

THE MESSENGER

The Magazine
of the villages
of Great &
Little Bromley

December 2016 / January 2017

Volume 1 No 1



THE FIRST PAGE

Due to unforeseen circumstances the amalgamation of our magazine with Little Bentley will now not take place. We are sad about this but maybe sometime in the future we can re-visit the idea.

During negotiations we had decided to become 'just' The Messenger and we will continue with this name from now on as well as keeping the new address - the1986messenger@gmail.com. So please delete any other Messenger address you may have and stick to this one. I shall just become a Confused.com otherwise!

Published by the Parish Council and being delivered along with this issue of The Messenger is **The Messenger 2017 Handy Book**. This contains useful information for you to keep ready by your phone or on your noticeboard and I hope everything necessary for your needs is contained in it. The last one was printed in 2010 and quite a lot has changed in our villages since then.

The weather from being dry and warm has suddenly turned rather cold, wet and windy and the lanes have been awash the last two days or so - according to my records so far this month we have had 52mm (as at 21 November) of rain. In November 2015 I recorded 92mm for the entire month. More heavy rain is forecast tonight so it will be interesting to compare the figures at the end of the month.

December is the month of carol services, Santa Claus, decorations, Christmas trees and relentless shopping. Actually I have largely given up on the shopping apart from giving gifts to my children and grandchildren and what a relief I find that is. I do, however, send out Christmas cards and for me they are the most important part of Christmas and are, along with my wooden tree, my only

decorations. Each card represents a friend or member of my family and are very precious to me and, I think, what Christmas is all about - celebrating the birth of a child and sharing that joy. I have had two new grandchildren this year, one will be ten months old at Christmas and the other almost two months and the new parents are busy excitedly preparing for their first very own family Christmases.

In the centre pages of the magazine every month there is a Diary of Events. If you are planning anything at all for the coming year and want to let everyone know, both as a means of saving a date but also so that events do not overlap with each other, **do please let me know**. I usually do a 'box' with all the information on the event a couple of months in advance but can put it in the 'Diary' section well in advance if you send me a date.

Some of you have been kind enough to ask after Katisha and there have been comments that she has not written anything recently! She thanks you for your good wishes and tells me that now that winter has arrived and she is becoming older, with the result that she no longer wishes to spend cold, wet days hunting outside, she will put on her thinking cap very soon, give me a month off and write an editorial. Watch this space!

Lastly I would like to thank everyone who has contributed to The Messenger and helped in any way over the last year. Without your input, help and support there would be no magazine.

Wishing you all a very merry, peaceful Christmas and a happy, healthy 2017.
Leonie

On behalf of all of us at The Messenger we wish you

A Merry Christmas & Happy New Year to you All



VILLAGE HALL TRUSTEES

As another year draws to a close, the village hall trustees

are busy planning the annual Christmas Fayre which will take place on 10th December in the village hall. This year, trustees will be working together with the Women's Institute to organise and deliver what is one of the highlights of the village calendar, offering everyone the chance to have some fun and do a little pre-Christmas shopping whilst raising funds for both the village hall and the WI. The event kicks off at 10.00am and boasts a good selection of stalls and activities for all ages including the chance to see and hear the popular St George's School Christmas Choir in action - back again by popular demand following their acclaimed performances in previous years. There will also be the usual children's games competition running throughout the event, with various prizes for the lucky winners including a £30 toyshop gift voucher. A good selection of food will be available in the restaurant, catering for a range of ages and tastes. The Grand Christmas Draw will take place at the end of the Fayre, giving all ticket holders the opportunity to win a large number of worthwhile prizes, including the main prize of £100 in cash. We look forward to seeing you there!

Grand Draw tickets are available from village hall trustees, members of the WI or from me priced at 50p each.

There will be a plant and produce stall at the Fayre which would welcome donations of indoor plants and produce. Likewise, the

book stall would appreciate donations of good quality books, puzzles and games. Please contact Kate Strowbridge or me if you would like to donate something - I can collect items if required.

The first fundraising event at the village hall in 2017 will be a Quiz on Saturday 14th January. Look out for more details on the village notice boards, website and Facebook.

The village hall trustees are grateful to the parish council for the recent S137 grant award of £400 which will be spent on installing a baby changing station and sanitary item disposal facility in the disabled toilet. They are also grateful to Andrew Fairley for volunteering to cut the village hall hedges with his tractor and for doing such a great job; the hedges were very overgrown and although looking a bit bare now will fill out over the next couple of years to make a great refuge for wildlife. The area to the front of the hall will also change in the next few weeks when the old railings and pedestrian path are removed and the grass verge extended across the full width of the hall.

I would like to take this opportunity on behalf of the trustees to wish all members of our communities a Merry Christmas and Happy New Year. We look forward to seeing residents from both villages at some of the many activities taking place at the village hall in 2017.

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



RUN FOR MS UK

Join the MS-UK Colchester Half marathon team and be

part of this amazing event on Sunday 12 March 2017.

Every penny you raise will help MS-UK offer our vital services to local people in

Essex living with multiple Sclerosis. Plus you will get all the support and encouragement that you will need to take part and your very own MS-UK running top!

For more information contact Mark today on mark@ms-uk.org or 01206 226500.

IN THE GARDEN WITH KATE

We have had the most spectacular colours in the garden this autumn/winter, the most beautiful reds, oranges, yellows and browns. Sadly with the recent high winds, the leaves are coming off fast, which means lots of raking up and piling in the leaf bin. We have an old metal bin which was upcycled, and now is used for piling leaves in the autumn, where they rot down happily to make the most beautiful leaf mould. It always amazes me how you can fill the bin one day, and by the next, it takes up half the volume.

The berries have also been beautiful, and very plentiful this year, which should help the birds during the winter. However, if you want holly berries for Christmas, now is the time to cut some and store in a bucket of water in a cool place, otherwise the birds will probably strip the trees.

It is worthwhile laying compost on the cleared vegetable beds to allow the worms to drag it down during the winter, and finally clearing up any debris lying around to prevent slugs and snail overwintering. Brussel sprouts, parsnips and leeks will be ready to harvest, and salad crops can be harvested too if they have had some protection.

Look at your flower beds and decide whether some perennials can be divided. Most will benefit from this, and the advantage is that you get free plants. Alternatively, if there is no space, pot them up and donate them to the plant fair next May! Bare rooted trees and shrubs can be planted now, as can any shrubs that need to be moved.

Outside pots and tubs need to be raised off the ground with "feet" or bricks to allow rain to drain through - most hardy plants will survive the cold, but few relish wet cold; in addition if they are wet, and it freezes, there is a danger of the pot breaking.



Winter is the time to clean, repair or replace garden tools and sharpen secateurs, scythes and loppers. It is also worth making an appointment for lawnmowers to be serviced rather than leaving it until the spring. Sheds can also do with a clear out and a tidy!

One of the things I love about this time of year is the beautiful plants that one can purchase to bring into the house. Cyclamen, poinsettia and bulbs of all descriptions. I think they are almost more beautiful than garden flowers in that they can be enjoyed in the depths of winter. They do however appreciate a little TLC, being kept in the cooler areas of the house and out of drafts, but with good light. I for one will be busy looking at seed catalogues, and planning how my garden might look next year. I say "might" as the dream rarely lives up to expectations!

I do hope that everyone has a very Happy Christmas and peaceful New Year, and that you all enjoy your gardens whatever the weather throws at us.

Kate Stowbridge

"Bromley Got Talent" at Great Bromley W.I.

I have always known that there is a great talent in all our ladies at Great Bromley W.I.

However I was completely "bowled over" by our three members who had "volunteered" to share their talents with us on Wednesday. They were all extremely interesting, confident, engaging and very informative about their respective talents - I for one learned so much about each subject.

Our first member to speak was Sue Orriss who called her talk "Ring Out Those Bells".



Sue is a very experienced and knowledgeable campanologist who has rung bells in all sorts of churches, countries and counties.

Sue's most favourite moment was ringing in Christchurch, New Zealand whilst on holiday out there. Sue described the process involved in learning to ring; in most cases it can take four to six months to control a bell!! Did you know the rope is called a "Sally" the group of bells is called a "Peal" and that bell ringing is predominately an English pastime? The Tower at Great Bromley has six bells, the largest is called a Tenor and weighs 15cwt. Peals of bells vary from four bells to twelve bells in some Towers. Bell ringing practice at Great Bromley takes place every Friday at 8pm everyone is welcome to watch and learn. Thank you Sue.

