



Services for June

1st	7.00pm	The Eucharist	<i>St. George the Martyr</i>
2nd	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
3rd	11.00am	The Eucharist	<i>Seven Rivers</i>
4th	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 5th		Trinity 2	
	7.30am	Morning Prayer	<i>St. George the Martyr</i>
	8.00am	The Eucharist	<i>St. George the Martyr</i>
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
	6.30pm	Evening Prayer & Sermon	<i>St. George the Martyr</i>
6th	9.15am	The Eucharist	<i>St. Mary the Virgin</i>
8th	6.00pm	The Eucharist	<i>Hamilton Lodge</i>
9th	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
10th	11.00am	The Eucharist	<i>Seven Rivers</i>
11th	9.00am	S Barnabas The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 12th		Trinity 3	
	7.30am	Morning Prayer	<i>St. Mary the Virgin</i>
	8.00am	The Eucharist	<i>St. Mary the Virgin</i>
	10.30am	The Parish Eucharist	<i>St. George the Martyr</i>
	6.30pm	Evening Prayer & Sermon	<i>St. Mary the Virgin</i>
17th	11.00am	Holy Communion	<i>Seven Rivers</i>
18th	9.30am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 19th		Trinity 4	
	8.00am	The Eucharist	<i>St. George the Martyr</i>
	10.30am	The Parish Eucharist	<i>St. Mary the Virgin</i>
	6.30pm	Evening Prayer	<i>St. George the Martyr</i>
22nd	7.00pm	The Eucharist	<i>St. George the Martyr</i>
23rd	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>
24th	11.00am	Birthday of John the Baptist The Eucharist	<i>Seven Rivers</i>
25th	9.00am	The Eucharist & Rosary	<i>St. Mary the Virgin</i>
Sunday 26th		Trinity 5	
	7.30am	Morning Prayer	<i>St. Mary the Virgin</i>
	8.00am	The Eucharist	<i>St. Mary the Virgin</i>
	10.30am	The Parish Eucharist	<i>St. George the Martyr</i>
	6.00pm	Ordination of Fr John Stather	<i>Walthamstow</i>
27th	9.00am	The Eucharist	<i>St. Mary the Virgin</i>
29th	7.00pm	SS Peter & Paul The Parish Eucharist	<i>St. George the Martyr</i>
30th	7.00pm	The Eucharist	<i>St. Mary the Virgin</i>

JUNE 2005

Vol 19 No 3

“WE’RE ALL GOING ON A ...”

The holiday season is upon us with the mass exodus from our shores for sunnier climes and with it the tedium of air travel.

The two sons spend a lot of time at airports these days all in the line of work. The eldest has commuted back and forth to Japan for much of this year and his brain and stomach occasionally have problems deciding which time zone they are in. The younger too flies back and forth from all over the place and George and I now have an intimate knowledge of our three most important airports as we transport him to and from home between journeys (and yes, he does make his own way if we are not free). This intimate relationship with airports extends to their car parks which always instil in me a fear that

- a) I am not going to find their entrance (and exit sometimes!)
- b) that I cannot find a space in which to park,
- c) also whether or not I can afford to bail the car out when I want to leave, and
- d) actually remembering in which car park and level I left the car in the first place.

The eldest, who uses an airport close to his house, goes by a taxi as having travelled over 24 hours, often with two flight changes en route, the last thing he wants to do is drive home. They have both become resigned to the waiting needed - to book in, to go through security, to await boarding, flight connections and finally waiting for baggage to appear before the relief of getting to the exit and on to the crowded roads for the next stage of their journey.

To all of you off on holiday soon, bon voyage!

Leonie Henderson

MATERIAL for the **July 2005** edition of 'The Messenger' should reach the Editor, Leonie Henderson, by **MONDAY, 13th June, 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 Old Courthouse Inn, Great Bromley** for sponsoring this month's magazine.

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Did you know that the Old Courthouse Inn was an original Court House in the 17th century and that the gallows were across the road.

The old barn opposite in Little Paddocks was where the circuit judge or visiting magistrate stabled their horses.

