

The Messenger

The Magazine of
the villages of
Great & Little
Bromley

November 2018

Vol: 2 No: 11



THE FIRST PAGE

This year and month marks the 100th year of the end of World War I. Despite the thought and hope that this particular war would end all wars it has not been the case and I find on the internet that war is defined as an active conflict that has claimed more than 1,000 lives. Of the past **3,400** years, humans have been entirely at peace for **268** of them, or just 8 percent of recorded history. At least 108 million people were killed in wars in the twentieth century. However these particular statistics are not up to date as I could find none given since 2003. The front cover shows Tommy who visited St George's church at the end of September before he marched on to be in another church. He was but an outline but to see him was a moving experience.

I thought I was fit. I AM fit, I mean I walk the dog every day in and around the hills of Lawford! So therefore I must be fit. However I have decided I am only FAIRLY fit as I discovered on a fresco fest holiday in the South Tryol recently as I climbed up very steep paths to inaccessible castles and tiny churches perched high on rocky outcrops in the Dolomites. The views were always spectacular from the top as I got my breath back. The climbs were always worthwhile and the area is simply beautiful.

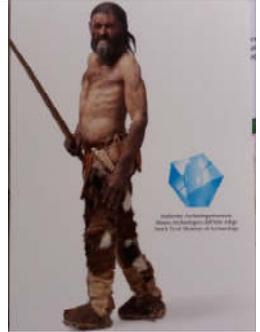
I was staying in Bolzano where Ötzi, the Ice Man, has come to rest in the museum there after 5,300 years in the ice. His mummified body and everything found on him, in him and around him is displayed over two floors of the museum. Since his discovery,

thawing from the ice in the mountains in 1991 by a couple of hikers, he has been a source of intense forensic research which continues to this day as with every improvement in technology new facts are found out about him and his life and even where his parents came from. His body is so perfectly preserved that his tattoos are visible plus of course the injuries he received from his murder. It was fascinating and well worth a visit if you are in the area.

Seven Rivers are holding a firework display together with a children's fancy dress competition. Enjoy the fireworks but just remember to keep your pets indoors as they can get very frightened by the noise.

The next issue of the Messenger is the double issue for December and January. I then have a month 'off' for Christmas before I start on the February issue during January. So please remember to send in information for the two coming months by 14th November. There are NO diary dates from December onwards that I am aware of nor any into 2019. Is nothing being organised anywhere? What a shame. Get planning..!

Leonie



MATERIAL for the **DECEMBER 2018/JANUARY 2019** edition of 'The Bromley Messenger' should reach the Editor, Leonie Henderson, by **14th NOVEMBER 2018** 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



SEVEN RIVERS CHESHIRE HOME

The harvest is in and everyone has now had all the harvest suppers and musical events that accompany this season.

We at Seven Rivers have had a couple of weeks getting to know our new overseas volunteers. They will certainly start their year with a bang. Our firework display will be on Friday 2nd November, gates opening at 6.00pm. We will be having our children's fancy dress for children of up to 11 years of age, but children of any age are welcome to dress up. Before and during our firework display we will have on sale soup, cheesy chips or curry chips, hot dogs and hot drinks. I have kept the prices the same as last year, but only if you buy your ticket in advance. These you can buy from our office Monday to Friday from 8.30 am till 4.30 pm. Advanced Sales will stop on Friday 2 November at midday and tickets brought after midday will be charged at the gate prices. Sorry but please see local

notice boards for prices or your child's school bag as all the details will be sent to St. George's school and Little Dragons pre-school.

Our Firework night is always fun so please support us in this event, I know lots of you enjoy it as much as we do, and it still remains good value for money.

Then before we turn around the children will be preparing for their Christmas plays, all the Christmas crafts, markets and fairs will be here. Our Christmas market is following on from the others in the village on Sunday 2nd December. I understand that we are all asking you to give generously when there are a lot of demands on your money, but just by coming along and maybe having a cup of tea doesn't have to cost a lot and the support from the villages means a lot to us all.

Take care till next time
Liz x

FRIENDSHIP CLUB

The September meeting began with a minute's silence in remembrance of one of our oldest and longest serving members, Ida Rudd. Ida ran a stall at the monthly meetings for many years raising funds for the Club, selling items she had made and donated. Donations in her memory will be sent to the Children's Hospice.