Our second speaker was Leonie Henderson. Leonie's talk was about one of her many handicrafts - Lace Making.

I was astounded to hear the list of different types of lace, amongst them knitted, bobbin, Maltese, Buckinghamshire, tatting, Tenerife and so many more. Leonie began her lace making career in 1985 when she attended a course in Coggeshall (another type of lace). I think Leonie must be so very patient as learning this skill takes many, many years. (which is why hand made lace is so expensive to buy). Leonie bought her Bobbins to show us and some lovely, lovely samples of her beautiful work, which included her favourite Christening Gown she has

made for her grandchildren to be worn soon by the newest member of her family - Alberta.

Thank you Leonie.

Our final speaker was Sue Clark who shared with us her very recent trip to China. Sue and Kevin took an "all inclusive" trip organised by Saga which started in the fascinating city of Beijing where Sue was able to fulfil a dream by walking The Great Wall. Sue's wish list included Shanghai, The Forbidden City, The Bullet Train, (over 300 miles an hour) and the very best of all for Sue, The Terracotta Army. In a very amusing, humorous and sometime quite emotional way (Sue was obviously very much moved by everything she saw) Sue led us through her journey of a lifetime and illustrated her most interesting talk with photographs, books and postcards. Thank you Sue.

Thank you to all our three ladies you would be worthy of a place in any speakers list book - in fact much better than some of our speakers from past meetings!

We are so very fortunate too on this evening to be joined by six (yes Six) lovely ladies who are interested in joining Great Bromley Women's Institute. I hope very much that they enjoyed our meeting which finished with a "Fun Auction" to raise funds to pay the postage on our Christmas Shoe Boxes. Please come again

Our December meeting is a Christmas Celebration at the Court House on December 7th 12 noon. The competition is a decorated Brussel Sprout!! There will be great fun and good food.

On January 4th, time to sign up, subscriptions are due £39... and our speaker is Linda Belgrove who will speak about her Charity "Essex Retired Police Dogs" The competition is a Dog Poem. Please come and join us if you would like to learn more about this worthy charity.

Wising you all a Very Happy Christmas and an Equally Super 2017.

Jenny Nicholls

THE DOCTORS' SURGERY NEWS

Ardleigh Surgery

October and November are traditionally very busy months in general practice and this year has been no different. By the time you read this, our flu campaign will have been and gone and we will (hopefully!) have achieved our target of vaccinating 75% of those who are eligible. This year has seen a rise in the number of patients who don't qualify for an NHS vaccination trying to obtain one at the surgery. Unfortunately we are unable to vaccinate anyone who is outside the NHS flu programme, but many of the local pharmacies and supermarkets offer immunisation at around £5. Those of you who are eligible, please make a note in your 2017 diaries to contact the surgery in September next year to book your flu jab.

Those of you who visited the surgery in late October will know that we had a Care Quality Commission (CQC) inspection on 1st November. The visit seemed to go well and the inspectors talked at length to our staff, our patients and the doctors. The report into their visit will be published around Christmas time and copies of it will be available at the practice and on our website. The report will also include our rating. Our Patient Participation Group (PPG) will be having a meeting to discuss the CQC findings and you would be more than welcome to come along, see how the PPG works and discuss the findings with members of the practice. Details of the date and time will be advertised later.

When Dr Owens retired in June, Dr Emily Foster joined us, working three days a week. She has now decided that Ardleigh Surgery is not the practice for her and she is leaving during November. Everyone, I am sure, wishes her well in her new practice. We will be joined during the first week of December by Dr Rebecca Thompson, who comes to us from a practice in Suffolk. Dr Thompson lives

locally and will be working three days a week with us, and one day a week at St Helena Hospice in Colchester.

We are aware that there has been a shortage of appointments during October and November. This has been partly due to a large demand for appointments, GP sickness and holidays. Rest assured that we are aware of the problems and are planning small changes to the appointment system to ensure a greater availability of appointments.

Many patients get concerned about being ill over the Christmas period. The surgery will only be closed at weekends (as normal) and on the bank holidays (26th & 27th December and 2nd January). We will be open as normal on all other days. When we are closed, the 111 service will be available for medical advice. There is no need to order your medication early specifically, unless you would be due to run out, or collect it, when we are closed.

All that remains is for me to wish you a merry Christmas and a happy and healthy New Year from everyone at Ardleigh Surgery.

Stephanie Durrant, Practice Manager

GT BROMLEY & DISTRICT CRICKET CLUB

100 Club Winners October

- 1st. Mrs. B. Fuller
- 2nd. Mrs. Lynda Allam
- 3rd. Mr. D. Fuller



Wishing you all a very Merry Christmas and a happy and healthy New Year from
Gt. Bromley Cricket Club

Great Bentley Surgery



On behalf of the doctors, nurses and staff at the surgery, we would like to wish all of our patients a very merry Christmas!

Over the years we've found that patients have become much less self-sufficient which is fuelling a huge increase in demand for GP services. Many minor ailments can be treated at home and we would like to urge our patients to consider self-care first where appropriate, in order to leave more appointments for patients who need them. Help us to help you.

Please find below a list of ailments you can safely manage yourself:

<i>Back Pain</i>	<i>Period pain</i>	<i>Sore Throat</i>
<i>Cold sores</i>	<i>Earache</i>	<i>Nasal</i>
<i>Common cold</i>	<i>Haemorrhoids</i>	<i>Congestion</i>
<i>Influenza</i>	<i>Migraine</i>	<i>Sinusitis</i>
<i>Conjunctivitis</i>	<i>Hay fever</i>	<i>Sprains and</i>
<i>Constipation</i>	<i>Head lice</i>	<i>Strains</i>
<i>Diarrhoea</i>	<i>Headache</i>	
<i>Insect Bites</i>	<i>Nappy Rash</i>	

There are other conditions that can be managed at home if they are not related to any other underlying conditions, for example: cough that doesn't last for more than three weeks, Heartburn & indigestion unless symptoms persist.

Richard P Miller – Practice Manager

There is plenty of help on the internet, so why not try the following websites:

- www.nhs.uk
- www.patient.co.uk
- www.selfcareforum.org

There is also an excellent leaflet for parents called "When Should I Worry" giving guidance on coughs, colds, earache and sore throats which can be downloaded at www.whenshouldiworry.com

Please don't forget that the Patient Participation Group does not meet in December.



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!***

Measles & Mumps – These appear in this booklet in a lot of detail as were common but potentially very serious conditions a hundred years ago. However thanks to medical science and vaccinations they are now very rare. This is perhaps a good reminder for parents to ensure that you get your children vaccinated as soon as they are eligible, in order to avoid this type of serious illness.

Nose Bleeding – Unless bleeding is very severe, it is as well to let it take its course; for in most cases it will stop of its own accord. If it is found necessary to stop the bleeding, hold the nose firmly between the finger and thumb. This often has a good effect. Another remedy is to bathe the head, face and neck in very cold water. Putting a large door key (quite cold) down the back is an old fashioned but effectual remedy. ***Not sure about the key, but putting something cold on the nose is still recommended!***

Ivan's Christmas Puzzle. Who, What, Why?

Two legs sat on three legs with one leg. Four legs took one leg away, two legs cast three legs at four legs so four legs dropped one leg.

Answer on page 27



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

Telephone: 01206 230305

Class 4 Trip

Class 4 went to Colchester Castle to learn more about the Romans. The vaults were amazing; it felt like we were back two thousand years ago. We learned about Boudicca. Boudicca got her revenge on the Romans for beating her and her relations up! All the remaining people ran to the temple of the Gods but Boudicca found a way in. We constructed a Roman Roundhouse. Roundhouses were made of wattle and daub. We also created a Roman villa and found out about ancient underfloor heating. In the afternoon we visited the exhibits. We were impressed with the recently discovered 'Fenwick Collection' We had a really enjoyable day and learnt so much.

By Phoebe Barford and Jessica Bateman

The whole school is busy preparing for Christmas. Children in Classes 1 and 2 will be performing a nativity called Hey Ewe! We are all very much enjoying the sound of



their singing throughout the school as they practice enthusiastically. There will also be a whole school carol service in St George's Church towards the end of the term. We wish you all a very Merry Christmas and a peaceful and happy new year.