Prisoners were kept in the cellars beneath Oak House Farm (now the kindergarten) and then transported up to the court house. This was the main reason why we changed the name a few years ago to fall in line with what it is today, virtually a small hotel and restaurant, with visitors from around the country and from many parts of the world, and we think it is a credit to the village.

It was also the first pub to have two bars, public and saloon, which of course is out of date these days. If we had not bought and renovated the premises 11 years ago it would probably have been closed down by now and houses built on the site as it is not a listed building.

Our pub charity lottery has raised in the region of £5,000 over the last ten years with all monies going to local village amenities including the school and the church.

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Dear Parishioner,

The Church is often criticised for not giving a stronger lead today. Inevitably when it does and that lead is not liked, the Church is then criticised for poking her nose in matters that do not concern her. A no win situation, so just as well that Church is not about winning and losing!

The role of the Church is to enable and encourage her members to live lives fully in the world according to the teaching of Jesus Christ. The Church openly welcomes non-members to share in occasions such as Baptisms, Weddings, and Funerals and says “We believe this is a way to experience peace and truth here on earth. It works for us; if you think it might work for you, excellent, come and join us.”

So when the media report “the leaders of the Church said....” the purpose is to guide and instruct the faithful, and yes to open to others a view of living in this world. All of this comes from the decision of the leaders of all Christian denominations to speak out ahead of this month’s elections on the 10th.

I am not about to tell you who to vote for, but I am saying that Christians should use their vote if they have one. I understand that voter apathy is at its height, but democracy is not served by failing to vote, because someone will be elected since we do not have a system that says “not enough people voted so the election is void”. Do make sure you are on the electoral register and if you are unable to get to the polling booth, ask for a proxy or postal vote by phoning 01255 255120 before Wednesday 2nd June.

Christians are called to be part of the world and use the democratic process wisely and prayerfully. They are to make sure that the candidate they are voting for is not going to be working against Christian values. So abortion and euthanasia, a fair distribution of the world’s food and water, a charitable outlook on those in prison, the refugee, the sanctity of human life, are all matters to be considered before placing your X. May God bless us in our choices and those elected to serve.

Fr Nicolas



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HEALTHY EATING – Sugars

When you're trying to make a healthy choice, for most people the aim should be to eat more fruit and vegetables, and starchy foods such as bread, pasta and rice, and cut down on fat (especially saturates), salt and SUGAR.

What types of sugars are there?

Sugars can occur naturally in food and they can be added to food. Try to cut down on added sugars, especially those in processed foods and soft drinks.

How can I tell how much sugar is in a food product?

Sugars together with starches, make up carbohydrates. So, to find out how much sugar there is, you should look for the Carbohydrates (of which sugars) figure in the nutrition information panel on the product's label.

Sometimes only the combined figure is given for carbohydrates, in which case you can check the ingredients list. This will list any added sugars and starts with the biggest ingredient first.

Carbohydrates provide us with the energy we need to live. You should try to get most of your energy from starchy carbohydrates such as bread, pasta, rice and potatoes and cereals, rather than sugars. Starchy foods contain less than half the calories of fat.

What is a lot or a little?

If you want to make a healthy choice when you're choosing which products to buy, you might find it useful to check the nutrition information on the label.

You'll see figures for the sugar content on many food labels:
If the quantities fall between these figures, this is a moderate amount of sugar.

Drinks?

Many children and adults consume large quantities of sugar laden drinks – try to avoid these as much as possible by choosing sugar free drinks or better still get into the habit of

This is a Lot of sugar
10g sugars or more per 100g

This is a Little sugar
2g sugars or less per 100g

drinking water. Encourage children to do the same.

DIABETES – The link with stroke

Insulin is the key to diabetes. People with type 1 diabetes do not produce insulin, while those with Type 2 are either not able to respond to its action or do not produce enough. As a result of this insulin resistance or lack of insulin, high levels of glucose build up in the bloodstream – called hyperglycaemia.

However, diabetes is not simply a problem of glucose. Diabetes, especially uncontrolled or untreated diabetes, can cause damage to both the large and small blood vessels, resulting in the blood vessel wall becoming stiff, narrow and furred (atherosclerosis). This generally increases the risk of stroke. In fact, stroke is responsible for about 15 per cent of deaths in people with Type 2 diabetes.

