

The Bromley Messenger

June 2008

Volume 22 No 3



Once upon a time, young Tom and Dick were partial to a glass of Real Ale. Tom said to himself, "I like this so much, I'll brew some" and he did. Dick said to himself, "One day, I'll buy a pub" - and he did. Each said to himself, "A brewery would be a pleasant thing to have". Tom and Dick met and talked (a lot) about beer. Tom said, "You've got a pub and I want a brewery". "Good idea", said Dick giving Tom the keys to the spare room. Tom measured and built, stirred and mashed, frowned and tutted. Dick watched and offered 'advice'. On a sunny May morning, smiling, Tom said, "Taste this". "Delicious", said Dick. "We'll call the brewery 'Sticklegs'", said Tom. "Excellent", said Dick. "Let's have another pint - you can't have too much of a good thing"

And now Tom has a brewery at The Bromley Cross Inn where you too can have a lot of a good thing. Just come and try it!

WHAT TO DO ON A RAINY WEEKEND?

Mistress has writer's block this month and has asked if I would take over, which I have said I would.

I write this during the Bank Holiday weekend which, weather wise, is particularly wet and windy. Despite every effort from Mistress to get me outside, it is so horrid that I have chosen to stay indoors and gaze through the window and dream of all the rabbits that I have to catch. They are particularly bountiful at the moment though the family don't seem very pleased when they find a head or a tail or other body part on the back doorstep.



I am now a teenager and being cooped up indoors is very boring so I try to amuse myself. My tail is interesting but is very difficult to catch, claw scratching on the table and chairs causes the family to either shout or clap their hands at me but so far I have got away with tussling with the corner of the carpet. The Old Cat has been particularly bad-tempered, hissing, spitting, growling at me before finally cuffing me round the face and all because I was trying to keep her amused. I have also tried some fishing but that too was unsuccessful while Dog keeps getting creakily to her feet and moving away from me when I bounce over for a chat with her. Master gave me a ping pong ball after I jumped on his shoulder from behind whilst he was snoozing giving him a fright but I am too old to play with ping pong or tennis balls. Give me a rabbit or a mouse to chase any day.

I hope you enjoyed your Bank Holiday weekend better than I have. Perhaps some of you have tasted the new brew at the Sticklegs brewery up the road or are contemplating the Strawberry Tea during June. And what about this talk on unicorns. Do you think they would be good for me to catch and eat? A new challenge for me and I am certainly raring to go again after all this rest.

Katisha

MATERIAL for the **JULY 2008** edition of 'The Messenger' should reach the Editor, Leonie Henderson, by **Monday, 16th June, 2008** please.

Contributions from anonymous sources will not be printed. Whilst the editor welcomes contributions, photographs etc this is on the understanding that there is no obligation to publish, that the item may be edited and that there is no breach of copyright. Publication is in good faith and neither the editor nor the publisher accept any liability in respect of the content of any article, photo or advertisement, including any error or omission, responsibility for which remains with the author.

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Please support the sponsors of our magazine.

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

Head teacher: Pat Fitzgerald

Telephone: 01206 230305

Each Term the School sets "Topics for the Term" for each class. These obviously vary and will always include some topical items. An example is:-

Class 3

Light and shadows

Solid liquids and how they can be separated.

The 10 Commandments

Remembering the Sabbath

Sacred words

Improving the Environment

Money containers

Can we change places?

Tesco Vouchers were given away for each £10 spent until 11 May.

Please get yours to the School by end of June latest, so we can claim our computer equipment.

LC

DRIVING CHAMPIONSHIPS

Grace Smith (8) of Little Bromley Hall has been shortlisted for a carriage driving competition in Austria.

Grace has been driving for two years and has competed at the indoor driving series at Wix Equestrian Centre over the winter. She was invited to compete in a special Under 10s class at the Indoor National finals where she and her pony, Pickle, had a convincing win to become the Under 10s Junior National Champion.

We are all keeping our fingers crossed for the final selected team which will be

announced towards the end of May. Eight children under 18 will represent England for the Junior World Trophy in July at which there are eleven teams competing.

Grace would like to thank everyone, especially her school, St George's, for their support and help towards her fund raising to help the team with the competition and transport costs.

Natalie Smith



FROM THE DOCTORS' SURGERIES

ARDLEIGH

Dr Susmithma Pavuluri, our GP Trainee, is taking maternity leave on the 1 June and will be returning on the 1 October for two months to complete her training year.

We will be welcoming a new GP Trainee, Dr Emily Foster, on the 6 August. Dr Foster is on placement currently at Creffield Surgery from Colchester General Hospital.

Fred Merrin, Practice Manager

GT BENTLEY

First of all this month, I have to get myself out of trouble by confessing that the information I gave a couple of months ago about how to get help finding an NHS dentist was out of date. Sorry!

