

THE MESSENGER

February 2017

Volume 1 No 2

*The Magazine
of the villages
of Great &
Little Bromley*



The Great Bradfield Bake Off!

On Thursday we went to Bradfield school to learn about cooking. We had a card telling us the ingredients and we had to measure them out. We warmed the butter through and mixed it up with our hands. A giant rolling pin helped us to flatten out the dough after which we used a cutter to make the cookies.

After the cookies were cooked, we decorated them following the designs we made earlier. We had yellow and green icing and they were yummy. We had great fun. Thank you to Mrs Howlett for taking us - we think she enjoyed it too!!

by Maisie, Emily and Deon

Pamper Evening

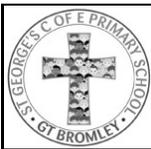
St George's PTA and Little Dragons are holding a pamper evening on the 17th March from 6:00 to 9:00 pm. We are looking for appropriate therapists and stall holders for the event. Each stall will cost £15 and we also request

a donation for the raffle. Stalls will be allocated on a first come first served basis so if you are interested in having a spot please contact Rachel Omar on 07758938008 or via Facebook. Places are limited so please contact her ASAP.

Fire Swim

Thank you to all those who supported this event. We are delighted to say that we raised £981.10 for the charity. Thank you.

More School news on page 18



**St. George's (C of E) School,
Gt. Bromley**

Telephone: 01206 230305

KATISHA'S KOLUM

Happy Nu Yeer to everywun

Mistress is busy. Also sum of yu hav arsked wen I am taking over from her. Wel heer I am. It is frosty, damp and muddy owtsyd so I stay indaws if Mistress lets me. I leed a very hard life. She even chucked me owt into the snow the uthar day saying it woz about time I went out. My por pors did not like the snow wich qwikly became ice - brrrrh! I still keep an i on the mice and rabbits from the wormth of the fire and not meny mice etc get parst my eegel i.

I woz interested in the Retired Polees Dogs hoo go to nu homes wen they kan no longer work. Baring in mind the superiority of kats over dogs I wunder that the polees don't employ kats insted. The dogs get a medal wen they retire for orl their hard work. I hope they don't chase kats.

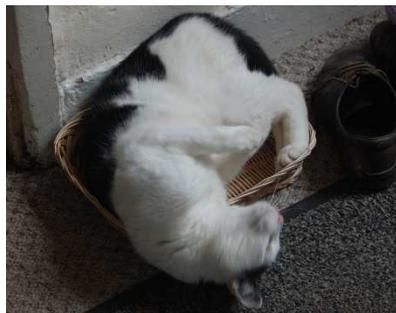
The village hawl was broken in to befor Crismas and, inter alia, (yu c, even kats no latin!) stole the the microfone. Mistress sed they definitely need a nu wun as the wun they uzed at the Orlternativ Qwiz woznt very good.

From the reports it sownds as tho yu enjoyed Crismas with much singing of karols, lots of turkey (yum, yum) dinners and kake but there woz orlso some of yu hoo sneezed and coffed a lot so follow Suzanne's advise on page 19 wich shoold

help the sneezles. Wel dun for awl the money yu razed for good corzes larst munth and orlso over the hole yeer, especially the Hospice Stawl.

The centre Diary Page with awl the village events listed looks a littel sparse. Perhaps yu r orl hibernating and haven't arranged anything for 2017 yet. Wen you do don't forget to let Mistress no.

Wel I must curl up and have a snooz. Riting is hard work and I need to get redy for the baby hoo crawls and is cuming to stay this week. He moovs very farst and I need to keep mi i on him az he likes to stroke me. The dog likes baby staying as she gets lots of food thrown at her from the table. Mistress cawls her a very yusefool Hoover. I don't like baby food—it dusnt taste like mice or rabbits.



MATERIAL for the **MARCH 2017** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th FEBRUARY 2017** please.

Contributions from anonymous sources wi 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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is very grateful and thanks all those who by their donations have sponsored this month's magazine through
PERSONAL AND CLUB DONATIONS

FUN WITH THE CHILDREN



Shake It Up!

Use strong glue to attach a plastic toy to the inside of a jar lid, then add baby oil and glitter for a homemade snow globe; it makes a fun souvenir of a great day

Snow Graffiti

Fill spray bottles full of water that is tinted with food colouring to decorate their footprints or just create patterns in the snow in the garden



GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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

At our meeting this month we heard from Susie Burnby who raised concerns over the decrease in wildlife around the village.

Susie provided us with examples and asked if the village might be able to create wildlife habitats in the community. Councillors suggested linking with the pre-school and primary school, but also wished to remind residents to think about how to encourage wildlife. I'm sure there are many websites available for advice and Susie is happy to help where she can. We hope more details will appear in The Messenger soon, but please contact me if you have ideas, want to be involved or wish to contact Susie.

Also discussed was the increase in thefts and break-ins, particularly to outbuildings. There was a recent attempt on outbuildings where the alarm disturbed the perpetrators who left several items behind from which DNA evidence might be collected. Cllr Lord has undertaken to raise this case with Russ Cole, District Commander of Tendring, Essex Police. Please ensure access to all your buildings is secure, consider using movement activated security lights and installing alarms. I suggest you check your household insurance policy covers theft from your garden or outbuildings.

We have been awarded two defibrillators for the village which we hope will be installed in the coming weeks. Dr Nick Strowbridge has volunteered to assist with training for the defibrillators and we hope to train as many people as possible – details will follow.

We have just been awarded funding for five flood barriers and once purchased we will be storing these at suitable locations.

The main item on our agenda was the Budget for 2017-18. The following explanation has been kindly provided by Cllr Lord:-

“As we move towards a new financial year, the Parish Council has the responsibility to review its costs last year, its requirements

for next year and set a corresponding budget. Our review has identified the need for an increase in budget. Last year the budget was £19,811; this year the forecast budget is £28,020, being an increase of £8,209. The increase in funding will be sourced from £5,000 of Parish Council reserves and an increase in precept tax of £3,209. That increase equates to an average increase in tax per household of £9.72 per year (19p per week).

This increase is both by rising costs and the need for additional ground and property maintenance within the Parish. This includes things like grass cutting of Hare Green and public seating and noticeboard facilities. In previous years the budget allocated for maintenance has been inadequate, in the assumption that work would be carried out by Parish volunteers rallied by the Parish Council. Unfortunately, willing volunteers do not often materialise and the choices are: do nothing and accept decay, or budget for paid maintenance.

Indeed on that subject, willing volunteers are still sought for initiatives including Speed Watch, footpath warden, litter picking and drainage assessments.

Whilst GBPC is sensitive to increasing household costs, it is hoped that Parishioners see an investment of 19p a week as appropriate to the needs and maintenance of our beautiful Parish. A number of improvements across the Parish were made last year from both public funds and private grants; this year's budget aims to sustain that good work.”