As a result of the damage to the blood vessels and circulatory system, people with diabetes also have an increased risk of developing heart disease, as well as experiencing damage to the nerves, kidneys and eyes. This is especially true for overweight, who smoke or who are not physically active.

If you have diabetes you are most at risk of having an Ischaemic stroke. This is the most common type, and is caused by a blood clot blocking the blood supply to the brain. Research shows the risk of Ischaemic stroke is multiplied two to three times in people with diabetes.

For an information sheet on Diabetes & Stroke or Food Labelling please telephone: Linda Eliot - 01255 815916
Clacton & District Stroke Association
85 Frinton Road
Holland on Sea
Essex CO15 5UH

Or contact:
Diabetes UK
10 Parkway
London
NW1 7AA
www.diabetes.org.uk
Tel: 020 7424 1000



CARPET BOWLS

The annual dinner was held on 22nd April at 'The Snooty Fox' where

members and their partners numbering 26, sat down to a three-course meal in very comfortable surroundings, enjoying lots of chat and banter. It was especially nice to have Bevan and June Willgress with us as illness and family commitments have prevented Bevan from playing this season. The evening was arranged by chairman, Pat Petchey. Now - coming down to earth a bit, league results are so far this month:-5-4 win over both Engaines and Weeley (A), we lost 5-4 against Clacton-on-Sea (A) and won 6-3 against Engaines at home. On 8th May at Braintree we contested the County Plate coming joint 3rd. The morning play was very intensive - 3 nine end games with no respite in between, in a very warm atmosphere. Not quite the gentle, slow game that most people believe it to be. The winners were Swards. The players were presented with their medals, as league winners Division 2 and Captain Andrew Childs received the shield which we will hold for a year.

Nancy Kempster



BROMLEY MESSENGER ACCOUNTS

The accounts have never been audited as no one has ever volunteered to do it. I am seeking someone to do this next year. You do not have to be an accountant, only to check the ins and outs and that they agree with the balance in bank statements. Please contact me.

Len Christodoulides



GREAT BROMLEY & DISTRICT CRICKET CLUB

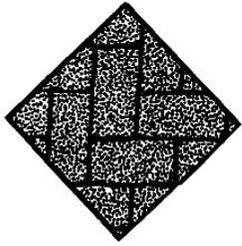
On Saturday, 23rd April, Mr R K Hayward kindly opened our new pavilion extension and bar. He said it was quite an achievement and remarkable how the Club had progressed from a corrugated tin pavilion pre-war which was sited near the old oak tree. In the 1960s that was replaced by the present pavilion with changing rooms. In the 1990s with the help of a grant from the Foundation of Sport this was extended so we had our own kitchen, toilets and an area for serving cricket teas. Now we have doubled this area so that we now have our own bar and lounge. Wonderful facilities for the Club.

Chairman, Mr W Kempster, thanked everyone who had donated or loaned money to the Cricket Club enabling this extension to go ahead, and all the members and friends who had worked so hard over the winter. He made a special mention to the Wright brothers, Simon Presney and Richard Lawson, and a special thank you to Matt Foley for all his hard work on the electrical side and preparation of the bar.

23rd April was our first game in the Two Counties Division 7. Unfortunately they lost by 53 runs. The 1st XI won their match against Clacton Ramblers by 8 wickets.

100 Club Winners

1st Mrs Lynda Allam
2nd Mrs Katherine Foley
3rd Mr Mick Blinman



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NEWS FROM THE DOCTORS' SURGERY

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Waiting room chairs and 'loops' for the hearing aid user.

In recent months we have received donations as bequests of relatives and friends of deceased patients and from the Erdelega WI pancake morning. We have used this money to provide new waiting room chairs with arms for the use of elderly patients.

Also a portable 'loop' device for use by patients with hearing aids has been purchased to be used in the consulting rooms. A 'loop' is also being installed at the reception counter. Both these devices amplify speech received through a microphone when the hearing impaired person switches their hearing aid to the 'T' setting. The new digital hearing aids would normally have a program setting equivalent to the 'T' switch on the older aids. If patients have difficulty hearing their doctor or practice nurse during a consultation then please request that the portable loop is used.



