

# *The Bromley Messenger*

## **April 2010**

Volume 24 No 1

The rain that fell in the days leading up to, and including, Sunday 28th February led to much surface water in and around Great Bromley. Unfortunately the drains in Hall Road, like a number of others, couldn't cope with the water coming off the fields, and those living in Church Corner soon found themselves confronting a river of muddy water that began to surround some of the houses.



A call to Tendring District Council saw a couple of very helpful gentlemen arrive in under an hour with sandbags that were used to divert the flow of water away from the houses and into the nearest working drain. All credit to the chaps from Tendring who came to the rescue on their day off.

*Neil Skinner*



*Photograph courtesy of Neil Skinner*

## KATISHA'S KOLUM

Mistress is taking a brake so, az usual, I am in charg. I have endured a long winter stretched owt in frunt of the fire az I find no plezsher in being owtside in the cowl and damp and az for that wite stuff witch came rite up to my tummy, I liked it not wun bit. However the sun is owt and it is much warmer, the burds are singing and I have fownd a new pastime. Mistress' pond is full of frogs which spend their time croaking and leaping abowt. I haven't cort wun yet becos I remember from a past encownter in the swimming pool that worter is just not my thing. The pond is full of their spawn and Mistress haz been dallying with me by the pond watching them and not getting on with the busyness of getting a magazine owt to you orl.

There are orlso sweet little lams in the meadows adjoining our garden witch are az frisky az I feel in this luvly sunny wether.

They bleat for their mummies orl day long and hav such fun together. I wish the owd kat wood play with me but orl she does is sleep orl day.

Enclosed with this ishew is a map of the Rites of Way of the footpaths in Grate Bromley with all the paths clearly marked. Walking along them is a wonderful way to get to no our parish but do remember to observe the Country Code az set owt on page 2. If they weren't so long I wood follow them az well, az u never no wot I mite find along the way.



There have been dances and quizzes and plays in the village during the last munth, orl very enjoyable and successful. You will sea fotografs of some of these events elsewhere. I receeeved recently from my frend, Claire Quilter, an emale to tell u orl abowt her trip to the Arctic ware she went sledding with dogs to raze funds for charity. To my mind there is no uther reason to consort with dogs except in the name of charity. Apparently she didn't see any kats up there but kats, of course, have more sense than to run around in the VERY cowl wite stuff you find up there. Claire's feline frend, Leo, agrees with me on this. Kats are so much more intelligent than dogs.

Kate and Anne are not gowing to the Arctic but are walking on the Moon in May in ade of Breast Cancer.

They are orlso washing cars at the Cross In. Do support them. They are having nothing to do with dogs on their walk althow Anne duz

have them at her kennels.

Frank, on page 19, provides you with tips to get you started on yor vegetable beds. Ours woz under worter last munth and Master woz moaning abowt it az he couldn't get on to it to work it redy for planting. However, he (Master) is now complaining that he haz no excuse *not* to do sum work!

Mistress asks me to wish you all a very Happy Easter and not to eet too many chocolate eggs.

*Katisha*

# Happy Easter

## Great Bromley Parish Council

### CASUAL VACANCY FOR PARISH COUNCILLOR

Following a retirement there will shortly be a vacancy for a councillor on Great Bromley Parish Council. The necessary notices have been posted in the village and if an election is not requested by the due date then the council will fill this vacancy by co-option. If you are interested in being considered for co-option then please confirm this in writing, **by 7 April 2010**, to the Clerk, Great Bromley Parish Council, 4 St George's Close Great Bromley Colchester CO7 7HZ.

If you wish to discuss this position or require further information on the role and responsibilities of a parish councillor then please contact either the council's Chairman, Col Martin Frostick (01206 250263) or the Clerk, Ken Bromfield (01206 230089).

## Great Bromley Public Rights of Way (PRoW)

All households in Great Bromley should receive a map and list of all the PRoW in their parish included as a flyer in this edition of the Bromley Messenger. Each PRoW is highlighted in green and numbered on the map as shown in the list. Additional copies of the flyer are available from the parish clerk, Ken Bromfield. The aim is to encourage the use of footpaths, bridleways and byways so that our beautiful surroundings can be better appreciated, but please remember the 'Country Code' which is summarised below.

- Enjoy the countryside and respect it's life and work
- Guard against any risk of fire
- Keep dogs under close control
- Keep to public paths across farmland
- Fasten all gates
- Leave livestock, crops and machinery alone
- Use gates and stiles to cross fences, walls and hedges
- Take your litter home
- Help to keep all water clean
- Protect wildlife, plants and trees
- Take special care on country roads

- Make no unnecessary noise.

We are lucky that Essex County Council have just completed their survey of paths in the parish and have carried out most of the remedial work required. If any problems are encountered please let ECC know or report it to me via the parish clerk. We will organise a few working parties during the growing season to clear the worst of the overgrowth, but it would be most helpful if walkers carried secateurs at least to keep brambles trimmed.

*Ken Stokes, Footpath Warden*

## LITTER PICK - WORKING GROUP



Saturday, 10th April  
10.00am-12 noon

Can you spare some time to Spring Clean our village? If so, please meet at one of the following locations, at 9.45am where you will be given appropriate equipment (if you have your own, please bring it) and told where to go!!!

Meet in the car park of:  
The Cross Inn, The Old Courthouse  
Inn or The Snooty Fox

**REMEMBER -**

Many hands make dirty work fun!