Members had a delightful visit to the local Primary school for their Harvest Praise afternoon where they were entertained by the children singing Harvest songs and

treated to a welcome cup of tea and biscuits afterwards. "Thank you" to everyone and for the Harvest fare.

The outing to Frinton Nurseries was thoroughly enjoyed by all, as was the afternoon tea.

Our Christmas meal is booked for Thursday 6th December at The Court House, 12 for 12.30pm. Names will be taken of those wishing to attend at the October meeting.

Our Speaker for November is Amanda from the Animal Rescue Centre and the competition, a bird book.

Sylvia Ward

Crunchy Winter Salad

This makes a change from the usual styles.

- 4 oz Raisins - Put these to soak at least one hour.
- 3 Tablespoons White vinegar
- 1/4 medium red cabbage, very finely shredded
- 2 sticks celery, sliced
- 1 apple, cored and chopped
- 3oz walnuts, roughly chopped

KITCHEN CORNER

- 1 small onion, finely chopped
 - 1 tbsp lemon juice
- Mix these well with the drained raisins.

Make a dressing by blending thoroughly the vinegar from the raisins with 3 tbsp oil 1/2 tsp French mustard, salt and pepper and pour over the salad and toss.

Jill Frostick

THE DOCTORS' SURGERY NEWS



Great Bentley Surgery



This year's flu vaccination season has been a lot more difficult than previous years and we still have our second major Saturday flu clinic to go on 3rd November. We apologise for some patients having to wait so long for their vaccination, but this was due

to circumstances beyond our control. Although we ordered accurately and well ahead of deadlines, our original delivery dates were forcibly changed. This affected the new vaccine for patients over age 65, meaning that our delivery was staggered over 3 months, rather than getting all vaccines as originally agreed in early September. This was very frustrating for us and affected patients, but we thank everyone who has understood and waited to have their vaccination with us rather than trying to get one elsewhere. The funding we receive from flu vaccinations is important as this helps support the financial viability of your surgery.

Winter Demand – Help us to help you!

As we head into winter, demand for our services usually increases substantially. We really do need all of our patients to consider whether they really need to see a doctor before calling and consider using other local services which might be more appropriate. Of course if you consider your problem urgent we are always here to help and our daily on call doctor triage system will ensure you are seen in a timely manner.

As well as some great websites below, you can also get professional medical advice from your local pharmacy, the walk in centre in Colchester and patients can call 111 at any time 24/7 for help and advice.

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

<i>Back pain</i>	<i>Cold sores</i>
<i>Common cold</i>	<i>Influenza</i>
<i>Conjunctivitis</i>	<i>Constipation</i>
<i>Diarrhoea</i>	<i>Insect Bites</i>

Period pain
Haemorrhoids
Hay fever
Headache
Sore Throat
Sinusitis

Earache
Migraine
Head lice
Nappy Rash
Nasal Congestion
Sprains/ Strains

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

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

www.nhs.uk

www.patient.co.uk

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

The Patient Participation Group will be holding its monthly meeting at 6.30pm on Thursday 15th November at the Great Bentley Village Hall.

Richard P Miller - Practice Manager

GT BROMLEY & DISTRICT CRICKET CLUB



100 Club Winners

September
1st Paul Wareing
2nd Beryl Hurst
3rd Simon Baines

THE DOCTORS' SURGERY NEWS

Ardleigh Surgery



We hope you have all enjoyed the beautiful weather and fantastic summer we have had recently. It has been a busy time at the surgery with lots

of new faces joining the team over the last few months.

Firstly our new practice manager joined us in June. Ruth Waring has been a practice manager in a busy GP surgery in Bethnal Green East London for 15 years before moving with her family to Colchester this year. She has lived and worked in London since a child and started working in her local GP surgery aged 16 helping with filing, before working as a receptionist, IT lead, assistant manager and then practise manager.

We also have a new full time GP Dr Pippa Outtridge. Pippa grew up in Ipswich before studying medicine at Barts and The London medical school. She completed her junior doctor rotations and GP training across East London before working in Ipswich for a number of years. She moved full circle to return to live in the local area 2 years ago and she and her husband are slowly filling their home with their horses and a new puppy.

We also have two registrars, Dr James Greenland and Dr Victoria Okeke both in their final year of GP training, joining us for the next 12 months.