Lizzie Ridout

Clerk, Great Bromley Parish Council

GREAT BROMLEY PARISH COUNCIL BUDGET

	2016/17 Actual	2016/17 Budget	Projected Outturn 2017/18	2018/19	Proposed Budget
EXPENDITURE					
General Administration					
Clerks Salary	4,020.00	3,750.00			£ 4,400.00
Clerks Home Allowance	35.00	300.00			£ 300.00
Clerks Expenses	20.00	50.00			£ 150.00
Payroll Costs	125.00	180.00			£ 180.00
Councillors Expenses					
Books/Training	90.00	900.00			£ 900.00
Hall Rent	320.00	350.00			£ 350.00
Insurance	1,029.00	1,250.00			£ 1,100.00
Subscriptions	612.00	700.00			£ 700.00
Printing/Stationery/Post	105.00	50.00			£ 240.00
Audit Fees	480.00	300.00			£ 400.00
IT Support					£ 200.00
Running Costs					
Grass/Hedge Cutting	2,259.00	4,000.00			£ 2,500.00
Play Area	46,760.00				£ 250.00
Church Meadow etc	83.00	1,000.00			£ -
Community Projects	4,154.00	1,000.00			£ 2,000.00
Equipment/Repairs	395.00	50.00			£ 50.00
Flower Tubs	726.00	500.00			£ 800.00
Tree Surgery & PROW	1,670.00	500.00			£ 1,000.00
Waste Collection	-	400.00			£ 500.00
Election Costs	1,150.00				£ -
S137 Grants	2,091.00	2,000.00			£ 2,000.00
Village Maintenance		2,000.00			£ 7,000.00
Contingency		531.00			£ 2,500.00
Capital Projects					£ 500.00
TOTAL EXPENDITURE	66,124.00	19,811.00	-	-	£ 28,020.00
INCOME					
Precept	18,013.00	18,049.00			
Recycling	523.00	500.00			
Essex County Council	-	166.00			
Bank Interest	11.00	5.00			
Other refunds	905.00				
Flower Tub Sponsors	-	400.00			
Grants	36,159.00				
Donations	800.00				
Other Income	9,112.00	691.00			
TOTAL INCOME	65,523.00	19,811.00	-	-	
Surplus/Shortfall to reserves	(601.00)	-	-	-	

PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
16/01531/ OUT Mr Roger Hollington	Erect three bedroom detached bungalow, with detached garage, and lay out parking and amenity areas.	Land adjacent The Chapel, Chapel Lane Great Bromley	Refusal - Outline
16/01585/ FUL Mr Ray Baker	Proposed two storey side extension and single storey rear extension.	2 Holly Dene Cottages, Briar Road Great Bromley	Approval - Full
16/01447/ FUL Wentworth Develop- ments Ltd	Erection of 4 no. new 3 bedroom detached chalet style dwellings with detached garages/carports served by new shared private drive off of Frating Road.	Land Between Fieldside and Eltone, Frating Rd Great Bromley	Approval - Full

16/01598/ FUL Mr & Mrs O Barber	Proposed single storey rear extension, rear open-sided canopy, and first floor side extension.	Marks Farm Frating Road Great Bromley	Approval - Full
16/01603/ FUL Mr and Mrs C Bell	Part change of use to the existing garage to form 1 holiday let.	Nettlecroft Chapel Lane Great Bromley	Approval - Full
16/01788/ FUL Mr Mark Sutherland	Rear single storey extension to form garden room.	Roseland Colchester Road Great Bromley	Approval - Full

PLANNING APPLICATIONS

REFERENCE	PROPOSAL	LOCATION
16/01927/OUT Mrs Stennett	<p>Construction of 7 no. dwellings.</p> <p>Great Bromley Parish Council supports the application with the following conditions:</p> <ul style="list-style-type: none"> • The field floods and needs a drainage solution; • Suggest a pond or swale; • Request that Essex County Council Flood Water Management Team be invited to submit a consultation response; • A footpath/pavement be included in the legal agreement along Harwich Road to the crossroads which will link the village; • Provide an area for wildlife within the plans. 	Land North of Harwich Road Harwich Road Great Bromley
16/01949/FUL Mr & Mrs Steven Cant	<p>Demolition of single storey section at rear and replacement with two storey extension to provide additional bedroom and kitchen space - including cladding to existing dwelling.</p> <p>Great Bromley Parish Council supports this application.</p>	Holly Tree Cottage Colchester Road Great Bromley
16/01992/FUL Mr & Mrs Roger Craven	<p>New detached dwelling and detached garage/cartlodge for private use.</p> <p>Great Bromley Parish Council is against the application due to the proposal being non-sustainable with no transport links.</p>	Willow Farm Hilliards Road Great Bromley
16/02003/OUT Mr & Mrs Stephen Pinhey	<p>Proposed three bedroom cottage</p> <p>Great Bromley Parish Council supports the application but pointed out:-</p> <ul style="list-style-type: none"> • There is a need to investigate the flow of the ditch; • Essex County Council Flood Water Management Team should be invited to submit a consultation response; • An archaeological survey be undertaken; and • An ecological survey be undertaken. 	Forge Cottage Hall Road Great Bromley
16/02042/FUL Mr & Mrs Jarvis	<p>Proposed single storey extension housing indoor swimming pool and internal alterations</p> <p>Great Bromley Parish Council does not object to this application in principle but has reservations about the proximity to the neighbouring property. It is felt that 1.5m is too close to the boundary. It was also felt that the plant room might be too close to the neighbouring property on grounds of noise.</p>	Morants Lodge Colchester Road Great Bromley

LITTLE BROMLEY PARISH COUNCIL

Email: littlebromleypc@gmail.com

Little Bromley Parish Council would like to wish all our parishioners a very happy and peaceful 2017. The year has started off with change on the Parish Council as our longest serving Councillor, Ken Hatch and also Roly Knott resigned at the December meeting. We would like to thank them both for their service and for their time as Chairman on the Council and wish them all the best for whatever next they undertake. At the time of writing, the Parish Council have received more than two applications to fill these vacancies, so we are going through the selection process.

The Parish Council have some good news with regard to our Village precept - this coming year we are planning to freeze our precept at 2016 levels as we have been able to keep our costs to a minimum.

Since the Manningtree tip reduced its opening hours and limited the amount and type of rubbish you can now take there, it was noted that there has been increase in fly tipping in the area. There are two ways to report this - either through the Environment Agency on 0800 807060 or via our footpath warden, Robert Barrett, who has kindly offered to report these offences for us. He can be contacted on robertbarrett456@gmail.com. It would be helpful if you could note all or some of the following: the time and date of the incident, description of the person dumping the waste if seen, description and registration number of the vehicle, description of the waste dumped and any photographs you are able to take.

A member of the public has brought to our attention the amount of dog fouling that there is in and around the village at the moment. It has been noted that the footpath from the School House to Chequers Road and the verge half way down the left hand side of Ardleigh Road are particularly badly affected. The Parish Council would like to remind all residents to collect their dog mess and either dispose of it in the two dog bins (located in Chequers Road and Ardleigh Road) or take it home with them.

Please do not dispose of the bags on bushes as has been seen in the area! At the last Council meeting it was suggested that members of the public can report offenders and this can be done via the Dog Warden Service on 01255 686766 or email dogwardens@tendingdc.gov.uk with details if this continues to be a problem.