The correct advice is that if you cannot find an NHS dentist to look after you, you need to ring PALS (which stands for Patient Advice and Liaison Service) on 0800 328 5620. Their office is manned from 9.30am until 3.30pm, Monday to Friday. They will help you find a dentist to treat you on the NHS. That doesn't mean free of charge, I'm afraid, but NHS rates are much cheaper than private.

The number that I gave about finding emergency dental treatment "out of hours", 0845 602 5238, was correct.

Sadly, I have another leaver to report this month. I know that a lot of you will be really disappointed to hear it, but our Nurse Practitioner, Jan Williamson, has decided to go and work for the Primary Care Trust as a Diabetes Nurse Specialist, which should be a good career progression for her. We will be really sorry to see her go, as will the many diabetes sufferers who have become so dependent on her over the last eleven years.

Looking on the bright side, diabetes care in the North East Essex area can only improve if Jan is helping to train staff at other practices to look after people to her own high standards. Meanwhile, we are working hard to find someone to replace her, which won't be easy. Until we have someone in place, diabetes care will be looked after by the doctors, so sufferers won't be completely neglected.

I've mentioned before what a problem "DNAs" are, (that is people who don't bother turning up for an appointment.) It really is very unfair on other patients who really need an appointment if someone doesn't let us know that they aren't coming in after all. Please always let us know if you possibly can so that we can give the slot you don't want to someone else who needs it.

With this in mind, we now have a dedicated cancellations telephone line that you can ring any time of the day or night and leave a message letting us know if you are going to miss an appointment. The number is **01206 255071**. Please make a note of it. The line is "manned" only by an answering machine, so you won't be able to use it for anything other than a cancellation. However, you can ring it at weekends or during the evening if you suddenly feel better or just find that there's something more important to do than coming to see us. You won't have to spend time trying to get through on the main surgery lines at peak hours, so cancelling your appointment should be much easier. If you use the internet access service by the way, don't forget that you can cancel an appointment that way too.

As Jan is going, she's going to have the last word this month by writing the new "Disease of the Month" bit which, perhaps

unsurprisingly, is about diabetes. She writes:

Diabetes is an incurable condition in which glucose (sugar) is present in the blood because of a lack of the hormone insulin, or because the insulin available is not working effectively. People at most risk of developing the disease are those who are obese and/or physically inactive. A family history of diabetes is also a high risk factor.

There are two types of diabetes, imaginatively called “type 1” and “type 2”. In type 1, which usually starts in childhood or early adulthood, the body is unable to produce any insulin at all. It is treated with diet control and injections of insulin.

Type 2, where either not enough insulin is produced or the insulin made by the body doesn’t work properly, tends to affect people as they get older. Some people with type 2 diabetes have few symptoms or even none. It develops slowly over weeks or months. For some patients, type 2 can be controlled by diet alone, but this doesn’t work for everyone and many have to take pills or insulin to regulate their blood sugar.

Symptoms to look out for if you think you are at risk of diabetes are tiredness, excessive thirst, blurred vision, repeated infections and passing excess amounts of urine.

Can diabetes be prevented? A huge amount can be done to prevent or at least postpone it.

Don’t let yourself become obese. Eat healthily and avoid junk food. Eat regular, small meals. Avoid skipping meals, especially breakfast.

Get active and stay active! Incorporate more activity into your everyday lifestyle. For instance,

take the stairs instead of lifts and escalators. Walk or cycle to work (or the surgery!). If you must use your car, park further from your destination. Take up a sport or other activity which you may find fun, e.g. swimming, rambling or dancing.

Stop smoking.

*Jan Williamson
Hugh Cronin*

Seven Rivers Great Bromley

Would you like to meet new people?
Do you have interests or skills you would like to share?

Why not volunteer at Seven Rivers?

We are always looking for new volunteers to help out in a variety of ways.

For more information contact
Joanne Pearmain
on 01206 230345

Forthcoming Events

14th June Tea 4 Ability

26th July 60th Anniversary Celebrations

**Leonard
Cheshire
Disability**

Old jewellery appeal

Do you have an odd cufflink or earring, a watch that doesn't tick, a discarded necklace or a ring that doesn't fit?

Send your unwanted jewellery to:

O J Campaign
Diabetes UK
FREEPOST LON12854
London NW1 2YF

And convert it into funds to support Diabetes UK.

**Diabetes
UK**

Registered charity no. 113198

THANKS

Geoff Hurst

wishes to thank everybody who donated to his 80th birthday celebrations. Nearly £700 was raised for the various charities which include Epilepsy, Salvation Army, Hospice, Walk of Life and Great Bromley Village Hall.



James and Ann

would like to thank everyone who supported our Plant and Garage Sale. So many kind folk gave donations and attended the sale.. The total amount, with the sale and sales before, amounted to £1,000.



Hog Roast at the Haywain

Despite promised rain, Monday 5th May was a beautiful sunny day and was much enjoyed in Little Bromley, especially at the Haywain.

The Hog Roast provided by local caterers was kept very busy serving over 200 meals. The tickets had all sold out and the pub hummed with life.