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# GREAT BROMLEY PARISH COUNCIL

Great Bromley Parish Council

[www.essexinfo.net/gbpc](http://www.essexinfo.net/gbpc)

**Report of a parish council meeting held on 11 March 2010**

## Planning

***The Council considered and objected to the following planning applications:***

**Land East of Hall Road** – erection of two extensions to a previously approved free-range egg shed (phases 4 & 5) to accommodate an additional 10,000 laying hens.

**Land at the corner of Frating and Brundells Road** – appeal against Tendring District Council's refusal to grant a Certificate of Lawful Development for the alleged existing use of site for a caravan, shelter and use of land for leisure and recreation.

***The Planning Inspectorate has decided the following planning appeal:***

**Cold Hall, Harwich Road** – upholding of Tendring District Council's enforcement notice requiring the removal of pedal cycles, used domestic appliances and miscellaneous scrap and waste item etc, and to permanently cease the storage of such items at this site.

## Public Rights of Way

There is a report elsewhere in the magazine on public rights of way in the village together with a separate map listing footpaths and bridleways and showing their locations. The parish council would like to thank both the recently appointed Footpath Warden, Mr Ken Stokes, for his hard work in producing the map and list, and Col Martin Frostick who undertook the printing.

The parish council met the cost of the Ordnance Survey licence so that we could print off multiple copies of the map.

## Flooding

Following the recent heavy rains the parish council, through its councillors, assisted residents adversely affected by the flooding. It is clear that the impact of the flooding was made worse by the fact that some of the water was prevented from draining away effectively. This was because of either damage to, or defects in, the drainage system or its inadequate maintenance. The council has asked the responsible agencies to ensure that these problems are put right as soon as possible. Here the council would also wish to thank those county and district councillors and certain property owners who helped in this remedial work.

*For the future residents can contact the following agencies for assistance when flooding occurs:*

**Road flooding and defects such as potholes:** Contact Essex County Council Highways Department (East) on 0845 603 7620.

**Sewage flooding:** For public sewers contact the Anglian Water emergency number 08457 145 145. For private cesspits etc contact your contractor.

**Flood warnings:** Check the Environment Agency (0845 988 1188 or 08708 506 506 or <http://www.environment-agency.gov.uk/>) to see if you are in an area liable to flooding and then sign up for a flood warning.

**House flooding:** Tendring District Council can help with sandbags (01255 68 68 68 or for out-of-hours 01255 222022) and the fire brigade *may* be able to help with pumping out. Otherwise contact the agencies noted above for help with establishing the cause of the flooding. The parish council may also be able to assist here.

The council will place some general guidance on this matter on its website in due course otherwise please refer to the district council's website:

# GREAT BROMLEY VILLAGE HALL CHARITY TRUSTEES

REGISTERED CHARITY NUMBER 301310

The Quiz Night was packed and the dance night even had Fred dancing! Two separate evenings organised by the Village Hall and each one great nights with people coming together for fun and entertainment.

The Alternate Quiz Night on Saturday 20th February was heaving with teams of people, 17 teams in total. It was tight getting them all in. With loads of different types of questions, from feeling things in bags to watching videos what a great time we all had and it was so very different to a normal quiz night. Well done to Jayne and Dinah and all their helpers, not only did we

holiday for mid June. Let's hope that the weather is good

A Cabaret Evening is being held on 16th October 2010 with Memphis Elvis. People who have seen this act tell me that it is really good, The format will be similar to the 2009 event with supper included. Price will be £15 per head.

The Christmas Fayre is booked for 4th December.

A couple of grants have been approved for replacing the kitchen and we are awaiting quotations for the work. We hope that the work can be carried out over a half term or school holidays so as not to inconvenience any users.

Debbie Pasque has resigned from the committee for personal reasons but we would like to thank her for all her work and time freely given especially on the Kitchen committee. Carole Davidson, Treasurer of the playgroup, has been duly co-opted onto the committee. Welcome Carole.



Photograph: David Beech

have a great time but a profit of £556 was made for the Village Hall.

The Locarno Band night on 13th March was another fantastic night with the Band living up to every bit of their reputation. Talking to Jenny Nicholls afterwards she exclaimed that it must have been really excellent to get her husband Fred dancing! Well done to Beryl and her assistants who have done sterling work in getting the whole event organised. If you have missed these two terrific cheap local nights out do not worry because there are more events on the way.

Another Fun-Day is on its way on 12th June, 2010 starting at 1pm and finishing at 5pm so make sure you don't book your

I have been saying this for months but ... we really will be having a working party to tidy the garden and paths around the Hall in the near future. Any help will be gratefully received. More details when and if the weather gets warmer. (Will it ever get any warmer?)

That's all for now. As always thank you for your support and please put the forthcoming event dates in your diary. Let's all make the most of our Village Hall in 2010.

Next Committee meeting Tuesday 4th May at 7:30pm.

David Beech

Our speaker for March was Frances Boardman with Famous Women in History.

Frances started her very interesting talk with the statement "Why are Croissants not French? then went on to ask "Where are Lemons from?", not Italy, as you might expect, but from the



Himalayas. Eleanor of Castile was known as the lemon queen. She had 16 children of whom 14 survived. Edward I, her

husband, did not believe in total confinement as was the rule of the day, and even attended some of the births. Unfortunately Eleanor died soon after the birth of her 16th baby.

Oranges don't originate from Spain either. They come from China. Nell Gwynne (Mary Meggs) and her sister worked for "Orange Moll" selling them for the princely sum of 6d. This equalled three months' salary for labourers.

"The Rabbit". What connection is there between the rabbit and a lemon tree? Well! rabbit urine is good for lemon trees! Rabbits first arrived in England in 1066 with William of Normandy who also brought Rheumatoid Arthritis to these shores.