There has been an increase in shed and outbuilding burglaries in the area and people are advised to be vigilant and lock and, if possible, light these areas to deter these thieves. Our nearest police station is now Clacton and the number is 01255 221312 to report these incidents, although we understand that without forensic evidence they won't attend the scene so it's up to us to make our buildings as secure and thief proof as we can.

Because of the issues with the Manningtree tip, the Council have been considering organising a bulk rubbish collection in the car park in conjunction with Veolia but we will have to pay for this. There is a cost for this service, which will be £277.40 plus vat for normal household goods and £161.40 plus vat for white goods. We would therefore like to know whether this is something people in the village are interested in before committing to the expenditure. Please advise the Clerk on littlebromleypc@gmail.com.

The Pot Holes along the Bentley Road from the A120 have been reported by Councillor Joplin and we have been advised that some have been filled in. We will continue to monitor these and report them where necessary.

The Council are still chasing the VAS sign and Village entrance gates but we are still waiting news of these from Highways.

The next meeting of the Parish Council will be March 16th - 7.30 pm - at The Haywain.

Lt Bromley Parish Council

DISTRICT COUNCILLOR NEWS

A belated Happy New Year to you all.

Update on the Local Plan

The Public Consultation is being moved from February to June, the date of adoption agreed in the September meeting of the Local Plan committee remains the same. This change of date is to ensure critical evidence documents are completed to inform policy and ensure there is sufficient time for the Sustainability Appraisal to appraise a fully completed Local Plan. Braintree and Colchester councils are also seeking to revise their timetable for the same reasons as Tendring. The new proposed timetable aligns all three districts preparation of the councils Local Plan.

Ward boundaries. The new proposed ward boundaries will see Thorrington being grouped with Arlesford. Frating moving into Great Bentley and Little Bentley. Great Bromley and Elmstead Market joining together. The proposal is being put to full Tendring District Council meeting on 24th

January. The agreed proposal will then be sent to the Electoral Commission for their comments.

Various planning applications are still being received by TDC, I have been requested to help some parish councils object to certain applications. Which I have done.

Rosemary is unable to help in planning matters as she is vice chairman of the planning committee.

Efforts are still being made to stop the heavy goods vehicles being driven along restricted roads. The problem has been referred to the Traffic Commissioners in Cambridge.

Please remember if you wish to contact either Rosemary or myself our contact details are on the TDC website or via your local parish council as we both try to be at each parish council monthly meeting.

Fred Nicholls

FRIENDSHIP CLUB

At the December meeting Beryl announced a grant of £250 had been received from the Gt. Bromley Parish Council for our funds.

The Christmas meal in November was well attended and enjoyed by all.

Fred and Erana provided the entertainment, singing many old and new ballads, ending with Christmas carols with members joining in. The bumper raffle was drawn and the meeting ended in a truly festive mood.

Our Speaker for February is Andy Malcolm and his subject is The Fishermen's Mission (deep sea fishing), and the competition an ornament or picture with a fishing theme.

Sylvia Ward

GT BROMLEY & DISTRICT CRICKET CLUB

100 Club Winners

December 2016

- | | |
|------|---------------------|
| 1st. | Mr. Tom Higgins |
| 2nd. | Mr. James Wild |
| 3rd. | Mr. Barry Hitchcock |



CHANGES TO THE OIL BUYING GROUP

Many of you have taken advantage of the discount oil, wood and coal prices available via the *online* buying group. The organisers have so many different groups on their system that they have decided to consolidate everyone from Essex into one group – The Essex Oil Club.

Unfortunately this requires that you re-register on this new all-Essex site. All else remains the same apart from the fact that they now require mobile phone numbers to keep you updated on delivery via text messages. Even though the website is administered by Barney Lodge from London, I am happy to help anyone with queries or even help with logging in difficulties which some of you experience

from time to time. The only way to join the oil group is to register by using your computer. Many people ring me expecting to place an order by phone.

Unfortunately the oil group is unable to do this.

Full details are available on the new website - <http://www.essexoil.club/>. You can of course call me on 01206 231703.

Lesley Broadbent



PLANNING APPLICATION ARDLEIGH RESERVOIR

Anglian Water Planning Application 16/01332/FUL

Anglian Water has applied for planning permission to move out of their commercial premises in Colchester, and to re-establish their office and commercial infrastructure on Ardleigh reservoir land adjacent to the A137. The application comprises the removal of the existing fishing lodge and the surrounding mature trees, and replacing with porta-cabins, to accommodate vehicles and staff of up to 150 people. It is likely that subsequent applications will involve fleet maintenance vehicles, lorry park, workshops and additional parking. The effects of this and subsequent applications are liable to be:-

- Increased traffic and congestion along the A137, and using Ardleigh's protected historic lanes (estimated at nearly 1000 extra vehicle movements per day).
- Felling of trees and destruction of wildlife surrounding Ardleigh Reservoir.
- Unsightly porta-cabins facing the A137.
- Potential loss of Ardleigh Sailing Club.
- 24 hour light and vehicle pollution and

noise.

This application does not involve existing reservoir staff, does not provide any additional employment nor will it benefit the surrounding community.

It also represents the 'thin end of the wedge' with the other developments that Anglian water are planning such as upgrading the treatment works at the reservoir and existing offices.

For further information see Planning Application 16/01332/FUL to voice your objections, log onto the planning portal at <https://idox.tendringdc.gov.uk/online-applications/>

OR Write to THE Planning Department quoting the planning reference Planning Department, Town Hall, Station Road, Clacton-on-Sea, Essex, CO15 1SE

Please also watch out for a future Public Meeting in January & February at the Ardleigh Village Hall.

SUPPORT OUR ACTION AGAINST THIS APPLICATION.

APATHY will equal APPROVAL !!! So don't let this happen



JOIN 'ARDLEIGH – ACTION GROUP' ON FACEBOOK FOR UPDATED INFORMATION

A joyous rousing rendition of "Jerusalem" got this first meeting of 2017 off to a good start, everyone in good voice (shame about the C on the piano which seems to have stopped working, note to V.H. Trustee to tune piano please!!)

It was an absolute pleasure to welcome Linda Belgrove, Chairman of the "Essex Retired Police Dogs Fund" as our speaker for the evening.

Linda set up the E.R.P.D.F in 2012 when as a member of the Essex Police Authority, (before the Police and Crime Commissioner was appointed) she was making regular welfare visits to the then Mounted Section and the Dog Section of Essex Police.

Linda realised that when a police dog retires from active service, Essex Police have no further responsibility for the animal, vet bills, etc. etc have to be paid by the new owner. Police Dogs retire for many reasons: age, injury, unsuitability and it is often difficult to find insurance for these dogs to cover expenses that may be incurred in their retirement.

E.R.P.D.F. is a registered charity supported by volunteers, donations and fundraising.

Linda and her fellow colleagues are very busy promoting their charity, raising funds for this very worthwhile cause which supports police dogs who during their working lives have been invaluable, especially in dangerous situations where a police dog handler is unable to venture.

Linda then described a new award which is given to police dogs on their retirement

which recognises the courage and fortitude of these fantastic animals.

