

THE BROMLEY MESSENGER

OCTOBER 2016

Volume 31 No 7



The group held a Charity Dog Walk on Saturday, 20 August. The walk started from The Haywain at 2.30 in the afternoon. There were about 25 adults and 1 child and numerous dogs of all sizes and breeds. The walk around the footpaths of Little Bromley was approximately just over 3 miles and was chosen by our Footpath Warden, Robert Barrett. Once back at The Haywain Dawn, the landlady, prepared a BBQ with different choices of meats, and these were accompanied by assorted salads prepared by members of the Amenities Committee, plus Carol Cordwell's fabulous bread pudding. Everyone enjoyed the afternoon and we have been asked if the event will be repeated, which it will but probably will have to wait now until the Spring next year. A cheque for £100 has been sent to the Dogs Trust.

I think the photograph shows how much this event was enjoyed by all who took part.

Little Bromley Amenities Group

THE FIRST PAGE



I went recently (with my trusty computer to keep tabs on The Messenger!) to some concerts at the Haydn Music Festival held each year in Austria. The weather was glorious, if a little hot, and the music was divine. The Festival took place in and

around the little town of Eisenstadt with most of the concerts being held in the fabulous huge painted hall of the palace. But the best concert of all for me was the Vanhal double bass concerto - it was just sublime. Over the course of the five days we also visited three Haydnhaus's and one Mozart house! It was a very creative time for so many very famous composers. I shall have to go back to Vienna as we but scratched the surface of the city.

With the wonders of technology I am putting this issue of The Messenger together from Telford. Not without its own difficulties as the mere fact I am away from home means I have left behind certain essential items. But I did remember the re-charging cable! So, my apologies for any inadvertent errors or exclusions. I can only say that I tried. Tried hard!

I am childminding my eldest son's brood while they sun themselves in Greece for 10

days. The children are 11, 6 and 3 (two boys and a girl) all lovely but the different ages mean they require different things and they all have their own timetables carefully turned by my son into an Excel document and printed out. It is my bible and I have to keep referring to it so that I am in the right place at the right time. I walk back and forth to school three times a day although the youngest is there all day today (phew) at 'big school' nursery so only four miles to walk today instead of six. Plus of course the daily dog walks. Then there are the after school activities - whatever did we do before satnav as even that didn't find where to collect the 11 year old from his cross country run. The swimming lessons will be the satnav's next big test. I had also forgotten how much children of this age eat!!! But my biggest challenge of all each morning is not the early start but the 3 year old's hair. Beautiful, fine, long ginger curls. But, and my daughter will bear testament as she despaired of me when little, Granny is absolutely hopeless at plaiting and braiding and well behaved, perfectly groomed ponytails. So (and granddaughter is quite happy with the way I do it thank goodness) she goes off cheerfully to nursery school with her pony tail dancing and bouncing merrily with me eyeing everyone else's daughter's exquisitely coiffeured hair.

Oh well. Can't be good at everything!

Leonie

MATERIAL for the **NOVEMBER** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th OCTOBER 2016** 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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LT BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

The Clerk for Little Bromley Is Dawn Sauka, Dakas House, Shop Road, Little Bromley
Tel: 01206 390083

Bonfires

Bonfires are always a contentious issue and particularly after such a dry summer with the fire risk. Garden waste can always be composted but at some times of the year it can amount to a pile that we don't have space for. It is tempting to make use of a bonfire to dispose of other waste at the same time. In Lt Bromley we have had the smell of burning plastics on several occasions which makes me wonder whether the people burning the plastic understand the risks to themselves and others.

Plastics are a diverse group of extremely useful materials, two which are commonly found in household refuse are polystyrene and PVC. Burning foam polystyrene cups or egg cartons releases styrene gas into the air which damages our organ systems, produces respiratory problems and interferes with the mucus membranes that keep our eyes healthy. Burning PVC in plastic sacks, cling film and packing material is just as dangerous but is worse in that its products persist in the environment. Dioxins are released which are extremely poisonous. Dioxins cause cancer and disrupt the hormones that control us. Once taken into our bodies they lodge in our body fat and accumulate with each exposure. Dioxins also settle on crops and in water courses so they get into our food chain. Other plastics release equally dangerous pollutants when burnt.

Please be responsible when lighting bonfires and never put plastics on them. It is against the law to burn plastic and it can be considered to be a public nuisance to have smelly bonfires.

Hedgerows

I have lived in the countryside all of my life and would never want to live anywhere else. The removal of hedgerows over the last 50 years for more efficient farming in this area has changed the appearance of our rural landscape. Where hedgerows have been

kept or replanted we must surely appreciate the contribution they make in breaking up a desert like appearance. The diversity of wildlife is also a result of hedges and trees. There is though a conflict where hedgerows border our roads and paths. I would like to draw your attention to this conflict and in particular the land owners along Bentley Road, Lt Bromley.

In Lt Bromley we have very little footpaths for pedestrians and Bentley Road has none. The traffic along here at peak times seems to be accelerating from the war memorial to get to the A120 and that coming into the village often has motorway mentality! Pedestrians take risks but at this time of year they are even more vulnerable due to the thorny hedgerows and rampant briars pushing them further out into the traffic. As a driver I am also concerned about the reduction in sight that these intruding hedges create.

This is the rule. As a land owner you are obliged by the Highways Act 1980 to ensure that your trees and hedges do not obstruct the highway or its sight lines. As a highway it is a right of way for pedestrians too.

Alongside the highway there needs to be 5.2 metres of clearance overhead for at least 0.5 metres into the verge. For pedestrian use there needs to be a further space of 0.5 metres with 2.3 metres of clearance where possible.

I am sure that no one in the village wants to be responsible for an accident or injury. This is a timely reminder to get your hedges tidied and safe for all.

Running into the graveyard 2017

Following the successful 10K run in April this year we are planning another 10K for 2017. The run will follow the same course as last year and will take place on Sunday 9th April. Get training and enter early! More details later.

Little Bromley Parish Council

IN THE GARDEN WITH KATE

It seems ridiculous to be writing about October at the moment - the temperature is in the high 20s and it still feels like summer. The only hint that autumn might be approaching is that leaves are beginning to turn and fall from the trees, but that could be to do with the dry spell we have been experiencing. It is, however, a lovely time of year when all the fruits of the garden seem to come at once. I have been collecting damsons to make damson cheese, blackberries and windfall apples to make compote, and enjoying my autumn raspberries and early pears. The vegetable garden is still producing more courgettes than I can eat, together with lovely ruby chard, beans, and the pumpkins and squashes seem to expand daily.

It is also the time of year when "hacking back" starts. Hedges and shrubs need quite severe pruning and getting into shape. Trees need their ties checking (if appropriate) and dead or crossing branches should be removed. This can of course be left until the leaves are off, but I find it better to do some now, not just because it spreads the load a bit, but also I can have a better idea what the tree will look like next year.

I also find it worthwhile to note down what plants have done well, and which ones have performed poorly before being seduced by the seed catalogues and garden centres. It is also an opportunity to mark which plant may need to be moved in the winter to a more favourable position. One major task which I know I will need to do in October is the pond. My pond has become extremely overgrown over the summer and will need quite a lot of attention. Dead and dying vegetation will need to be removed and it is an opportunity to divide successful plants. Any vegetation that has sunk to the bottom of the pond can be removed, but leave this on the side of the pond so any small creatures can creep back into the pond. Unless your pond is

well away from trees it is worthwhile netting it to prevent falling leaves getting in.