FRIENDSHIP CLUB

October was the 55th Anniversary of the start of the Friendship Club. A fish and chip lunch was enjoyed by members prior to the meeting, which was a great success. It is hoped this can be repeated in the future. Brian Russell, our speaker for the afternoon gave an excellent talk on his work as a Toast Master, complete with amusing anecdotes of many unexpected situations. He has now retired from his work, but continues to give talks.



The Quiz night was a great success with proceeds from the raffle being donated to the Multiple Sclerosis Society. Our team came fourth. A donation has also been sent to Help the Heroes. Final arrangements and

monies were collected for the Christmas meal on 30th November.

Our visit to the Harvest celebrations at the school was very enjoyable. Thank you to the children for their excellent singing, followed by tea and biscuits. Thank you also to the Staff for their hospitality and for the boxes of harvest fare. Mary Clark will lay a wreath at the War Memorial on behalf of the Friendship club on Remembrance Sunday. December meeting will be our Christmas party with entertainment. Please bring a plate of nibbles and a prize for our bumper raffle. January will be our AGM followed by tea, and subs will be due, £11, the same as last year.

Sylvia Ward

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



BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

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

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

BABY DRAGONS

Our Parent and Toddler group is running on Fridays at Little Dragons, Church Meadow Bungalow. The session runs from 9.00 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.

On Saturday 29th October, we teamed up with The Courthouse Public House to host their first Halloween fancy dress party. The pub did a great job providing a superb venue, kiddies food, lots of space for the kids to play and our very own disco area. The kids and indeed the odd parent put loads of effort into their costumes which made for a very ghoulish setting. The weather was extremely kind with sun and warmth of a form now long forgotten. Kids were entertained by means of Halloween disco, colouring competition and other games too. And the fact that the party was hosted in a Pub resulted in the best Dad turn out ever!

Thanks so much to the Courthouse Inn, parents, friends, staff, committee members and children who supported the event. It was lovely to see everybody having a fun time together and doing their bit too in sustaining the future success of the Pre-school.

We're now planning on a Xmas party in similar form; details to be circulated soon.

We also held the official opening of our new outdoor canopy. Our Grand Canopy Opening on Monday 31st October was attended by members of the Frating parish

council, Acting head teacher at St George's Primary school and Landowner for Solafields Ltd in Ardleigh. Our children cut the ribbon.

Last month the children also enjoyed participating in lots of fun activities while learning about 'Diwali' and how the festival of lights is celebrated. We made Diwali cards for our friends in India and are in the process of setting up Skype so that we can talk to them too.

To commemorate Armistice Day the children made poppies from their handprints, these were made into a 'wreath' which the children laid at the memorial.

Finally we would like to take this opportunity to thank all our parents and friends for their continued help and support over the year and to wish everyone a Merry Christmas and Happy New Year.

Fundraising USED PRINTER INK CARTRIDGES

We are now collecting cartridges -please help us raise some funds by recycling your old ink cartridges with us.

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.

Continued on page 10 .../

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:

Mon 5th Dec Dads Week

Mon 19th Dec Last day/ Christmas Party

Mon 9th Jan Spring term begins

LOCAL GRANT FOR PRE-SCHOOL

Local Grant Allows Pre-School to Enjoy the Outdoors Whatever the Weather

Little Dragons Pre School in Great Bromley are reaping the benefits of their new canopy which allows them to play and learn outside all year round. The children can now create concoctions with their mud kitchen, get lost in story time and enjoy free-flow play in the fresh air whilst keeping sheltered from the weather.

Their canopy was officially opened this week with a cutting of the ribbon however, the children and parents

have been enjoying the benefits of their new canopy for a couple of weeks now.

Karen Montgomery, Pre-School Manager explains:

"The canopy has allowed us to re-design our outdoor play space, knowing that the children will now be able to spend more time outside in all weather conditions for

longer periods of time because they will be sheltered from the sun and rain. We are really pleased with how the canopy has been fitted, along with the water butt that the children access daily for their mud kitchen."

The staff had been hoping to add a canopy to their facilities since they moved to their current premises back in January 2013 and was finally able to do so with the grant that they gratefully received from the Ardleigh

Solar Farm Community Benefit Fund.

The pre-school which has been running for 40 years and cares for around 30 children, has received many

positive comments from parents about the canopy which was supplied by Able Canopies Ltd. as they can now also keep dry when picking their children up.



THANKS

Great Bromley Annual Quiz

Great Bromley Parish Council held its second annual quiz at the village hall on the 15th October. The quiz was well supported by the majority of our clubs and organisations; a magnificent £160 was raised for the MS Society. The quiz, itself, was won by the Bromley Cross Community Benefit Society.

I would like to thank our quiz master for the evening Hugh Frostick, I am sure we will be calling on him again next year along with his able assistants Lillian and James!

Thanks to those who answered the questionnaires about forming an Events Group for the village. Almost everyone who responded liked the idea of a Theatre group. This would entail organising trips to both local and London Theatre. There was also enthusiasm shown for the formation of

a village group of players (actors).

Other feedback suggested further regular quizzes, bingo, dances, art classes and a youth club.

It would be great to explore further all the suggestions but none of it can be done without people coming forward to participate one way or another. If you would like to support an Events Group for the village or have an interest in starting a theatre group or group of players, please contact me either on 01206251093 or email janecoster@hotmail.co.uk.

Again thank you to all who turned out for the quiz we hope you had an enjoyable evening and well done to the Bromley Cross Community Benefit Society on their victory.

Jane Coster

DAD'S ARMY' OR HOME GUARD IN TENDRING 1941 – 1944 NEEDS YOU!

Research into the Home Guard of the Second World War, in North East Essex, is being undertaken by the local group of the Victoria County History of Essex. It has the backing of a Heritage Lottery Fund grant for this one year project.

Its purpose and outcomes are:

- To survey and record Second World War anti-invasion measures in the inland district of Tendring using contemporary listings of sites.
- To locate and interview surviving former Home Guard members who served in the district of Tendring.
- To hold a one-day exhibition of its findings at the end of the project.
- To install an information board about the Home Guard at a suitable site.

I am a member of the VCH and also, incidentally, Tendring's 'Local History Recorder', accumulating for posterity

information on the village, before it is lost. As there will be few survivors from this period I am hoping to speak with relatives of former Home Guard Members or those who have any anecdotal contributions to offer. Family photographs may include Home Guard information.

Although 'Dad's Army' very amusingly made light of the Home Guard, these chaps manned the 6" gun batteries at Frinton and Holland and pill boxes in the area. They would have been in the forefront of an almost inevitable invasion, in which case I probably wouldn't have had any of their relatives to speak to!

If you have anything that will add to this recording will you get in touch with me please at 01255 676161 or dfg@talktalk.net when I could arrange to visit and discuss.

David Grayston



SAVE THE BROMLEY CROSS

See report on page 7

By the time you read this, the Cross Inn, Great Bromley should be owned by our community. It's been a bumpy journey, from a group of pub regulars getting together when the Cross closed, to having a Community Benefit Society, which owns the pub. Fortunately the highs easily outweigh the lows, and that's due to the good nature and support of everyone involved. Thank you all.

There are so many people to thank that it almost seems unfair to name one, but I will do to give an example of the highs outweighing the lows. The second time we were allowed to look round the Cross Inn, a few months ago, one of the doors was unlocked. It turned out that someone had broken in via the gent's toilet window, helped themselves to a full set of keys and stolen the log burner - they were either very strong or there was a gang of them. We secured the pub and eventually changed all the locks, but replacing the log burner would be a lot more expensive. Once we'd exchanged contracts, with winter approaching and no heating, we started looking around for a log burner, and asked Bentley Fire Shop for a quote. Will Bennett had a look, heard our story and amazingly called us later the same evening saying they had a second hand log burner that they would refurbish, give to us and install for free. What amazing generosity and community spirit - we cannot thank them enough.

We exchanged contracts on 19th October, but with completion on 1st December. That gave us about 6 weeks to raise £210,000 (OK, we already had £90,000 pledged, but that's still no mean feat). As I write this with less than a few weeks left, we have sold nearly £150,000 worth of shares to 104 investors, and I know we will have the money we need in time completion. So on to the next stage.