After many years of hard work and dedication Jan Burgess has now qualified as a registered nurse and nurse Fiona Wallington has completed her prescribing exams. Congratulations to them both. Huge congratulations to Dr Rebecca Thompson who has recently given birth to a beautiful baby girl and is currently on maternity leave. We hope she and her husband are enjoying this very special time together.

Practice Pressures

As I am sure you are all acutely aware, the NHS as a whole is under increasing pressures. Both hospitals and GP surgeries are experiencing unprecedented demand

and the “winter pressure” is now felt throughout the year. Patients are requiring more appointments annually and often have more complex medical needs and medications for the GPs and nurses to manage. We also have a lot of new growth in population in the local area due to the new housing developments.

Currently Dr Thompson is off on maternity leave and we are lucky to have Dr Heracleous joining the team to cover some of her shifts. Many of you will have heard that Dr Vernon Bettle is currently also sadly off sick and I am sure you will join us in wishing him well and sending him our best wishes for his recovery.

I'm sure you will appreciate, within our small team, this is putting an increased pressure on GP appointments, so please be patient with the staff and surgery as we are doing our best to continue to provide as many clinic appointments as we are able. We are needing to prioritise some of our clinics for “On the day” emergency appointments and hence the usual pre-bookable waiting times are increasing.

How can you help ?

- **APPOINTMENTS:** Over the last 6 months there been an increased number of patients phoning late in the day, requesting appointments on the same day. **Please call at 8:30am to make appointments** as best possible. It is very difficult for us to accommodate appointments at short notice in the afternoons on the same day.
- **HOME VISITS:** Also please can we remind patients requiring **home visits to call as best able, early in the morning. Preferably before 10am.** This allows the morning duty doctor time to prioritize and visit these patients. We are finding increasing numbers of patients requesting home visits after 3pm which is difficult for the afternoon duty doctor to do in a timely manner, as they are often also dealing with emergency appointments in the afternoon.

Continued on next page

- **MISSED APPOINTMENTS:** If you are going to miss your appointment, or no longer need it, please let the surgery know so the appointment can be reallocated. The number of Did Not Attend appointments is on the rise. In the last 3 months we had 530 DNA appointments between the doctors and nurses.
- **PRESCRIPTIONS:** Please remember to **allow at least 48 hrs for a prescription** turn around and to book in for your annual medication reviews , when they are due.

- **ALTERNATIVE SOURCES OF SUPPORT:** Pharmacies, NHS choices, 111 can all be utilized for support and guidance. Also remember there is the Walk In Centre in Colchester for out of hours emergency appointments.

Our flu jabs are now in stock, please book in for adult and children flu jabs as required.

Best wishes,
The Ardleigh Surgery

Village Hall Events **November dates for your diary**

Mondays Boxercise 7pm to 8pm
Tuesdays. Men's Club Billiards from 16.30pm
 Badminton 6pm to 7.30pm
 Baby College for pre School (various times from 9am to 1pm <https://tickedit.com/BookingWidget?id=90>) Melissa 07597 222189
 Children's Martial arts age 4 to 16. From 4pm to 5pm. 01954 211682
www.childrenskarate.co.uk
Wednesdays 7th Oct from 7pm WI
 14th 21st 28th Bowls from 7pm
Thursdays Pilates from 10.45am

Bowls 8th from 7pm
 Ballroom dancing 1st 15th 22nd
 29th from 7.30pm tel Angela
 07708 982550



Saturdays
 10th Christmas Market 10am to 3pm Lots of festive stalls, personalised and unusual crafts, clothes, jewellery, cards and much more.

17th 8pm Quiz night

Sundays

The Mariner 4th at 4pm Review <http://www.aneatthetheatre.uk/the-mariner/>
 Tickets from Mercury Box Office 01206 573948 www.experiencetickets.co.uk £12

BROMLEY CROSS CONKER CHAMPIONSHIP 2018

Sunday 14th October saw our second Conker Championship. Last year's champion Graham came dressed for the part only to be knocked out in the first round by Paul. Paul continued right through to the final but was defeated by Carol who was cheered on by all the ladies present. A fun afternoon was had by all. A big thank you to our resident Master of Ceremonies, Paul Francis who kept everyone in order.