Apples and pears will probably be ready now to be picked and stored, making sure that only perfect ones are put away, otherwise they will contaminate the others. Don't forget mouse traps; mice adore apples in the winter and I have lost all my stored fruit on several occasions.



Garden tubs and baskets can be planted up with winter bedding and bulbs as the summer/ autumn bedding succumb to the lowering temperatures.

Greenhouses need clearing and cleaning prior to moving frost tender plants inside. Check that any greenhouse heaters to be used are working! Some people also protect the greenhouse plants with bubble wrap, but it rather depends on the location of the greenhouse, as the bubble wrap reduces the light levels by quite a lot. Enjoy your garden!

Kate Strowbridge

Cricket Club 100 Club Winners

August

- 1st. Mrs. Yvonne Foley
- 2nd. Mr. Paul Bird
- 3rd. Mrs. Julie Hitchcock

May I remind all 100 Club members that the last draw takes place in September therefore subscriptions are due from 1st October. I thank you all for your continued support.



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

Telephone: 01206 230305

We have had a wonderful start to the new term with the children arriving back looking refreshed, smart and eager to learn.

I am sure you will be pleased to hear that Cassius Keitch was born during the summer break and that both he and Mrs Keitch are doing well. The staff and I will be working hard in her absence to develop the areas identified for improvement and ensure your children are making good progress across all areas of learning. I would like to thank all members of the school community for making me feel incredibly welcome in my role as Acting Headteacher.

We are looking forward to an exciting term with lots of interesting learning opportunities planned both inside and outside of school time. The staff and I are very much looking forward to sharing our ideas about how developing a 'Growth Mindset' can 'supercharge' pupils' learning. We will also be exploring a range of effective and efficient ways to provide pupils with the best feedback we can to help them achieve even greater heights. As a Church School, we ensure that our work is supported by strong Christian values which will always be a priority - we are looking

forward to the possibility of having a Church School Inspection this term so we can celebrate this aspect of the school's work.

Ms. Slater

Class 1

We would like to give a very warm welcome to all of our new reception children. We asked some of our new children what do you like about school?

Oliver said 'I like building a house out of building blocks and I like cutting and playing with water'

Frankie said 'I like doing the beads and laying with the kitchen'. We look forward to a long and happy association with our new children and their parents over the coming years.



DEDHAM LAWN TENNIS CLUB

Dedham Tennis Club 2016 Roll of Honour

Men's Singles Champion: Duncan Hewitt
Ladies Singles Champion: Shiho Main
Men's Doubles Champions: Ben Vickers & Mike King
Ladies Doubles Champions: Janet Dennis & Caroline Weston

Mixed Doubles Champions: Gina Michael & Andy Briggs
Henry Green Memorial Trophy Champions: Hayley Everett & Robi Amugodage

All teams have maintained their positions in their respective Colchester & District leagues this season.

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



OUTSTANDING OFSTED INSPECTED

BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

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

The children have all settled in well after the long summer holiday and we are also welcoming our new children, we hope you all enjoy your time with us.

Thanks to the grant we received- our new outdoor canopy was fitted during the holidays, which will allow us to spend more time outside whatever the weather. We are in the process of extending the activities and resources for our gardens and would be grateful if anyone has any spare items that we could use: we are looking for – tyres (all sizes), sleepers, guttering, trellis or fence panels, logs and wood (all shapes and sizes) and plastic crates. If you are able to donate anything please contact us on the above number.

In our sensory garden we have been collecting seeds from dried flower heads to save for next year and we continue to care for the pumpkins, which are getting bigger by the day. The children are also tidying the garden ready to plant our spring bulbs.

BABY DRAGONS

Our Parent and Toddler group is running on Fridays at Little Dragons, Church Meadow Bungalow. The session runs from 9.15 am-10.30am, the price of £2.50 will include tea/ coffee and children's snack. The group will run term time only, all welcome.

PLEASE SAVE YOUR BISCUIT WRAPPERS AND BOTTLE TRIGGER HEADS

We have registered with Terracycle and are currently collecting biscuit wrappers and

plastic bottle trigger heads and caps from washing up bottles. These we send away and are then paid according to the weight. So please ask friends and family to help us collect as many as possible.

We take children from the age of two years and offer a 'home visit' to families of children prior to them starting Pre-school.

This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment.

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

Party Table and Chair Hire

Having a party for Pre-School children?

We can offer 4 perfectly sized tables & 20 chairs.

Deposit only £10 Tables only £5.00 each

Chairs Only £1.00 each

Collection Only - Contact us: Tel: 07857

503103 Email:

littledragonspreschool@gmail.com

Dates for Diary:

Monday 24th October Half term week

Monday 31st October Preschool re-opens

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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

A special meeting to discuss the flooding experienced in June has been scheduled for 7pm on Wednesday 5th October.

Representatives from Anglian Water, Essex Highways, ECC's Flood and Water Management team and TDC's planning department will be in attendance to answer questions and discuss what measures can be taken to prevent future problems.

The outline planning application for affordable housing in Badley Hall Road has been approved by Tendring District Council's (TDC) Planning Committee. This means that along with the affordable housing, additional church and school overflow parking for approximately 30 cars will be provided within this application. We submitted our response to TDC's Local Plan Consultation. It was felt that the latest draft plan provides a pragmatic solution to meet the sustainable housing demands of the district within the plan period. This latest version of the plan is comprehensive and logical and we believe it well addresses all the relevant issues.

We look forward to rapid production of the final draft of the new District Local Plan and its subsequent scrutiny and approval by the government inspector. We believe the plan should be taken forward to adoption as soon as possible to prevent further undesirable development in the district being approved in the absence of a current, authorised local plan.

We also thanked TDC's Planning Department for putting on a good exhibition. Conservation volunteers have come to look at the pond again, and they have been booked for two days in November to clear the verge alongside the road of nettles and brambles.

Heavy Goods Vehicles continue to be a problem, however, we have been informed that Essex Trading Standards have spoken to hauliers and investigations are ongoing.

We expect a further report in the near future.

Our restoration program of the village furniture has now been completed, and the Council sincerely thanks Paul B Brown of Little Bromley for his excellent work.

Lizzie Ridout, Clerk

Maintenance Manager and Handyman

Due to a shortage of volunteers we are seeking to appoint a part time maintenance manager and handyman to keep an eye on the village, report highways faults, monitor the work of contractors and chase as required, clean graffiti, identify and effect minor repairs, monitor footpaths, trim hedges, cut grass and maintain closed church yard, etc.

This will be on a trial basis as the full Job Description will be defined as time goes on, as will hours and pay. We predict an average of 1 day per week at £12.50 per hour. Living in the village will be a distinct advantage and basic computer skills are required. Please contact clerk@gbpc.org.uk for more information and an application form.

Applications close on 19 October 2016.

Phil & Linda Reeve at Waterhouse Farm found a female soprano pipistrelle trapped in his wood burner. Essex Bat Group collected it, gave it water and food and checked she was back up to strength, then she was released successfully by Lillian Frostick within 4 days.