On Thursday 1st December the Cross Inn re-opens under community management, with an evening of DIY Xmas Tree

Decorating - please bring your own spare decorations. Over 110 of us will own the pub, and we can make it a community hub - a pub, with a post office, space to meet and chat, and who knows what else? I think I've seen a youth club in the suggestions box.

We've got plenty planned for December, with different people organizing different events. Live music with the Tea Ladies on the 3rd, a Xmas Charity Quiz on the 8th, and a Candlelit Carol Concert on the 15th. We hope to see you there.

Jim Craddock, Secretary, Save The Bromley Cross

www.greatbromleycross.org.uk or find us on Facebook <https://www.facebook.com/groups/SaveTheBromleyCross/>

The Cross Inn, Great Bromley

village pub

Opening Times Thursday 6:30 – 11:00
Friday 6:30 – 11:00
Saturday 6:30 – 11:00
Sunday 12:00 – 3:00

Limited food most Saturday nights

Events Diary

Thu 1 Dec Opening and DIY Xmas Tree Decorating
Sat 3 Dec Live music with Tea Ladies
Thu 8 Dec Xmas Charity Quiz, booking advisable
Thu 15 Dec Xmas Candlelit Carol Concert - children very welcome
Xmas Eve Xmas Jumper Competition
Xmas Day 12:00 to 2:00
NYE Save The Bromley Cross Awards 2016.
Posh frocks and DJs

SaveTheBromleyCross@yahoo.co.uk
www.greatbromleycross.org.uk

LITTLE BROMLEY AMENITIES GROUP

The Little Bromley Amenities Group held their Autumn litter pick on Saturday, 22 October. There were several members of the Amenities Group who volunteered to walk the lanes in and around the village for a massive clean up of all the rubbish that would appear to be thrown from passing cars, which is such a shame. In total the volunteers picked up 25 bags of rubbish, along with the usual McDonalds bags and Costa coffee cups plus a



large number plate and large plastic containers.

It is very disappointing to note that within 24 hours of our clean up some litter was found along the road to the A120. It would appear not to bode well for the future when the recycling centre in Manningtree starts to restrict certain elements of waste.

Hopefully this will not encourage fly tipping but it is something that is bound to happen.

Thank you to all those members of the Amenities Group who took part and our next litter pick will be in the Spring of 2017.

Ann Clark

Dog Fouling in Little Bromley

I have received complaints on the subject of dog fouling on the footpaths and roads in and around Little Bromley, even though dog bins are provided. Some dog owners do pick up after their pets for which we are extremely grateful, but some don't act as responsibly when out walking their pets.

I have written to Little Bromley Parish Council and asked for this problem to be raised at the next meeting.

Ann Clark



The Haywain, following refurbishment, is due to reopen on 23 November and the new tenants have told us that they will be happy to support all activities of the Amenities Group.

KITCHEN CORNER

Rich Chocolate Cookies for Christmas

Makes 12 large cookies

200 g good dark chocolate
75g butter
225 g light muscovado sugar
2 eggs
vanilla
50 g skinned hazel nuts
150 g flour

Carefully melt the chocolate in a basin over hot water.

Cream butter and sugar, beat eggs and add with vanilla and beat all to mix thoroughly.

Toast the hazelnuts in a dry pan, shaking to colour evenly. Grind them coarsely, then take out half and grind the remaining half finely.

Add the nuts and flour to the mixture, place heaped tbs on a baking sheet lined with parchment, Don't flatten them!

Bake 10 mins moderate oven 180°C.

Remove from the tin when cooled.

Jill Frostick

2016-17 EVENTS

DECEMBER

- 2 Church Lunch, St George's, 12 noon
- 4 Messy Christingle, Village Hall, 3.00pm
- 7 WI Christmas lunch
- 10 Christmas Fayre, Village Hall, 10.00am
- 11 Dedication of new statue, St George's church, 10.30am
- 14 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 17 Preliminary Flower Festival meeting, 10.30am
Amenities Group Christmas Dinner, The Haywain
- 22 Christmas carol service, Little Bromley church, 7.00pm
- 24 Christmas Eve Crib Service, St George's, 5.30pm
Midnight Eucharist with carols, St George's church, 11.30pm

JANUARY 2017

- 4 WI meeting, Village Hall, 7.30pm
- 14 The Alternative Quiz, Village Hall, 7.30pm
- 19 WEA - 'History of Colchester Pt 2', Village Hall, 2.30pm

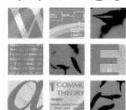
FEBRUARY 2017

MARCH 2017

World Women's Day of Prayer



WEA



Learning  Life

Ardleigh Branch
(now meeting at Gt Bromley
Village Hall)

The History of Colchester Part 2

Tutor: Patrick Denney
in Great Bromley Village Hall,

Commencing Thursday 19th January
(10 week course of 2 hours each week)
2.00pm Course Fee £75

The course is designed to provide a knowledge and understanding of some of the principal events and activities which have helped to shape the early history and development of Colchester. Topics for discussion will include the Plague, the Hythe, the Georgian Town, the Rag Trade, the Victorians, Edwardians and much more.

The course will also include a field trip in the form of a guided walking tour of

Colchester (this will be a continuation of the walking tour provided in Part 1).

We had a very interesting course with Patrick in the Spring Term of this year and this is a continuation of that course. The course is longer than last year, still being 10 weeks long but of 2 hour duration for each session, therefore the course fee reflects the longer course hours.

Do come along to the first session on 19th January and see if it is the course for you. Payment has to be made on the second week.

There will be a short tea break about half way through the session

For any further details contact:
Jill Frostick on 01206 502698
or John Terry on 01206 397101
Email: john@terrys.org.uk

Gt Bromley Christmas Fayre

10am to 1pm
Saturday 10th December
at the Village Hall

We have lots going on including;
GRAND Christmas DRAW
tombola * slot car racing * Kids craft
Cakes & produce * children's
competitions

Christmas wreaths and decorations
stocking fillers and gifts * books
Selection of Children's Games
jewellery and crafts

AND MUCH MORE

We will also be serving drinks
and refreshments for all ages
All Proceeds to Village Hall and
Great Bromley WI funds



The Alternative Quiz

Back by popular demand!
The alternative quiz, the perfect antidote to
winter!

Saturday 14th January 2017
7.30-10.30pm

Teams of up to 8 persons only

£5 per head. Raffle
Bring your own drinks
and nibbles

To book table please
phone Kate on
07592735600



Table Tennis for Fun

Come to Lawford Venture Centre
Every Monday 10.00am-12 noon
Non-league, any standard, any style.
Make new friends, learn new skills, get
fitter.

Bats and coaching available.

Contact George Earle on 01206 323264
OR Just Turn Up and enjoy Monday
mornings again.

All for only £2.50 per session

Messy Christingle

Sunday 4th December
at 3pm

in Great Bromley Village Hall



Christmas Carol Service

Thursday December 22nd
at 7pm.

Little Bromley church



Save the Cross

See page 12 for events at The Cross Inn
in December

A Christmas Service For all the Family

Nativity wear optional



Please join us for
our...

Christmas Eve

Crib Service

On Saturday 24th December

at St Mary's Church,
Ardleigh at **4.00pm**

or

St George's church,
Great Bromley at
5.30pm

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
All welcome

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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

BOUNDARY REVIEW

You may or may not be aware that Tendring District Council (TDC) is undertaking a Boundary Review. The Boundary Commission has announced that it is minded to recommend that TDC should have 48 councillors in the future, which is a reduction by 12 councillors. There is a consultation open until 9th January 2017 which can be found on the TDC website www.tendringdc.gov.uk – just click on the top banner.

You can also make a submission to the Tendring electoral review by sending an e-mail to reviews@lgbce.org.uk or writing in to the following address:

The Review Officer (Tendring)
Local Government Boundary Commission
for England
14th Floor Millbank Tower, Millbank
London, SW1P 4QP

GRANTS

During the Parish Council's November meeting, the S137 applications were considered and the grants were made as follows:-

Parochial Church Council of The Bromleys for St George's Churchyard, Gt Bromley	£625.00
Great Bromley Village Hall	£400.00
Great Bromley Carpet Bowls Club	£75.00
Great Bromley Men's Social Club	£600.00
Great Bromley Friendship Club	£250.00
Great Bromley WI	£50.00
TOTAL	£2000.00

Presentations of the cheques will be made at the next meeting on Wednesday 14th December 2016 at 7.30pm.