Christine Barrett



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

Telephone: 01206 230305

Harvest

Thanks to all who joined us for our Harvest celebration at St George's Church. We enjoyed a lovely service including a Harvest Alphabet and a dance from the younger children.

The following day we welcomed the Friendship Club into school and spent an enjoyable afternoon together. The Year Six pupils presented members of the Friendship Club with Harvest hampers made from the donated goods received. The remaining produce will be donated to the local foodbank.



Junior Warden Project

Class 4 are taking part in the Tendring Junior Warden Project. Our first session was African drumming and a bit of African singing.

To start off, we went to a chair which had a drum in front of it. After, we met the lady



who was teaching us; her name was Efua. Then we began drumming. We learnt a song called BEMA (it was in four different parts.)

Once we learnt the song she told us a story including some of our names. After the story, we played the song again and Efua began to dance. Then she asked Thomas to dance with her. He said yes! After that, we helped pack away. We had an amazing time - we wish we could do it again.

By Torri and Mia Daley.

Run A Mile

On Friday 29th of September, St George's Primary School held their annual Run-A-Mile. It is an event where everyone tries to run or walk at least a mile in an hour, raising money for charity.

Mrs Cordwell made a welcome return and explained to the school how it works – and then we were off! Lots of us used our Learning Powers of resilience and aspiration to complete much more than a mile. We never gave up and it was great fun.

The furthest distances in each class were completed by:

Class 1: Maddie B and Caleb T

Class 2: Matthew H

Class 3: Daniel H

Class 4: Thomas S

Thank you so much to Mrs Cordwell for all her organising for this event.

Class Two's Great Fire of London Experience Day

First class 2 met Master Tailor who took us on an imaginary adventure to London in 1666. We went to the hall and went to look in the windows of some old shops. We could make lots of things in the shops, such as bread, ink, moulds to make buttons, smelling bags to carry nice smells and candles. The candle wax to make candles was really hot.

Continued on next page

We also had to put out the fire that was spreading through the hall by using a bucket line and pulling down houses with giant chopsticks! After that we looked at a map of London to find out where the fire was.

Finally we dug through the soil and ashes to see what objects we could find. It was a brilliant and exciting day!

By Connor, Zoe and Barnaby



DISTRICT COUNCILLOR NEWS

On Monday 1st October TDC Overview and Scrutiny committee met to discuss the Car Rally.

Members of the public are allowed to attend and with the chairman's permission to address members of the committee.

On this occasion, four members of the public attended. They spoke against the rally. I believe that one of the people that spoke lives on the rally route.

It must be remembered that not all people are against the rally, some people enjoyed it and wish to see it continue, whilst others are very much against it.

Rosemary and I are very neutral we are not supporting it and do not speak against it. It is up to our residents to make their own decision as to whether to support it or not. The committee discussed the matter and decided to recommend to Cabinet that safety of residents was the priority. During the discussion it was stated that TDC counsellors nor TDC can stop the rally which is permitted by an Act of Parliament. Some suggestions were made regarding marshals and general safety along the route which will be discussed by cabinet.

The latest news regarding Harwich Road roundabout is that it is expected to be completed by early 2019. In response to this I have written to Geoff Hatfield who is in charge of the construction for Highways England requesting a meeting for an explanation as to why the roundabout is so

far behind schedule.

A "20 is Plenty" banner has been kindly sponsored by TDC safety partnership and is now displayed outside St Georges School, Great Bromley. A request for schools in Tendring to take part in the "20 is Plenty" campaign has resulted in over 30 schools requesting a newly designed sign to be erected near schools.

The next Local Highways Panel was held on 25th October when I proposed the Panel agrees to have 30mph speed limit in all villages and towns in Tendring. This is now under consideration, unfortunately requests and agreements seem to take a long time.