PLANNING APPLICATIONS

Ref/Name/Location	Proposal	Decision
16/01199/FUL Mr B Stevens Pond Farm Hall Road Great Bromley	Proposed new four bedroom house dwelling and detached garage.	Great Bromley Parish Council supports this application, however: Conditions: Considerable improvement to drainage as a result of flooding on 11 June 2016. Hedge reinstatement and additional tree planting. Condition to allow no outside lighting after midnight.
16/01224/FUL Mr & Mrs Nigel Brind Brook House Brook Street Great Bromley	Extension.	Great Bromley Parish Council supports this application.
16/01215/FUL Mr M Volf - Stour Valley Construction Land to The North East of Pond Farm Hall Road Great Bromley	Construction of 4 no detached houses, with garages.	Great Bromley Parish Council supports this application, however: The public in attendance were generally against this development as out of character, as were most councillors, but with few good planning reasons to object to it was agreed to approve it with a request for these conditions - Considerable improvement to drainage as the area suffers persistent flooding. Hedge reinstatement and additional tree planting. Request for pavement to be provided. Request for financial contribution towards the purchase of the Cross Inn by the Great Bromley Cross Pub Community Benefit Society. Address concerns about access on Colchester Road, very close to egress from the Cross Inn and close to a busy crossroads. Condition to allow no outside lighting after midnight.

THE DEDHAM EDUCATIONAL FOUNDATION

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

Secondary Schools and Sixth Form Colleges

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

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 application date.

Closing date for application: 30.10.16. For application form or further details contact Clerk to the Governors, Mrs Jean Flewin, Coppins, Crown Street, Dedham, Essex CO7 6A

THE DOCTORS' SURGERY NEWS

Ardleigh Surgery

I am writing this whilst the sun is shining, Great Britain is doing remarkably well in the Olympics and it is 24°. It seems slightly odd then to be talking about the flu season, which is rapidly approaching, because in most peoples' mind flu is a winter illness. However, for the practice, the planning for our flu campaign started much earlier, with the orders being placed in January this year and the detailed plans being formulated in August.



For those of you who qualify for a free flu vaccination, please contact the surgery from 1st September and we will be able to book you into one of our clinics. The jab is free for all those 65 and over (in fact it is also free

for those who are 64, but will be 65 between 1st September 16 and 31st March 17!) and in addition to those who have certain chronic conditions such as diabetes or COPD whatever age. If you are in any doubt as to your availability, please speak to the receptionists who will be able to advise you. If you are not eligible for a free jab, many of the pharmacies and supermarkets offer a private vaccination which last year ranged from £8-£10. Like last year, we will be immunising the 2, 3 and 4 year olds against flu in the practice with the nasal spray and we will write to parents as soon as the centrally supplied NHS vaccine becomes available. Some primary school children may well receive the nasal spray immunisation at school. Whilst writing about the flu vaccine, it seems a good idea to remind you of other vaccines available to you free from the surgery.

Pneumovax is used to protect patients in the same group as those eligible for the flu vaccination against pneumonia, which is a

serious illness for the elderly and those with other conditions. Unlike the flu jab, which is given every year, the pneumovax is a 'one off' in most cases.

The NHS introduced the shingles vaccination three years ago and this is an extremely effective vaccine against what can be a horribly painful condition. As you will be aware from my comments in the past, the NHS does like to complicate things and this vaccine is available from 2nd September for those who were born from 2.9.1943 to 1.9.1946 OR from 2.9.1937 up to your 80th birthday! This is also a one off vaccination.

Childhood vaccinations are a worry for most parents. I can still remember how anxious I was when I took my twins for their first vaccinations, even though it was nearly 21 years ago! The majority of immunisations they receive have been around for many years and many of those becoming parents now will have received these immunisations themselves as children. If you have any concerns about these immunisations or would like to see the full programme, information is available from <http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx> or by speaking to our clinicians.

Teenagers are not known for liking vaccinations, but the immunisations given to this particular group has seen an increase in recent years. In year 9, this group will be offered a booster vaccination covering tetanus, diphtheria and polio and will also be offered the Meningitis ACWY, and girls will be offered the HPV (Human Papillomavirus) vaccination in year 7. In addition to these routine, free programmes, the practice also offers a range of travel vaccinations for those of you seeking some winter sun. Please contact the practice for details. *Best wishes*
Stephanie Durrant, Practice Manager

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery

Now that we are heading into autumn, it's probably a good time to remind everyone of how the appointment system works before we get into the very busy winter season. Please remember we only have a set number of GP and Nurse Prescriber appointments available every day. Most minor illness like coughs and colds don't need medical treatment so get advice from any pharmacy to help us cope this winter.

Non Urgent Appointments:

Most non-urgent matters can wait until the next available non-urgent appointment which is around two weeks ahead currently, but if you feel it cannot wait, then you can ask to go onto the triage list and speak to the on call doctor who will decide.

Urgent Appointments:

If you feel that your issue is urgent enough to need to be seen the same day, you can ask to go onto the triage list and the on call doctor will call you back, on average within 30 minutes. If the doctor agrees it is urgent, you will usually get an appointment within a few hours. If it can wait an appropriate appointment will be made for you another day, but within a timescale suitable for your issue.

The Patient Participation Group will be holding its monthly meeting at 6.30am on Thursday 20th October at the Great Bentley Village

Richard P Miller, Practice Manager



This part of our newsletter publishes suggestions from this 102 year old book called "Hints to Mothers" on the health and wellbeing of

children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today. ***Please bear in mind this was written a long time ago!***

Cuts – Well wash all cuts and wounds in a pint of warm water (in which a good teaspoonful of boracic acid, if obtainable, has been previously dissolved). A clean rag moistened with this boracic lotion is the best dressing that can be applied. In case of profuse bleeding, send for a medical man, and bath the wound with cold water. NOTE.- Lint or linen should always be kept handy in case of sudden need.

Diarrhoea – More children die of diarrhoea than from any other disease. It is the most frequent and dangerous of all infantile maladies, for which reason it should never be neglected. It is caused by improper food, teething, overfeeding, chill, and, in the case of a child at the breast, by mother being out of health from eating unsuitable food. If the case is severe and continuous, medical advice should be taken. The best medicine for the disease is castor oil; and the child should be given to drink plenty of warm, not tepid, water. For children on the breast, the best cure for is for the mother to take a proper and wholesome diet, eschewing such food as cabbage, greens, raw fruit or beer.

Of course these days we have a minor injuries unit in Clacton where we can go to have a cut attended to. Imagine if we had no NHS or even sterile first aid kits to rely on! Diarrhoea is also not as serious as it used to be. Both the practice and NHS 111 when out of hours is always available to give you advice if you're worried about your child, particularly if it is persistent, but usually diarrhoea will resolve itself in under a week. Drink lots of fluids, but perhaps not the beer recommended a hundred years ago!



SAVE THE BROMLEY CROSS

More Good News

At last, after many months of hard work, we're ready to start offering shares in the Bromley Cross Inn - well strictly speaking our Community Benefit Society, which is the not-for-profit co-operative that is purchasing the Cross Inn. The tax man has approved the scheme, the share prospectus is at the printers and our solicitors are finishing off the paperwork. So we'll be launching the scheme on Friday 7th October.