FLYTIPPING

The Environment Agency has issued a 24/7 Hotline to try and gain intelligence to combat the illegal dumping of rubbish also known as fly-tipping. If you witness or find fly-tipping or have any information about it you can now report it to the Environment Agency on 0800 807060.

Reports should include as many details about the incident and type/amount of waste as possible.

Some key points about if you witness such activity:

- Witnesses are vitally important in enabling action to be taken against people who fly-tip waste, so please do not hesitate to report any incident that you witness as soon as possible.
- Do not put yourself in danger by approaching anyone you see dumping waste; they are criminals, who may be involved in other criminal activities, and as such are unlikely to respond well to being challenged. If it is possible to observe them safely, the more information you are able to provide, the better the chances of an investigation.

Information that is useful includes the following:

- Time and date of incident;
- Description of person(s) dumping waste;
- Description of vehicle(s) involved, including registration numbers;
- Description of the waste dumped;
- Photographs can also be very useful, but only if it is possible to obtain them safely.

Please be reassured that any information supplied in connection to any such incident is treated in strictest confidence. If you make notes please keep them, even if they are scribbled notes on the back of an envelope. Actual notes taken at the time can be very valuable as evidence.

Do not try to rummage through the waste yourself to look for evidence, as there may be hazardous or sharp items hidden among the waste.

FLOOD GRANTS

As a reminder, grants to help protect properties against surface water flooding are now available for residents from Essex County Council. Applications for Property Level Protection (PLP) grants, of up to £5,000, can be made by individual homeowners via the Essex County Council website – www.essex.gov.uk - and are available for residents to apply for now.

Lizzie Ridout
Clerk to Great Bromley Parish Council

The Pond

You may have noticed that the vegetation around the pond has been cut back. This was done by the Conservation Volunteers, their expenses being paid by a grant from the Community Solarfields. The pile of cut vegetation was removed, very kindly, by Mike Volf. Thank you. In the next few weeks, the railings will be repainted, and a sign will be put up warning of unfenced pond. In the meantime, please enjoy the pond as you walk or drive past, but please do not venture to the water's edge, it is not safe.

Kate Strowbridge

PLANNING DETERMINATIONS

REF	PROPOSAL	LOCATION	DECISION
16/01215/FUL Mr M Volf - Stour Valley Construction	Construction of 4 no detached houses, with garages.	Land to The North East of Pond Farm Hall Road Great Bromley	Refusal - Full 21.10.2016 Delegated Decision
16/01330/OUT Mr & Mrs Volf	Outline planning permission with all matters reserved for the construction of four new 2 storey, four bedroom houses with detached garages.	Morants Hall Colchester Road Great Bromley	Refusal - Outline 07.10.2016 Delegated Decision

PLANNING APPLICATIONS

REF	PROPOSAL	LOCATION
16/01515/FUL Mr & Mrs Smith	<p>Proposed side extension.</p> <p>Great Bromley Parish Council (GBPC) objects to this application. The current application is for an extension to the old utility block nearest the road, behind the brick wall, which was given lawful use as a dwelling house previously. In any other normal setting, GBPC might not have objections to this extension.</p> <p>However, given the irregularities in the history of the site and a lack of a response from Tendring District Council (TDC) to GBPC's letter in March 2016 and its subsequent attempts to follow up, GBPC objects to any further development on this site at the current time.</p> <p>GBPC is concerned to note that on the current application there is reference to TWO properties on the site - 'The Caravan Coppice View' and 'Coppice View'. The current application refers to 'The Caravan Coppice View' and GBPC is concerned as to what constitutes this second property 'Coppice View' and what its planning status is. The Site Block Plan is not current, as it does not show the additional mobile homes nor the new road entrance, and hence is misleading.</p>	The Caravan Coppice View Carringtons Road Great Bromley

Continued on next page .../

	<p>GBPC is concerned as to the status of the 'ancillary block' on the site which was mentioned in the LUEX (14/00372/LUEX) application previously.</p> <p>GBPC is concerned, as notified to TDC early in the year, regarding the large mobile homes which have been moved onto the adjoining land within the site in the last 12 months. What is their status and also the status of the land? Does all of this additional development fall within the Caravan Act?</p> <p>There is now a separate access to the part of the site hosting the mobile homes. Has this been approved by ECC Highways?</p> <p>Given that a dwelling house exists on the site and that this is permanently occupied by the Smiths (as declared in the LUEX application previously), GBPC believes that any further consideration of this whole site as a 'traveller' site should now cease and the planning situation regularised to prevent any further unwelcome development of this site, given its prominent rural setting.</p> <p>GBPC requests an urgent site visit and discussion between GBPC and TDC before any further planning approval is granted to this site.</p>	
16/01585/FUL Mr Ray Baker	Proposed two storey side extension and single storey rear extension. Great Bromley Parish Council supports this application.	2 Holly Dene Cottages Briar Road Gt Bromley
16/01447/FUL Wentworth Developments Ltd	Extension of time on previous planning application approvals 07/00712/FUL, 10/01042/FUL, 14/00050/FUL. Great Bromley Parish Council supports this application.	Land Between Fieldside and El-tone Frating Road Gt Bromley
16/01531/OUT Mr Roger Hollington	Erect three bedroom detached bungalow, with detached garage, and lay out parking and amenity areas. Great Bromley Parish Council supports this application.	Land adjacent The Chapel Chapel Lane Gt Bromley
16/01598/FUL Mr & Mrs O Barber	Proposed single storey rear extension, rear open-sided canopy, and first floor side extension. Great Bromley Parish Council supports this application.	Marks Farm Frating Road Great Bromley Colchester Essex CO7 7JN

DISTRICT COUNCILLOR NEWS

The Local Plan is still ongoing, it appears we are seeing the light at the end of the tunnel.

Local Plan, what happens next.

Based on comments received at the public consultation events, the next version of the plan will be written and submitted to the Secretary of State. A further "pre submission" consultation will be held at this stage. The Local Plan will go through an examination where an Inspector will consider whether the plan has been

positively prepared, and that its policies are justified, effective, pass the legal tests and conform to national policy.

Adoption of the Plan following the examination the Inspector may recommend changes to the Local Plan. At this stage further consultation will be carried out. The council will then adopt the Tendring Local Plan which will form part of the development plan for Tendring District.

Continued .../

An electoral review of Tendring District

Council: Warding arrangements is under way. There is a public consultation which began on 25th October and will end on 9th January 2017.

The Local Government Boundary Commission is minded to recommend that 48 district councillors should be elected to TDC in the future. A reduction from 60. The public, town and parish councils are all invited to submit submissions to the Commission regarding their views and any ward changes, draw their own boundaries and feed views into the consultation process.

Submissions can be made by email to review@lgbce.org.uk or by post to Local Government Boundary Commission for England, 14th Floor Milbank Tower, Milbank, London, SW1P 4QP.

HGVs travelling through weight restricted areas.

A local resident of Great Bromley has been in contact with Xray Management Support Services Limited, a company based in Colchester, who are traffic consultants. They have agreed to try to help stop the illegal use of HGVs flouting the weight restricted area. To contact them the person to speak to is Ray Baker email: info@xraytm.com

I have previously spoken to the Traffic Commissioners for this area who are investigating the problem but it could take several weeks as they have a very large workload. It is very important that residents take the registration mark of any HGVs and forward them to Ray Baker.

I intend to write to the the operator and point out that he is in breach of his Operating Licence.

Fred Nicholls

MAGICAL MOMENTS

The clocks had gone back, the warm and gentle autumn was becoming wintry, and giving the dog its nightly walk was becoming less of a pleasure and more of a chore. As I walked, I was thinking that 2016 would not go down as one of the better years. There had been the passing of loved ones, sickness amongst family and friends, floods in the village with the attendant damage to homes and the misery this brings. The unpredictable weather and wet spring had had a serious impact on our endangered flora and fauna, the serious increase in heavy traffic was causing concern throughout the village and our rural area was facing a sea-change with the prospect of huge development of greenfield sites.