"Who first made tea popular in the United Kingdom?" Henrietta of Braganza, wife of Charles II.

"Why does the potato have its place in history?" It was first eaten in Peru in 500BC. The Spanish found it contained a large amount of vitamin C which was not destroyed in cooking and was beneficial in preventing scurvy. The Catholic church banned them because they believed that they could cause all manner of diseases including Syphilis and rampant sexuality. Marie Antoinette put the flower of the potato in her hair to smell sweeter as she

didn't wash very often.

Sir Walter Raleigh brought potatoes to England and Elizabeth prepared a banquet with 12 courses - all potatoes, but the chefs made a mistake. They threw away the potatoes but cooked the leaves and stalks so it took a long time for the potato to become popular in England.

'The Georgian Kitchen'. Hannah Glass wrote a cookery book in very easy to understand language which became the most printed book of the 18th Century.

Artichokes, French Beans, Broccoli, Sauces, Ballet, High Heel Shoes and corsets are all attributed to Catherine De Medici of Italy. Marie De Medici introduced Flaky Pastry, so, Croissants are not French They are Italian!

The vote of thanks for this very interesting and informative talk was given by Ann Jones.

*Joy Rolfe*

## FRIENDSHIP CLUB

Thank you Tom for giving us a musical afternoon at our last meeting. It was nice seeing you again.

Maybe we can hope for a little warmer weather very soon - it has been so good to see so many members braving the cold to attend the meetings and now the nights are lighter it is easier to drive home.

Now that so many people have mobile phones it has been decided by the Hall Committee to notify everyone that there are no facilities for incoming calls as BT have increased the cost of hiring.

The competition for April is a paperweight.

*Vicky Griffiths*



# THE DOCTORS' SURGERY

The Surgery, The Street, Ardleigh CO7 7LD Tel: 01206 230224

## Dr Manders retirement

Dr Paul Manders is taking early retirement and leaves Ardleigh Surgery on the 19 May 2010 after 25 years at the practice. He is being replaced by Dr Radrie Cole, who has moved to the area with her husband who has taken up a consultant post at Colchester Hospital. Dr Cole, a GP partner at a practice in London will be starting at the practice on the 10 May. This will be the first change in partners we have had for 19 years when Dr Bettle joined the practice. As some of you may be aware Dr Manders has already moved from Ardleigh and now lives in a village in Suffolk near to Stowmarket. Dr Jane Owens will become the senior partner of the practice.

## Swine Influenza vaccination

The swine flu programme started slowly in November 2009 owing the shortage of the supply of the H1N1 vaccine. General practices in this area did not obtain adequate supplies until the middle of December so organising clinic dates in advance was difficult. We were instructed by the Department of Health to vaccinate the under 65 at risk group and pregnant women first and were not allowed to start inviting the over 65 at risk patients until mid December.

During this period the practice sent out a 1000 letters inviting patients to attend swine flu clinics. Nearly 700 patients; 61% under 65 and 66% over 65 at risk were vaccinated. This was in addition to the 1400 patients vaccinated during October and November for seasonal flu, so a very busy time for the practice also dealing with patients contacting the practice with suspected swine flu.

Since January we have also invited 260 children under 5 in the 'healthy' group and to date 28% of those have attended for the swine flu vaccination.

Media concerns about the safety of the vaccine were unfounded with millions of patients receiving the vaccine without any serious side effects.

As the H1N1 swine flu virus will continue to be in circulation this year and is likely to become prevalent again next winter. At risk adults including pregnant women and children under 5 are, therefore, encouraged to have the vaccination, if they have not had one, which will offer them immunity against this strain of virus in future. Children in particular are at most risk of developing complications if they catch this flu virus. We still have supplies of the vaccination at the surgery.

## Summary Care Record

All patients should have received a letter and leaflet outlining the Summary Care Record during January. It will initially have information about patient's current medications, allergies and drug interactions. Over time it will build with the consent of patients in consultation with their GP to include information about other health issues considered important to the patient's wellbeing.



The Summary Care Record should improve patient safety when it is available to other health professionals in the UK such as hospital A&E Departments and out of hours GP service providers and to ensure data security they will require the patient consent when they wish to access the SCR via their computer system.

The letter explained that patients can opt out of having a Shared Care Record by letting their GP know in writing. Patients can also complete a Summary Care Record opt out form, available at your practice or it can be downloaded via the internet. At the time of writing the provisional date for the uploading of the Ardleigh patient's SCR data is the end of May.

*Fred Merrin, Practice Manager*

## NATURE'S DIARY

On this, the first official day of spring (21st March), the warmer weather has finally arrived and the snowdrop show is over. The lambs are cavorting in the meadows, the first primroses and violets are in bloom, the great spotted woodpecker is drumming out its



messages, the pheasant are amorous, the birds are singing and the frogs in our pond are causing the water to boil. I counted 28 pairs of eyes in one small area and there is just masses of spawn. I have seen the first bumblebees (queen bumblebees at this stage of the year) and the honeybees are taking in pollen to the first larva of the new season. The blackthorn will soon be in blossom as will the willow trees. Bats will be emerging from their winter hibernation looking for insects upon which to feed. There are signs of new life everywhere.

*LMH*



# GREAT BROMLEY 2010 FUN DAY

A criticism of last year's Fun Day has been the lack of suitable signposting letting people know where things were such as parking, toilets, refreshments etc. In an attempt to rectify this for the 2010 event, the organising committee is compiling a list of signs that will be needed on 12th June. It is then intended that a group of intrepid souls will spend a weekend designing and constructing suitable notices for the day.