And to celebrate we're opening the Cross Inn for the weekend of the 7th, 8th and 9th of October. On Friday evening we'll be open from 5 to 11 to celebrate the launch of the share scheme. We'll be unveiling our giant, pint glass share-o-meter to the press and public, selling our "I Helped Save The Bromley Cross" polo shirts and giving you the first chance to invest and help save the pub. And the bar will be open too. We'll be open again on Saturday evening from 6 to 11 with a fish and chip van in the car park. And we'll have a final session on Sunday lunchtime, 12 to 3. Please come along and use the pub, even if investing isn't for you. Pubs are *important* and your support is important too. We'll have a selection of draft

beers and lager, wine, spirits and soft drinks and may even go mad and get in some pickled eggs.

We'll be launching our share scheme online on the 7th too, and then knocking on doors with the prospectus over the next 6 weeks as we try to raise the £210,000 that we need to buy the pub and car park. If you want more details then please look on our website, [http://](http://www.greatbromleycross.org.uk)

www.greatbromleycross.org.uk, follow us on Facebook <http://www.facebook.com/groups/SaveTheBromleyCross> or drop us an email at

SaveTheBromleyCross@yahoo.co.uk. Thanks again for everyone's continued support and especially to all those who came to our last Pop Up Pub at Primrose Farm. You are too numerous to thank in person, but special thanks go to the Harwich Leading Lights Morris dancers who entertained us and donated the £90 collected for them. We must also mention Karen and Robert for providing the venue and donating profits from the barbecue and finally to Linda and Phil for letting us use the brewery. You'll find some photos on our website.

Jim Craddock Secretary, Save The Bromley Cross

FRIENDSHIP CLUB

Our Auction at the August meeting was a great success raising approximately £85 for Club funds. Many thanks to Pat and Gill for their hard work.

We have once again been invited to the Harvest Festival at St George's Church school. This is arranged for Tuesday 27th September at 2pm., so please let Beryl know if you hope to attend.

A Quiz night organized by the Parish Council is planned for October. Names will

be taken of those wishing to participate.

Several members representing our Club attended the funeral of our late member, George Kempster.

Unfortunately our Speaker for October has had to cancel, a replacement to be announced. The fish and chip lunch arranged for that meeting will still take place.

Sylvia Ward

Manningtree Rotary is hosting at the
Venture Centre Lawford

Murder Mystery evening

Fifty Shades of Grain (A Cereal
Killing)

on 5th November at 7pm.

Tickets £18.00 including Fish & Chip
supper.

Reservations required,

Cash bar available (own drinks
prohibited).

Tickets available from DN Howells &

Willow weaving course

Make a festive reindeer from willow
Workshop led by experienced tutor Jo
Hammond

Saturday Nov 26th 10-4pm

Cost incl sandwich lunch and all materials
£60

£10 deposit secures
place

Contact Kate 07592
735600



Knit and Knatter

meets in Seven Rivers Cheshire Home
2.00pm-4.00pm

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



For more information contact Mary Hart

Honey Pots Patchwork Sewing Bee

An introduction into the wonderful world
of patchwork & quilting.

We are a friendly group of like-minded
people who meet up every other Monday
at the Venture Centre, Lawford between
10.00 am and 3.00 pm.

You will learn traditional and modern
techniques in a warm and friendly
atmosphere. Both small and large
projects undertaken; I will guide you right
the way through to completing your
family heirloom

For more information you may contact
me (Pauline) on 07921 682057

Take a look at my
website www.paulinehoneypots.co.uk

Autumn Craft Fair

Saturday 22 October 2016

10.30am - 4pm

**In aid of The Multiple Sclerosis Society -
Colchester**

The Colchester Branch of the MS Society
is holding a CRAFT FAIR to raise money
to support local people who are affected by
MS. 22 tables are available at £18 each for
the day and are available on a first come
first served basis. The event will be well
advertised and, to maximize potential for
each stallholder, we are limiting bookings
to ensure that there is only one of each
craft exhibited. Entrance is free.

Refreshments will be available throughout
the day. To book your table, please
contact:

Louise Joplin on 01206 396868 or email
louisejoplin@btinternet.com

Booking deadline **15th September 2016**

Thank you for your support

About MS

Multiple sclerosis (MS) is a neurological
condition which affects around 100,000
people in the UK. The Colchester Branch
of the MS Society provides local support to
around 250 members by providing
information, equipment and organising
social events.

Most people are diagnosed between the
ages of 20-40, but it can affect younger
and older people too. Roughly three times
as many women have MS as men.

CHILDHOOD OBESITY and NO SURGERY if your BMI is 30+

I was hoping not to mention the word 'obesity' in this month's article, but, yet again it's in the headlines. A recent study confirmed that nearly 1 in 4 British children are either overweight or obese.

And only this morning I heard the news telling us that the NHS in North Yorkshire will deny obese people having emergency operations until they lose weight! A sad state of affairs.

Obviously obesity needs to be addressed, but just telling people to go away and lose weight isn't the answer and it is certainly most unfair to blame it on people that are overweight.

Most people don't know how to go about losing weight, as there are so many conflicting ideas flying about on the Internet, on TV or newspapers.

There is concern that more parts of the NHS will impose the same restrictions across the UK.

For people who are defined as 'obese' whose BMI is 30 or more, their treatment will be put back a year or "until 10% of weight loss is achieved, whichever is the sooner". The above restrictions also apply to smokers – surgery will be postponed "for six months or until they have stopped smoking for 8 weeks".

A very worrying outcome for the people concerned.

What really needs to happen is to re-educate everyone, starting at school, going into adulthood, learning about why food is our no. 1 'medicine'. It shouldn't be left to the individual to try and lose weight all by themselves.

But let's get back to childhood obesity, as that is where it all starts.

Wherever you go these days most people in the street are holding a mobile phone, including young children. We can of course blame it on today's technology. Things are moving so fast that most of us can't keep up with the progress. Kids especially want to

keep up with all the latest gadgets and games. Technology has taken over our lives and if we are not careful we will all become couch potatoes surrounded by all the latest gadgets.

According to Public Health England a 1/3rd of 10 – 11 year olds and over 1/5th of 4 – 5 year olds are overweight or obese.

A survey that was done earlier this year talked about how little time children spend outdoors these days. They talk about how time spent outdoors has been taken over by 'screen time', be it on the computer, mobile phone or watching TV. This means children are not out there running around, using up energy and having FUN!

Just because we have all these gadgets, doesn't mean they have to take over our children's or our lives. We can always limit their use and, for that matter, our screen time to say no more than an hour after they get back from school and no phones at the table etc. If you care about your children's health, you can skilfully manage their 'screen time'.

As my space is running out I'd better give you some information that you can take away from here.

1. Limit screen time for both you and your children
2. Go for a walk with your children. Walking is a good start to exercising and gets your joints moving
3. Cut out or cut down on sugar, refined carbohydrates (white bread, cakes biscuits, fizzy drinks, sugary snacks, etc)
4. Introduce nuts, sunflowers seeds, oats, wholegrain pasta, wholegrain bread into your diet
5. Drink plenty of water every day – up to 1.5 litres. As they say a 'Fast moving river deposits little silt!' The water you drink will flush out toxins, medication and other impurities out of your body.
6. Eat loads of vegetables!