Whether or not my mood was the cause, suddenly my torch dimmed to the brightness displayed by a defective glowworm! Of course, as soon as that happened, I started to hear all sorts of unfamiliar and alarming noises coming from the hedges and undergrowth. The dog, whose imagination is even more over-developed than mine, looked anxiously at

me - it doesn't like the dark (nasty things like spiders and mice may be waiting to ambush it!) - so I quickened my pace and hoped that the drivers of the usual convoy of speeding cars and vans would see me before they flattened me - or doused me in a tidal wave of rainwater.

But I didn't hear the sound of traffic - what I heard floating across the fields was the sound of the bells of St George's church as the ringers carried out their regular Friday practice. 'Magical moment' - such a trite phrase - but so appropriate on that evening. What is it about the sound of church bells that lifts the spirit like nothing else can? The worries still pressed, but more lightly as I reminded myself that bells have been ringing from that church tower for centuries and despite all the changes during that time, the village still has green fields, tree-lined lanes and kind people who will share the worries and ease them if they can. So, time to look forward to a new year, with hope, and a determination to try and remember the message of the bells.

Name supplied

COFFEE BREAK NUTRITION with Suzanne Abbott

CHRISTMAS ALREADY?!

Many of us will, by now, be in our kitchens preparing those special treats like mince pies, Christmas pudding and Christmas cake. No doubt that during the holidays some of us will be reaching for the antacids due to the usual excesses of the festive season. Let's see if some of the Christmas spices could actually help us through these days of plenty.

Let's start with **cinnamon**. It has been used in cooking for hundreds of years. It comes from the inner bark of the cinnamon tree.

The bark is made into a powder which has a wonderful fragrance and is used as a spice or an aromatic infusion. Cinnamon is also a natural anti-microbial product, which means that in the gut it reduces the population of undesirable yeasts and bacteria. So if you have eaten something which gives you a tummy problem, cinnamon can be extremely effective. It can also reduce flatulence. It has also been found that just ½ teaspoon of cinnamon significantly reduces blood-sugar levels.

This is useful for diabetics and non-diabetics alike. It also lowers blood levels of fat (triglycerides) and 'bad' cholesterol. You can sprinkle it on your porridge, in fruit salad, onto your Christmas pudding and use it in curries or stews.

Cloves also have similar medicinal properties to cinnamon.

Not forgetting **Nutmeg** (mace) and its aromatic seeds. It is mainly used as a culinary spice; it aids appetite, can stimulate digestion and relieve flatulence, though it should only be used in small quantities for flavouring food.

How to aid digestion during the Christmas festivities:

Eat only when hungry.

Don't overeat.

Relax when eating – avoid stress.

Eat slowly and chew each mouthful thoroughly.

Don't drink too much with meals. The liquid, whatever it is, will dilute the digestive juices and make digestion more difficult. To aid digestion, drink peppermint tea with your

meal. To reduce gassiness, drink cinnamon tea after a meal. And throughout the day, don't forget to drink plenty of water too.

If you happen to end up with a hangover this is because the body is dehydrated and has been depleted of many vitamins and minerals. You therefore need to replace these and rehydrate the body. Here are some suggestions to help you do this:

Add a pinch of sea salt to every glass of water you drink the morning after. This is good for the maintenance of some of the body's vital nutrients that control water balance of the cells.

Magnesium gets depleted during a drinking session; eat green leafy vegetables to replace this important nutrient.

Eat eggs and wholegrain bread – for B vitamins and magnesium.

Include the following in your Christmas cooking: the use of garlic, onion – raw with salad or the coleslaw, plenty of fresh vegetables, especially Brussels sprouts or broccoli, Extra virgin olive oil, Peppermint tea and curry spices. Most of the above mentioned foods are used for stimulating the bile from the gall-bladder. The bile naturally reduces the population of bad bacteria and yeasts and acts as a natural antiseptic in the gut.

I just looked up the definition of

'spoilsport':

informal -

a person who spoils the pleasure of other people by his or her actions or attitudes.

I certainly don't want to spoil anyone's festivities, so please have a wonderful Christmas and enjoy the break, and if you do get any tummy problems, perhaps some of my suggestions may help you feel a little better.

Wishing you all a very Merry Christmas and a Happy and Healthy New Year.

Best of health

Suzanne

CRIMESTOPPERS

As an independent charity, we are not part of the police. When you contact us you won't be identified. The only person who knows you contacted us with information is you.

We know that it can be difficult to come forward with information. You might have seen or heard something about a crime but don't know what to do, or are scared to come forward. It's easy to think there is nothing you can do, but we offer you a safe way to do this.

Crimestoppers is not part of the police and we are not a TV programme. Just tell us anonymously WHAT you know about any crime or criminal not WHO you are and we will then pass on that information to the appropriate police force without revealing your identity. In over 28 years of operation we have never broken our guarantee.

In 2014/15, 14 people were arrested and charged every day and one person charged every 8 days for murder thanks to

anonymous information passed to the charity.

We don't take your name or any personal details. And we don't record your call or trace your call/computer and you won't need to provide a statement or go to Court.

Since Crimestoppers began in 1988, it has received over 1.7 million actionable calls, resulting in more than 138,000 arrests and charges. Nearly £135 million worth of stolen goods has been recovered and nearly £326 million worth of illegal drugs has been seized.

Crimestoppers is simple and it works, Just phone **0800 555 111** (or visit the **Crimestoppers website** - <https://crimestoppers-uk.org>). **Your call is 100% anonymous.**

Crimestoppers is not an emergency service and if you see a crime taking place you should ring 999 to report it immediately.



www.crimestoppers-uk.org/



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Our November speakers were on 2nd John Stark who introduced us to the "Mid Suffolk Light Railway" and on Wednesday 16th Homestead Senior Care spoke to us on "Senior Fraud". Both informative meetings were much enjoyed by our members.

Future Meetings Diary Dates

Our December meetings are:
7th ~ Robin Finch "Entertains"
21st ~ Paul Oliver "Christmas Quiz"

We are also holding our popular Christmas Lunch at The Venture Centre, Lawford on Sunday 11 December.

Our only January meeting will be on Wednesday 18 January when Dr J Knight will talk on the life and works of Sir John Betjeman, CBE who was an English poet, writer, and broadcaster who described himself in Who's Who as a "poet and hack".

He was Poet Laureate of the United Kingdom from 1972 until his death in 1984.

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.

CHANGES TO RECYCLING CENTRES FLYTIPPING ALERT

With little or no warning, recycling centres have changed what you can take there. It is no longer possible to dispose of garden soil or what they call "DIY waste" at Lawford, Kirby le Soken or Dovercourt. DIY waste is described as "hardcore, plasterboard, tiles, bathroom and kitchen units and doors".

Only Colchester and Clacton will accept it, but this is limited to:
"In any 28-day period 3 wheelbarrow loads of soil, hardcore or gypsum-based products including plasterboard and dry wall lining
In any 6-month period 3 large ceramic items (e.g. toilet or wash basin), one uPVC or wooden window frame, one uPVC or wooden door, 3 wooden internal doors or any elements of a built-in kitchen"

I have no idea how these limits can be enforced or what the last one even means, but the new restrictions are sure to lead to more fly-tipping in our area.

Be alert and call Tendring Council on 01255 686768.

Since Tendring District is responsible for this, but Essex County is responsible for recycling, we seem to be victims of the two authorities playing "pass the parcel" with budget cuts.

Those who wish to protest at the risks to us of this short-sightedness are urged to contact their Essex County Councillors.

Graham Bowden-Peters

LAWFORD RECYCLING CENTRE

Address: Greensmill, Lawford, CO11 1UW

Opening hours:

16 October to end of February -
9am to 4pm every day except Wednesday and Thursday

1 March to 15 October -
9am to 5pm every day except Wednesday and Thursday

Closed: Every Wednesday, Thursday, Christmas Day, Boxing Day and New Year's Day

Vehicle restrictions:

Vans or commercial-type vehicles are not allowed on the site

What you can't bring to recycling centres:

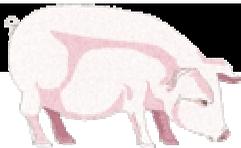
- Asbestos
- Chemicals and other toxic substances
- Clinical waste

- Dead animals
- Fireworks, ammunition and explosives
- Fuel
- Gas cylinders
- Hazardous waste
- Japanese knotweed
- Landlord's waste
- Pesticides
- Poisons
- Trade or commercial waste

DIY waste:

Lawford recycling centre does not accept DIY waste including hardcore, plasterboard, tiles, bathroom and kitchen units and doors. Your nearest recycling centres that accept limited DIY waste are Clacton and Colchester.