The Little Bromley Amenities Committee provided a quiz to pass the time, along with a large raffle and some good games. There was also cake for anyone still hungry.

From around 12.30 people began arriving and there were still a lot enjoying the sunshine at 5 in the afternoon. It was lovely to see so many Little Bromley residents in attendance along with Great Bromley people and some who came from even further afield.

The Haywain provided a Blue Grass Band who set up outside and provided gentle background music to enhance the day.

At around 3pm, some new local residents provided a surprise aerobatic display with their small planes. This added feature was lovely to watch.

The Committee tries hard to think of social events that might be welcome in the Village. When the Hog Roast was first suggested as a way to bring local

residents together and also introduce the Haywain to those who hadn't yet visited, we were unsure if many would attend, but as a social occasion the day surpassed all expectations. Some locals turned up on their vintage motorbikes and it was really nice to be amongst the friendly relaxed atmosphere where all about people were chatting and children were running around.

As this day was not planned as a fundraiser, any money made by the Committee will go towards our free Firework Display on Friday November 7th 2008.

Once again our thanks go to 'Rashers' who supplied the Hog Roast which tasted delicious, the Haywain for our lovely venue and the great Band, the surprise plane display and finally the Little Bromley Amenities Committee and Parish Council, especially our newest member Anita, who helped to make this such a good Village social event.

Finally we would like to thank all those who attended and made the day so enjoyable.

Carol Cordwell

On behalf of the Little Bromley Amenities Committee and the Parish Council.



GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

The Village Hall committee met on 22nd April. They also held the Annual General Meeting on Wednesday 14th May with 12 present, immediately following that with a short committee meeting, all at the hall.

The fire equipment, portable electrical items and the emergency lighting have all been tested and are satisfactory. The piano has been examined and deemed to be beyond economic repair and tuning. We are therefore looking for a suitable replacement. If anybody has a reasonable piano they no longer want, would they let us know so we can see if it is suitable for the Hall. We are also considering ways of providing an additional cooking facility in the kitchen.

We are currently being told that we should comply with waste management legislation and begin to separate the various types of materials being disposed of at the Hall (and the Cricket Club). Shortly, when we have thought it through we shall want paper, cardboard, wood, glass and plastic separated from other waste so that they can be recycled.

Following the AGM, the Village Hall committee members are: Fred Nicholls (Chairman), Bevan Willgress (Secretary), Lynda Allam (Treasurer and Bookings Person), Gillian Christmas, Tracy Griffiths, Mary Hart, Beryl Hurst, Dean Dasley, Henry Fairley, Martin Frostick, Pat Petchey, Neil Skinner and Peter Wenden. These being five elected, five appointed (by organisations) and three co-opted Trustees. Marion Britton, our Caretaker, also attends committee meetings, a key member of the team to keep the hall open and available to use.

During May, Angie Diggins entertained many of you at the village hall, just a week before her appearance in her own

show at the Westcliff Theatre, Clacton-on-Sea. Thank you for supporting the evening, £279 was raised for the hall.

Two further events to enter in to your already over full diaries:

Saturday, 26th July - a Coffee Morning with stalls, light lunches and games from 10.30am till 2.00pm at the Village Hall hosted by the VH Committee and friends. To be held mainly outside, weather permitting.



Saturday, 6th December - the Christmas Fayre from 10.30am till 2.00pm in the Village Hall hosted by, and to raise funds for, the Women's Institute and the Village Hall.

The next committee meeting will be on Tuesday, 10th June at 7.30pm in the Village Hall.

To book the hall, contact Mrs Lynda Allam on 01206 230375 who will advise on availability.

Bevan Willgress

PRINCES THEATRE Town Hall, Clacton

Friday 6 June Ledd Zepp - Led Zeppelin

Tuesday 5 August Joe Pasquale

For tickets contact 01255 686633 or book online at www.essex-live.co.uk or www.tendringdc.gov.uk



WOMEN'S INSTITUTE

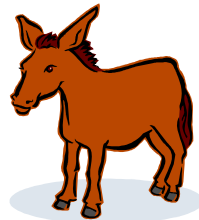
Our 60th birthday party, in May, was a very successful evening due to all the hard work that our President and her committee put into it before the event. Every ex-WI member of our Institute was invited and most of them were able to join in the celebrations. It was lovely to see them all and catch up with their news.

We had a delicious meal, followed by a quiz about 1948. Some members entertained us with an alternative performance of "Cinderella" which was very amusing. We were then introduced to the "Grange Co-operative Singers" from Harwich, who sang a selection of

songs, including some solos and a poem, which were excellent.

This was followed by all having a cup of tea or coffee and a slice of birthday cake which had been made by Jean Dalgety. The drawing of the raffle and announcement of the notices brought a memorable evening to a close.

At our June meeting on Wednesday, 4th June in the village hall at 7.30pm, Sue Field will tell us about "The Work of the Donkey Sanctuary". If you are interested, please do come along.