I have run out of space, so if you'd like some personal advice, just call me!

Suzanne

2016 EVENTS

OCTOBER

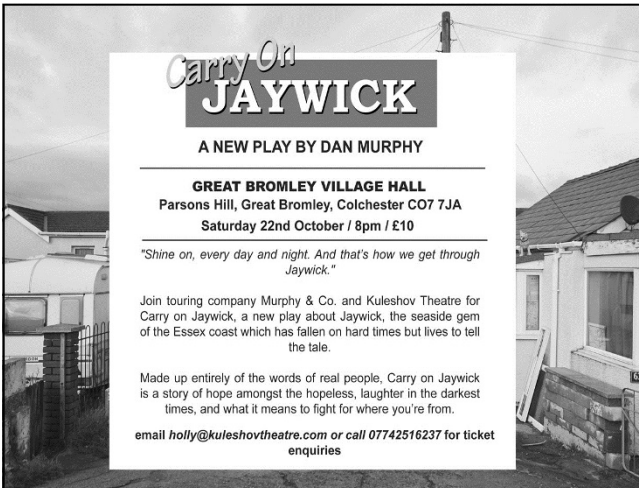
- 2 Harvest Festival, Lt Bromley church, from 3.00pm
- 5 WI meeting, Village Hall, The Work House, Village Hall, 7.30pm
- 6 Seven Rivers Autumn Fair, Assembly Rooms, Dedham, 10.00am
- 7 Church Lunch, St George's church, 12 noon
- 7/8/9 The Cross Inn Open weekend (see p17 for more details)
- 11 Primrose Pork Frozen Meat Sale
- 12 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 15 WI Coffee Morning, Village Hall, 10.00am
- 16 Southend Vox concert, St George's church, 3.30pm
- 20 Friendship Club meeting, Village Hall, 2.00pm
- 22 'Carry on Jaywick', play at Village Hall, 8.00pm
- Lt Bromley Amenities Group Autumn Litter Pick, Village car park, 10.00am
- 29 Seven Rivers Cheshire Home Firework Party, 6.00pm

NOVEMBER

- 2 WI meeting, Village Hall, 7.30pm
- 5 Lt Bromley Village Fireworks and Bonfire, from 5.45pm
- Murder Mystery Evening, Venture Centre, 7.00pm
- 9 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 14 Quiz Night (Cricket Club)
- 17 Friendship Club meeting, Village Hall, 2.00pm
- 26 Willow Weaving course, Village Hall, 10.00am (see p28 for more details)

DECEMBER

- 10 Christmas Fayre, Village Hall.
- 14 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 17 Amenities Group Christmas Dinner, The Haywain
- ? Christmas Market, Seven Rivers Cheshire Home. Details to be announced.



Carry On
JAYWICK

A NEW PLAY BY DAN MURPHY

GREAT BROMLEY VILLAGE HALL
Parsons Hill, Great Bromley, Colchester CO7 7JA
Saturday 22nd October / 8pm / £10

"Shine on, every day and night. And that's how we get through Jaywick."

Join touring company Murphy & Co. and Kuleshov Theatre for Carry on Jaywick, a new play about Jaywick, the seaside gem of the Essex coast which has fallen on hard times but lives to tell the tale.

Made up entirely of the words of real people, Carry on Jaywick is a story of hope amongst the hopeless, laughter in the darkest times, and what it means to fight for where you're from.

email holly@kuleshovtheatre.com or call 07742516237 for ticket enquiries

29th October
6.00pm

Seven Rivers
Cheshire Home
**FIREWORK
PARTY**

Children's Fancy
Dress

Refreshments
available

See page 23 for

Friends of Little Bromley church



Sunday 2nd October
at 3pm

Black Sandal & The Columbines

Poetry and music in aid of the Red Cross
and at
6.30pm

Harvest Festival Evensong

Free admission

SOUTHEND VOX

Afternoon Concert

October 16th
3.30pm

Tickets £10.00

St George's Church, Great Bromley
Tickets from
Jenny 230688 or Yvonne 230360

Little Bromley Amenities Group

Forthcoming Events:

22 October 2016 - Litter Pick
Meet in the village car park at 10.00am

**Due to the temporary closure of
The Haywain the forthcoming events
have had to be cancelled**
Children's Halloween Party

Autumn Fair

In aid of Seven Rivers Cheshire Home, Great Bromley

Thursday 6th October

10am to 2.30pm.

Admission £3

Change of venue

Assembly Rooms,
High St Dedham CO7 6 HJ

Parking available at Mill Lane car park CO7 6DH

Vintage Afternoon Tea

In Memory of Rachel

In aid of MacMillan & EACH (East Anglian
Children's Hospice)

at Great Bromley Village Hall (CO7 7JA)

Sunday 2nd October

2.30 for 3.00pm Sit Down till 5.00pm

Tickets in Advance

£15.00 including a glass of Prosecco
Live Music

Tel Linda at Sweet Success 01206
230126

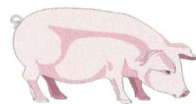
Primrose Farm

from Tuesday 11th
October 2016

Frozen Meat Sale

Up to 50% off selected
products.

All Sausages 50% off.
As long as stocks last



theWI

Great Bromley Women's
Institute

15th October

In the Village Hall

Coffee Morning

10.00am-12 noon

*In support of the
Essex Air
Ambulance*



LITTLE BENTLEY PARISH
COUNCIL, PRESENT:

Donations to help fund
the award for the future
are gratefully received,
please contact:
Hazel Green, Chair

VILLAGE FIREWORKS & BONFIRE!

05 NOVEMBER 2016

BRICKLAYERS ARMS - FREE ENTRY

NEW THIS YEAR.....GUY COMPETITION.....!

BBQ, RAFFLE, MULLED WINE 5.45 PM

GUY COMPETITION JUDGING 6.15 PM

BONFIRE 6.30 PM

ALL WELCOME - PLEASE JOIN US!

After all the lovely weather over the last few weeks, our car boot sale was rained off, only for the sun to shine all afternoon, but by then we had all got very wet and had packed away.

We will be holding our fireworks party on Saturday 29th October, with children's fancy dress each child will receive a glow stick and a prize for the child voted the best fancy dress on the night. On sale we will have soup and bread, chips plain or with curry/ cheese sauce. Please arrive on time as we would hate you to miss any of the

fun. Doors open at 6.00pm. we aim to set the first firework off at 6.30pm. We have increased the number of fireworks this year so are hoping for a good show.

Please remember to make sure your pets are safe on this night.

Forward planning, we are holding a Christmas Market this year so if anyone would like a stall to sell their good please phone me for details.

Take care

DISTRICT COUNCILLOR NEWS

The consultation period for the Local Plan has now ended. Officers will have to digest the various comments made by town councils, parish councils and residents. It will obviously take a few months before the plan will be available for viewing.

Ian Davidson TDC Chief Executive has visited this ward. He was shown various aspects that parish councils are trying to improve. He was generally impressed with the lack of litter, thanks must go to all the litter pickers that assist in trying to keep our countryside tidy, your efforts are much appreciated.