However, a potential stumbling block to all this is the lack of suitable materials with which to build the signs. If you have anything appropriate such as old wooden pallets or scrap wood that we could use, then please contact the chairman on 01206 231661 and if suitable we will arrange to take them off your hands.

Thank you.  
*Neil Skinner*



## CRICKET CLUB

**100 Club winners  
for February**

- 1st P Saych  
£25
- 2nd L Grainger



## FOR SALE

Hurry! Only a few left.

Ceramic Models  
of St George's

Church at £15 each. Please contact  
Jenny Nicholls on 01206 230688 if you  
would like to buy one.



## KITCHEN CORNER

### QUICK PIZZA 6 slices

8oz. SR flour + 2 level tsp baking powder

½ tsp salt

1oz. butter

2oz. finely grated hard cheese.

1/4pt milk.

For the topping: 2tbs oil . 1 medium onion finely chopped, 2tbs concentrated tomato puree, pinch of marjoram or oregano, salt and pepper, 2oz grated hard cheese, Anchovy fillets and stuffed olives.

Sift flour salt and bp into bowl, rub in butter add cheese. Stir in milk and mix with a fork to a rough dough. Turn out onto floured board and knead lightly till

smooth. Cover and rest 10 minutes while preparing topping.

Heat oil in a pan and fry onion till softened but not brown. Stir in tomato puree, herbs and seasoning. Cook

for a moment then draw off the heat. Roll out the dough to a circle about 9 ins diameter and slide onto a greased baking tray. Spread the tomato mix over the surface right to the edges. Sprinkle grated cheese over and arrange lattice of anchovies on top with a few olives to garnish.

Bake 20-25 minutes in a hot oven 425°F

*Jill Frostick*



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

Head teacher: Pat Fitzgerald  
Telephone: 01206 230305



Last month the PTA organised a very successful adult quiz night which was well attended and very much enjoyed! Grateful thanks to Trudi and Brian Dodd

for researching and asking the questions and also to the committee. The children were not left out either with both a bingo and a quiz organised for two



afternoons after school. The PTA continue to do a fantastic job at raising much needed extra funding for the children of our school.

We are currently planning our annual sponsored Fun and Games which will take place on 23rd April - St George's day. The whole school will attend a service in the church followed by participating in a round robin of 15 different activities all with a St George and dragon theme. The School Council will decide at their next meeting what they would like the money to go towards.

We are currently collecting vouchers from Sainsbury's/Tesco/Flora/Nestle box tops. Please drop off any tokens to school when you are passing. Many thanks for your support.

## TENDRING SPECIALIST STROKE SERVICES

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85 Frinton Road, Holland on, Sea, Essex.  
CO15 5UH

Formerly Clacton & District Stroke Association  
One of the worst lifestyle changes a family can encounter is someone having a stroke. Help avoid this devastating experience by choosing a positive lifestyle change. Lifestyle checks will take place at the address above on Tuesday 20<sup>th</sup> April 10am – 2pm

Free support, advice & information for people who want to lose weight, get fit, stop smoking, reduce social drinking and get walking

### **BLOOD PRESSURE, DIABETES & CHOLESTEROL CHECKS**

- ◆ Tasty food for FREE
- ◆ Healthy eating is the key to any lifestyle change and need not be boring or expensive
- ◆ We will be offering samples of a variety of healthy dishes and recipes
- ◆ We offer a wide range of support to stroke survivors, families & carers

For more information please call  
01255 815905 or 815916



# Little Dragons Pre-School

Great Bromley & Frating Ltd  
at Great Bromley Village Hall  
Ofsted Inspected

Monday & Wednesday 9.15-11.45am & 12.15-2.45pm  
Thursday 9.30-12 noon  
Children 2-5 years. £8 per session  
(In addition to the above a setting up fee of £1 per session is required.)  
Lunch time session available Mon & Wed. Cost £1.50  
For more details/ visits please contact us on 0785 7503103

We sadly say farewell to Jane Taylor who resigned at the end of February half term. We would like to thank her for all her hard work and support over the years and wish her well for the future. Justine Stubbs will be temporarily replacing Jane as an Early Years Practitioner until the end of July. Welcome Justine.

We would also like to welcome Amelia who has just started pre-school; we hope you enjoy your time with us.

**Fund Raising** A big thank you to everyone who supported us and helped make both the 'Pamper Night' and 'Fun Morning' a big success.

We would like to thank all the parents and grandparents who came to watch the children perform their version of the story 'Itchy Bear' in March. The children were great.  
Just a reminder that we do collect the

supermarket vouchers so please tell family and friends.

We take children from the age of two years. For further information or to arrange a visit to the setting please contact us on the above number.



We also offer a 'home visit' to families of children prior to them starting pre-school.

### Dates for your diary:-

Thursday 1<sup>st</sup> April - Last day of Spring Term

Wednesday 21<sup>st</sup> April - Summer Term begins



# Baby Dragons

## Parent and Child Group

at Great Bromley Village Hall

Friday Mornings 9.30-11.30am  
0-5 years. Parent and Child Group  
Activities/themed sessions/ play equipment etc.  
For more details or visits please contact 01206 230625

## Oak House Primary School

(part of the Larchcroft Education Trust) are considering the opportunity to provide both primary and secondary education with the erection of a new school and sports hall, together with some peripheral facilities, at their site on the Harwich Road. They recently held an information evening to explain their proposals.

