S PAGE



### MEMORY ALBUM

Memory albums have been popular in the USA for some time and are a way of storing and displaying photographs along with a 'diary' record of particular occasions such as a holiday, birth of a baby, special family occasions - the list is endless.

You will need:

- Card and paper
- Ring binder/Notebook/Scrapbook
- Glue
- Scissors
- Hole punch (if using a ring binder)
- Photos
- Other memorabilia such as tickets, coins, postcards etc

Choose three or four pictures that you want to put on one page. You may want to cut figures out, or crop some pictures. When you are happy with their position,

glue the pictures down.

The photos can be in frames from thin card or gummed paper. The frames can reflect the mood of the photos or the season (eg holly for Christmas, buckets and spades for summer)

Use stickers and stencils to add interest to the page. Any relevant items, such as theatre tickets, theme park tickets etc can also be stuck on.

Finish each page with photo captions to say who, or what, is in the pictures and when they were taken.

If you have kept a diary during the period being remembered word memories from that could be used to illustrate the occasion.

#### If you have a camera

- **Make sure** you know how to use your camera.
- **Remember** to have a fully charged battery in your camera and take spare batteries with you.
- **If** your camera takes **film** always have a spare film with you
- **If** your camera is **digital** start off with an empty card.
- **Think** about what your pictures will look like before you press the shutter and try to take pictures from interesting angles. For example, squat on the floor and look up at your subject through the viewfinder. Alternatively, stand on a chair and look down on your subject.
- **Try to fill** the view finder with your subject. Move closer or zoom in, if you can, but avoid cutting off heads or feet.
- **Check** the background before you take a picture - just to make sure that it doesn't look like strange objects are growing out of people's heads!

### S P CONTRACTS

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### WOMEN'S INSTITUTE

At our April meeting, Barry Moulton came along to tell us about the unusual craft of 'Wax Moulding'. He told us that he has been creating pictures with this method for 15 years and holds exhibitions of his work.

Barry brought along his 'tools of the trade' which consists of a special iron and a pen, both of which can be warmed up, a special type of card and various coloured blocks of beeswax - it's very important to use beeswax. He showed us how to create a picture of your choice by turning the warm iron at different angles and using various colours separately. As the iron is moved around all the wax blends into lots of shapes - trees, flowers etc. Barry also showed us how to print a scene he had created, on to a



piece of fabric. We all enjoyed the evening very much.

Our May meeting (Wednesday 4th at 7.30pm) is our Resolutions meeting when a Women's Institute Adviser will help us to decide on which resolution, or resolutions, we will want our representative to our National Meeting in June, to vote for on our behalf.

Our June meeting is to be an 'Open Meeting'. If you feel able to come along there will be a speaker and refreshments afterwards. The date is Wednesday, 1st June in the village hall at 7.30pm. We will be pleased to see you, Gentlemen also welcome! A £1 charge will be made but it includes a ticket in the raffle.

June Willgress

### Trim & Tone

With Sarah McCaskey (YMCA qualified instructor)

Relaxed & fun exercise classes! All ages (16-69) & abilities catered for!

#### MONDAY SESSIONS

1.00am - 12.00pm Point Clear Community Hall, Durmont Avenue, Point Clear

1.30pm - 2.30pm Bromley Village Hall, Parsons Hill, Great Bromley

6.00pm - 7.00pm Millfields School, Bowes Road, Wivenhoe

Contact sarahmccaskey@yahoo.co.uk or 07956 664702 for more details

Give it a go! £1 for your first Class, £3 thereafter

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# Forthcoming Events



## MAY

- 4 WI meeting, Village Hall, 7.30pm
- 5 Election Day
- Ascension Day Eucharist, Ardleigh church, 7.00pm
- 7 Plant & Garage Sale, Ilex Farm, Gt Bromley, 10.00am
- LowTide Day, Brightlingsea, Bateman's Tower, from 11.00am
- 12 Annual Gt Bromley Parish Assembly meeting, Village Hall, 7.30pm
- 18 Rotary Club Golf Day, Frinton Golf Club, 9.00am
- 19 Friendship Club meeting, Village Hall, 2.00pm
- The Bromleys PCC meeting, St George's church, 7.00pm
- 21 London Bridges Walk
- 22 Tour de Tendring cycle day
- 23 Ardleigh PCC meeting, St Mary's church, 7.00pm
- 26 Village Hall Management Committee meeting, Village Hall, 7.30pm
- 29 Kwick Cricket Festival, 12 noon
- 27-30 Beer Festival, The Cross Inn
- 28-30 Flower Festival, St George's church