A new medal called the "Paul Nicholls medal" in recognition of loyal service to Essex Police has been designed, planned and organised by one of the Essex Police Dog Handlers.

The Paul Nicholls medal is to be presented to every retired police dog in Essex at special ceremonies attended by the Lord Lieutenant, Lord Petre, Lady Ruggles Brise (Patron) and the Chief Constable Steven Kavanagh.



Linda also brought some interesting merchandising for us to buy, including the Annual Calendar which highlights one of these wonderful dogs each month.

Thank you Linda a most interesting and thought provoking talk.

If you are interested in visiting our W.I we meet on the first Wednesday of every month at 7.30pm you are most welcome to come and see what we do.

Our next meeting is on February 1st when we have a "Craft Dabble" an opportunity to learn/try a new skill or craft. Entry is £1 which helps towards refreshment and buys you a raffle ticket.

Jenny 01206 230688





VILLAGE HALL TRUSTEES

As the new year gathers pace, the trustees are delighted

to be able to reflect on another highly successful Christmas Fayre which was well attended and made a total net profit of £1640 which has been divided equally between village hall funds and the Women's Institute. Sincere thanks go to those trustees, WI members and friends of the village hall who put so much effort into making the event a success. Thanks also go to Ruth Slater and Catherine Johns from St George's School who, along with an enthusiastic group of children (and parents), gave up their time to provide some excellent musical entertainment on the stage. Lastly, many thanks to the local businesses and individuals who donated some excellent prizes for the Grand Christmas Draw. This annual community event is proving to be really popular but, as ever, we are continuously looking to improve it and if you have any suggestions as to how we may achieve this then please let me have them.

More welcome news received before Christmas was the announcement that the village hall had been successful with its latest bid for funding from the ECC Community Initiatives Fund. The hall was granted £4700 towards providing new carpeting and the construction of a paved area on the edge of the cricket field which will provide all-weather access to the Millennium Lounge and onto which the Hayward Memorial Bench will be relocated. The support of our District and County Councillors was crucial in getting this grant and their input was much appreciated.

Other less welcome news was a theft from the village hall on the night of 20th/21st December. Intruders forced the rear entrance door and stole several items including two vacuum cleaners, one carpet shampooer, a microphone, two fire extinguishers and most of the village hall cutlery. They also smashed in the storeroom door and threw cooking oil around in the kitchen. The police attended

but could find no evidence to further their enquiries. Trustees will claim on the village hall insurance policy for the losses incurred as a result of this incident.

There are still several vacancies on the village hall committee and if you would like to play a part in running our village hall, either as a trustee or less formally, then please let me know. Any additional support with managing this key local amenity would be most helpful.

Martin Frostick

villagehallsecretary@greatbromley.org.uk
or 01206 250263

Leonard
Cheshire
Disability

SEVEN RIVERS CHESHIRE HOME

On behalf of all the residents and staff at Seven Rivers Happy New Year.

Over the Christmas period we have enjoyed many singers coming into the home but as normal the children from the school and nursery won the highest points, we all enjoy seeing the young ones singing all the carols we used to sing as children, we still sing them but without the sweet little voices of children. We also enjoyed Gary King as Elvis, so much fun, then we put our old voices into the carol sing with Jenny very kindly playing the keyboard for us.

Looking forward to the New Year our founder Leonard Cheshire would be celebrating his 100th birthday so we have lots of event planned, I hope that you will be able to join us for some of them as Leonard Cheshire lived in our home with his wife Sue Ryder with their children when the home opened in 1958. So we have been around Gt Bromley for some time and if anyone has any memoirs of that time maybe you could drop me a line so I could compile a booklet about the home.

Take care till next time
Liz x
Activities Co-ordinator



St. George's (C of E) School, Gt. Bromley

Telephone: 01206 230305



Nativity - Hey Ewe!

Class 1 and Class 2 performed their nativity show to their parents. We hope you liked our performances, we practised a lot and worked very, very hard to make sure it was our best. Angel was the Curious Sheep - she was very brave because she had to sing on her own and learn lots of lines. The children in Class 1 were very good at learning the songs and the actions. The children in Class 2 had to learn all the songs and the actions and learn their lines as well. We only had our scripts for two weeks and had to practise a lot at home and at school.

Thank you to all the teachers for helping us practise and perform the play. Thank you to all of you for coming to see our Nativity.

Roman Cup Squash - Year 5 and 6

8 children from our school went to the Garrison to compete in the Roman Cup Squash Competition. Isaac, Nick, Imogen and

Eleanore were our Y5 team and Bethany, Rachel, Mason and Sam made up the Y6 team. It was a tough competition but the Year 5's were amazing and came second and the Year 6s came third and were one point off second! One of our pupils won the trophy for 'Best Year Six Boy' in the whole competition and the

Year 5 team will now go on to play in the Essex School Games Final in January! Thank you to Mrs Platt and Ms Mitchell for taking the teams out and keeping them motivated.

by Bethany and Rachel!



NURSING A COLD

Christmas came and went and here we are, embracing yet another brand new year.

Usually, this time of the year sees many of us heading off to the doctor's surgery with a cough or a cold in the hope of getting a remedy that will cure us in no time at all. But there is much more we can do to help ourselves.

A cold or a cough needs to run its course. It will usually take well over a week. (*If a cough persists beyond 2 weeks, then it's time to have it checked out*).

How to look after a cold:

1. If your body is telling you to stop and take a **rest**, then follow the signals. When your body rests/sleeps during an illness, it is repairing itself. So often these days people are busy, busy, busy and they don't take enough time out from work or at home looking after the family. This makes the illness last much longer as well as spreads the germs further afield unnecessarily.

2. Make **bone broth**. Chicken wings or thighs slowly cooked with plenty of vegetables will nourish the body and replenish the many vitamins/nutrients the body loses during an illness. They need replenishing more than at any other time.

3. Drink plenty of **fluids**. This includes hot tea (no milk) with honey and lemon or grated ginger. Or green tea, fruit teas and not forgetting water.

4. Make fruit **smoothies** a couple of times a day. The best fruit are blueberries, blackberries, elderberries and grapes. Dark berries are packed full of powerful antioxidants known as anthocyanins and have excellent immune-stimulating, antiviral and anti-inflammatory properties. This is the best way to get even more vitamins, nutrients and fibre into the system. If you have lost your appetite, this is a good way of slowly getting it back.

5. At the first sign of a cold, dissolve a teaspoon of **vitamin C** powder in a glass of water. Ascorbic acid is the cheapest form of vitamin C and can be bought in all pharmacies. Do this every 2 hours until

symptoms disappear.

Vitamin C is essential to the body for the proper functioning of the immune system. The worse the infection, the more vitamin C is needed by the body. Vitamin C has a very wide safety margin. It can be taken to what is called 'bowel tolerance'. If you reach this level by experiencing bowel discomfort or a laxative effect, reduce the dosage to a comfortable level. Taking vitamin C does no harm whatsoever. Research shows that it can reduce the risk, severity and duration of infectious diseases, especially respiratory tract infections including the common cold.¹

6. **Zinc** is essential for the proper functioning of the immune system. Much research has been carried out into zinc and immunity. One of the studies found that if zinc is taken within the first 24 hours of the first symptoms of a cold appearing, zinc can reduce its duration and significantly reduce the severity of symptoms.^{1,2}

7. Inhale **steam** through a steam inhaler or a small bowl filled with hot water and a drop of eucalyptus or lavender essential oils. (Cover your head with a towel and inhale the steam for a few minutes). This helps loosen mucus from the lungs as well as the nasal cavity.