# *Forthcoming Events in 2010*

## **APRIL**

- 6 WI meeting, Village Hall, 7.30pm
- 8 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 10 Litter Pick, 10.00am See page 2 for details
- 11 APCM meeting, St George's church, 11.45pm
- 14 Beat Surgery, Village Hall, 7.00pm
- 14 Ardleigh Horticultural Society, (Talk: Growing Vegetables)  
Ardleigh Methodist Hall, 7.45
- 15 Friendship Club meeting, Village Hall, 2.00pm
- 15 Lt Bromley Public Assembly meeting, 7.30pm, The Haywain

## **MAY**

- 4 Village Hall committee meeting, Village Hall, 7.30pm
- 5 Beat Surgery, Village Hall, 7.00pm
- 8 Plant & Garage Sale, Ilex Farm
- 12 Ardleigh Horticultural Society (Talk: Land Settlement)  
Ardleigh Methodist Hall, 7.45pm

## **JUNE**

- 5/6 Waterways & Garden Show, Little Bentley Hall,  
10.00am
- 12 2nd Great Bromley Fun Day
- 16 Beat Surgery, Village Hall, 7.00pm

## **JULY**

- 7 Beat Surgery, Village Hall, 7.00pm
- 10 Tendring Hundred Show
- 17 Summer Concert, St George's church

## **AUGUST**

- 14 Ardleigh Horticultural Society Annual Show, Ardleigh Village Hall, 2pm.



**MATERIAL** for the **MAY 2010** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th April, 2010** 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. Copy can either be delivered by hand, sent by post or e-mail. (see inside back cover for details) or via the link on the websites [www.greatbromley.org.uk](http://www.greatbromley.org.uk) or [www.littlebromley.org.uk](http://www.littlebromley.org.uk)

For details of availability and costs for **ADVERTISING** in the 'The Bromley Messenger' please contact the Treasurer on 01206 251264

***Please support the sponsors of our magazine.***



# APRIL GARDENING TIPS

## Dahlias

Plant tubers in mid-April. Dig a hole about 6-8" deep, place a good helping of well rotted compost in the bottom. Tall growing dahlias should be planted 2-3' apart. Place a stout stake close to the tuber about 6" shorter than the eventual height of the plants. As the growth proceeds make sure they are kept well watered and tied to the stake at regular intervals as the plant grows making sure that the ties aren't too tight. Most large flowered dahlias send up strong centre growths but make little side growth until the centre shoots develop flower buds. Therefore the plant needs to be stopped, by pinching out the growing tip.

## Vegetables

Sow outdoors broad beans, broccoli, brussel sprouts, cabbages, carrots, cauliflowers, onion sets. I always grow my own cabbage etc. from seed. Sometimes if you acquire plants from whatever source you may be unlucky enough to purchase club root. Once you have this disease it is very difficult to get rid of it.

**Shallots** are another very easy onion to grow. Plant the shallot sets in April to harvest in August. If you haven't grown shallots before they are mainly used for pickling as they stay very firm and keep well in jars.



## Marrows

Plant in 3" pots, 1" deep. If you are short of space grow the bush type. The other variety is the trailing marrow which should have its growing tip pinched out after it has produced 5 or 6 leaves. Each plant will then produce side shoots which in turn will produce smaller marrows but

more of them. Keep well watered and feed with liquid fertiliser once a fortnight.

## Beans

There are two main types of beans to grow: runner beans and dwarf, sometimes referred to as French Beans. Dwarf beans take up little room and are very heavy croppers. Runner beans can be grown on the ground as well as up canes, the difference with those grown on the ground is that they grow all shapes rather than straight.

This month make sure you have some protective material at hand in case of a late frost. Small cardboard boxes are good for covering dahlias or tomatoes; place a weight on the top to stop the box blowing away.

*Frank Griffiths*

## The Right Ingredient Cake Company

*(Dietary Cakes & Bread)*

*All Cakes are  
Gluten, Wheat, Dairy  
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(many are Egg free)  
Cakes and Bread  
made to order*



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[www.rightcake.co.uk](http://www.rightcake.co.uk)**

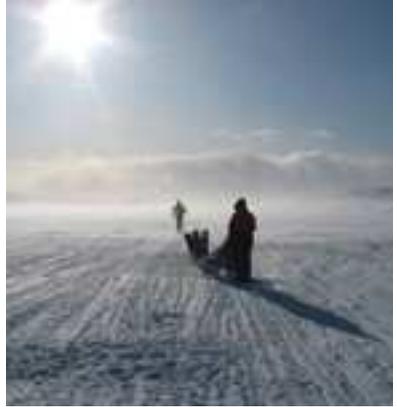
# ARCTIC DOG SLEDDING CHARITY TREK

It really was the most fantastic experience and I have raised £4,000 for the Dogs Trust in the process which is brilliant news. Starting from Kiruna in northern Sweden, we completed a circular route with temperatures down to -20 deg C., but the sun, blue skies, spectacular scenery and incredible dogs meant you hardly noticed! I became very attached to my little “engine” team of four dogs and it was very hard to leave them at the end of the trip. We covered around 200km across frozen lakes, and up and down hills amongst the trees.

The training was well worth it as it was a challenge to run uphill, often in deep snow, whilst clinging onto your sled at all times (one false move by letting go and the dogs would have been off into the distance like a shot!). You were then rewarded by the downhill stretches though, bombing over snow-mobile trails which meant flying through the air on the sleds, usually on one leg as you had to have one foot on the ‘brake’ to make sure the dogs didn’t go even faster!