Heavy Goods Vehicles breaching weight restrictions continue, and appear to be getting worse. I have been in contact with Keith Pike of ECC Trading Standards, he is fully aware of this problem and is intending to take action. We await his report.

Another problem that seems common to all our villages are speeding vehicles. I have been in contact with Chief Inspector Russ Cole requesting that he finds a way for a police presence in our villages with the necessary equipment to monitor the speed of vehicles.

Graffiti on road signs has reared its head again. TDC have been out and removed this anti social activity from a number of locations, but as soon as it is removed the individuals are at it again.

If anybody is aware of who is responsible please contact the police using the non emergency telephone number 101.

TDC planning committee have approved a scheme for Affordable Houses in Great Bromley, the first for a number of years.

Fred Nicholls

Can you spare

just one hour to help clean our beautiful church?

Phone 01206 250299

Busy, busy, busy, Great Bromley W.I. this past month.

The painting day in August was eventually subscribed to capacity. Thank you to all those who came for this most enjoyable occasion. Our tutor for the day was a well known local artist called Lesley Lord, Lesley has visited before and our members and friends enjoyed her workshop. Lesley was invited to return and focus on landscapes. What a wonderful relaxing day we had, Lesley is a most excellent tutor calmly and quietly leading her students through a process which, for some, was a whole new experience.

Lesley runs courses at Walton and Frinton Yacht Club regularly throughout the year; if you wish to have a taster session please contact her direct, 01255 671522

You may well know that Great Bromley W.I. belongs to the "Constable Group", a group of neighbouring WIs who meet annually/ biannually encouraging friendship, collaboration, support in our local area. Our particular group consists of Bradfield, Erdelega (Ardleigh) and Wrabness. This year Wrabness Ladies were our hosts for the afternoon.

Our speaker was a very confident,

articulate young lady called Melissa, a costume designer. With her



many examples and vast experience in the world of

costumiers in plays and films Melissa gave a most interesting and informative talk. A sumptuous afternoon tea followed, Great



Bromley organised the raffle, Bradfield the Bring & Buy and Erdelega gave the vote of Thanks

The icing on the cake?- - - - we won the competition which was to make a "Twiddle Blanket". Great Bromley were presented with the cup for 2016. Thank you Jean for making our blanket which will be donated to the Dementia Ward in Colchester Hospital. The same evening in September our regular monthly meeting took place at the Village Hall in Great Bromley. We were in for another super evening and although rather depleted (for good reasons) in numbers we enjoyed the visit of a vibrant amusing Russian speaker called Tatiana who now lives in Tiptree with her husband Aubrey.

Tatiana speaks excellent English and has a fine sense of humour. Tatiana recounted briefly her life story and then led us through her wonderful hobby which she learned to love when at school in Russia. Tatiana is a member of the "Strawcraft Guild", exhibits and sells at Craft Fayres and speaks to W.I.'s and other such groups.

Tatiana works with all types of straw, wheat, rye, barley because of the different colours.



There is a process of soaking, boiling, ironing before the straw is ready to be used in the most magnificent artwork which Tatiana created--Pictures, bookmarks, cards etc. We were all very lucky to be offered the opportunity to make a fridge magnet which Tatiana had prepared in true "Blue Peter" fashion.

Please join us for our **next meeting** on Wednesday October 5th you are most welcome - our membership is growing!

Our **Coffee Morning** in the Village Hall on October 15th supporting Essex Air Ambulance will also be great fun, please join us there too - meet up with friends have coffee and cake all in a good cause.

GEORGE KEMPSTER 1930-2016

George Frederick Kempster, born on 19th April 1930, was named after his two uncles who died in the First World War. The third child of Lily and John Kempster, he was raised on a smallholding in Romford and spent much of his childhood helping to grow the crops for his father's greengrocery round. He learned to count by taking the money on the horse and cart. He was given a few chickens and sold their eggs for pocket money. The London Blitz had a profound effect on his childhood and education. His school was hit twice and then closed and he told vivid tales of bombings, planes and V1 doodlebugs.

His life was to change abruptly at the age of 16. He was given a new bicycle with the words "You will be needing this, as we are moving to a village in the countryside in 3 weeks time." This was the first he knew of the family move, his father having secured the tenancy of New House Farm from Essex County Council. The Kempsters arrived in Sept 1946, the farmhouse being what is now Gt Bromley House. A new dwelling was built across the road in 1960 where he was to live and farm for the rest of his life. The winter of 1946/7 was one of the hardest on record with some spring crops not being planted until May, hardly an ideal start!

As a Londoner George found it hard to integrate into the rural community, but aided by his trusty bike he got to know the locals, joined the youth club to play badminton, football and cricket and



joined Wix young farmers' club. He had brought with him his rough coated terrier called Lassie who soon got the reputation as one of the best ratters in the village. In the threshing season, when farmers invariably helped each other out, he was always told "Don't forget to bring your dog."

In 1950 it was a farming connection that led to George meeting his future wife. The Tendring Show was held in the field behind Gt Bromley cricket pitch. Nancy Austin bought ice creams for her friends and found she had purchased one too many. With an ice cream in each hand, her predicament was solved when George walked over. He had an ice cream thrust at him with the words "You had better have this" and they started chatting...

Whilst courting George would have tea with the Austins on Friday evenings, always taking Lassie with him. Nancy worked in Colchester at the time and

took the bus to the war memorial a good mile from the farm. Lassie caught on to the routine and would disappear in the late afternoon to wait on the memorial for Nancy to alight so they could walk to her home and wait together for George. They married in September 1952 and within three years they had two more things to worry about, namely Yvonne and William, and Judith came along later to complete the family.

on top of the boxes as that looked better in the market! George was proud of his produce and particularly his strawberries which he sold at the farm gate. Many local families had Sunday tea with Jersey cream from Vince's farm and Kempster strawberries.

Bill joined the farm and after leaving Writtle College in 1979, having been working with metric for a while, attempted to educate his dad in the ways of litres, kilos and hectares. It was not long before Bill reverted to gallons, pounds and acres!

George was involved in many facets of village life, serving as school governor for over 30 years, and a parish councillor for 20, with spells as chairman on both committees. He was a staunch supporter of St George's church and served as churchwarden. He was an active member of the NFU and a founder member of the Essex County Tenants Association.

After retiring from farming he could not stop growing things, on an allotment behind the farm buildings. He gave most of it away, and seeing friends and relatives leaving the farm burdened with rhubarb, cabbages or potatoes gave him a glow of satisfaction.

Nancy died suddenly in 2011 after 59 years of devoted marriage and he never really recovered from the shock of losing her. He bought her a bunch of roses the day before she became ill and after she passed away he kept a bouquet of fresh roses next to her photograph. She had taught him how to bake in their retirement and there was always some fruit cake or a sponge to share with his many visitors.

George was a farmer through and through, a passionate countryman and conservationist, a gentleman whose word was his bond. He was proud of what he had achieved and of all his family. He worked hard and he gave a lot. The world will be a much poorer place without him

CHILDREN'S CRAFT CORNER

A Hallowe'en Owl Bag

Cut out fabrics and scraps as follows:

Felt: 8" x 26" (1 piece), 6" x 9" (2 pieces)

Canvas: 8" x 26" (1 piece), 6" x 9" (2 pieces)

Eyes: 2 large circles and 2 smaller circles (I used a coffee mug and a measuring tape as my guides).