Dr Claire Stebbing

As patients consulting our GP Registrar, Dr Stebbing, would have noticed she is pregnant! Claire will be taking maternity leave in June and returning in December to complete her training year by August 2006. This will be Claire's second child as she has a 2 year old girl.

Nurse prescribing

Our Nurse Practitioner, Kate Strowbridge, has trained to be a 'Nurse Prescriber'. This means that she is allowed to prescribe from a limited list of drugs and sign her own prescription forms. Our other nurse, Catherine Arter, is allowed to initiate certain medication but, will still require the signature of a GP.

Kate is also undertaking a two year degree course at Essex University to obtain an MSc in Advanced Clinical Practice.

Mumps

Mumps is on the increase particularly in the group of young people born before 1988 when the MMR was first introduced. The incident of mumps is also beginning to show in children who did not receive MMR. This highlights the importance of all babies receiving the MMR. The incidence of measles is also increasing. Young people who mix with groups of other young people such as at college are at particular risk of catching mumps which is highly infectious. Any young person who did not have MMR as a baby and feel they are at risk should contact their surgery to obtain an MMR immunisation. This also applies to any young children. It is never too late for them to be immunised against measles, mumps and rubella which are all potentially dangerous viruses that can cause, among other things, brain damage, deafness and loss of fertility.

Physiotherapy

The practice is trying to persuade Essex Rivers NHS Trust not to remove their physiotherapist from Ardleigh Surgery. We value the service provided every Wednesday afternoon which we are sure patients find most accessible even if they have to wait a few weeks. The Trust is proposing to withdraw physiotherapists from most of the surgeries in the Colchester area as they have already done in Tendring to staff the 'Physio Direct' service based in the Gainsborough Wing at Colchester General Hospital. Physio Direct is a telephone service, whereby, patients will be advised to carry out certain exercises to see if they resolve their problems. If treatment is required then they will be given an appointment to attend the Gainsborough Wing. This will mean transport problems for some patients with the resulting car parking congestion and charges at the hospital. Waiting times are currently in excess of ten weeks.

The practice will continue to refer patients with acute problems to a private physiotherapist in Colchester for NHS treatment, particularly those that need to return to work quickly, using a limited budget provided to the practice by the Colchester PCT.

Fred Merrin, Practice Manager

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JUNE GARDENING TIPS

SHRUBS:
 Take softwood cuttings of fuchsia and cotoneaster

ROSES:
 Disbud hybrid tea roses if large blooms are wanted. Spray against greenfly, but keep spray off the flowers.

CHRYSANTHEMUMS:
 Complete stopping of outdoor flowering plants.

DAHLIAS:
 Pinch out the tips of leading shoots to encourage side shoots.

IRISES:
 Tall bearded irises may need supporting. After flowering cut back stems.

HOUSE PLANTS:
 When you go on holiday water plants well, leave in the coolest room in the house or outside in a shady area.

Frank Griffiths



FROM THE PAST ...

DIRTY WORK IN THE 1100s

In Essex in 1165 Walter Waleis was elected an abbot and Hubert de Clare was killed. He was succeeded by William de Lanvallei as Constable of the (Colchester) Castle., a knight whose seat, held from the powerful de Veres, was at Great Bromley Hall and who had married Gunnore, daughter of Hamo de St Clare.

John Appleby

KITCHEN CORNER

Zucchini with bacon and crumbs

This is a nice way to use courgettes, which are always plentiful in the summer. 8 smallish courgettes, sliced into pieces diagonally (about 6 pieces each)



olive oil
 50g butter
 100g streaky bacon, diced
 2 cloves garlic, fine chopped
 15 basil leaves
 Grated zest of one lemon
 125g soft white breadcrumbs

Heat a little oil in fry pan, add sliced zucchini and cover. Cook till golden and tender. Lift out and put into baking dish and toss with salt and black pepper. Add the butter to the oil in the frypan and cook bacon and garlic till golden. Add basil, lemon zest and breadcrumbs, using more butter if needed, cook and stir till the crumbs are golden. Sprinkle over the zucchini and serve. Keep the zucchini warm in the oven while you make the topping.