Fingers crossed that the sun will come out soon and will leave all those nasty germs behind.

Here is to a good and healthy year ahead.

Best of health!

Suzanne

1. Wintergerst, E.S., Maggini, S. and Hornig, D.H. (2006) *immune-enhancing role of vitamin C and zinc and effect on clinical conditions*. *Ann Nutr Metab.* 50 (2) pp.85-94.

2. Singh, M. and Das, R.R. (2013) *Zinc for the common cold*. *Cochrane Database of Systematic Reviews*. Issue 12. Art.no CD001364.

2017-18 EVENTS



FEBRUARY

- 1 Wl meeting, Village Hall, 7.30pm
- 3 Church lunch, St George's church, 12 noon
- 8 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 16 Friendship Club, Village Hall, 2.00pm

MARCH

- 3 World Women's Day of Prayer
Church lunch, St George's church, 12 noon
- 8 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 16 Lt Bromley Parish Council meeting, The Haywain, 7.30pm
- 17 Pamper Evening, St George's School, 6.00pm

APRIL

- 9 Running into the Graveyard

MAY

JUNE

- 30 Flower Festival, Gt Bromley church

JULY

- 1,2,3 Flower Festival, Gt Bromley church

LAWFORD VENTURE CENTRE

Honey Pots Patchwork & Quilting

An introduction into the wonderful world of patchwork & quilting with Pauline Wilson.

Little or no experience in Patchwork & Quilting?

Ever thought that you might want to give it a try?

Then come along and join a friendly group of like-minded people. We meet up every other Monday between 10.00 am and 3.00 pm. You will learn this wonderful craft and enjoy the joy of completing something wonderful. The art of patchwork began hundreds of years ago, is still enjoyed all over the world, and becoming ever more popular. I will teach you traditional and modern techniques in a warm and friendly atmosphere. Small and larger projects undertaken; (all at your own pace). Guiding you from the very first vital steps; choosing

your fabrics, cutting and piecing, right through to completing a 'family heirloom' and then showing off your work at the Quilting Exhibition which takes place once every two years here at the Venture Centre.

For more information contact Pauline on 07921 682057

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

Running into the graveyard 2 (9th April 2017)

The Harwich runners in conjunction with the PCC are organising a 10 Kilometre race again this year. We had a successful event last year raising much needed funds for maintenance at Lt. Bromley church. Again this year all the profit will go to the church.

The race last year was enjoyed by over 400 runners and received plenty of compliments. This was obviously partly due to the good weather but also because the course was fast and well marshalled. We would like to maintain this good reputation!

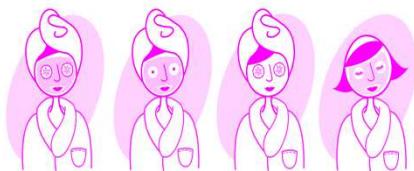
I hope that there will be runners from the Bromleys and lots of help on the day too. We need 30 marshals, car parking stewards and a head of the race cyclist. Please be generous and offer your help. We would also appreciate any sponsorship for the many categories of winners. The helpers last year remarked on the fun that they had by being involved. Some were still enjoying themselves late into the afternoon !

There will be a children's race on grass which starts at 10.00am followed by the 10K which starts at 10.30am. Refreshments and music will be provided in the churchyard. Please come and join in.

Roly Knott

Pamper Evening

St George's PTA and Little Dragons are holding a pamper evening on the 17th March from 6:00 to 9:00 pm. We are looking for appropriate therapists and stall holders for the event. Each stall will cost £15 and we also request a donation for the raffle. Stalls will be allocated on a first come first served basis so if you are interested in having a spot please contact Rachel Omar on 07758938008 or via Facebook. Places are limited so please contact her ASAP.



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

COUNTY BROADBAND

I am doing a survey to see how much of the village internet can be covered by County Broadband. If you have tried to get internet access via County Broadband and have been unable to do so, because County Broadband's signal is not available where you live, please would you contact me.

I understand that County Broadband is suggesting to Essex County Council that they can totally cover this area for broadband, but it seems that not everyone can access a signal from the 2 masts they

have put up in the village.

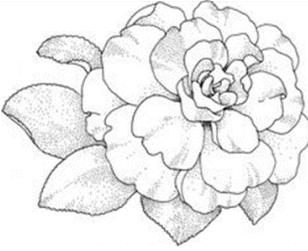
District Councillor Rosemary Heaney

tel. 01206 250180 or

e-mail at cldr.rheaney@tendingdc.gov.uk



IN THE GARDEN WITH KATE



A few weeks ago I had what proved to be a fortunate accident. I was planting bulbs and mistakenly planted some paperwhites in

one of the outdoor tubs instead of an indoor pot. The result, at Christmas, was that I had a wonderful display of pure white narcissi in the garden, which were a perfectly acceptable substitute for a "White Christmas".

Despite the cold and foggy weather, the garden is showing signs of moving up a gear. My white camellia is flowering, and the many naturalised bulbs are poking their shoots above the ground. I have planted sweet peas in the cold greenhouse, and pots of basil and coriander in the kitchen. I recently took some time to go through old seed packets, throwing away the ancient ones (some of them with mice chewed edges) and putting them in order of sowing. I have also checked that the seed trays are clean and damage free (several had broken) and made a list of what I will need for the spring. I also spent a lovely time going through a bedding plant catalogue and ordering plants for the summer, which always makes me think spring must be approaching.

It is a good time of year to get out and repair any fences and pergolas that have broken, and also give them a coat of paint if required. Any climbing shrubs can then be planted, but it is a good idea to position them at least 30cm out from the wall or fence so they are not in a rain shadow.

Vegetable beds and borders will need to be weeded, forked over and organic matter added. It is also a good idea to weed, top dress and add a long acting fertilizer to any long established shrubs in pots. Late flowering clematis can now be pruned, as

can autumn fruiting raspberries and any uncut hedges can be trimmed. Fruit trees (but not the plum family) can also be pruned, and new soft fruited bushes, bare rooted fruit trees and summer fruiting raspberry canes can be planted.

In the vegetable garden, potatoes can be set out to chit, and many vegetables such as lettuce, leeks, onions, early brassicas, peas and broad beans can be sown with protection, but probably better after warming the soil after covering with polythene sheeting.

In the greenhouse, French beans, beetroot, radish and spinach can be sown. Greenhouses should be ventilated on mild days, but watering should be minimal.

I have primulas in flower at the moment, in fact they started flowering in the autumn and have just carried on despite some very low temperatures. Several of them have self seeded between the stones on the patio, and that may well be the key to their success, as they have practically no water - or soil for that matter! Hopefully by the time you read this, my lovely hellebores will be in flower. They too seem to thrive on neglect in my garden, growing on poor soil under hedges, but are the most wonderful long-lasting flowers.