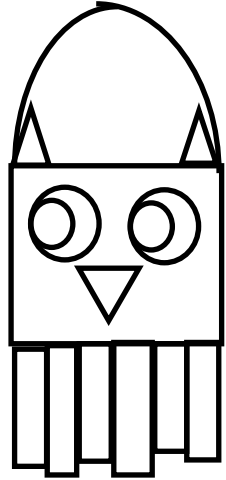
Nose: One small triangle

Scraps: approximately 1 1/2" long by 1/2" wide (about 50-60 strips)

Twill Tape: cut in half for two 13" long strips

Make owl ears shape in large piece of felt by cutting a the shape as seen in the photo (about 2" down from top)

(Idea obtained from the internet.—Ed)



Games to Play

Ghost Relay Race

In this relay race teams must race the ghosts (white balloons) to and from the finish line by keeping them up in the air. The players can never grab or hold the balloon; they must keep it up in the air by hitting it.

Each team is given their own ghost balloon. You can draw a face on it to add a bit of fun. On the start of go the first player from each team bumps their balloon with their hand or head to the finish line and back to the start where the next player on the team takes it over. The team that finishes first wins.



Bob for Apples

Fill a large container with water and apples and players must retrieve an apple before moving to the next leg.

Halloween Balloon Burst

Divide the children into two groups.

One team will get orange balloons tied around their ankle and the other team will get black balloons tied around theirs.

On the start of go both teams must try and pop the other teams balloon while keeping theirs "alive".

When a balloon gets popped the person wearing it is out.

The team with the last balloon alive wins!



VILLAGE HALL TRUSTEES

As recent visitors to the village hall will have noticed,

refurbishment of the building is progressing well and the majority of the planned work will be complete by the end of the year. The re-sealed main hall floor looks magnificent and complements well the new interior paint scheme and improvements to the stage. Additional power sockets have been installed in the main hall and the relocated WiFi hub means that the main hall and all other parts of the hall benefit from about 16Mb/s internet download speeds via the local EE 4G mast opposite Strutts Farm. The Millennium Lounge has been fully redecorated and the window blinds renovated. The rear and front entrance lobbies have been redecorated and the floor mats replaced. The improvements to the central heating system are due to be undertaken in the next week or so and the remaining exterior redecoration should be complete by the end of the month. The floor in the small hall has been sanded and sealed, greatly improving the look of this room. All of this work was made possible through the award of a Community Initiatives Fund grant last year and a drawdown of hall financial reserves.

At their routine meeting in August, trustees were delighted to note that the village hall had also been awarded a grant of £5000 from Solafields Ltd, the developer behind the Arleigh Solar Farm in Burnt Heath, from their community benefit fund. The trustees also decided to seek another Community Initiatives Fund grant of £3900 towards additional refurbishment. The further works that trustees would like to be undertaken include: replacement of the Millennium Lounge and Committee Room carpets; provision of a hard standing path between the car park and the Millennium Lounge exit; provision of new steps opposite the Millennium Lounge exit; additional internal redecoration;

improvements to the internal lighting; provision of improved car park lighting; and grounds maintenance including hedge cutting and ditch/drain clearance. It is hoped to undertake all of this work before Easter 2017.

To help rebuild the financial reserves, trustees have decided to make a small increase to the hall hire rates which will take effect from 1st January 2017 for all new bookings. This is the first increase in over 3 years. Despite this increase, local research shows that the hall remains highly competitive as a convenient, flexible and affordable venue in the area with the additional benefits of a working stage, good acoustics, hearing loop and WiFi coverage.

There are a couple of fundraising events taking place before the end of the year and these are summarised below:

Saturday 26th November - Willow Weaving Course

Saturday 10th December - Christmas Fayre (in conjunction with Great Bromley WI)

The village hall trustees look forward to welcoming you at one or more of these events and also to providing hall accommodation for you whether it be for a birthday party, meeting or musical event. As the hall is fully licensed, there is scope to undertake a wide range of activities in the accommodation - all at competitive hire rates. If you want to know more about what the hall can offer or if you wish to make a booking please contact the bookings secretary Mary Fawcett on villagehallbookings@greatbromley.org.uk or 07957962788. A tour of the facilities can be arranged on request.

Martin Frostick
villagehallsecretary@greatbromley.org.uk
or 01206 250263



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

ST HELENA HOSPICE

The power of volunteering

Freda Jenkins, a long-standing volunteer at St Helena Hospice recently received the distinguished Badge of the Order of Mercy by The League of Mercy Foundation. Freda was nominated by the hospice's librarian, Candy, Welch, for the service she has made to the hospice and many other Colchester Charities. Freda works in the hospice's library once a week and has done so for 17 years, looking after the palliative care journals, cataloguing them all and she circulates all the information to palliative care staff so that they can have up to date palliative information as it's printed.

Freda said: "My husband was cared for by the hospice. Prior to his death I volunteered on the reception area in the Inpatient Unit from about two or three weeks before the hospice opened, up until my husband died of cancer. When I resumed I started in the library as I didn't feel I could come back and

do the same role.

"I've met some beautiful people along the road, volunteering is a two way thing. It's not all give: we do receive a lot back. It's very special."

Just 28 volunteers were presented with the award; they are given each year to people who have made an outstanding contribution to voluntary service.



Currently the hospice is in particular need of gardeners, cleaners, stock sorting assistants and till operators. If you are interested in volunteering at one of the St Helena Hospice sites please contact the volunteer team on 01206 931466 or email volunteer@sthelenahospice.org.uk.



September 2016

We've changed our name!

A big hello from Mid and North Essex Mind, your local mental health charity. You might've once known us as either 'Colchester Mind' or 'Mid Essex Mind'. The two charities have now come together and our new name is Mid and North Essex Mind.

Our new name describes the area we now cover a bit better – Colchester, Tendring, Maldon, Braintree and Chelmsford districts. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether you're stressed, depressed or in crisis. We work with children from the age of 5 and adults of all ages. Some people use

our services for only a little while and others might need help for longer.

We provide a number of services across Essex for adults including counselling, practical support around things like debt, job seeking and

housing, peer support groups as well as a number of different services for children and young people who are experiencing poor emotional wellbeing.

We are connected to the national charity Mind but we are an independent charity which means we have to raise our own money to help children and adults in our local area; we don't get funding from the national charity.

We've got a brand new website at www.mnessexmind.org with lots of useful information to help you and lots of ways you can help us. You can also call us, Monday to Friday, 9am to 5pm, on 01206 764600.

Future Meetings

• Phillips OBE (Lord Phillips of Sudbury) will talk on "Life in The

House of Lords". He will give his views on the House of Lords, that he knows inside out, as an institution and will add some reminiscences from his 17 years there.

On Wednesday 14 September Dr John Ashdown-Hill FSA, FRHistS, historian, writer & lecturer spoke on "The Mythology of Richard III". He explored the traditional mythology & modern myths which have emerged since the discovery of his remains in 2012. He asked was he a usurper, how many did he kill, who was really responsible for finding his remains?

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 260 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.