## JUNE

- 1 WI 'Open' meeting, Village Hall, 7.30pm
- 4-12 Leonard Cheshire Week, Seven Rivers
- 11 Coffee Morning, 43 West Street, Wivenhoe, 10.30am
- 16 Lt Bromley Parish Council meeting, 7.30pm
- 18 P.T.A. Barn Dance, 7.30pm
- Play Area Safety & Maintenance Training, Great Dunmow, 9.30am
- 25 Cricket Club Chairman's Day

## JULY

- 2 Coffee morning with light lunches, Pippins, Burnt Heath, from 10.30am
- BBQ, The Rectory, 5.00pm
- 16 Strawberry Tea, Chaffinch Gardens, Colchester, 3.00pm

**MATERIAL** for the **June 2005** edition of 'The Messenger' should reach the Editor, Leonie Henderson, by **MONDAY, 16th May, 2005** please. Contributions from anonymous sources will not be printed. Copy can either be delivered by hand or sent by post, fax or e-mail. (see inside front cover for details)

Our thanks to **The Parish Church of Ardleigh & The Bromleys** for sponsoring this month's magazine.

**Please support the sponsors of our magazine.**

## ST GEORGE'S CHURCH, GREAT BROMLEY

### PLANT & GARAGE SALE

on 7th May  
Ilex Farm, Waterhouse Lane

10.00am - 1.00pm  
A Good Selection of Plants and Shrubs  
Bacon Butties  
Coffee and biscuits  
*Proceeds for Flower Festival*



### FLOWER FESTIVAL

28th-30th May

Opening times

Sat 10.00am-5.00pm

Sun 12.00pm-5.00pm

Mon 10.00am-4.00pm

*Theme: Past Times - Future Hopes*  
Classic Vehicles (Saturday only)  
Teddy Bear Parachuting (Bring your own teddy)

Raffle .▪ Tombola .▪ Stalls  
Refreshments .▪ B.B.Q

*Proceeds for New Church Facilities*

### FLOWER FESTIVAL

**Can you help or donate** anything for the following:

<u>Stall</u>	<u>Contact</u>
Cakes	Ann Fairley 250229
Refreshments	Barbara Hall 230673
Tombola	Ann Wild 230679
B.B.Q.	Pat Swanston 230927



### ST GEORGE'S P.T.A.

Saturday, 18th June  
7.30pm

### Barn Dance

Tickets £10 available from the School Office  
Hog roast with all the trimmings.

## BRIGHTLINGSEA & DISTRICT CHARITY GOLF DAY

Frinton Golf Club 18th. May 2005, 9am-  
£49.50

9 hole Texas Scramble, Lunch,  
18 hole Betta Ball, Dinner, prizes  
You can go for am or pm  
sessions.

Ring Mike Martin 01206  
734245 for details.



## COFFEE MORNING

on Saturday 11th June  
10.30-1.00 pm

at Jean Harding's home at 43 West  
Street, Wivenhoe.

(Towards the bottom of the hill  
near the Quay, turn right just  
pass the Church) Free parking



Gifts, Bring and Buy, Cakes,  
Raffle Prizes needed.

All welcome in order to help families with  
Huntingtons Disease .  
Phone Jean 826150

## LEONARD CHESHIRE WEEK

4th - 12th June

For more information contact  
Angela Marshall on 01206 230345



## COFFEE MORNING with light lunches

Saturday, 2nd July  
10.30am till 2.00pm

In the garden of  
The Pippins, Burnt Heath