June Willgress

FRIENDSHIP CLUB

Outing: If you have not already paid the last date is **5th June**. Money is NOT collected on the coach. Sorry we couldn't arrange the usual "pick-ups" therefore everyone meets at the Village Hall at 10.00am.

The next meeting is on 19th June - the competition is A Single Rose.

There will be a discussion on the Outing when we will decide whether or not we arrange another before the end of the year, so if you have any complaints or praise your comments will be appreciated. To anyone not feeling 100% we wish them well.

If anyone has any double knitting wool, could you please give me a ring and I will collect. Our members are making little jumpers and hats for babies who need to be kept warm during their first weeks of life in Tibet.

Vicky Griffiths



PARISH COUNCIL NEWS

Great Bromley Parish Council

www.essexinfo.net/gbpc

Report of parish council meetings held on 8

May 2008

Annual Parish Council Meeting and Assembly

At the parish council's annual meeting Col Martin Frostick was re-elected chairman for a further year. Details of other council appointments can be found on the website: <http://www.essexinfo.net/gbpc/>.

The chairman presented the council's annual report at the Annual Assembly and where six residents were present. A copy of the report and annual accounts can be obtained from the Clerk and can be seen in due course on the council's website.

Planning

The Council considered the following planning applications:

Morants Lodge, Colchester Road – extensions and porch (no objections)

Bush Farm, Hall Road – (a) Demolish existing farm house and replace by new dwelling; (b) Alterations to existing vehicular access (objections)

The council will also be submitting its objections, to the Planning Inspectorate, against the proposed business/industrial estate at Horsley Cross.

Tendring District Council has decided the following planning applications:

The Willows, Frating Road – replacement of chimney stack (approval)

Nettle Croft, Chapel Lane – replacement roofing (approval)

Arcan, Colchester Road – rear extension and conservatory (approval)

Strutts Farm, Parsons Hill – retention and alterations to replacement barn (retrospective application – refusal)

Big Rubbish Collection Day

The big rubbish collection day on 26 April was a great success. Two and half tonnes of 'white goods' were collected for recycling, plus 10 tonnes of other large items. Our thanks to Tendring District Council and Veolia for their assistance with this valuable exercise!



The next meeting of the Council will be at 7.30 pm on Thursday 12 June 2008 at the Village Hall Great Bromley.

GRANTS FOR COMMUNITY PROJECTS!

Essex County Council is offering, through its **Community Initiatives Fund**, substantial funding for new capital projects proposed by community groups or parish councils. Projects should aim to promote the social, economic or environmental well-being of the village and result in the creation or enhancement of a physical asset. Grants cannot be given for running costs or existing/completed projects. Eligible projects could include community, social and recreational facilities, village halls, community transport initiatives, land purchases, playground equipment, environmental works and any related feasibility, design and planning work.

Preference will be given to projects which can attract matched funding, have the potential to add value to other work being undertaken in the village and have been identified in parish appraisals or plans. Projects also need to be supported by the parish council. The average amount given for each project in the past has

been about £6,500.

For further information and application forms look at www.communityinitiativesfund.co.uk or contact one of the following: Beverly Davies, Essex County Council, e-mail:

info@communityinitiativesfund.co.uk, tel: 07929 543523, or Nicky Wells, Community Projects Officer, Tendring District Council Tel: 01255 686354, Fax: 01255 831291, email: nwells@tendringdc.gov.uk.

The closing date for the next round of applications from projects in Tendring is 9 July 2008.

For information on alternative sources of funding look at: <http://www.grants4.info/essex> and

<http://www.tendringdc.gov.uk/TendringDC/Community/Voluntary+Organisations/grant.htm>

If you require help in preparing grant applications then get in touch with the parish council's grants management team via Ken Bromfield on 01206 230089.

Forthcoming Events

JUNE

- 10 Village Hall committee meeting, Village Hall, 7.30pm
- 14 Tea 4 Ability, Seven Rivers Cheshire Home
Talk, Lt Bromley Church, 4.30pm
- 14/15 Lt Bromley Church Weekend Festival
Art Exhibition, Elmstead Market
- 21 Strawberry Tea, 'Fryerning', 2.00pm
- 26 Lt Bromley Parish Council meeting, 7.30pm

JULY

- 26 Coffee Morning, Village Hall, 10.30am
60th Anniversary Celebrations, Seven Rivers

AUGUST

- 2 Coffee Morning, Fryerning, Hall Road, 10.30am**
tba Friendship Club Auction

SEPTEMBER

- 13 Essex Police Choir, St George's Church

OCTOBER

- 18 Musical Murder Mystery Evening, Village Hall

NOVEMBER

St George's Church

EVENSONG

Sunday 29 June
6:30pm

with the St George's Singers
Anthem: I want to be ready (spiritual)

All welcome



St George's Church, Great Bromley

ALTAR AND PRIEST CUSHIONS

Coffee Morning
Saturday 2nd August
Bring & Buy/Coffee Morning

Please join us in the garden at
"Fryerning", Hall Road, Great Bromley
between 10.30am and 12.30pm
to raise funds to refurbish the altar and
priest cushions in the church

The cushions are in desperate need of
renovation, the ribbon around them and
the actual tapestry are very badly worn.

