

The Bromley Messenger

SEPTEMBER 2012

Volume 27 No 6



theWI

This month a very different meeting was to take place, following a talk last year about bee keeping Jill very kindly invited the members to a garden party in her very beautiful garden. The weather was very kind to us for most of the afternoon. On arrival we were greeted by her son, Martin, who with help from one of our members, Leonie, was to guide us around the intricacies of healthy hives and bees.

Initially those of us who wished to dress up were given wellington boots, an all enveloping suit with netted headgear and gloves above the wrist. What a picture we looked, we then went to the garden area where the bees had their hives and we travelled through from the collection of a swarm, being shown and taught about

Queens, Drones and worker bees. What a fascinating hobby, very involved and time consuming. At the end of this session we were treated to a superb tea provided by Jill and her daughter Dorothy.

Time was available to wander around the beautiful garden, and vegetable plot and then we moved on to either producing honey from the hives or candle making from the bees wax. A small jar of honey was given to the members who chose this session, and some very superb candles were produced either for ourselves or to give as presents.

It certainly added to the talk we had last year and are very grateful to Jill and her family for an amazing afternoon and evening.

Joy Rolfe

KATISHA'S KOLUM

Mistress is too hot to think and is sitting in the shade out of the heat. Since the magazine needs to get to the printers here I am, SooperKat, to the rescue.

I, too, am in the shade watching and the butterflies flit past - they have and suddenly come out - but I am not interested in them. I am on a Wun Kat Mishun to catch and the mice as they come out of the fields to escape the combine harvester. Mistress says I am cheap to feed at the moment as I am catching more than I can eat. It is hard work but Sumwun has to catch them and Master and Mistress are grateful when the mice don't come in the house and they reward me by tickling my tummy.

Please don't think I am grumbling about the hot weather as I really don't like the rain - my paws get wet and the mice stay hidden in their holes while it rains so I sit indoors on the chairs or Sumwun's lap.

Little Mistress has just returned from a trip to China (I shan't be going there as I think they eat cats, they certainly eat dogs). She has worked in a hospital, visited the Forbidden City, the Great Wall, temples and monasteries, walked in the rural countryside and been up the Yangtze River on a bamboo raft plus endured a 24 hour train ride 'from hell' getting off at her destination

with painful elephant like ankles.

She arrived home in time to watch the Olympics on TV (along with everyone else) and being a part of the whole Olympic spirit by going to an event with Mistress enjoying a cable car ride on the way. They are thinking of going Dome Walking next ...!

I shall stick to hunting.



Me eating the dog food before he can.

MATERIAL for the **OCTOBER 2012** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th SEPTEMBER, 2012** 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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For details of availability and costs for **ADVERTISING** in the 'The Bromley Messenger' please contact the Treasurer on 01206 230537

IN THE GARDEN IN AUGUST

One of the jobs to carry out this month is to harvest main crop potatoes, dig them up and leave on the surface for approximately half an hour, weather permitting, then store in paper sacks. To tell if the crop is ready to lift, dig one root up first, leave the potatoes to dry then rub the tubers with the thumb. If the skins cannot be rubbed off the potatoes are ready for storage.

Now is the time to prepare for next year's sweet peas. Dig out a trench one spade deep, a foot wide then during the autumn and winter throw all your kitchen waste in together with the shredded paper (No meat) then come the spring place the soil dug out in the autumn on the top, the site will then be ready to take sweet peas. Sweet peas are very hardy and can be planted in a cold frame this month in trays of fine compost.

Hyacinths may be planted this month in pots. Do not plant too deeply but leave the

shoulder of the bulbs above the soil. All other bulbs may be planted this month including Dutch irises.

As soon as lilies and begonias have finished flowering start to withhold the watering to let the bulbs rest for the winter.

The peaches are very ripe now and ready for picking. I lost two. My mistake - I let two of the fruits touch each other and they rotted off, so next year I shall make sure the peaches are at least 9" apart.



Frank Griffiths

KITCHEN CORNER

Oat Plum Crumble serves 6

650g plums
4 tbsp caster sugar
A knob of butter

Crust: 150 g plain flour
80g butter
50g ground almonds
70g Demerara sugar
75g rolled oats.

Method: Set oven 200C Make the crust by rubbing the butter into the flour, and stir in other ingredients. Pile fruit into a buttered baking dish and add the sugar, butter and a few tablespoons of water. Tip the topping onto the fruit and bake 30-35 minutes till top is crisp and golden and fruit soft.