Fred Nicholls



Picture with head teacher Becky Keech and the winning design by Hope Singleton

GREAT BROMLEY PARISH COUNCIL

www.gbpc.org.uk

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



News in brief:

- ⇒ Bulbs planted across the village by Cllr Strowbridge with help from Cllr Mander, Sarah Sibley and Gill Thomas.
- ⇒ The drain over on Parsons Hill has been reported yet again. Apparently major works need to be done as frame has collapsed, and the cover needs to be specially made and due to be fitted mid-October.
- ⇒ The Maintenance team has been cutting grass and hedges and have cut back the verge beside the pond so it is now visible. There are lots of ducks there at present.
- ⇒ Complaints received that the pavement on Parson's Hill is overgrown with weeds encroaching so it is becoming very narrow - we have asked TDC's Ranger team for help on this.
- ⇒ Further traffic accident occurred at the Courthouse junction, evidence has been retained and reported.
- ⇒ The Village Litter Pick will take place on Saturday 10th November at 10am. Volunteers over the age of 18 are welcome.
- ⇒ GBPC still searching for a volunteer special constable to police our parish with full police powers and training - please contact the Clerk via clerk@gbpc.gov.uk for further information.

REMINDER - If you wish to order a wreath for Remembrance Sunday, please contact Eugene Horgan at Eugene.horgan@btinternet.com or telephone 07939 086034

Update on the A120 Hare Green roundabout

Current planned completion date:

- Junction fully operational (with crossings

closed) by end January 2019

- Site works completed by end May 2019

Works over past month:

- Installation of kerbing (and drainage kerbing) arm 1 westbound
- Installation of speed camera and lighting ducting connections
- Installation of chevron paving on the roundabout

Works over next month:

- Surfacing of arms 1 and 2 and roundabout (10-12 Oct)
- Traffic management switch (poss 9 Nov) - moving traffic onto westbound roundabout alignment allowing work in the central reserve

Closures planned:

- Possible 1 or 2 night closures – dates tbc
- Early Nov (poss 9th) – A120 Horsley Cross to A133 WB – re-aligning traffic management to new westbound carriageway

TDC Update on Planning (received at the Tendring District Association of Local Councils meeting)

Tendring needs to build 550 houses per year and at present is achieving 89% of this total. There is an increase in affordable homes, and this may cause houses to be built on entry level exception sites if they cite affordable homes, so this may impact villages. In future, houses could only be refused for Highways reasons if it is demonstrated there would be a severe impact. If 10 or more houses are built, there has to be affordable homes included, and the government was now wise to the scam of building nine houses and then another nine in order to circumvent this requirement.

Our next meeting is on Wednesday 14th November beginning at 7.30pm in the Village Hall - everyone is welcome to attend.

PLANNING DETERMINATIONS

REFERENCE	PROPOSAL	LOCATION	DECISION
18/01042/FUL Mr Mills	Proposed two storey rear extension.	Summer Breeze, Frating Road, Great Bromley CO7 7JW	Approval - Full 14.09.2018 Delegated Decision
18/00799/OUT Mr Norman Shimwell	Proposed erection of 2 no. four bedroom dwellings and a detached double cart lodge .	Land rear of Essex House, Harwich Road CO7 7UL	Refusal - Outline 21.09.2018 Delegated Decision
18/00974/DETAIL Mr Dodds	Reserved matters applications for the erection of 24 new dwellings, including affordable housing and the provision of additional church and school overflow parking within the new site for approximately 30 no. private cars.	Park 2 Land Plot 6988, Badley Hall Farm, Badley Hall Road CO7 7HU	Approval - Reserved Matters/ Detailed 17.09.2018 Delegated Decision
18/01406/LUEX Mr Ralph Daff	Application for a Lawful Development Certificate - continuous occupation of Greshams Farm in breach of agricultural occupancy condition.	Greshams Farm Harwich Road Great Bromley CO7 7UH	Lawful Use Certificate Granted 27.09.2018 Delegated Decision
18/01452/TPO	1 No. Oak Tree - reduce crown by 30%	4 Peace Cottages Badley Hall Road Great Bromley CO7 7UX	Approval - Full 24.09.2018 Delegated Decision

PLANNING APPLICATION

REFERENCE	PROPOSAL	LOCATION
18/01515/FUL Mr and Mrs Lochoe	Proposed single storey rear extension, and two storey side and rear extension. Great Bromley Parish Council had no objection to the application.	Holly Lodge, Colchester Road, Great Bromley CO7 7TN

LETTERS

Dear Editor,

I continue to have local people contact me as if I was still a Parish Councillor.

Can I please make it plain that I resigned my position on a matter of principle in February 2017 and now have no

connections whatsoever with Council matters, other than as a trustee for the Poorlands Charity.