Donations towards this appeal can also
be given to any PCC member or sent to
the address above.



I look forward to seeing you
all.

Jenny Nicholls (01206 230688)

The Friends of Elmstead Church

ART EXHIBITION

Saturday June 14th & Sunday June 15th
in Elmstead Church

Pictures for sale at reasonable prices by Essex artists
Saturday 10.30 a.m.-5.30 Sunday 12-5.30
Ploughman's lunches. Teas & coffees.
Books and home made cakes for sale

BETH CHATTO'S GARDENS

will be open in aid of the Friends

SATURDAY 14th ONLY 9 - 5

Do please come and support these events. All monies raised will go to the restoration and repair of our Parish Church. For further information ring Margaret on 01206 826843

ESSEX POLICE CHOIR

13th September
St George's church, Great Bromley
More details later



Plus: Plant, Bric-a-brac, Cake & Book Stalls, Raffle

Ring 01206 230688 for tickets at £3 each

In aid of supporting MacMillan Nurses and local WI funds

SEVEN RIVERS CHESHIRE HOMES

14th June

Tea 4 Ability

Saturday 26th July

60th Anniversary
Celebrations

**Leonard
Cheshire
Disability**

Leonard Cheshire Disability is 60 this year so we are planning a fun day with food, music and stalls.

COFFEE MORNING

with stalls, light lunches and games
Saturday, 26th July
10.30am till 2.00pm

at the Village Hall
hosted by the VH

Committee and friends

To be held mainly outside,
weather permitting.



Friends of Little Bromley CHURCH WEEKEND FESTIVAL

Saturday 14th June 4-7pm

Sunday 15th June 12 -5pm

A warm welcome, flowers and
refreshments for your enjoyment

Saturday - See box below

Sunday - Music at 1pm and
4pm Children's activities
from 2pm

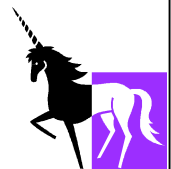


*The church is also open from 2 - 5 pm
first Sunday of the month June -
October*

SO YOU DON'T BELIEVE IN UNICORNS?

An illustrated talk by Chloe Cockerill of
the Churches Conservation Trust at
Little Bromley Church at 5.30pm on
Saturday 14th June

The history of the unicorn
is full of mystery and
romance
- did the unicorn really
exist or was it the stuff of
fable?



Come and find out!

Admission Free. Refreshments
available from 4.30pm

LETTERS



My name is Tina and I live in Lt Bromley with my husband and our sons Mark & Max. I am in my mid forties, work full time and have a busy and unhealthy lifestyle.....until now..... In a moment of madness I registered to take part in a 250 mile women's cycle ride across Cuba to raise money for the charity



'Women for Women'. The event takes place in November this year and will be a huge personal challenge in terms of training and

improving my fitness levels.

'Women for Women' is a charity that is very close to our hearts because of the difficulties I experienced in all of my pregnancies. In particular I hope to complete this challenge in memory of my daughter Sophie who would have been seventeen this year.

To meet my target I need to raise £3000 for this worthwhile cause. So far friends, colleagues and family have helped me achieve almost half of that but I still have a long way to go. We are currently planning a fundraising event with The Haywain so watch this space as we hope to make it a real community event. In addition we have also organised a Barn Dance on 21st June at Stanway Village Hall, Colchester. Tickets are on sale now at £10:00 each, price includes a ploughman's supper and it's bring your own drink. It would be great to see a few of our neighbours there. In the meantime if there's anyone out there who can help us in any way with our fund raising campaign that would be great.

If you can help or would like some tickets for the Barn Dance please contact us on 01206 390150 or tinaburns@btinternet.com.

The parish council recently purchased a replacement goal net for the recreation ground which was kindly put up by a couple of volunteers. However, sadly, within a week of this being in place someone had cut a hole in part of the net. This has saddened and angered those involved in replacing the net and installing it, those who use the net and everyone else involved in the recreation ground.

Hopefully we will not have a repeat of this wanton vandalism but I implore all those who use and enjoy the recreation ground to keep an eye out for anyone who may be causing damage and to report any cases to the police or parish council representatives who will pass this on to the authorities.



Yours
Cllr D.W.Hardy
Great Bromley Parish Council (Hare Green recreation ground committee)

Little Bromley Parish Council

The next meeting of Little Bromley Parish Council will be held on
26th June at 7.30pm.

For the venue please contact the Parish Clerk on 01206 391015.

GARDENING TIPS FOR JUNE

Shrubs: Take leaf-bud cuttings of clematis and softwood cuttings of fuchsia, contoneaster early in the month.