Serve hot with cream.

Jill Frostick



VILLAGE HALL 100 CLUB

It has been suggested that running 100 Club would be a way of providing regular funds for the upkeep of the village hall. For an annual payment of £12 (£1 per month) participants would be entered into a monthly draw with prizes of £25, £10 and £5.

In addition, there may be a Christmas bonus draw.

In order to gauge interest; if you would like to join the 100 Club, please phone Kate Strowbridge on 01206230211 or email her at katestrow@aol.com.



Charity No. 1136038
Company No. 7099441

Little Dragons Pre-School

Great Bromley & Frating

Ofsted Inspected

Website: www.littledragonspreschool.org

Email: littledragonspreschool@gmail.com

Great Bromley Village Hall

Monday & Wednesday 9.15-11.45am & 12.15-2.45pm Tuesday & Thursday 9.15-11.45am

Children 2-5 years

Lunch club available every day

For more details/visits please contact us on 0785 7503103

We hope you have enjoyed the holidays and we look forward to seeing you in the new term. Autumn Term begins on Monday 3rd September.

Bungalow Update -We are pleased to announce our 'Change of Use' application has been accepted and we hope to share more information with you next month.

We take children from the age of two years and now offer a 'home visit' to families of children prior to them starting Pre-school. This gives the child the opportunity to meet their key-person in their own home, aiding the transition stage to pre-school. It also enables us to collect and share information in a confidential environment.

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

Dates for your diary: Mon 3rd September

Autumn Term commences



PRIMROSE FARM COOKING DAY

Well, August the 4th was so memorable with the Olympics achievements but it also was a fantastic day at Primrose Farm's Cooking Day. The Swiss and French Chefs cooked up some many lovely recipes, including marinated smoked pork on a bed of creamed potatoes and black pickled walnuts. Also slow cooked Belly of pork in a crusty roll with chutneys and touch of ginger. All were served for everyone to taste and a lovely enjoyable day with the British weather holding off its complete downpours!!!!.

Many people enjoyed an after dinner stroll to check how Sevy's field was progressing and had many a long natter with John on his plans for the next few weeks. His vegetables are now coming into their own with tasty freshly picked vegetables now filling up the trailer outside the shop. Sevy's field has been a hive of activity these last

few weeks with many school children coming and enjoying the outside life and learning a bit about this vegetable enterprise. John's enthusiasm for this venture is spreading to the younger generation, all going home with some vegetables and a big smile and a healthy glow on their face, lovely to see.

Harvest time is busy time here at Primrose Farm with the collection of some of the local straw bales for the outdoor pig enterprise. Once our little piece of wheat is cut then it becomes winter stubble for the pheasants and other birds needing cover in the winter time. I am sure the baler and carting will get going eventually and the evening meals will start involving extra people at the last minute, all only have half an hour to stop !!! - sausages again!!!!.

Karen Moss

GREAT BROMLEY PARISH COUNCIL

PARISH CLERK & RESPONSIBLE FINANCIAL OFFICER

Due to the resignation of our current Parish Clerk the Council wish to appoint to this post. Applicants should have knowledge and experience of I.T systems (Word, Excel, e mail), good communication & organisational skills, the ability to write clear and concise reports and minutes, basic accounting skills and the ability to work on their own initiative.

Ideally we are looking for a Clerk who lives close to the Parish of Great Bromley since knowledge of the community and local issues are key. Previous experience of working as a Parish Clerk would clearly be helpful.

Hours are 28 per month working mainly from home with a number of evening meetings. An hourly rate in the region of £9 to £10, depending on the experience of the successful candidate, will be paid plus a small allowance for home office working and mileage.

For further information, Job Description & Person Specification please contact: Pam Williams (Great Bromley Parish Council) on 01206 230485. Messages may be left. Alternatively, you can contact me by e mail at <recruitment@gbpc.org.uk> Closing date for receipt of completed applications is Friday 21st September 2012

NATURE'S DIARY



The butterflies in the recent warm weather have finally appeared en masse - peacocks, red admirals, commas, various 'brown' and 'white' butterflies, small tortoiseshells, skippers but no painted ladies this year - sunning themselves in sheltered spots and taking nectar from the buddleia., A beautiful profusion of wings and colours. Daughter, back from China, has photos of exotic butterflies as big as small birds which she saw on her walks in the countryside. Dragonflies - and damselflies - too are flying; watch where they perch as they have favourite ones from where they hunt and are easier to see properly when they are still.