Kind regards,
Hugh Frostick

2018-19 EVENTS



NOVEMBER

- 2 Firework Display & Children's Fancy Dress, Seven Rivers, 6.00pm
3 The Big Clean, St George's church, 9.30am
4 Dedham Footpath Group walk
The Mariner, Village Hall, 4.00pm
7 Beginners Yoga class begins
WI meeting, Village Hall, 7.30pm
10 Christmas Market, Village Hall, 10.00am
Gt Bromley Autumn Litterpick, meet Bromley Cross Inn, 10.00am
11 Remembrance Sunday
SVAM concert, Dedham church, 4.00pm
14 Anglia Baroque Concert, Lt Bromley church, 1.00pm
Friendship Club, Village Hall, 2.00pm
Great Bromley parish council, Village Hall, 7.30pm
15 Little Bromley Parish council meeting, The Haywain, 7.30pm
18 Little Dragons Nearly New Sale, Elmstead Market Village Hall, 10.30am

DECEMBER

- 2 Christmas Market, Seven Rivers



Seven Rivers Cheshire Home Firework display

Friday 2nd November. Gates opening at 6.00pm.
Children's fancy dress, for children up to 11



Christmas market

on Sunday 2nd December

DEDHAM FOOTPATH GROUP

Enjoy walking, meeting new people?
Then why not come along to walks organised
by the Dedham Footpath Group
We walk 4-5 miles on the first Sunday
morning of each month from various
locations.

NOVEMBER Sunday 4th
at 10.30am



Meet at Hadleigh town centre
(behind Partridges and the
Coop). The walk will be along
footpaths and quiet roads
to the popular village of
Kersey where it is planned to
stop for refreshments before returning by the
same route.

Overall time approximately 3 1/2 hours.

The group welcomes all walkers and those
with well behaved dogs, kept on leads at all
times, are also welcome to join us.

COMMON GROUND THEATRE COMPANY

The Mariner

by Pat Whymark

*One, that on a lonesome road
Doth walk in fear and dread,
Because he knows, a frightful fiend
Doth close behind him tread*

A musical adaptation of Samuel Taylor Coleridge's
'The Rime of The Ancient Mariner'

Great Bromley Village Hall
Parsons Hill, CO7 7JA
Sunday 4th November - 4pm
BO : 07807 341364/experiencetickets.co.uk Tickets - £12

*"It takes real skill to take a sturdy piece of classic literature
and turn it into one of the most imaginative shows of the year."*
Andrew Clarke - East Anglian Daily Times

Supported by
SUFFOLK
Community
Foundation

www.commongroundtc.co.uk Suitable for ages 8+

Great Bromley
AUTUMN LITTER PICK

Saturday 10th November
meeting at 10am

in the Car Park of the Bromley Cross Inn.



Volunteers (the more the merrier, but over 18s only please) should bring appropriate footwear and gloves. Hi-visibility clothing, bin bags and litter grabbers

will be provided and refreshments will be available afterwards at The Cross Inn.

More details can be obtained from Owen Blowers on 01206 231010

BEGINNERS YOGA WITH KAREN

Wednesdays at 9.30am
Starting 7th November
1st class £5, then £7



Call Karen 07766242892 or email karenmayze@gmail.com to book your place as numbers will be limited. In the new year Beginners Yoga may be run as a course and Improver/intermediate classes also planned.

'The Big Clean'

Saturday November 3rd
at 9.30am

In St George's Church
Coffee will be provided - See you there.



Little Dragons Pre-School Events

Nearly New Sale

Elmstead Market Village
Hall

Sunday 18 November
at 10:30 am – 1:30 pm
Children's books, toys,
clothes etc.

Stalls @ £12 per stall

[https://www.facebook.com/
events/149333486013046/](https://www.facebook.com/events/149333486013046/)

Contact: Lucy Bird

SALE!



Stour Valley Arts & Music

Sunday 11 November
at Dedham Church at 4.00pm
the Merlin Ensemble come with
Violin Piano and Horn



**CHRISTMAS MARKET
SATURDAY 10 NOVEMBER
10AM-3PM**

GREAT BROMLEY VILLAGE HALL,
PARSONS HILL, GREAT BROMLEY, CO7 7JA.

IN AID OF VILLAGE HALL FUNDS.