We lived in very basic cabins all week, raising water from streams, lighting fires to cook on and – of course – looking after the dogs. It

really was the adventure of a lifetime with a great group of like-minded trekkers and was a time we’ll all never forget. Once we’d said an emotional goodbye to our dogs, we had a celebratory drink (or two) at the famous Ice-Hotel (where you drink out of ice rather than putting ice in it!).



I am extremely grateful to everyone who so kindly contributed and gave so much support throughout, including family, friends and my colleagues at Essex Police. I’d also like to thank The Haywain pub in Little Bromley, Tracy Perrin at “Body Bliss” in Gt Bromley and “Paws” pet shop in Manningtree.

I’m now going to have a bit of a rest!

*Claire Quilter, Lt Bromley*

*Photographs: Claire Quilter*



# ESSEX POLICE

Incidents in Great Bromley for the month of February

**Animal** - Frating Road - (Horse's loose in road)

**Assault** - Chase Road - (Young lad assaulted after a snow ball hit a car)

**Abandoned Vehicle** - Mary Lane North

**Suspicious Circumstances** - Harwich Road - Talisman Coaches - (Travellers after scrap metal)

**Burglary Dwelling** - Chase Road - (Purse taken)

**Road Traffic Collision** - Non injury - Harwich Road

Two incidents have come to notice in the past week. One where a Chinese takeaway delivered food to an address in a house of multiple occupants and was given two £20 notes which later proved to be forged. Naturally enquiries have failed to trace the occupants of the flat.



The second incident involves a chap being stopped by a 'lady' who asked him if he could change a £20 note. The man gave her two £10 notes and he now finds that the £20 note was forged.

## March Newsletter

Please be aware that two males described as wearing florescent jackets with long hair and scruffy are knocking on doors in the Clacton area claiming to be from Energy Watch. Energy Watch disbanded over a year ago. It would appear that they may be bogus. If these two males are seen please call police.

Please be wary of anyone asking you for change and check if you receive £20 note when given change.

There is a company purporting to be Adjustable Beds Ltd telephoning elderly residents using high pressure sales techniques to sell their product; they are offering £500 for a demonstration which sounds like a good deal. However, there is no £500 but on the attendance of the salesman they offer coupons for various commodities once the customer has signed a contract. Have nothing what so ever to do with this company.

## Warning – Council Tax Telephone Scam

Some of our residents have been telephoned recently by bogus Council Tax officials trying to find out details of their bank or credit card accounts. They are being told that they are due a refund of Council Tax and are then asked for their bank or card details so the refund can be paid directly into their account. Chelmsford Borough Council would like to make everyone aware that we do not telephone or e-mail people for their bank details in order to make refunds. If you are due a refund, we will let you know in writing. If you are contacted by someone claiming to be from the Council and you are unsure, please ask them for their name and extension, and then call the Council on 01245 606606 to speak to them, or ring the Council Tax office direct on 01245 606780. Residents receiving such enquiries are also advised to speak to the Police.

**Remember** - never give out your personal details to anyone until you have checked that they are genuine.

Information received from Trading Standards reports that there is an alarm company telephoning people to ask if they would be interested in a Free Alarm System. The catch is that you have to pay to have the alarm fitted which is an extortionate amount of money.

The advice from Trading Standards is not to accept any cold calls over the telephone or at your front door from any alarm company and do not give any personal/bank details out to any cold caller.

Les Barnes PCSO 71909  
Thorpe Le Soken NPT Eastern  
Internal Ext : 487603  
External 01255 862843  
Email : [leslie.barnes@essex.pnn.police](mailto:leslie.barnes@essex.pnn.police)  
website : [www.essex.police.uk](http://www.essex.police.uk)



# THE BROMLEY BOOK CLUB

## Future reads (April-May)

After much deliberation *The Secret Scripture* by Sebastian Barry has been chosen. I

have briefly looked over it and the reviewers have set it on quite a pedestal: "One of the first great novels of this century" says the Evening Herald and "In Roseanne McNulty - sly, confused, defiant, passionate - Sebastian Barry has created one of the most memorable narrators in recent fiction." Sunday Telegraph. The novel is based around the journals of a patient and doctor in a mental health hospital and their strangely interdependent relationship. It is also a subtly ambitious picture of nothing less than the Irish psyche at a particular point in its history. I am very much looking forward to this read.



## Currently reading (March – April)

We are currently reading *Guernica* by Dave Boling. We are all interested to read this latest choice. The group member who selected the novel described it as "a family saga set in the time around the second world war" and also said that it might sound like a heavy read but is actually very manageable and enjoyable. Although I have not yet started it I am eager to, I think that the relationship between war, family and history will be very fascinating. To try to arouse your interest a little bit more, here is the book's tantalising blurb:

"In 1935, Miguel Navarro finds himself on the wrong side of the Spanish Nationalists, so he flees to Guernica, the most ancient town of the Basque region. In the midst of this idyllic, isolated bastion of democratic values, Miguel finds more than a new life—he finds a love that not even war, tragedy or death can destroy.

The bombing of Guernica was a devastating experiment in total warfare by the German Luftwaffe in the run-up to World War II. For the Basques, it was an attack on the soul of

their ancient nation. History and fiction merge seamlessly in this beautiful novel about the resilience of family, love, and tradition in the face of hardship."

## Books we have just completed (February-March)

*The Memory Keepers Daughter* by Kim Edwards; we all really enjoyed this book and agreed that it is a heart clenching story that will remain with us for a long time: "I think that it is probably one of the best books that I have read in a long time". It has amazing imagery that captures the mind's eye and creates an amazing connection to the characters that are perfectly painted. The book explored the intense psychological connections between mothers and their children and between twins. How judgements made under intense pressure can mould your life for years to come and if you make the wrong choice, it can tear your life apart and that of those around you. If I had to pick one word to sum up this book it would have to be *beautiful*. Everyone should read it. Give it a try, I implore you. You will not regret it.