However, although it feels as though summer has only just arrived, we are actually now heading towards autumn. Plants and trees are beginning to die back and disperse their seeds. Don't tidy up your garden too much by removing all the seedheads as the birds and animals will gather and eat them during the winter months. Animals need to fatten themselves for winter hibernation and the insect numbers decline as some die, some hibernate and others overwinter as

caterpillars or pupae to survive. Summer breeding birds leave for their wintering grounds in Africa and elsewhere.

The horse chestnut trees will be dropping their glossy **inedible** conkers to be gathered by some for conker fights whereas the sweet chestnut will be producing the **edible** chestnuts to roast over the fire or to cook with. Hedgerows of blackberries, elderberries, rose hips and sloes will be ripening ready for picking to eat, to turn into wine or to store.

Craneflies/daddy long legs appear in large numbers during September and their larva, known as leatherjackets, are an important food source for birds.

Ivy too is beginning to come into flower. An important late food source for honeybees to build up their stores for winter, ivy also provides cover during the winter for other insects with wrens also taking up residence to have a ready 'fast food' source on hand during the cold months.

LMH

“Who Cares?”

Why do you do it? I asked ‘Cara’, our brave ‘opening bat’ for the new feature page of our in-house magazine, “Tales from the River Bank”.

Well, I enjoy my work as a Care Assistant!” came the ready reply. I’ve been here ever since I was at college and I like what I do - besides, this would be a very hard place to leave! I have so many friends here among the staff and the residents and I really don’t want to be anywhere else, it’s as simple as that.

I first started here at Seven Rivers eight years ago, when I was 16 - I worked in the kitchen part-time while I was at college. I went on to Uni to study Bio-Medicine but even then I kept coming back to good old Seven Rivers!

(Yes, I asked the same question - “What’s Bio-Medicine, Cara?”)

Well, it’s like ordinary medicine to be a doctor - but more theoretical - like medical research, that sort of thing.

So you are actually qualified to go out and do much better paid work in the world of commercial medicine, then? So why don’t you?

I already told you, I like it here! The people are nice and my work is very rewarding. I don’t want to do anything else at the moment, thank you very much!

And besides, I’m doing interesting things here as well as my day-by-day role as a Care Assistant. I have passed my NVQ3 and am responsible for doing Risk Assessments here at Seven Rivers.

I have also qualified as a Moving and Handling Instructor and, as well as helping to train staff here, I go to other Leonard Cheshire Homes to train the trainers who will pass on these skills to the rest of their colleagues. That can be very interesting.

“I would like to do my NVQ4 one day and start moving towards management in some way but I’m not sure what, yet.

And the most rewarding part of your job, would you say?

I really like being able to just sit and talk with residents, and really get to know them properly. It’s such an important part of our job and yet there never seems to be enough time to do just that - sit and chat. One day, maybe.

But most important, I do look forward to coming to work each day to be with people I like and to feel that I am doing a really worthwhile job. There is something about Seven Rivers that just makes it a good place to be.

And so say all of us! Ed.

Colin File, Volunteer Newsletter Editor.

HAMILTON LODGE

Dear Villagers

Hamilton Lodge Sensory Garden

The staff at Hamilton Lodge are hoping to build a new sensory pathway leading from our bungalows to the activity room and onto the patio area. If, over the next few months you have any plants spare or are changing your garden design please remember us. We will happily collect anything and put them to good use.



Contact Kath, Rose or Brenda on 01206 230298 at Hamilton Lodge, Rectory Road



THE GREEN THING

Checking out at the supermarket, the young cashier suggested to the older woman that she should bring her own shopping bags because plastic bags weren't good for the environment.

The woman apologised and explained, "*We didn't have this green thing back in my earlier days.*"

The cashier responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the green thing in its day. Back then, **we returned** milk bottles, pop bottles and beer bottles to the shops. The shops **sent them** back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. **So they really were recycled.**

We refilled writing pens with ink instead of buying a new pen, and **we replaced** the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. *But we didn't have the green thing back in our day.*

We walked up stairs, because we didn't have an escalator in every shop and office building.