Happy New Year to all, and enjoy your garden.

Kate Strowbridge

THE DOCTORS' SURGERY NEWS

Great Bentley Surgery



We are finding that a large number of patients are leaving their repeat prescription orders until the last minute which puts enormous pressure on the surgery. We issue about 35,000 items in prescription each month which is an enormous task. **We need a minimum of 3 days' notice to prepare a repeat prescription, but patients also need to account for another 2 days for their pharmacy to have time to prepare their order.** Most monthly repeat prescriptions are issued every 28 days, so patients know exactly when they are due to run out almost a month ahead! So why do we get so many 'urgent' requests as people have either run out or are going to run out today/tomorrow? I can't help thinking of the harsh (but true!) quote I've heard so many times in the past:

"Poor planning on your part does not constitute an emergency on my part"
– Unknown

Of course there are times when events conspire against us, so I appreciate that we all get it wrong sometimes and that's fine as long as it's not a regular occurrence. However, in order to ensure that our organised patients do not see delays in their timely requests, we will be keeping a closer eye on these last minute requests in the future. Please note that our GPs only consider a handful of medications as genuinely urgent if requested late, so please do not be surprised if the 3 day turnaround is insisted upon. There are many ways to help patients remember to order medication from using a simple calendar to technology like computers and smartphones to set reminders.

The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 16th February 2017 at the Great Bentley Village Hall.

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!**



Rickets – There are various degrees of rickets, the hunch-backed being the worse. Knock-knees, chicken-breasts, weak ankle, round shoulders, bowed legs and large wrist joints, are all forms, though mild, of rickets. Rickets is owing to the want of sufficient earthy matter in the bones, so that they bend and cause deformity. And rickety children, if not carefully watched and attended to, frequently die of an affection of the lungs when they become youths. The proper general treatment for the disease can be summed up in a few words. Give him plenty of good milk – a quart or three pints a day. Give him tender rump steak and mixed with bread crumbs and the gravy. Let him have rice puddings, suet puddings, bread and milk puddings. Give him fresh air and plenty of it. Let him live in the open when weather permits. Sea bathing and sea air are invaluable. A teaspoon of cod liver oil twice or two times a day will also help him. **Fortunately rickets has mostly disappeared from the western world in the last century since this book was written due to vitamin D being added to many foods. This was the 'earthy matter' referred to above and was in fact only discovered in the same year (1914) as this book was published!**

Little Dragons Pre-School - Great Bromley & Frating

Church Meadow Bungalow, Hall Road, Great Bromley CO7 7TR
Ofsted Inspected

Website: www.littledragonspreschool.org



OFSTED INSPECTED **OUTSTANDING**

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.

HAPPY NEW YEAR

Christmas seems a long time ago now, on the last day of term we visited Leonard Cheshire Disability with the children and their parents and performed some Christmas songs for the residents. We had a lovely time, a warm thank you to them for inviting us and making us feel so welcome. Upon returning to preschool we were very lucky to have a visit from Father Christmas himself! We finished our morning with a party lunch (with lots of lovely food supplied by parents). A great way to finish the year, we are now looking forward to 2017.

WE NEED YOUR HELP...

We are constantly striving to improve our provision and we are currently in the process of setting up a music wall and a water wall in our garden for the children. We are looking for donations of any of the following items:-

saucepans, saucepan lids, metal baking tins/ bowls, metal spoons, metal colanders, metal tubes/pipes (basically anything that will make a good noise!) also plastic pipes/tubes and funnels.

Any such items would be much appreciated. Thank you.

Fundraising

We have been lucky enough to receive a grant of £500 from Fisher Jones Solicitors, a very big thank you to them, we are very grateful. This will be used to purchase artificial grass for the small garden used by our two year olds and items for our sensory shed.

Sainsbury's Active Kids Vouchers

Active Kids 2017 launches on 25 January, please help us to collect as many as possible to enable us to exchange for great play equipment.

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 are in the process of setting up an area near our main gates to make it easier to drop items off. More details to follow.

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 on: Tel: 07857 503103 Email:

littledragonspreschool@gmail.com

Dates for Diary:

Monday 30th January

Monday 13th February

Monday 13th March

Monday 3rd April

Mums Week

Half term week

Dads Week

Easter Holiday

ST HELENA HOSPICE STALL (BRIAR ROAD)

Firstly, we are sorry for the delay of this year's Thank You letter, but due to ill health we were unable to meet the deadline for the December/January issue of The Messenger. However, all is now well.

We would like to thank everyone who has supported our stall one way or another again this year. Although some old faces seem to have disappeared, a number of new ones have arrived and between us ALL we have raised a total of £12,114.84 for the Hospice. Thank you.

Our thanks to William for the weekly supply of mushrooms and to Bob for all the produce he delivers each week and for what he grows in his garden for the stall. Also not forgetting Robert and Peggy for all the different varieties of apples and pears they give to the stall when in season.

On Sunday, 11th December a lady and gentleman arrived at the stall on bicycles and purchased from the stall. The lady noticed our board displaying this year's total and remarked on what a huge amount of money we had raised. Upon learning that although it was a fantastic amount of money we were £122 less than last year. The gentleman then turned and said that he would make up the difference and donated £130 to the stall. Sadly we don't know their names but what a kind generous couple they are. Thank you to you both.

Please remember that during the winter months the stall closes at 1pm on Sundays.

Thank you all for your support this year.

Jenny and John



St Helena Hospice
your time... your hospice
Registered Charity Number 280918

ST HELENA HOSPICE

Post Office urges other local newsagents to follow suit, as it collects thousands for St Helena Hospice in lottery memberships

Honeycroft Post Office in Manningtree have been supporting St Helena Hospice as official Newsagent Collectors for Your Hospice Lottery for 13 years and to date have raised over £16,400!

Honeycroft Postmaster Carlo Guglielmi, who is also Deputy Leader at Tendring District Council and County Councillor for Tendring Rural West, started collecting for Your Hospice Lottery (originally known as

St Helena Hospice Lottery) via his newspaper rounds in 2003. Carlo said: "I have always been an active supporter for St Helena Hospice putting on fundraising events like BBQ's. Then a friend sadly required the services of the hospice at Myland Hall and spent her last days there before she passed away. It was during this time that we witnessed just how flexible and welcoming they are. We were allowed to bring our Labrador in during our visits and brought in take away meals and the little things like a drinks trolley just showed their amazing ethos to patient care. We just

knew that we must support this wonderful charity."

"Another close friend of ours, who worked in the Charity office as a fundraiser told us about the lottery and how it is such a good way of supporting the hospice. I decided I would like to become an official newsagent collector for the lottery in support of St Helena Hospice."

Your Hospice Lottery run a weekly lottery draw dedicated to raising funds to support hospice care and currently have over 47,000 numbers in the draw every week. Thanks to loyal supporters, so far, over £6.4 million has been raised for St Helena Hospice. Every week there are 111 guaranteed cash prizes up for grabs. 1st prize is £1,000, 2nd prize £100, 4 £25 prizes and 105 prizes of £10. There is also a rollover prize selected from random numbers and if not won increases every week by £250 to a maximum of £10,000!