Jill Frostick

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GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

The Village Hall Management committee met on 26th April in the Hall. The committee will have met again on Tuesday, 24th May in the Hall by the time the 'Bromley Messenger' reaches you.

Meanwhile, our Annual General Meeting was held on Wednesday, 11th May at the Hall when the officers reported on the financial year which ended 31st March, 2005. A satisfactory year with healthy support but with much more to be done to keep the building and its charity up to modern needs. Five people were elected to serve a further year and another two co-opted together with five, out of a possible seven, appointed by organisations named in the Trust Deed; these form the new committee for the ensuing year.

This committee faces several challenges this coming year. We have to convert our current licence arrangements for entertainment and drinking at functions to meet the requirements allowed under the new Licensing Act 2003, an all embracing bill which covers casinos, hotels, public houses, nightclubs, restaurants, theatres, village halls, community centres and the like. Then, there is the Charities Bill 2005 currently going through its parliamentary stages!

We need to look at the internal decoration of the many areas within the building, also the pointing up of the external brickwork. We must not take our eyes off the booking arrangements, ensuring that sufficient use is made of the building and always be on the lookout for new events and activities. Our hiring rates are very competitive with those of similar venues in the surrounding area.

We are bringing you a coffee morning with

light lunches on Saturday, 2nd July from 10.30am till 2.00pm in the garden of the Chairman and June's home, The Pippins, Waterhouse Lane (Lawford Road), Burnt Heath, Ardleigh. We expect to have a bric-a-brac, tombola, cake, vegetables, raffle and other similar stalls, some games together with chat over tea or coffee and eats, all that before (and after) a light lunch in a very nice garden setting. Come along, see your friends and spend a little cash to help the village hall along, ensuring it is there for those who like to use it. Admission 50p.

Our Christmas Fayre will be on Saturday, 19th November and this year will run from 11.00am till 2.00pm, offering light lunches as well as those items normally for sale. This year the funds raised will be shared between the village hall and the church. Please note it in your diary.

The committee will meet again in July on a date still to be set.

Bevan Willgress



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PARISH COUNCIL NEWS

Great Bromley Parish Council

Report of Great Bromley Parish Council meetings held on 12 May 2005

Planning

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

Hillyards Farm, Hilliards Road – entrance hall/garden room/annexe.

Gresham Farm, Harwich Road – mobile home.

Drumnascamph, Chase Road West – conservatory.

The Council considered but objected to the following planning applications:

Portlands Farm Barn, Harwich Road – cart lodge (on the grounds of over-development)

Tending District Council has approved 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.

Sunnyside, Ardleigh Road – dropped kerb.

Bradenham, Back Lane East – conservatory.

Atlantis, Chase Road West – front & rear extensions and widened access.

2 Holly Dene Cottages, Briar Road – single storey extension.

Entre-Nous, Chapel Lane – single storey extension.

Badley Hall Farm, Badley Hall Road – porch.

Veranda Cottage, Harwich Road – demolish and rebuild house with garage.

Coppice View caravan site, Carrington Rd – extension to existing building.

Coppice View caravan site, Carrington Rd – approval for second touring caravan.

Marks Farm, Frating Road – Change of use of (i) agricultural land to garden and (ii) stable to building ancillary to main house.

Marks Farm, Frating Road – alterations to two existing road entrances.

Tending District Council has refused the following planning applications:

2 Rose Cottages, Mary Lane North – two-storey rear extension

At the **Annual Parish Council Meeting** Major Heaney was re-elected Chairman with Col Frostick elected Vice-Chairman. Other appointments included: Chairman of the Recreation Ground Committee – Mr Phillips, Footpath Warden – Mr Sievewright, Tree Warden – Col Frostick and War Memorial Custodian – Mr Bloomfield.

The **Annual Parish Assembly** attracted only two residents who heard reports from the parish council chairman, county and district councillors and other council officers. A copy of the chairman's annual report and the minutes of the assembly meeting can be obtained from the Clerk and will also be available on the village website (<http://www.greatbromley.org.uk/>).