Roses: Disbud hybrid tea roses grown for large blooms. Remove suckers. Spray against greenfly and diseases.



Rhododendrums: Remove faded flowers but be careful not to take off next year's growing shoots.

Chrysanthemums: Complete stopping of outdoor flowering plants.

Dahlias: Pinch out tips of leading shoots. Water, mulch and spray against pests.

Iris: Tall bearded irises may need support. After flowering cut back stems.

Update No. 4 on the Fig Tree: Feed figs with a liquid general fertiliser every two weeks from now until August. The leaves are now half-grown and short branches are growing out.

Frank Griffiths

KITCHEN CORNER

Gratin of beans and bacon

A quick supper dish for 2 people

1 large onion
2 tbsp olive oil
sprigs of thyme
6 rashers smoked bacon
2 x 400g cans haricot beans
200g crème fraiche
3 tblsp grated parmesan
You can use other sorts of beans if preferred

Set oven at 200°C

Peel onion, halve and slice thickly. Pour the oil into a shallow pan and cook onions till softened. Add thyme leaves and bacon cut into short pieces. Stir until golden. Drain and rinse the beans and add to pan with crème fraiche. Season to taste, tip into a baking dish, sprinkle with the parmesan.

Bake 30 minutes or until top is crisp and sauce bubbling.

Jill Frostick



CARPET BOWLS

We managed to finish only halfway up the winter league table, or halfway down according to how you wish to look at it, but we enjoyed a good season socially. So far, into the summer league, which is entirely singles matches, we have played three, all home fixtures. We lost 6-3 to Elmstead, won 5-4 against High Woods and 7-2 against Engaines.

We say welcome! to Sandra and Tony De-Roy, two new members who live in Weeley. They have joined us for several weeks now. They are new to the game but making good progress towards

playing in league matches. I hope they will enjoy being with us.

Well done! to our triples team, Jayne, Linda and Andrew. They came second in the Champion of Champions at Cambridge on 11th May. They won 9-5 over Suffolk and 8-7 over Cambridgeshire, lost 7-6 against Bedfordshire and 7-6 to Hertfordshire. Next stop Blackpool for the National in June.

Nancy Kempster





POLICE

POLICING REPORT

These are the reported incidents in Gt Bromley for the month of April.

Burglary Other - Harwich Road
- Meadow Close
Theft from Motor Vehicle - 3 x Back Lane
Theft - Badley Hall Road
Suspicious Persons - Chase Road
Road Traffic Collision's -
With Injury - Harwich Road
Damage Only - Tye Road

LES BARNES
PCSO 71909
Thorpe Le Soken Police Station.

April Newsletter

The below email is another twist on the old Banking email con - it may look a little more realistic if our comen learnt how to spell properly, their spelling of 'inconvenience' is a case in point.

Dear customer:

We've recently noticed that someone has made [5] suspicious attempts to login into your online account from this address 72.122.18.131, our security commitment forces us to block your account temporarily until you verify your identity on our systems

Verify your identity at this form:

<https://welcome26.co-operativebank.co.uk/CBIBSWeb/start.do&trksid=m37>

We apologize for the inconvenience this may cause, but security is one of our top goals in Co-operative Bank p.l.c. You have 72 hours to verify the information on our systems, if you do not verify yourself, your account will be suspended, and have to contact us by phone or fax in order to unlock your account.

Just to let you know about an email scam It appears something like "E card from Yahoo from a friend/companion, etc etc." Please never open these and click on any attachment or link as they may contain malware which will infect your computer. Best delete them straight away.

I have just received a call from Trading Standards regarding 'Block Pavers' in the Tendring area. These people come from the Cambridge area and called on an 83 year old lady in Clacton and offered to 'Block Pave' her driveway for £1350 (which seems a pretty good price if it's done properly - but you can never trust these verbal estimates that often sky rocket in price as the job progresses). However, they then insisted that she sign a disclaimer which took away her rights to a cooling off period. After they had 'worked' for one afternoon the lady has realised that she has made a mistake and wants the work stopped. Police and Trading Standards will ensure that she has a satisfactory outcome. Please be on the look out for anybody starting work - block paving - at any of your vulnerable neighbour's houses and report to us.

PCSO Les Barnes 71909
Tel: 01255 862843 – 07967 466876

From May E-zine of 'Upbeat'

2SMART

Essex Police is nearly halfway through its educational roadshow 2SMART which has been expanded to deal with drugs, alcohol, bullying and knives. You may be familiar the name 2smart4drugs but this year we have renamed the roadshow 2SMART.

The 90 minutes shows is education disguised as fun combining a mix of music, dance, sport, comedy and theatre

to educate 11-12 year old children around Essex. More than 14,000 year seven school pupils will have attended by the last show in July.