PRIMROSE FARM NEWS



I thought we would update everyone on the recent farm

activities. Firstly a fantastic British sausage week celebration, with a glorious October day, tasting all 18 varieties of the sausages made in the farm butchers shop. They were cooked expertly outside by Alex, the butcher, on the big griddle. We were also celebrating smashing 5 Gold awards this year at the national British Sausage awards. The varieties that won were The Best Traditional, The Sausage Split, The Old English, The Pork, Bacon and Maple Syrup and The Breakfast. There were two categories: the traditional and the Innovative Sausage. We subsequently sold out of the varieties so a very successful start from British Sausage Week.

Christmas is now around the corner and we have printed off the Christmas order forms with Christmas Turkeys staying at the same prices this year. The farm butcher's staff are busy now and our youngest local man, Sam, is starting his butchery apprenticeship under the guidance of Robert and our newly qualified Butcher Alex they are all expertly organised by Kim. Christmas takes a huge amount of planning and co-ordination when all the family members work long hours to butcher, sausage make and pack the orders.

Next we were joint runner ups for the Pork bacon and Maple Syrup Sausages at the CAMRA Harwich sausage and Beer festival. We love supporting this fantastic local event in Harwich where the entries of sausages are eaten and the best flavour and consistency are voted upon. Sticklegs Brewery are now well established on site and brewing production has increased with the new space. Robert has an Alcohol Licence to sell their bottled beer in the farm shop, which is a great success. We have

even managed in this busy world to up date the web site as well!!!!

The activities of the farm are increasing with the onset of Autumn and Winter. The farm is one of a few farms who have been honoured with the Higher level Countryside Stewardship scheme, which involves the preparation of crops that benefit the wildlife. The field has a mixture of wild bird seed cover including linseed, turtledove mix, spring barley, millet, Quinoa, triticale and sorghum. Robert through the winter, as part of the Countryside higher Stewardship, feeds the wildlife birds. The woodland shrubbery is being cleared under the trees to allow new spring growth, and really allow the trees to flourish. We planted over 10 years ago this band of trees which are now well established and forming a fantastic little wood, so lovely to see in our lifetime.

We still have a pair of ducks who regularly sit on the pond.



Robert is constantly balancing farm work with shop work. We have increased the sheep herd and the once lonely Ram called Ravioli having now been joined by some females has a smile on his face under all his long wool and is hoping for patter of little lambs' feet in the spring. Last years' lambs were a pretty combination of black, grey and white.

A very good friend of ours, Ian Finch, and his wife who live in Alresford are collecting old football boots for Africa especially outgrown children's boots. If anyone has any old boots in fairly good condition tucked away at the back of their shoe cupboards please consider donating them to this fantastic campaign. We would be happy to take from you at the shop and pass them on.

Karen Moss



St Helena Hospice
your time... your hospice
Registered Charity Number 28019

ST HELENA HOSPICE

St Helena Hospice Christmas Tree-Cycle 2017

St Helena Hospice is pleased to be partnering with Colchester Borough Council again this year to offer its Christmas Tree-Cycle for January 2017.

On the 7th January 2016, St Helena Hospice will be out with a team of volunteers collecting your real Christmas Trees to be recycled. For those who live in postcode areas CO1 to CO7 and would like to take advantage of this service, you can simply register online in return for a donation to the hospice. The more that you can give, the more you are helping to support patients and

their families in your local area when they need it most.

The hospice is asking for people to think of those in their local community living with life-limiting illnesses at this time of year. Christmas Tree-Cycle is a practical way for local people to help the hospice continue to provide support to families and patients when they need it most.

To register your interest in this year's collection please visit sthelenahospice.org.uk/treecollect17 or call the fundraising team on 01206 931468.



STOUR VALLEY U3A

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.

Recent Meetings

On Wednesday 9 November Adrian Wright FRGS talked on "Earth on Fire". Hawaiian larva oozes continuously while Krakatoa & Vesuvius have been ~ dormant for decades - sometimes centuries - between cataclysmic events. This illustrative talk examined volcanic variety, exploring reasons for such diversity.

Future Meetings

- 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.
- On Wednesday 11th January Dr Geoffrey Kay, former lecturer at Norwich School of Art & Anglia Ruskin University, will speak on "Drugs, Sex & Death" – the Pre-Raphaelite Brotherhood. In mid-19th century a group of young artists began to sign their work with the initials PRB; for a short time gallery visitors baffled. What was it that united these artists and how did they determine the course of British art for the next 50 years?

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!

OBITUARY

Anne Guiver 1929-2016

Anne was born in 1929, the daughter of Dr. Frank and Vera Guiver. One of three children, Anne had two brothers Ian and



Christopher. Her father was a local GP at Ardleigh who married the daughter of his partner, Dr Bree. The Guivers were well known in Great & Little Bromley as Dr Guiver held a local surgery at the Orman's cottage next to the Spread Eagle, and Mrs Guiver was musical director for

the village pantomime and other W.I. shows.

Anne herself studied nursing, training and working at St. Thomas's in London. She was a Nursing Sister at Addenbrooke's in Cambridge before she became a district nurse covering this area. She was well known in the district and was respected for her kindness and compassion, and was also a Justice of the Peace.

As a devout catholic, Anne attended Mass at Ardleigh church every Sunday. She had very many hobbies and interests, each pursued with enthusiasm and passion. Anne was an accomplished skier, sailor, fell walker and orienteer, pianist, singer, mycologist, ornithologist and botanist. She also turned her hand to knitting, bee-keeping and goat husbandry, and later in life to drawing and painting.

When Anne became a vegetarian her dinner menu would be varied, interesting and carry an element of mild risk if she had picked a selection of wild fungi on one of her foraging walks. Always happy to identify the edible specimens and cook them, if Anne wasn't quite certain of the suitability for consumption she would leave a sample in the kitchen in case anyone should find her guests keeled over from a toxic reaction!

Anne was very practical with a passion for so many things. She never married and with no children of her own she took a keen interest in passing on her own hobbies and activities to the children of her family and closest friends. Anne loved to travel either alone or with the friends and family she took on exciting and unforgettable holidays.

A number of years ago Anne lost her sight and was left with only poor peripheral vision, a cruel blow for someone so active. In time her health started to deteriorate further and in 2006 she moved to Nayland Nursing home where she was well cared for and regularly visited by her friends. Despite her failing health Anne never complained of her situation and faced everything with the usual stoical resolve that so characterised her life.

Derek Walter Ardley 1928 - 2016

Derek was born in Witham in 1928, the only child of a chief railway clerk. He was outnumbered by girls in his class at Witham C of E Primary School. When the war came his schooling was interrupted by hours spent in air raid shelters. He lived close to Wethersfield American Airbase and loved to watch the aircraft take off in huge numbers. He and his friends would search the fields for aircraft debris, quite a treasure hunt! In his teenage years he joined the St John's Ambulance where he first demonstrated his care for others and enjoyed many events they attended on duty.

On leaving school, Derek started his engineering career at Lake and Elliot in Braintree. He finished his apprenticeship as a tool maker before joining the RAF for his National Service, where he worked on American Super Fortresses which he loved. He told tales of tedious jobs like painting the coal white and of a bitterly cold winter's run along the beach in shorts, with a truck following to pick up those who collapsed from cold and exhaustion. He felt that

period was a leveler in life, experiencing all sorts of demands and sharing a billet.

When he returned to Lake and Elliot he became Foreman and later, Machine Shop Manager. He travelled to various places including Dallas and Little Rock in the US with the company owner Tim Lake.

Derek always loved cars and spent hours on them. In his late 20s he was a founder member of the Crittall Car Club and won cups for all night rallies racing around country lanes all over the UK - no longer allowed! He revealed that instead of counting sheep when he could not sleep, he recalled the 22 cars he'd owned, the first being a Morris 8. When Derek was told there was nothing more to be done for his illness he commented: "No more cars!"