Future meetings

The next meeting of the Council will be at 7.30 pm on Thursday 9 June 2005 at the Village Hall Great Bromley

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.

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MOTOR BIKE CIRCUIT IN GREAT BROMLEY

Many parishioners have complained to Great Bromley parish and district councillors about the motor cycle circuit near Hall Road, Great Bromley which is being used without planning permission on Sundays and Bank Holidays. Both parish and district councillors have represented these views forcefully to Tendring District Council. Tendring District Council is looking for an area in which to site a motor cycle track. The owner of the land off Hall Road will shortly be asking for planning permission to site a permanent motor cycle track in Great Bromley. Parishioners may wish to make their views known direct to the authorities. Listed below are some of the problems raised by parishioners to date.

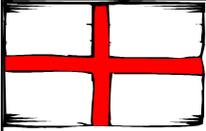


- Noise - continuously for up to 9 hours per day
- Footpath obstruction - vehicles i.e. vans, cars, trailers and bikes using Footpath 17 to get to the motor cycle circuit.
- Motor cycle circuit crossing Footpath 17. Parishioners unable to use footpath on Sundays and Bank Holidays
- Circuit in use since January 2004 without planning permission
- Change of land use - from agricultural land
- Potential traffic hazard - Footpath 17 used as access to motorcycle track meets B1027 opposite the Cheshire Home. There have been traffic tailbacks.
- Activities on Sundays and Bank Holidays - take place when parishioners should be able to enjoy their gardens.
- The Woodland Trust have stated that the dust created by the bikes will eventually kill Boudge Hill Wood, an ancient wood. The buzzards that nested there have already left.

- * Letters about the noise of the motor cycles, the fact it takes place on Sundays and Bank Holidays, the wood and the buzzards should be addressed to:
Mr Gary King, Senior Environmental Officer, Council Offices, Thorpe Road, Weeley, Clacton-on-Sea, Essex CO16 9AJ.
- * Letters about all points mentioned should be sent to:
Mr Dick Fletcher, Chief Planning Enforcement Officer at the same address as Gary King.
- * Letters about the obstruction to Footpath 17, Hall Road, Great Bromley should be sent to:
Councillor Rodney Bass, Highways Portfolio Holder, Essex County Council, Duke Street, Chelmsford, Essex CM1 1LX

It would be most helpful if parishioners want to write (and as many letters per household as they wish) that they write to **all** of the above, but most importantly to Gary King and Dick Fletcher. Please, if they wish, would parishioners send copies of their letters to the parish clerk, Mr Ken Bromfield, 4 St George's Close, Great Bromley, Colchester CO7 7HZ.

Councillors Rosemary Heaney and Ian Dimmock



Brenda and Richard welcome you to
“THE BROMLEY CROSS INN”

For fine ales and good food, brought to you in a friendly, welcoming atmosphere and comfortable, homely environment.

EVENTS during JUNE

Monday 13th SINGAROUND from 8.00pm onwards

If you fancy a bit of a sing and play, come and join us.

Thursday 16th CHARITY QUIZ 8.30pm PROMPT start

In aid of the Essex Wildlife Trust. Teams of up to 4. £2.50 per head includes light supper

Wednesday 22nd MUSIC NIGHT. 8.15pm start

Sing, play or just come along and enjoy an evening of good music and entertaining recital.

NOTE: We are not having a Summer Fete this year. Instead, we are celebrating the 200th anniversary of the Battle of Trafalgar. This will be on 22nd October, and the day's events will end with fireworks and the lighting of a beacon.

MUSIC FESTIVAL

A huge thank you to everyone who took part and who made this event such a success. We are particularly indebted to Chris and Tom Trimby, whose outstanding contributions in front and behind the scenes ensured that performers and audience alike had a great time. The sum raised for charity will be published next month.

POST OFFICE - see page 5

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

INTENSIVE GERMAN LANGUAGE COURSE

16th - 24th July 2005

Are you between the ages of 18 and 20 years old? have a knowledge of German but would like a greater knowledge? Do you live in Valence, Asti, Telawi, Swindica, **the Tendring District** or Guernsey?