We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. *But she was right. We didn't have the green thing in our day.*

Back then, **we washed** the baby's nappies because we didn't have the throw-away kind. **We dried** clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. **Kids got** hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right. *We didn't have the green thing in our day.*

Back then, **we had** one TV, or radio, in the house -- not a TV in every room. And the **TV had** a small screen the size of a handkerchief (remember them?), not a screen the size of the county of Yorkshire. In the kitchen, **we blended and stirred** by hand because we didn't have electric machines to do everything for us. When **we packaged** a fragile item to send in the post, **we used** wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, **we didn't** fire up an engine and burn petrol just to cut the lawn. **We used** a push mower that ran on human power. **We exercised** by working so we didn't need to go to a health club to run on treadmills that operate on electricity. *But she's right. We didn't have the green thing in our day.*

We drank water from a fountain or a tap when we were thirsty instead of demanding a plastic bottle flown in from another country. **We accepted** that a lot of food was seasonal and didn't expect that to be bucked by flying it thousands of air miles around the world. **We actually** cooked food that didn't come out of a packet, tin or plastic wrap and we **could even wash** our own vegetables and chop our own salad. *We didn't have the green thing in our day.*

Back then, **people took** the tram or a bus, and **kids rode** their bikes to school or walked instead of turning their mothers into a 24-hour taxi service. **We had** one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And **we didn't need** a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

[Thanks to Val for sending me this splendid round robin type email - Ed.]

2012 EVENTS

SEPTEMBER

- 4 Village Hall Trustees meeting, Village Hall, 7.30pm
- 5 WI meeting, Village Hall, 7.30pm
- 6 Lt Bromley Parish Council meeting, The Haywain, 7.30pm
- 8/9 Flower Festival & Art Exhibition, St Mary's church, Gt Bentley
- 9 Table Top Sale, Venture Centre, 2.00pm
- 11 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 27 WEA course, Ardleigh Village Hall, 2.30pm
- 30 Harvest Lunch, Village Hall, 12.30pm

OCTOBER

- 3 WI meeting, Village Hall, 7.30pm
- 5-7 Ardleigh church Flower Festival
- 9 Gt Bromley Parish Council meeting, Village Hall, 7.30pm
- 13 Cantare concert, St George's church
- 18 Friendship Club meeting, Village Hall, 2.00pm
- 20 Coffee Morning, Village Hall, 10.00am
- 25 Lt Bromley Parish Council meeting, The Haywain, 7.30pm

NOVEMBER

- 7 WI meeting, Village Hall, 7.30pm
- 16 Friendship Club meeting, Village Hall, 2.00pm

ARDLEIGH FLOWER FESTIVAL

5th - 7th OCTOBER 2012

Theme - Anniversaries

Friday 5th from 12 midday till 6 pm

Saturday 6th from 10 am till 5 pm

Sunday 7th from 12 midday till all

assemble for the raffle draws after 4 pm

**6.30 pm Songs of Praise at St George's
for harvest celebrations**

Beautiful floral displays * Refreshments *

Tower Tours * Music *

Bell-ringing * Raffles* Children welcome *

Entrance £2 for adults - children free

ST MARY'S CHURCH

Great Bentley

FLOWER FESTIVAL

& 18th ART EXHIBITION

Saturday 8th September 10am-5pm

Sunday 9th September 11am-5pm

There will be light lunches and teas, raffle,
competitions and stalls

For further information contact

Peter Allington 01206 251086

Sunday 9th September

The Lawford Scout Group

is hosting a table top sale at
the Venture Centre Lawford.

Public admission from 2.00pm
20p entrance fee. Refreshments
available.

For further details contact J Robinson
01206 393093

Crafty Ladies

meet once a month to Patchwork and
Quilt, Knit and Crochet, Card make and
any other craft at Langham community
centre between 10am and 4pm for a fee of
£4.00

Our next meeting is Wednesday 5th
September.

For more information please contact
Jacqui on 07979 947931 or Toni on 07871
875455.

Gt Bromley WI

Coffee Morning

20th October

10am to 12 noon
in Great Bromley Village
Hall
for MacMillan Nurses
featuring Fair Trade Stall
with Christmas Cards and
Gifts



St. George's Church, Great Bromley.

We are delighted to welcome

"Cantare"

Saturday 13th October

"Cantare" is a Southend based female choir formed in 2010. A range of musical styles is covered from classics to songs from the shows. "Cantare" sings in a variety of venues and takes part in local and national



competitions. They gained first prize at both Chelmsford and Southend Music Festivals in November 2011.

Tickets £10 available from the Post Office at The Cross Inn and Jenny on 01206 230688 or on the door.



Harvest Lunch

Sunday 30th September
Great Bromley Village Hall,
12.30 for 1pm
All welcome.