"We have changed the focus this year to make it more relevant and up-to-date to children and young people in Essex. We want the roadshows to be more varied and deal with wider issues and issues that are often in the news," said Kevin Whipps, head of the children and young people's policing team at Essex Police. "Prevention at the earliest stage possible is the key. This is why 2SMART is such a fantastic way of getting our message across as it engages with 90 per cent of year seven children in the county." The point of 2SMART is to give information in a fun way. It is 'Info-tainment' as Dom Atkins who presents the 2SMART roadshows calls it.

Meet the police dogs and horses at the Museum Family Fun Day

Staff and volunteers at Essex Police Museum are busy getting organised for its first ever family fun day.

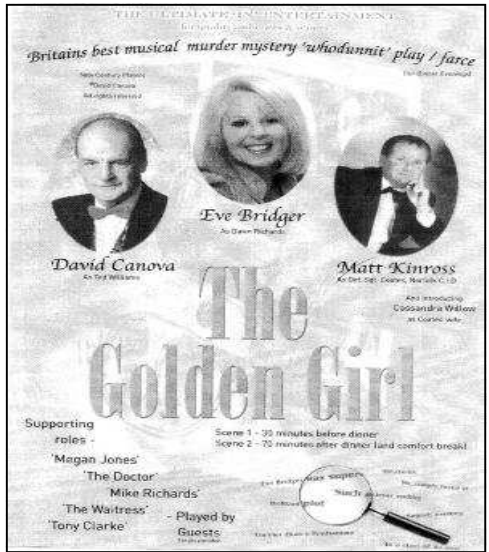


The event will be held on Saturday, May 17 between 10am-4pm at police headquarters in Springfield, Chelmsford.

Museum curator Becky Latchford said: "The Museum Family Fun Day is an opportunity for us to promote the museum and Essex Police as a whole. "Visitors will be able to meet our police dogs and horses. They will also be able to visit the Second World War shelter and go to our force information room where 999 calls are handled.

**FIGURING SPEECH
Opening 10th June 2008
Hollytrees Museum, Colchester
FREE**

On Tuesday 10th June a new temporary exhibition will open at Hollytrees Museum, Colchester. The exhibition, 'Figuring Speech', has been produced by Colchester and Ipswich Museum Service



**GT BROMLEY VILLAGE HALL
Saturday, 18th October**

and explores Asperger's Syndrome. Working with young people from the Colchester area with Asperger's Syndrome, two artists have created two animated films for the exhibition which explore the use of 'metaphor'. Many people with Asperger's Syndrome have difficulty understanding metaphors and common phrases because of an often literal interpretation of language. Through a series of interactive and creative workshops the artists have worked with the young people to create animations which help them understand some of our everyday and most common metaphors.

Along with the two films the exhibition seeks to explain Asperger's Syndrome further and highlight not only the difficulties of living with it, but also the talents many people with Asperger's Syndrome have.

Don't miss this inspiring exhibition, which can be enjoyed free of charge in the beautiful surroundings of Hollytrees Museum.

**Open Mon – Sat 10am – 5pm
Sun 11am – 5pm**

FROM THE PAST

The Mill, Great Bromley Part 1

A Post Mill stood on the west side of the Mill House in the south west part of the parish close to the boundary with Elmstead.

Some of the Millers from the nineteenth century onwards were:

John Ferguson ante 1765

Benjamin Clover 1765

John Fieldgate from Hitcham, Suffolk

John Southgate 1823

The freehold was sold by auction in August 1834 at The Black Boy.

George Sergeant from 1844

Joel Dorling from 1848

Isaac Chopping from 1850-63

Thomas Jacobs from 1874

John Payne 1878

George Herbert Martin from 1881-94

John Bready owned the mill from 1874 to 1895 when he demolished it and sold the materials.

There was a roundhouse and a fantail on the steps. A 4 foot milestone still exists.

Unluckily there has never been a photograph of the mill found.

John Appleby



AND 20 YEARS AGO

S. George's School

The first weeks of the summer term were busy and exciting. We were celebrating the 125th anniversary of the building of our school.

On Monday, 18th April, Mr John Malseed brought some of his antique bikes to show us. He gave a brief history of the bicycle and skillfully demonstrated how to mount and ride a penny-farthing bicycle. He also allowed the children to ride on a very old 'boneshaker'.

On Tuesday the children were entertained Victorian style with a magic show and Punch and Judy.

Former pupils visited the school on Wednesday afternoon to see how the school compared to their memories! ... Some of the junior children entertained them with Victorian songs.

Thursday 21st April, will be remembered not only by our school, but by many astonished passers-by! It was our Victorian day and staff and pupils dressed in Victorian style.

The morning began with a very formal assembly then the children were put into groups or 'standards' for the day. The morning consisted of Victorian lessons—Mrs Tilbrook taught singing, Mrs



Stokes supervised 'drill' in the playground, Mrs Tucker took very formal art classes and Mrs Fitzgerald taught the Three Rs. The children marched between classes singing hymns. Although the food was definitely 1988 style, the dinner ladies and midday assistants had entered into the spirit of the day and all were in costume.