This intensive German language course offers not only 25 hours' instruction, but also offers you the chance to become acquainted with communicating in the German language. The course is one week long.

You will get the chance both to live in a guest family house and also eat out around Biberach for free as well as having contact with other young people. Participants only need to bring travel costs and some pocket money.

The German Language Courses are organised by the City of Biberach in partnerships with the schools who run these courses.

If you are interested and would like more details please contact:-

Ken Bromfield, Gt Bromley Parish Clerk, on 01206 230089 **by 20th June, 2005.**

ST. GEORGE'S SCHOOL, GT. BROMLEY

Head teacher: Pat Fitzgerald

Telephone: 01206 230305

Forthcoming Events:



Saturday, 18th June. The PTA are hosting a **BARN DANCE.**

Tickets will be £10 to include a hog roast.

Tickets or more information please contact the school office.

This will be a fantastic evening so please come along and have a good time while supporting the school.

This event is for adults only.

Sunday, 17th July. **FAMILY FUN DAY.** To be held at the school. More details to follow.



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

Trim & Tone

With Sarah McCaskey (YMCA qualified instructor)

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

MONDAY SESSIONS

1.00am- 12.00> 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

Give it a go! £1 for your first class £2 thereafter

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



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CHILDREN'S PAGE

Teach Yourself to Juggle



The age-old skill of juggling plays a big part of circus skills today but also goes back further to medieval times with the court jester.

Some people find it an easy art to master, whilst others need a lot of practice and some just can't get the hang of it at all! But don't let that put you off ...

- Stand at ease, holding a ball in your dominant hand (this depends on whether you are left or right handed). Imagine that there is an invisible box directly in front of you. It is as wide as your shoulders and as tall as you are. Throw the ball up into the opposite corner of the box so that it falls down into your free hand. Keep repeating the action, throwing the ball from hand to hand.
- Keep standing at ease, holding one ball in each hand. Throw the ball in the dominant hand up into the opposite corner as before. When the ball reaches the corner, throw the second ball into the opposite corner. Catch each ball in turn. Keep practising!
- If you've mastered the two-ball juggle, you're now ready for three balls! Relax and take two balls in your dominant hand and one in the other. Throw the first ball from your dominant hand, into the opposite corner of the invisible box. As it reaches the corner, throw the ball from the other hand into the other corner. When this ball reaches the corner, throw the second ball from your dominant hand into the first corner. Catch all three balls!
- Repeat step 3 but start with two balls in your opposite hand and one in your dominant. Throw the first one from your 'other hand'. When it reaches the corner, throw the one from the dominant hand and so on. Keep practising this move. Finally, combine steps 3 and 4. Practise every day as often as you can, until you have mastered the art of juggling!

Not just balls ...

Look around for other objects to juggle with. If you can juggle with bags and balls, there is no reason why you can't use oranges and apples instead. They look more impressive and you can also take a bit each time you catch one!

As you gain confidence, try using plastic rings, scarves or clubs. There are a whole host of objects that can be juggled, but make sure they won't smash or give anyone a nasty bang if they are dropped.

If you become really good you could even juggle with fresh eggs.



WOMEN'S INSTITUTE

Mrs Linda Wood, Women's Institute Advisor, came along to our meeting on 4th May to discuss this year's Public Affairs Resolutions to be voted on at the National Federation of Women's Institutes Annual General Meeting 2005. This year there were two on the final shortlist.

1. Farmgate Milk Prices: Prices:

"This meeting urges WI members to do all in their power to raise public awareness of the unfair difference between the retail prices of milk and the price paid to the farmer."



2. Care of the Environment:

"This meeting calls on WI members to take further action to reduce waste and conserve resources in their own homes and communities; to lobby manufacturers, retailers and decision makers to reduce waste in the production, packaging and transportation of public and consumer goods."

After much discussion, we voted in favour of both. Our representative to the AGM will be advised how we wish her to vote.