WEA



Ardleigh Branch

Discovering Timber Framed Houses of East Anglia

Tutor: John Walker

Course length 10 weeks, commencing 27th September 2012 at 14.30 hours (each session 1½ hours)

Venue: Ardleigh Village Hall, Station Road, Ardleigh

The course will show the different types of timber framed houses and the different forms of timber-framing? The course will show how to do this for East Anglian houses. It will demonstrate how to recognize buildings from their layout, the different forms of timber framing, the types of carpentry joints used, and the different roof constructions. Time will be spent to show how these developed and changed over time from the 12th to 17th Centuries. Comparisons will also be made with other regions to identify the special regional features of our historic East Anglian buildings.

The ten sessions will cover:
Historic timber-framing techniques in East Anglia up to the 17th century; the identification of the medieval house; the types of post medieval houses; how timber framed houses were erected; East Anglian aisled halls and early forms of timber framing; the development of roof construction in East Anglia from passing braces to side purlins and how this compares with other regions; the

development of carpentry joints in East Anglia from the 12th to 17th Centuries; the grammar of carpentry and the wealdon house; Cruck framed houses and the use of base crucks in East Anglia.

The cost of the course will be around £46 (still to be confirmed). This course is just to learn about this interesting subject, there are no exams etc to do.

Books will be available to loan on the subject, tea and biscuits are included in the cost with around a fifteen minutes break half way through the session.

Please contact John Terry on 01206 230490 or Jill Frostick on 01206 250263 if you have any queries or need further information.

CRICKET CLUB

100 Club Winners for July

- 1st. Mr. Ian Lawson
- 2nd. Mr. Tim Mann
- 3rd. Mrs. June Wenden

VENTURE CENTRE, LAWFORD

Baby Ballet classes

starting on Friday 14th September 2012.

This is an award winning movement to music, dance & singing programme for boys and girls from 6 months upwards run within a fun, safe and caring environment.

Classes are 1.15pm - 1.50pm Tiny tones (18 months - 3yrs) and 2.00pm - 2.35pm Mini Movers (3 -5yrs).

For further information call Miss Fiona 01255 821325

'Singing for the Brain™'

Do you love to sing? is a relaxed and friendly group activity which brings the joy and stimulation of singing to those with memory problems associated with dementia and to the people who care for them. A new group planned for the Venture Centre 2000 Lawford & Manningtree area on Thursday afternoons starting in September!!

For information about joining a group to sing, or to volunteer to help out, please contact Angela Dennis - 01206 573708

angela.dennis@alzheimers.org.uk

ESSEX POLICE



If you need to talk to me for any Police Community problems, you can contact me on 07967 466876, or 101 ex 487607 (free phone) or email me leslie.barnes@essex.pnn.police please note if you leave a message I will try to reply to your call the day I am next on duty.
Les Barnes PCSO 71909

July incidents in Great Bromley

Nuisance Due to Noise - Chase Road -

(Loud Music)

Suspicious Circumstances - Hall Road -

(Drunk male)

RTC - Harwich Road

August Newsletter

BEWARE OF THE 'CREEPER' BURGLAR!

It's time to remind ourselves again why the burglar sees summer as his friend. It's a time when everybody is enjoying their gardens. The doors are left wide open and the hot sticky nights mean that every window in the house, which is capable of being opened, is flung to its full extent. At these times, even the car is not immune from lapses in security. Windows are wound down and the open sunroof never closes. The burglar welcomes summer. He is an opportunist by nature. To him, hot days and warm evenings signal rich pickings.

By all means open your first floor windows. Turn on the fans. But at night, keep your ground floor doors and windows firmly closed and locked.

To the burglar, summer days are as welcome as summer nights and the daytime brings its own opportunities.....

We all love to get out into our gardens. Our summers can be unpredictable so we have to take every chance to work in the garden when we can. The thief is well aware of our habits. He can see where you are and, more to the point, he can see where you are not. It's a simple matter and a calculated risk for him to slip into your

house, steal something valuable and slip out again in a matter of seconds.

The thief relies on surprise and opportunity. He feeds off the good and trusting nature of the average householder. But, if you don't provide him with simple opportunities, you are less likely to become one of this summer's victims.

Beware of bogus callers after trickster strikes nine times

Detectives have urged elderly people to be on guard against bogus doorstep callers after nine incidents in south Essex in the past month. In six cases the caller claimed to be a gardener, a tree surgeon or a ratcatcher. In two others he claimed to be a policeman.