Derek met Marion "Bunny" Hall at a dance in the mid-60s. He spent several holidays and weekends helping his future father-in-law, George Hall on the farm, juggling a busy schedule as always. When Derek took Marion to London in their courting days he revealed that London buses had Lake and Elliot brake drums, a fact of little interest to a shorthand typist!

In 1977 Derek married Marion after renovating a farm cottage in Mary Lane. He expanded his skills to build Parkfield in Back Lane which became the family home. He was very proud of managing the design and build whilst holding down a full-time job. Derek felt the tilers did not make a good enough job of the roof, and one morning they arrived to find he'd removed all the tiles and left them in neat piles for them to rehang straight! He would accept criticism himself, though. When teaching himself to plough (aged 60) he was told his ploughing was not level, so he persevered to become proficient and then ploughed all the land for the next 25 years.

Derek loved family pets, from his first dog Jock through to the two cats today. He was always a willing taxi driver for his two children. He was renowned for his huge annual bonfire night at Parkfield where friends and family would gather for



spectacular fireworks and food, all managed by Derek.

Derek was never one to sit around idle, keeping himself active around the house, in the fields, and out and about, staying active until the end. Only 8 weeks before he passed he was dancing with great joy at Adam and Kim's wedding.

Derek passed just a few weeks off his 88th birthday, after fighting a long illness that he tried to keep private. Marion, Adam and Zara feel lucky to have such precious family memories. He shall always be treasured as a wonderful husband and father.

Hugh Frostick

MESSY CHURCH

Apple Day at Messy Church

On Monday 24th October we held our Messy Church session. The theme was Apple Day which is celebrated in October and we had a lovely story about Robbie Rabbits special apple.

We met at Ardleigh Church at 10am and when the doors opened over 40 children and their adults came to enjoy the morning. The activities kept everyone busy. They made little wool apples, laced apples with their own worms, apple crowns, made an apple collage and played some apple related games. Probably the most popular activity was the apple bobbing, fortunately nobody got too wet!

Following some singing, prayers and a story recap, the children all joined in an apple relay and then went to sit down for a shared lunch, with lots of apple shaped food.

We would like to thank everyone who came and all those who helped to make it such a lovely morning. Our next event is our **Messy Christingle on Sunday 4th December at 3pm at Great Bromley Village Hall.**



Carol Cordwell

THE FRIENDS OF LITTLE BROMLEY CHURCH

It's been a wonderful season of events at Little Bromley. We started the ball rolling with our 4th Annual Folk Day on August 14th. The weather was fantastic yet again, and there was a splendid turn-out of talented musicians and appreciative audience. Many thanks to all who helped to prepare and serve the truly magnificent lunches, clean and decorate the church and prepared the grounds, and especially to the musicians who came from all around and made a joyful and high-spirited afternoon. Generous donations for the Churches Conservation Trust topped £400 and, most importantly, we all had a great time.

On October 2nd we had a visit from the Black Sandal Writers from Harwich, bearing their original poems to engage and entertain us, supported by Columbine Folk Trio with some acapella singing. Our thanks to Hilary Kassman and all the writers and musicians for such a stimulating afternoon! We received kind donations of £200 for the Red Cross Syria Appeal.

The church was beautiful with flowers and harvest fruits, and after a hearty tea we

moved smoothly on to our Harvest Festival, also well attended, a simple and moving service in such a beautiful setting. Again many thanks are due for all the shared efforts that make our events so special and enjoyable.

We met at the war memorial on Remembrance Sunday, and then gathered in the church for refreshment and a fascinating talk from Mark Ashmore entitled 'Local Men in the Battle of the Somme.' Many thanks to Mark for researching and preparing such an informative presentation.

FORTHCOMING EVENT: Our famous candlelit Christmas carol service is on Thursday December 22nd at 7pm. You are welcome to come and join us!

**ANSWER to
Ivan's Christmas Puzzle – Who, What,
Why? on page 7**

A man was sitting on a stool eating a leg joint of meat. His dog snatched the meat from him, so the man threw his stool at the dog to make him drop it.

FROM THE RECTORY

Christmas trees, presents, wrapping paper, candles, tinsel, carols, bells, snowmen, reindeer, stockings, turkey, mistletoe, mince pies & wise men. This season is jam packed full of tradition and history.

But no Christmas can ever be called complete without a novelty song.

If Aled Jones singing 'Walking in the air' is not your thing, then maybe Slade's 'Merry Christmas Everybody' is more to your taste. Or if you're wedded to the sounds of the 1970s, then Boney M's 'Mary's Boy Child' could be the one that gets you in the Christmas mood.

In the winter of 1964, the Go Go's released a very special novelty record which opened with these words.

*I'm gonna spend my Christmas with a
Dalek*

*And hug it underneath the mistletoe
And if he's very nice*

I'll feed him sugar spice

*And hang a Christmas stocking from his big
left toe.*

Which shows not only a woeful lack of knowledge about the anatomy of a Dalek, but confirms the feeling that there is nothing that says Christmas like the opportunity of celebrating it with a genetically engineered race of evil machine/mutant hybrids intent on galaxy wide domination.

The lyrical content of Christmas Carols is somewhat more appropriate.

Whether focussing on shepherds in a field outside of Bethlehem, the journey of Wise Men, or the voices of angels, the events

ARE YOU INTERESTED?

Flower Festival 2017.
Preliminary Meeting
17th December 10.30am

DO YOU LOVE CLEANING?

Looking for an expert to care for St
George's Church.
Please contact 250229

surrounding the birth of Christ have inspired generations of songwriters

Of all the carols that we sing at Christmas, the one that best reflects the extraordinary gift that God gave the world in the form of his son Jesus, and our response to it, has to be 'In the Bleak Midwinter'.

Despite its talk of frosty wind and earth as hard as iron, unlikely scenarios given the location of Jesus' birth, we still hear the Good News that the God of heaven came to earth to be among us. And there is nothing we can do that can ever repay what God has done for us. All we have to give is ourselves.

At this Christmas time, in a season of snowmen, mistletoe, and festive songs, sensible or otherwise, giving ourselves to God is a gift worth singing about.

Happy Christmas

Simon

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

Church Lunch

Friday 2nd December
12 midday

Please come and Join us for friendship
and fun.
Tasty Festive Food

DEDICATION OF NEW STATUE

December 11th 10.30am
Bishop Roger Morris.
Please come and join us to Celebrate this
wonderful event.

WORLD WOMAN'S DAY OF PRAYER

March 2017 at Bradfield
All welcome.



Services for December

Sunday 4th	Advent 2	8.00am Eucharist 6.30pm Evensong
Sunday 11h	Advent 3	10.30am Parish Eucharist
Sunday 18th	Advent 4	8.00am Eucharist
Thursday 22nd		7.00pm Friends Carol Service @ Little Bromley
Saturday 24th		5.30pm Crib Service 11.30pm Midnight Eucharist with Carols
Sunday 25th	Christmas	10.00am Holy Communion @ Lawford

Services for January

Sunday 1st	Christmas 1	10.30am Benefice Eucharist
Sunday 7th	Epiphany 1	10.30am Parish Eucharist
Sunday 14th	Epiphany 2	8.00am Eucharist
Sunday 21st	Epiphany 3	10.30am Parish Eucharist
Sunday 29th	Epiphany 4	10.30am Benefice Eucharist

The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk

St Mary's Church, Lawford

<i>Every Sunday</i>	8.00am Holy Communion
<i>Wednesdays</i>	9.30am Holy Communion
Sun 4 Dec	10am Holy Communion
Sun 11 Dec	10am Family Service 3pm Cyclers & Ramblers Carol service
Sun 18 Dec	10am Holy Communion 6:30pm Candlelit Carol Service
Sat 24 Dec	12 noon Crib Service 4pm Crib Service
Sun 25 Dec	11.30pm Midnight Communion
Sun 7 Jan	10am Holy Communion 6.30pm Evensong
Sun 14 Jan	10am Holy Communion 6.30pm Café Church
Sun 21 Jan	10.30am Service @ Ironside Walk

St Mary's Church, Little Bentley

Sun 4 Dec	10.30am Morning Prayer
Sun 18 Dec	10.30am Holy Communion
Sat 24 Dec	6.00pm Carol Service
Sun 14 Jan	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