Alex Howe, Head of Lottery, said: *"I would like to say a huge thank you to Carlo for his continued dedication and support towards the Hospice and for tirelessly collecting on behalf of Your Hospice Lottery for over a decade! We currently only have 6 or so other collectors, therefore, if like Carlo, you would like to make a real difference in your local community and help St Helena Hospice continue to provide free, high quality care for people affected by life limiting illnesses, then we have a fantastic opportunity for other newsagents in the Colchester and Tendring area to join our team as an agent, promoting and selling the Lottery to your customers."*

Carlo adds: *"I urge fellow newsagents to follow suit and sign up to be an official newsagent collector, not only are you supporting hospice care but you can help meet your corporate social responsibility by associating your business with a much loved local Charity."*

If you would like more information on how you can support Your Hospice Lottery via newsagent collections please call the office on 0800 285 1390 or email lottery@yourhospicelottery.org.uk.

Share the joys of your garden for St Helena Hospice

With spring just around the corner, it's the perfect time to start thinking about creating a show-stopping garden to enjoy in the coming warmer months.

If you enjoy gardening and would love the chance to share the fruits of your hard work with friends and family, your neighbours, or members of your community, then you may like to hold an Open Garden event in aid of St Helena Hospice.

Whether you have an acre of beautiful shrubs and borders, or a pocket yard of stunning tubs and herbs, opening it up for a few hours for other people to see will give you a sense of pride, inspire your fellow gardeners, and support your local hospice.

It's free and easy to get involved. Decide if you want to open up your garden just to people you know or to your whole community; pick your own day and time any time between April and September; and simply collect any donations from visitors on the day.

There are many ways to raise even more funds at your event such as selling plants, garden produce and crafts, or serving tea and cake – each Open Garden is unique!

St Helena Hospice can provide you with collection pots, posters and tips on promoting your event, and can advertise your event on the hospice website and social media if you decide to have a public event.

To register your Open Garden event, or if you would like more information, please email fundraising@sthelenahospice.org.uk or telephone the community fundraising team on 01206 931468. All the public events will be added to sthelenahospice.org.uk/opengardens17 as they are announced.



STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

Our only January meeting was on Wednesday 18 January when Tom Tyler talked about "When Motoring Was Fun". This sentimental journey reminded us all of many happy memories.

Future Meetings Diary Dates

On Wednesday 1 February Peter Gant will talk on "100 years of Postcards" and on 15 February Dudley Chignell will present "The Four Seasons in East Anglia". On Wednesday 1 March Joyce Kimber speaks on "Ciphers & Enigma" and the Annual General Meeting will be held on Wednesday 15 March

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 or Speaker Secretary Dave Carman on 01255 880202 for further details.

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

STOUR VALLEY U3A

Recent Meetings

On Wednesday 11th January Dr Geoffrey Kay, former lecturer at Norwich School of Art & Anglia Ruskin University, spoke 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. He informed us what that united these artists and how and why they were determined to alter the course of British art for the next 50 years.

Future Meetings

On Wednesday 8th February Prof John Midwinter FRAE, FRS., formerly at BT & UCL will speak on "The Truth About Climate Change". His lecture will explore evidence that we are changing the climate of our planet, probably irreversibly, and this will be linked to a discussion of what this probably portends and why we should be very concerned.

On Wednesday 8th March Mark Mitchels will speak on "The Sutton Hoo Ship

Burial". This will be an illustrated lecture that attempts to re-create the moment. It will tell the story of the excavation and when a remarkable people sent their leader on his final voyage. This was one of the greatest treasure ever found on English soil, and a Royal tomb.

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

Continued on page 34 .. /

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Trust, have over 260 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. 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!

A MUSICAL INSTRUMENT STORY

(The blanks in the story are the names of musical instruments. The sound of the word is more important than the spelling.)

Joe met Ena on a _____ liner. She looked most attractive with a bunch of _____ pinned to her dress.

Hearing her _____ like voice, Joe rushed to meet her, falling over a _____ of oil on the deck and bumping into the rail. Later, after making sure that there were no broken _____, Joe went to find Ena and saw her waiting for the band to play on the main deck. Knowing that a variety entertainment was about to start in the lounge, he said "Would you like to come to the _____?" but she said "No, I would rather stay and listen to the _____."

The sea air made Joe thirsty and he said that he would like to go and have a _____. Ena told him to wait for the interval when he could buy her an ice cream _____. By that time Joe's thirst had increased so he had a _____ and then lit his _____ as he strolled along the deck. He stopped to watch some sailors fishing as they _____ in

to the sea. When he met Ena again she complained that he had been gone half an hour, to which he replied "_____ sticks, it was only ten minutes" at which she called him a _____ and continued to _____ on this until, in anger, he left her. Next day they became friends again and decided to play cards, but Joe played badly and Ena said "When you should play a high card, why do you always _____ one, and when I play an ace why do you always _____?"

Joe suggested that they stopped playing and go out on deck where he told her that he loved her and kissed her as a _____ of his affection.

Answers next month



CAROL SERVICE AT ST MARY'S CHURCH, LT BROMLEY

On Thursday 22nd December at 7pm, St. Mary's church held its Carol Service. With lanterns guiding everyone down the path, a friendly welcome awaited all those who attended.

Inside the church, flower decorations and lots of ivy were scattered around any spare space. Extra chairs were ready and the candles were set up. One hundred and twenty people attended and the service began.

The Rev Canon Simon Heron took the service and Gregory Frostick, Chairman of the Friends of Little Bromley, made sure that everything ran smoothly. The Frostick

family provided some lovely musical entertainment during the Carols and the Readings.

Afterwards everyone was able to sample the mulled wine provided by William and Jane, along with the refreshments made by our local cooks. Money raised from the service will go to the Churches Conservation Trust.

We would like to thank all those who helped and all those who came to make this such a lovely evening.

Carol Cordwell

KITCHEN CORNER

A light supper dish is welcome after all the Christmas feasting!

Red Dragon Pie

The Chinese call aduki beans 'red dragon' or 'red wonder' as they are so full of goodness.

serves 4

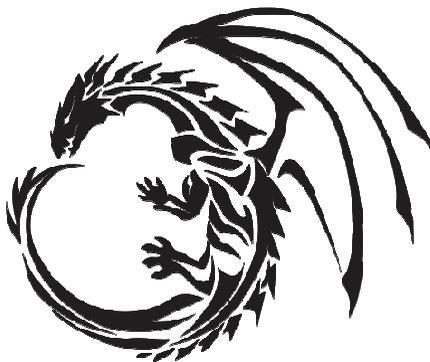
4 oz 110g aduki beans
2 oz 50g rice or wheat grain
2 pints water for soaking
2 pints water for boiling
1 tbsp oil
1 onion finely chopped
8 oz diced carrots
1 or 2 tbsp soy sauce 2 tbsp tomato puree
1 tsp mixed herbs
1/2 pint aduki bean stock
1 lb potatoes peeled
1 oz butter

Wash the beans and rice or wheat and soak over night or 1 hour in boiling water to steep. Drain and rinse then bring to the boil in fresh water and cook 50 minutes

Drain, reserving the stock. Heat oil in a pan and fry onion 5 mins add carrots and cook 2-3 mins then add the cooked beans and rice. Mix soy sauce tomato with the stock

and pour this over the beans and vegs. Simmer 20-30 mins and season to taste add more stock if too dry. Put into a 3 pint casserole. Boil the potatoes till soft, mash them with the butter and season well. Spread over the beans and vegs and bake 35-40 mins till crisp and browned. 180°C.