- On Wednesday 9 November Adrian Wright FRGS will talk on "Earth on Fire". Hawaiian larva oozes continuously while Krakatoa & Vesuvius have been ~ dormant for decades - sometimes centuries - between cataclysmic events. This illustrative talk examines volcanic variety, exploring reasons for such diversity.
- Whilst we do not have a speaker meeting in December our popular Christmas Lunch will take place on Wednesday 7th December in the Constable Hall.

Meeting Venue

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

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



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

On Wednesday 7th September Tom Hodgson, our speaker's subject was "What the Papers Say" and on Wednesday 21st September Francis Boardman returned to present "The Battle of Waterloo". Both events proved popular with our Members

Future Meetings

Our October speakers are:
 5th – Anne & Dennis Kell "Natural History of Bats"
 19th – David Ablewhite "Wallace & Edward"
 Our November speakers are:
 2nd – John Stark "Mid Suffolk Light Railway"
 16th – Homestead Senior Care "Senior

Fraud"

Meeting Venue

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

New members

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

LEWIS TATHAM (EDWARD TATTAM)

K.I.A. 23 OCTOBER 1916

Lewis Tatham was born Edward Llewelin Tattam in late 1895 or early 1896 at the village of Newton, near Rugby in Warwickshire. The informal name of Lewis most likely stemmed from Edward's middle name, whilst most of the family started using the surname of Tatham at some point between 1908 and 1909.

The Tattam family lived at Newton Mill, where Edward's father was both a farmer and miller. Edward moved to Great Bromley, along with his father and two younger sisters, following the death of his mother in 1903. They lived at Essex House from where they ran a grocer's shop, Edward himself assisting in the business.

William Tattam remarried in 1908. His new bride brought two children from a previous marriage into the family, and the following year she and William had a son.

Edward appears to have volunteered to join the Essex Regiment in November 1915 using the name of Edward Lewellen. This is how his name appears in all but one of the official records which also lists the name of Tatham as an alias. It would be interesting to know his reasons for enlisting using this name.

We don't know exactly when Edward was sent to join the Regiment's 2nd Battalion serving in France at some point between 1st January and late October 1916.

Edward was killed during the Battle of the Somme on 23rd October 1916, aged 20. His Battalion were part of an attack against the German lines north east of the village of Lesboeuufs. Zero hour for the attack was initially postponed for three hours due to heavy mist. In the face of heavy machine

gun fire only about thirty men from the 2nd Essex reached the first objective, 500 yards behind the German front line. With all of their officers and NCOs killed or wounded, and with no support nearby, they were forced to withdraw to their assembly trenches. The failed attack cost the Battalion 255 casualties, nearly half of them fatal.

Edward's body was never identified, if it was found at all. He is commemorated on Face D of Pier 10 on the Thiepval Memorial to the Missing of the Somme.



FROM THE RECTORY

Banksy is an anonymous English based graffiti artist based in Bristol. His work consists mostly of a distinctive stencil based technique, and can be found on streets, bridges and walls of cities round the world. Many of his painted pieces are of a 'social commentary' nature, although in 2015 he organised a temporary art project in Weston-super-Mare at a disused Lido. Titled 'Dismaland', it was an ironic twist on Disneyland.

Art is one of those things that can be incredibly subjective. One man's graffiti art and installation is another man's vandalism and waste of space.

Artists find their ideas from all sort of sources. Banksy from the state of society, sculptor and photographer Andy Goldsworthy from the natural world, surrealist Salvador Dali from the depths of his imagination.

Many artists have found their inspiration in the pages of the bible. Visiting the great art galleries of the world, the sheer number of painters who put brush to canvas to give image to words from scripture is striking. Michelangelo's work on the Ceiling of the Sistine Chapel in Rome, and Leonardo da

Vinci's Last Supper at the convent of Santa Maria in Milan are works that have been reproduced countless times. They speak across the generations, in very much the same way that the bible that give birth to them did in the first place.

Art in our places of worship didn't cease to be produced hundreds of years ago. In the crypt at Winchester Cathedral stands a sculpture by British artist Anthony Gormley. 'Sound II' is described a a 'mysterious' life-size state of a man, contemplating the water held in his cupped hands. It is striking, especially when it stands in the foot or so of water that has filled the crypt which is regularly flooded during rainy months.

Art in our church buildings shouldn't detract from the main purpose of these buildings - as places that we gather to worship God. Instead, like the songs we sing, the words we speak, and the scripture we read, it should focus us back on the creator God who has given us that creative urge himself.

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

KITCHEN CORNER

While there are still some blackberries around, you might like to try this recipe for sorbet, which I found in a booklet of Favourite Ice Creams.

Blackberry Sorbet Serves 6

1 lb blackberries 1/2 pint water
4 tbsp water
Finely grated rind and juice of 1 lemon
4 oz caster sugar 2 egg whites.

Method. Place berries and 4 tbsp water in a pan and cook gently until soft; about 10 minutes. Rub through a sieve to remove seeds.

Place sugar and 1/2 pint water in a pan and heat gently till sugar is dissolved. Add

lemon rind and boil for 10 minutes.

Leave to cool for at least an hour. Stir in the lemon juice, followed by the blackberry puree. Pour into a freezer-proof container. Freeze for 3 hours. Remove from freezer and tip into a bowl. Whisk egg whites stiff, whisk the blackberry mixture with a fork and fold in the egg whites.

Return to the freezer for at least 3 hours.

Transfer to fridge 30 minutes before serving.

Jill Frostick



ST. GEORGE THE MARTYR, GREAT BROMLEY



Services for September

Sunday 2nd	19th Sunday after Trinity 8.00am Holy Communion 6.30pm Harvest Evensong	<i>St Mary's, Lt Bromley</i>
Sunday 9th	20th Sunday after Trinity 10.30am Parish Eucharist	
Sunday 16th	21st Sunday after Trinity 8.00am Holy Communion	
Sunday 23rd	22nd Sunday after Trinity 10.30am Parish Eucharist	
Sunday 30th	All Saints' Sunday 10.00am Benefice Communion	<i>St Mary's Lawford</i>

The church is open daily and you are welcome to visit.

St Mary's Church, Lawford Every Sunday 8.00am Holy Communion 1st Sunday 10:00am Holy Communion 2nd Sunday 10:00am Family Service 6:30pm Evensong 3rd Sunday 10:00am Holy Communion 6:30pm Cafe Church 4th Sunday 10:00am Morning Worship Wednesdays 9.30am Holy Communion	St Mary's Church, Little Bentley First Sunday 10.30am Morning Prayer Third Sunday 10.30am Holy Communion St Mary's Church Ardleigh 1st Sunday 10.30am Parish Eucharist 2nd Sunday 8.00am Holy Communion 3rd Sunday 10.30am Parish Eucharist 4th Sunday 8.00am Holy Communion 5th Sunday 10.30am Parish Eucharist
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J.A.M. DROP- IN

Every Friday in St George's church
Term time only
Parents & children welcome
All are welcome * 3pm to 3.45pm
Refreshments, activities

Church Lunch

Friday October 7th
12 Noon.

ALL VERY WELCOME

FROM THE REGISTERS

Wedding

Domonique de Friez and Hayden Willshire.

Funeral Service and Burial

31st August-George Frederick Kempster
12th September - Peter Stuart Scott.