Our meeting on 1st June is known as the Members' Meeting being organised by a sub-committee to enable the committee to have a well earned rest. It is an "open evening", so if anyone thinks they would like to see what it is all about, do come along for 7.30pm at the Village Hall. The cost will be £1, which includes a raffle ticket.

Brightlingsea Farmers' Market



30th June 9am - 1pm

Brightlingsea Community Centre, Lower Park Road

For further details contact Bob Shotton (01206 302669)

FRIENDSHIP CLUB

It is getting very difficult to arrange an outing when we must have a minimum of 25 and to be able to fix a date to suit everyone. The outing to Windsor has been cancelled and further discussions will be at the next meeting.

Our "Open Day" went well and we offer our sincere thanks to all who supported us, especially POOLES who donated the spinach, cabbage and rhubarb, DEANS for the pot plant for the draw, a cheque from Mr and Mrs Hayward and to everyone who bought from our stalls. SPECIAL THANKS to the members who made cakes and goodies, jams and knitted goods, jewellery and bric-a-brac. I don't know what we would do without you.

The singing by the Frinton Free Churches Male Voice Choir was so very pleasant to listen to, and relaxing, that I am sure some people sat with their eyes closed but I wouldn't dare say they were asleep!

The next meeting is on 16th June and the competition is "an OLD (age) book".

Vicky Griffiths



THANKS

ST GEORGE'S PLANT & GARAGE SALE

Very many thanks to everyone who contributed towards our sale, to all those who helped, donated plants and came to buy. The response was wonderful and we raised £1,060.

James and Ann Wild



Forthcoming Events



JUNE

- 1 WI 'Open' meeting, Village Hall, 7.30pm
- 4-12 Leonard Cheshire Week, Seven Rivers
- 9 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 12 Doggy Walk, starting Royal Square, Dedham, 10.30am
- 11 Coffee Morning, 43 West Street, Wivenhoe, 10.30am
- 16 Friendship Club meeting, Village Hall, 2.00pm
- 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
- 17 Family Fun Day, St George's School

AUGUST

- 29 Picnic at Mistley Lodge, 12 noon

SEPTEMBER

- 10 Sponsored Cycle Ride
- 23 Harvest Barn Dance, Ardleigh Village Hall, 7.30pm

YOUR AGE BY CHOCOLATE MATHS

Be sure you don't read the bottom until you've worked it out!

1. First of all, pick the number of times a week that you would like to have chocolate. (more than once but less than 10)
 2. Multiply this number by 2 (Just to be bold)
 3. Add 5. (for Sunday)
 4. Multiply it by 50, I'll wait while you get the calculator.
 5. If you have already had your birthday this year add 1755.... If you haven't, add 1754
 6. Now subtract the four digit year that you were born. You should have a three digit number .
The first digit of this was your original number (i.e., how many times you want to have chocolate each week).
The next two numbers are
- Your age!
This is the only year (2005) it will ever work.

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

COFFEE MORNING with light lunches

Saturday, 2nd July
10.30am till 2.00pm

In the garden of
The Pippins, Burnt Heath



- Bric-a-brac
- Tombola
- Cakes
- Vegetables
- Raffle - etc.



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.
Tickets £10 to include a hog roast.
Adults only

Sunday, 17th July

Family Fun Day

Details to be announced

LEONARD CHESHIRE WEEK

4th - 12th June



For more information contact
Angela Marshall on 01206 230345

THE GUIDE DOGS FOR THE BLIND ASSOCIATION Stour Valley Branch

The Bromleys fall within the Stour Valley area and we would welcome new members. Annual subscription per person is £3. If any group large or small would like a speaker (accompanied by a Guide Dog or Guide Dog Puppy) to visit them, or would like any more information please contact Marjorie on 01206 393504. The Guide Dog Family welcomes everyone.

Doggy Walk

In aid of Guide Dogs for the Blind - Sunday 12th June
Approximately 2½ miles starting and finishing from the Royal Square, Dedham (adjacent to the church) commencing from 10.30am (last walkers to start by 2.45pm). Come and enjoy a pleasant stroll along the Stour Valley. No dog! No excuse, you are still welcome to join us. Minimum donation of £2 please or sponsor forms available from 01206 393504.