The afternoon saw a return to 1863, but this time for Victorian games. The children were organised into groups to enjoy the pleasures of marbles, fivestones, tiddlywinks, battledore, croquet, hopscotch and hoops and sticks. Parents helped not only with the games, but many had sent in food for the tea-party: Victoria sponge cake, figgy pudding and many other goodies. Each child had to taste a spoonful of gruel first though!

The service in the church on Friday 22nd April, was the culmination of the week's events. It was attend by pupils and staff, past and present, and parents and friends. The Bishop of Chelmsford gave the address and later visited the children in their classrooms. At the end of the service each child was presented with a commemorative mug, specially designed for the occasion. The rest of the congregation was presented with dried flower tokens which the children had been busy making.

Fivestones

(as referred to on page 25)

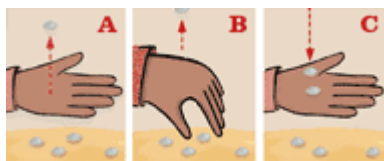
FIVESTONES grew out of the ancient game of knucklebones, in which cube-shaped bones of dogs or sheep were tossed and caught in woven baskets. Countless variations have been found around the world, including the modern playground game of jacks.

OBJECT: To complete a series of increasingly difficult stone-grabbing combinations without messing up

PLAYERS: 1 or more

AGES: 7 and up

MATERIALS: A level surface and 5 small stones for each player. Look for cube-



shaped pebbles. Flat stones are hard to sweep up.

HOW TO PLAY:

To start a turn, the player throws five stones into the air with one hand and tries to catch as many as possible on the back of the same hand. The stones that were caught are then thrown up again from the back of the hand where they came to rest and as many as possible are caught in the palm of the same hand. Traditionally, this first move is sometimes called the jockey

(Note: All the moves are done with one hand.)

If no stones end up being caught, the player's turn is over.

If, however, at least one stone was caught, the player prepares for the next throw by keeping one of the caught stones in the same hand and throwing all remaining stones on the ground.



1. In one quick motion, toss up, or "sky," the remaining pebble (Diagram A), sweep up one of the four others (Diagram B), then catch the skied pebble before it lands (Diagram C). Repeat for the other three stones, holding onto each new stone as you go, until you have all five in your hand. (If this is too hard transfer the scooped-up stones to your other hand.)

2. For the next round, sky one pebble, pick up two on the ground, and catch the falling pebble. Repeat for the remaining pair of stones.

3. The next round is sometimes called "horse and cart." Pick up one stone (the horse) on the first toss, then pick up the remaining three (the cart) on the second.

4. For the last round, sky the pebble and scoop up all four remaining stones.

This all gets easier with practice!

For skilful players, the game can continue in an agreed way with further permutations and challenges according to the player's whims. For instance, the other hand could be used to throw, the player may have to clap hands before doing the pick up or perhaps slap both knees.

ST. GEORGE THE MARTYR, GREAT BROMLEY

united with St. Mary the Virgin, Ardleigh



Services for June

Sunday 1st	8.00am 10.30am	Trinity 2 The Eucharist The Parish Eucharist	<i>St. George the Martyr</i> <i>St. Mary the Virgin</i>
Sunday 8th	8.00am 10.30am 6.30pm	Trinity 3 The Eucharist The Parish Eucharist Evening Prayer	<i>St. Mary the Virgin</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i>
Sunday 15th	8.00am 10.30am	Trinity 4 The Eucharist Parish Eucharist	<i>St. George the Martyr</i> <i>St. Mary the Virgin</i>
Sunday 22nd	8.00am 10.30am 6.30pm	Trinity 5 The Eucharist The Parish Eucharist Evening Prayer	<i>St. Mary the Virgin</i> <i>St. George the Martyr</i> <i>St. Mary the Virgin</i>
Sunday 29th	8.00am 10.30am 6.30am	Trinity 4 SS Peter and Paul The Eucharist Parish Eucharist Sung Evensong	<i>St. George the Martyr</i> <i>St. Mary the Virgin</i> <i>St. George the Martyr</i>

Holy Communion every Friday at 11.00am at Seven Rivers, Hall Road, Great Bromley.

OLD COURTHOUSE INN GREAT BROMLEY

The Old Courthouse Inn was originally called the Black Boy. We changed the name about nine years ago when we became a small hotel with ten en-suite rooms and a restaurant plus a lively locals bar. It now has an adjoining four bedroom house where we, the owners Terry and Carole Marshall, now live.

We changed the name about ten years ago as not only is it a nicer name, but there is less confusion as there used to be four Black Boys in the area.

We also thought the new name suited it better as it was originally a Courthouse in the 16th century, with the gallows across the road and the old barn opposite being where the visiting magistrate would leave their horses.

Further down the road is Oak Farm House (used to be the kindergarten) where the prisoners were kept in the cellars before being brought up for trial at the Courthouse.