Anyone who is suspicious of any doorstep caller should phone 999 immediately but anyone with information of a less urgent nature about the recent linked crimes should contact the Basil don Target Team on 101 or call Crime stoppers anonymously on 0800 555111.

Essex Police are currently identifying a crime trend that involves older people being targeted using a deception. The suspect distracts the older person by placing fake jewellery (necklaces, bracelets and rings) on them in order to then steal their own genuine visible gold jewellery. For instance this is done by the person placing a fake necklace around the older persons neck and then later removing it along with their genuine gold necklace. It is only later that the person realises that their jewellery has been stolen. This message is to raise awareness of this tactic, keep all

jewellery covered when in public areas and be mindful of strangers approaching offering jewellery for sale.

PCSO Les Barnes 71909

Dear Residents,

Essex police are still in a state of shock at the tragic shooting of a friend and colleague - PC Ian DIBELL. His courage is an inspiration to me and highlights the importance of Neighbourhood Policing. In all the local villages the overriding concern you show is the issue of speeding. I am keen to address this in a number of ways. Firstly, we will be using our own speed gun at various locations and issuing tickets. Second we have use of a mobile camera

which collects data and finally I am really keen to re-invigorate Community Speed Watch. Please can you contact your Parish Council or myself if you are interested in taking part?

I will also continue my efforts to keep 'Feet on the Street' which is proving successful as crime & antisocial behaviour continues to fall. Please contact me if you have any local concerns or problems and I will do what I can to resolve them for you.

PS 3030 Simon TATTERSALL

ST HELENA HOSPICE



St Helena Hospice
your time...your hospice

Hospice Lighthouse Walk- a walk for all!

After the success of last year's event, St Helena Hospice is delighted to announce that once again they will be holding their Lighthouse Walk at 10am on Sunday 14 October. The walk will take place along the Dovercourt and Harwich Promenade.

The walk will start and finish on West End Lane, with walkers following a four mile circular route. Walkers will head past the Low Lighthouses, around the Stone Pier and up to the Maritime Museum Umbrella Lighthouse, before returning back along the promenade.

The walk is the perfect opportunity to remember a loved one or just come along for fun. Whatever your reasons, everyone is welcome and registration is free. The Hospice is hoping that everyone who takes part will be able to raise valuable funds for the charity and are urging people to sign up as soon as possible.



For further information or to register, please contact St Helena Hospice Fundraising and Marketing Office, on 01206 791740.

ST GEORGE'S CHURCH REPAIR FUND

About 50 people gathered in St George's church on the evening of Saturday 7th July to hear The Galliard Trio perform.

They enchanted us all with their talent on the flute, oboe, cor anglais, harpsichord and bassoon as they played a varied programme including music by Verdi, Britten, Mozart, Milhaud and Handel.

A light (and plentiful) buffet was served at the end of the concert.



Over £400 was raised for the Repair Fund, and thanks are given to those who organised the evening's event.

THE DOCTORS' SURGERY NEWS

Ardleigh Surgery

Influenza vaccinations

It is influenza clinic time again !

The Department of Health recommends patients should have vaccination against influenza if they are aged over 65 or at particular risk if they have one of the following medical conditions; heart disease, diabetes, respiratory disease including asthma, renal disease or who are immunocompromised and pregnant women.

Flu clinics will be held on Thursday afternoons weekly at Ardleigh Surgery starting on the 4 October and ending on 1 November. Clinics will also be held at the Dedham Branch Surgery.

Please telephone the surgery to book into one of those clinics. We encourage patients to attend these clinics rather than use valuable normal appointment slots unless you are attending the doctor or nurse for some other reason.

This year we will be screening patients again aged over 65 for Arterial Fibrillation which will involve patients having their pulse taken when having their 'flu injection.

New GP Trainees

Dr Hannah Roberts has completed her GP training and has taken up a GP post in the Mayflower medical practice in Dovercourt and has been replaced by GP Trainee Dr Mukthar Ahmad.

Dr George Pontikis has returned to Colchester Hospital to continue his training and has been replaced by GP Trainee Dr Anushree Thayur from Colchester Hospital.

*Fred Merrin,
Practice Manager,
Ardleigh Surgery*



Gt Bentley Surgery

With Dr Letton and Dr Hilton leaving and no new Registrar in place just yet, we have brought in some locum GPs to help us out over the summer. Hopefully, this will mean that we keep up with demand for appointments and that nobody has to wait too long to be seen. We have four, Dr Jonathan Gatland, Dr Katy Daviel, Dr Oliver Frey and Dr Sabina Klapper, who will be doing fairly regular sessions for us between now and the middle of September. They are all very experienced doctors who prefer at the moment not to be tied down to one surgery which is very lucky for us. I know that they will look after you brilliantly.