Jill Frostick



THE CHURCHES OF ARDLEIGH AND THE BROMLEYS CHILDREN COMMITTEE NEWS

Messy Christingle

On Sunday 4th December we held our Messy Christingle in Great Bromley Village Hall.

Beginning at 3pm, we welcomed 24 children and their adults to join us for a drink and biscuit and then we had a talk about Christingles and the story of The Little Match Girl. We were pleased to introduce Reverend Antony Wilson to everyone.

The children then went off to make their Christingles, make some Christmas lights, a lovely little match girl, do some prayer stars and make some candle decorations for their Christmas trees. They also played a game before sitting down again to sing some songs and talk about what they had made. We were also pleased to see the Rev Canon Simon Heron during the afternoon. We then played a short game and then sat down for a shared meal.

Afterwards the children took their lit Christingles outside whilst singing. They then left with their Children's Society candles and wishes for a lovely Christmas.

We would like to thank all the families who came, our visiting vicars and most of all, our helpers for making it a lovely afternoon.

Christmas Competition

In early December the children of St. George's school, Great Bromley and St. Mary's school, Ardleigh were invited to take part in our Christmas competition. They were invited to make a 2d or 3d Christmas decoration to put on the Christmas trees in the churches.

We didn't receive as many entries as normal but we were really pleased with the decorations and still found it hard to choose our favourites.

St. George's school had 10 entries. The favourite decoration in Class 1 was by Jasmine Godsell. The favourite decoration in Class 2 was by Mia Stacey. Class 3's favourite decoration was by Mia McLellan and the favourite decoration in Class 4 was by Roxanne Lawes.

St. Mary's school had 19 entries. In Class 1 the favourite decoration was by Milo McSherry. The favourite decoration was by Maisie Reed in Class 2. In Class 3 the favourite decoration was by Harry Rawlinson and the favourite decoration in Class 4 was by Thomas Owen.

All the decorations have been on display on the Christmas trees in the churches over the Christmas period and they look really nice.

Everyone who entered received a prize for taking part. These were presented to them before the schools broke up for the holidays.

Crib Services

On Christmas Eve St. Mary's Church, Ardleigh at 4pm and St. George's Church, Great Bromley at 5.30pm held their Crib Services.

Reverend Antony Wilson took the service at Ardleigh church whilst Reverend Sally Morris took the service at Great Bromley Church.

A small play was enacted during the services and by drawing names out of the bag, we had lots of excitement as children were called up to place the nativity figures into the stables. We also had some lovely readings from the children.

Both churches each had around 100 people in attendance which was lovely to see. Children's Society candles were returned during the service and all money raised will go to the Children's Society.

We would like to thank all our helpers for the wonderful job they did of handing out service sheets, sweets and stickers, etc. It was lovely to see the happy faces as everyone left in anticipation of Christmas Day.

JAM Sessions

The JAM (Jesus and Me) sessions at St. George's church after school on a Friday between 3pm and 3.40pm have been going well. We have had a regular group of children and parents who have been coming to play, do crafts and enjoy biscuits! The sessions will start again on Friday 20th January 2017.

Everyone is welcome.

Carol Cordwell

FROM THE RECTORY

The cultural differences of countries across the world that are exposed by studies and polling makes for fascinating reading. They also tell us a great deal about the national psyche of the country in question.

A survey on alcohol consumption sees the UK preferring beer, France opting for wine, and Russia choosing spirits. The image of British lager louts, wine quaffing French and Vodka addled Kremlin super-spies may seem clichéd, but don't seem too far from the mark.

The variety of highly favoured US exports of TV shows paint another picture.

For a nation with a rich history of political intrigue and brutal dictators, 'Game of Thrones' being Russia's number one is no surprise. Neither is Australia's choice of the award winning comedy 'The Big Bang Theory'. Why Mexicans are quite so fond of 'SpongeBob SquarePants' though is more of a mystery.

The most popular Bible verse also gives a real insight into what concerns citizens of the nations the most.

In the west, The US, the UK and Canada, it's Romans 12 verse 2, which begins "Do not conform to the pattern of this world,

but be transformed by the renewing of your mind." In cultures that see constant demands of a consumer society, fixated on celebrity, the search for a different way of being finds an answer in Scripture.

In the South American nations of Columbia and Brazil, Joshua 1 verse 9 is favoured. "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." The history of these countries account for just why they go back to this verse again and again.

And for South Korea, a country constantly facing the unpredictability of their trigger happy neighbours to the North, the words of Philippians 4 verse 6, "'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.", explain why it's the most popular there.

The Bible is not a book of long dead history, or just a handy moral guide, but the ongoing story of God's love for his creation, through which God still speaks. It's a book worth reading, and time with the Bible is time well spent. This month, why not dust it down, open it up, and find what God might have to say to you.

Rev Canon Simon Heron

FLOWER FESTIVAL 2017

**30th June/ 1st, 2nd, 3rd July 2017
with Scarecrows and Art Exhibition.**

The date is chosen and the theme decided for one of the most memorable events which we hold every two years here at St George's Church in The Bromleys.

The theme this year is "Rainbows"

We are inviting all organisations in the villages to take part either sponsoring or actually providing an arrangement to make our church look beautiful.

Of course there are many other ways to take part and contribute as we will run a large raffle, a large tombola, - provide

refreshments every day all day - meet and greet stewards at the door and much more.....

We are hopeful that there will be competitions, Tower Tours and many other exciting activities to enjoy especially the scarecrows!

So come and join us, be involved, enjoy this community event.

The dates for your diary are June 30th, 1st & 2nd and 3rd July.

For more information contact Carol 395103, Susan 251107 or Jenny 230688

ST. GEORGE THE MARTYR, GREAT BROMLEY



Welcome to our services in February

February 5 th <i>4th before Lent</i>	8am Holy Communion (BCP) 6.30pm Sung Evensong (BCP)
February 12 th <i>3rd before Lent</i>	10.30am Parish Eucharist (CW1)
February 19 th <i>2nd before Lent</i>	8am Holy Communion (BCP)
February 26 th <i>Sunday before Lent</i>	10.30am Parish Eucharist (CW1)

*The church is open daily and you are welcome to visit.
More details and information at www.greatbromley.org.uk
Facebook or Twitter @StGeorgesGtBrom*

St Mary's Church, Lawford

Every Sunday	8.00am Holy Communion
1st Sunday	10:00am 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

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 LUNCHES

Friday 3rd February at 12 midday

Friday 3rd March at 12 midday
Please come and Join us for friendship
and fun.

DO YOU LOVE CLEANING?

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

WORLD WOMAN'S DAY OF PRAYER

March 2017 at Bradfield
All welcome.