*How I Live Now* by Meg Rosoff. As I said in the last 'Messenger', this was a very different type of book for us to read: written with teenagers in mind it was quite a light read but it still dealt with adult themes. It was definitely not patronising and childish. It was set in a dystopian, wartime Britain in which a group of teenagers had to navigate the harsh environment. I think that we all enjoyed the book but the impression it created was not quite as strong as *The Memory Keepers Daughter*.

To find out more about the book club please contact Clarrie Beech on 07525749814, [clambeech15@hotmail.com](mailto:clambeech15@hotmail.com) or look on the website [www.greatbromley-bookclub.co.cc](http://www.greatbromley-bookclub.co.cc)

Clarrie Beech

As I began to put this month's edition of "Tales" from the Riverbank", our in-house newsletter together, I soon began to realise that I seemed to be gathering rather a lot of material about the activities of our enthusiastic band of volunteers.

A founding principle of Leonard Cheshire's work when he was setting up the first homes in the late 40s and early 50s was that it should be local people who both inspired the setting up of new homes and subsequently supported their work day by day. Whilst much has changed in the intervening years, that idea still holds as true as ever, and the contribution of the team of volunteers nationwide adds a unique and valuable special dimension to this day. I was surprised to read recently that Leonard Cheshire Disability employs around 7000 staff in the U.K. - and has as many as 3000 volunteers!

Nigel Broomfield, former Chairman of LCD Trustees, has said that he believes that volunteers bring a unique personal quality and an extra dimension to the services offered by LCD, which makes a big difference to people's lives.

We, at Seven Rivers, are fortunate to have many friends who give freely of their time, enthusiasm and expertise for the benefit of us all. We have 12 active volunteers at the moment, with another 5 people in the "pipeline". They do a wide range of activities including cooking, art and crafts, sharing computer skills, helping in the office and reception, driving residents to appointments and on trips out, gardening, campaigning and more besides.

Nicki Cailles, our Volunteer Organiser, is presently working with one new volunteer who is organising a library of books for our growing team of readers, who read to individual residents in their own rooms, to draw from. She is also looking for people who could help with a Saturday morning session when residents will be able to join in a range of games activities.

Volunteering can also be great for learning new

skills, meeting new people, getting satisfaction from a job well done and enriching the lives of others. It is a very useful addition to your CV as recent experience so is good for people wanting to return to the workplace after an absence.

So... you know what is coming next! Yes here is a warm invitation to **YOU** to come and join us!

We would be pleased to see you at any times that are convenient you. You may be interested in one of the activities I have mentioned above - or perhaps you have a special interest you would like to share with some of our residents.

As a new volunteer, you will be introduced to the world and the ways of Seven Rivers through a short induction course with Nicki Cailles, and receive all necessary on-going support. The standard criminal record clearance procedures will also need to be carried out as it is in all organisation working with children and vulnerable adults.

So, what ever your interest, be it gardening, driving, flower arranging, knitting or nattering....

Just give Nicki a call on 01206 230345 - she will be pleased to hear from you!

*Colin File, Volunteer Newsletter Editor*

COME AND JOIN  
THE V TEAM!

## Books Wanted!

Our new team of readers at Seven Rivers need something to read!

If you have any books on any topic - fiction, non-fiction, biography - *anything* - in reasonable condition, please pass them to Gavin or Hannah, our new librarian, as soon as you can.

Thank you!

**P.S.** Biographies of motor racers, cars and bikes are urgently wanted.



# 2009 REPORT

## FROM ST GEORGE'S CHURCH REPAIR FUND

Great news from English Heritage! They have awarded us a Heritage Lottery Fund grant of £68,000. This is 60% of the cost of repairs to the windows and stonework of the South Clerestory (these are the high windows which give light to the famous hammerbeam roof). The Fabric Committee will be working hard to apply for other grants and gifts so we can raise the balance required. In 2010 our architect will prepare specifications and tenders. The repairs are expected to take place in summer 2011. In addition we will seek separate funding to repair the lychgate and to start work on the damp problems in the south wall of the church.

The Fabric Committee in 2009 had 13 members including a healthy mix of church and non-church members. My thanks to all the members for an energetic, enjoyable, and successful year. There were four meetings (one with lunch) plus meetings of the working groups. Thank you to our Recorder, Carol McGuinness who maintained the accounts and to our Secretary, Jane Marshall who kept the minutes.

There were two working groups.

**The Maintenance Group** (James Wild, Peter Scott, Paul Knappett) carried out many pieces of maintenance and repair work. This included extensive work to drainage, roof tiles and leading, floor repairs, replacing the heating tank, and painting the oil tank and rainwater goods. This is a great achievement and thanks go out to the Group volunteers for giving a great deal of time, effort, and skill. Their practical skills have meant that the works have cost much less than originally estimated. Special thanks to Paul who has initiated and led so many projects over the last two years. A Maintenance

Plan has been prepared for the Churchwardens and Maintenance Group to use each year to ensure that regular inspection and maintenance are continued.



**The Events Group** (Ann Clapham, Jenny Nicholls, Paula Knappett) has our thanks for a marvellous job in organising our two events in 2009. Both were most enjoyable and raised a significant amount of money. We had the Eastern Angles play with supper in the spring and in the summer a supper concert with the 'cellist Orlando Jopling.