It's time I gave you all early warning that our clinical computer system is booked in for a major upgrade on 6th November. We are staying with the same supplier – a Leeds based company called EGTON, which has looked after your medical records for us ever since 1991. The new version of their system, EMIS Web, is supposed to be **the** system for the 21st century. If ever EMIS Access is misbehaving don't forget that you can always e-mail us on postmaster.gp-f81021@nhs.net for admin, or holliesprescriptions@nhs.net for prescriptions.

As so often happens, I am now going to ask for your assistance with a couple of issues in making sure that things run as smoothly as possible. Thank you in advance for your help.

Firstly, if even you drop anything in to us, particularly a sample of some sort, a home blood pressure reading or a hospital letter, please can you make sure that the patient's name is on it. We have had a couple of instances recently – one a set of blood pressure readings and the other a sample which one of the doctors had obviously asked for – where we never were able to identify to whom they belonged. In neither case does it seem to have resulted in major

problems, but it might have done.

The second request requires me to back-pedal a bit on Repeat Dispensing. This scheme, which has proved very popular, allows people who are on a stable medication regime to order several months' prescriptions at a time. The Medicines Management Team at our PCT tells us that in rather too many cases where patients pick up more than one month's worth of medicines at a time, treatments are subsequently changed, meaning that medication is wasted. Unfortunately, it can't be reused once it has left the pharmacy.

The ideal would be if people carried on

using the Repeat Dispensing system, which saves us – and you – a lot of work, but only collected one month's medication at a time. That way, if something is changed or if you stop taking a particular drug, you only get what you will actually use and nothing goes to waste. It will still be easier for you as all you'll have to do is let your pharmacy know a day or two before you need a new batch. This can be done in person or by telephone, and in the Green Pharmacy's case by e-mail.

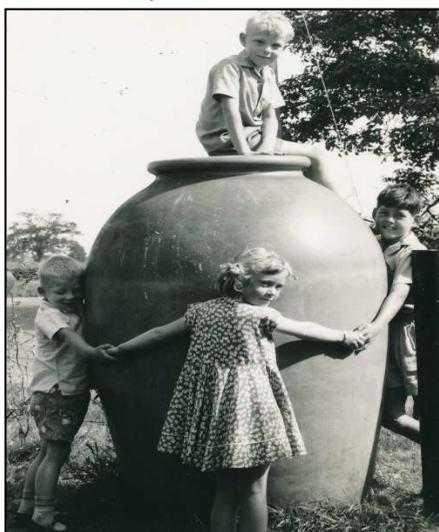
Hugh Cronin

Practice Manager, Great Bentley Surgery

'POT CORNER', LITTLE BROMLEY

Some of you may remember seeing the huge pot by the bungalow in Little Bromley belonging to John and Joyce Osborne – but who knows the story?

In the late 1940s John and Joyce were both working at British Xylonite ("BX") at Brantham. When she started working there Joyce used to take the train from Colchester to Manningtree, then walk to Factory Lane. She recalls freezing fogs around the Stour in those days, with chilly waits on the platform. Later, a bus ran



direct from Colchester. One of the other ladies who took that bus was a young research chemist named Margaret Roberts, later to become famous as Mrs Thatcher. (Of course at that time she was not of particular note, just another chemist, and Joyce never recalls speaking to her.) John and Joyce met at work, then in due course got married and built their bungalow "Cirrus" in Little Bromley. One day around 1954 John noticed a huge earthenware jar on the marshland outside the factory. He took a liking to it so he asked around and found it had been a sulphuric acid container that was now surplus to requirements; he asked if he could have it and subsequently arranged to take it home, placing it at the gate. From then on their house location became known by many as Pot Corner! This fine Royal Doulton pot has since taken a trip back nearer to the old factory, when Joyce and John moved to Manningtree in 1993 and a kindly farmer transported it for them with his tractor.

Hugh Frostick © 2012

With many thanks to Joyce Osborne.

Pictured – Martin Osborne on top, Robin Osborne, Vanda Titshall and David Rose.

THE RECTORY, GREAT BROMLEY

Dear Friends,

On 29th September the Church will be celebrating the Feast of St. Michael and all Angels or Michaelmas. Many of us have heard the story about how medieval theologians used to debate how many angels could dance on the head of a pin!