The Repair Fund ended the year with £13,051 compared to £12,780 at the end of the previous year. Income from fund raising and donations was £6,018. Expenditure was £5,446.

The Parish Council have kindly given us a community grant of £140 towards a display board which will be used for Repair Fund events and information about the history and architecture of the church.

We are very fortunate to have in Great Bromley one of the finest historic churches in England. If you would like to play a part in the conservation of this wonderful building please do get in touch with me or one of the committee members. Both Paul and James are stepping down in April and we would especially welcome new volunteers with practical skills to help with maintenance activities.

*Gregory Frostick, Chairman*

# THE RECTORY, GREAT BROMLEY

Dear Friends,

Easter moves around a lot from year to year. Unlike Christmas, which always falls on December 25<sup>th</sup>, Easter can fall on any Sunday between March 22<sup>nd</sup> and April 25<sup>th</sup>. It is all to do with the phases of the moon, and I will not bore you with the details. Suffice it to say the dating of Easter was one of the first controversies to face the English Church because the Celtic Church had a different method of calculating Easter.

Time has always been important to Christians for the simple reason that our redemption takes place in time. Unlike the gods and heroes of mythology, Christ lived among us in time and history. He was born. He grew up. He preached the kingdom and he died. It is recorded there is scripture for all to read. It is part of salvation history. The Resurrection is something completely unique and unprecedented. Here is how a New Testament scholar, Holt Graham, explains the Easter event: "We do not understand it and indeed cannot... it never happened before, and it has never happened again. What we have learned from ordinary existence is no help when we come up against the absolutely unique happening. It is in the full and literal sense a mystery. It occurred beyond the boundary line of our existence".

The Resurrection, in other words, while part of our salvation history, nevertheless occurs beyond our experience and senses. Other scholars explain the resurrection as the 'bursting forth' into time, into history – of eternity itself. It is as if all eternity were concentrated into this moment when Christ overcomes death and the grave and the

infinite sweeps away the temporal. Yet if the Resurrection is unique in our experience, it is essential to our existence as Christians.

No one saw the Resurrection. No one knows just when it happened or how. The tomb is just open and empty. Our great Christian symbol of life and hope is found in something missing, something not there, a displacement.

"The Case of the Missing Body" as mystery writer Agatha Christie might have called it. It is indeed a mystery, but unlike anything Agatha Christie ever imagined.

The empty tomb is full of meaning. From this empty tomb, hewn in rock, we as Christians draw forth all our faith and hope for this world and for the kingdom to come. At this empty tomb we find the Christ of eternity alive in the here and now.

We do not know how this is so, but then there are a lot of things we do not know. How life began in some ocean lagoon billions of years ago, or even how our parents fell in love. Just as our lives today are in some sense mysteries we shall never fathom so is the Resurrection for us a sharing in the mystery of God's own life. More to the point, it is a sharing by God in our lives.

Time of course is on our side. Our life and our world mean something and they are not just random events. In this single event, the Resurrection, everything is changed for all time. We live now in Christ for ever. In Baptism, we have been raised with him, and death no longer has a grip on us. We seek now, as Paul says "the things that are above, where Christ is".

As Christians, we do not see and then believe. We believe in order to see. And what we see in the Resurrection is our lives transformed. Christ's Resurrection is finally the most real thing there is or ever will be.

May I take this opportunity of wishing you ever joy and blessing this Eastertide.

With love,  
*Fr. Robert*



# ST. GEORGE THE MARTYR, GREAT BROMLEY

united with St. Mary the Virgin, Ardleigh



## Church of England Services for April

<b>Thursday 1st</b>	11.00am	<b>HOLY WEEK</b>	<i>Chelmsford Cathedral</i>
	7.30pm	<b>Maundy Thursday</b>	
<b>Friday 2nd</b>		Chrisn Mass	<i>St. Mary the Virgin</i>
		Mass of The Last Supper with Watch until midnight	
		<b>Good Friday</b>	
<b>Saturday 3rd</b>	11.00am	Stations of the Cross	<i>St Mary's School</i>
	2.00pm	The Passion of Our Lord	<i>St. George the Martyr</i>
<b>Sunday 4th</b>	7.30pm	<b>Holy Saturday/Easter Eve</b>	<i>St. George the Martyr</i>
		The Easter Vigil	
<b>Sunday 11th</b>	8.00am	<b>Easter Day</b>	<i>St. George the Martyr</i>
	10.30am	Eucharist	<i>St. Mary the Virgin</i>
		Parish Eucharist	
<b>Sunday 18th</b>		<b>Easter 2</b>	
	8.00am	Eucharist	<i>St. Mary the Virgin</i>
	10.30am	Parish Eucharist <i>followed by</i>	<i>St. George the Martyr</i>
	11.45am	Annual Parochial Church Meeting	
	6.30pm	Evensong	<i>St. Mary the Virgin</i>
<b>Friday 23rd</b>		<b>Easter 3</b>	
	8.00am	Eucharist	<i>St. George the Martyr</i>
	10.30am	Parish Eucharist	<i>St. Mary the Virgin</i>
<b>Sunday 25th</b>	6.30pm	Evensong	<i>St. George the Martyr</i>
		<b>St George's Day</b>	
<b>Friday 23rd</b>	7.30pm	Patronal Eucharist	<i>St. George the Martyr</i>
		<b>Easter 4</b>	
<b>Sunday 25th</b>	8.00am	Eucharist	<i>St. Mary the Virgin</i>
	10.30am	Parish Eucharist	<i>St. George the Martyr</i>
	6.30pm	Evensong	<i>St. Mary the Virgin</i>