Although we are all aware that angels figure in both the Old and New Testament scriptures, as well as in Apocryphal literature, many are rather sceptical or nebulous when it comes to the subject. It all seems rather speculative, and there are many people who are prepared to dismiss the idea of angels just as they would dismiss stories of fairies down the garden or pixies in the wood.

Nevertheless we cannot get away from the fact that angels are woven inextricably into the story of the Bible. We also know that there are many stained glass windows, which show St. Michael as a winged knight in shining armour, with drawn sword and his foot on a dragon.

So who are the angels? What are they like, and what purpose do they serve? The Bible speaks of angels being messengers of God, sent forth to convey his messages to human beings. Sometimes they appear in human form, as they do when two men were sent to inform Abraham of the child of promise. Sometimes they appeared as supernatural beings, as in Isaiah's awesome vision of the sic-winged seraphim crying "Holy, Holy, Holy".

We might well ask how angels minister to humankind. After all, no human in his normal conscious state is recorded as ever having seen a winged angel. Jacob dreamed of angels, ascending and descending on the ladder set up between earth and heaven; but when he awoke they had vanished. Later however, at the brook Jabbok, "there wrestled a man with him until the breaking of the day". The angel was in human form, but Jacob was in no doubt that he had met with an agent of God. Awestruck, he renamed the place Peniel, "the face of God".

We are all familiar with the Annunciation to Our Lady, when the angel Gabriel appeared to

Mary to announce the forthcoming birth of Christ. In whatever form the angel appeared, it is evident that the vision produced in Mary reverent submission to the will of God. When the birth of Jesus was made known to the shepherds, the angel appeared supernaturally in a blaze of glory, and the heaven responded with the song of the angelic host. Once again, in Christ's ordeal of the wilderness temptations and at Gethsemane we are told that angels came to comfort him.

Once again the Resurrection was known by a vision of angels, in what form we do not know, save that Mark tells us they saw a "young man sitting on the right side (of the sepulchre) clothed in a long white garment and they were afraid".

Angels are mentioned in the Book of Acts and in the Letter to the Hebrews. And of course in the Book of Revelation, St. Michael appears as head of the angelic host, going forth to do victorious battle with the forces of evil: "And the great dragon was cast out, that old serpent called the Devil, and Satan, which deceiveth the whole world". Rev 12v9

The dragon's greatest deception was to persuade people that he, Satan, did not really exist, that goodness and evil were not real issues, and that the angels of God were merely fantasies of weak minds.

The Church of God however was not deceived. It perceived the moral issues, recognising the nature of evil, and fought to uphold God's standard of righteousness. That is why Michaelmas is one of the major religious festivals and often ordinations take place around this important time.

On this important day we pray in our Collect: Everlasting God, you have ordained and constituted ministries of angels and mortals in a wonderful order: Grant that as your holy angels always serve you in heaven, so at your command, they may help and defend us on earth.

Fr. Robert

ST. GEORGE THE MARTYR, GREAT BROMLEY

united with St. Mary the Virgin, Ardleigh



Church of England Services September

Sunday 2nd	8.00am 10.30am 6.30pm	13th Sunday after Trinity Eucharist Parish Eucharist Evensong	<i>St. George the Martyr St. Mary the Virgin St. George the Martyr</i>
Sunday 9th	8.00am 10.30am 6.30pm	14th Sunday after Trinity Eucharist Parish Eucharist Evensong	<i>St. Mary the Virgin St. George the Martyr St. Mary the Virgin</i>
Sunday 16th	8.00am 10.30am	15th Sunday after Trinity Eucharist Parish Eucharist	<i>St. George the Martyr St. Mary the Virgin</i>
Sunday 23rd	8.00am 10.30am 6.30pm	16th Sunday after Trinity Eucharist Parish Eucharist Evensong	<i>St. Mary the Virgin St. George the Martyr St. Mary the Virgin</i>
Sunday 30th	8.00am 10.30am	17th Sunday after Trinity Eucharist Parish Eucharist	<i>St. Mary the Virgin St. George the Martyr</i>
Sunday 7th October	8.00am 10.30am 6.30pm	Benefice Harvest Thanksgiving - St Mary's Ardleigh Flower Festival Eucharist Harvest Parish Eucharist Songs of Praise for Harvest	<i>St. George the Martyr St. Mary the Virgin St. George the Martyr</i>