LOCALLY PRODUCED, HANDMADE AND OTHER FESTIVE
GOODS.

FOLLOW US ON FB OR TWITTER @GREATBROMLEYVILLAGE
EMAIL GBVILLAGEHALLMARKETING@GMAIL.COM

FREE ENTRY!

ANGLIA BAROQUE

*A Lunchtime Concert on
Wednesday 14th November 2018*

*1.00pm at Little Bromley Church
CO11 2PP*

*17th Century string music by
Purcell, Biber, Castello etc*

Rosy Payne (Violin)

Stephen Check (Violin/Viola)

Andrew Spencer (Viola)

Rachel Vulcher (Cello)

Christopher Dexter Mills (Continuo)

Admission Free

*Bring along your packed lunch from 12.30 - tea and
coffee will be provided*

IN THE GARDEN WITH KATE

According to Alan Titchmarsh " November is the beginning of the new gardening year, when deciduous shrubs and trees can be planted or dug up and moved while dormant with little check to their systems".

Under normal circumstances this would probably be fine but this year has been anything but normal. This afternoon, as I write in mid October, the temperature in the garden is 24 degrees and the annual plants are still flowering their socks off; so unless the weather reverts to normal in the next two weeks, the above probably doesn't apply!

However, the leaves are beginning to fall and in my garden we have started the annual hack back, starting with the very overgrown pond. It always amazes me how big our pond is when the overhanging plants are reduced. We have also put a net over to catch the falling leaves. Many plants, trees, and shrubs are coming into their own at the tail end of the year. The fatsia and ivy are flowering, offering late nectar for insect life. The trees are turning gold, orange and yellow, some of the viburnum are flowering, and the dogwood bushes, when stripped of their leaves, are showing off their beautiful coloured stems. Many bushes are sporting brightly coloured berries, essential food for birds, and the nut trees are dropping their nuts. We have had a superb crop of walnuts, but unfortunately the squirrels have taken nearly all, but the sweet chestnut has a bumper crop as has the oak. Unfortunately, the dog has decided that the one thing he loves above all others is sweet chestnuts, so I have to be quick to collect them before he does! Luckily, they are apparently harmless to dogs unlike horse chestnuts which are poisonous. Tulips can now be planted for flowering

early next summer. If you have any which were in containers last year, plant them in the soil. In my experience, they do not do well the second and subsequent years in containers.

In the vegetable garden, all spent plants such as courgette, pumpkin and squash need to be discarded. The harvested pumpkins and squashes need to be stored in a cool place for their skins to harden, but make sure at least 10cm of stem is left attached.

In the newly bare earth, after adding some compost, garlic can be planted. I usually put grit under each bulb as it improves the drainage. Green manure is a good way to cover the vegetable beds to stop weeds, with the added advantage that it can be dug in come the spring. Dahlias can be lifted after the first frost and after the tubers have been washed, store them upside down to dry out.



My holly bushes are covered in berries at the moment, but can be stripped in a matter of hours by hungry birds, so if you want some for Christmas, cut some branches, put them in water, and store in a cool greenhouse.

The seed catalogues are starting to drop on the mat, so curl up in a chair and plan your dream garden!

Enjoy your garden!
Kate Strowbridge



**Community Library
at The Cross**

Every Wednesday 10.00am-12 noon



**The Post Office
at
The Cross**

Wednesday mornings
10 - noon

The Mediterranean Diet

It seems strange to be talking about the Mediterranean Diet with Christmas just around the corner. To me this diet conjures up images of brilliant sunshine, olive oil poured over salad and a vast array of juicy fruit and lots of healthy vegetables accompanied with a glass of delicious wine.

So this is just a little reminder that even in the winter months we shouldn't forget about eating a healthy diet.

The Mediterranean Diet is not just a diet, it's a lifestyle. It means that you take **steps** to keep healthy – literally - you should take the stairs instead of the lift, get off the bus 1 stop before you have to and walk. Make sure you eat a varied diet which doesn't include processed food. Eat lots of colourful, preferably organic, vegetables, good quality meat and fish all year round – even in the winter months.

Cook food slowly, using a slow cooker. This is an ideal way to prepare stews or soups with lots of vegetables. Cook from scratch whenever possible. It's so easy – Jamie Oliver shows us how in his book '5 ingredients'. Nothing could be simpler. Involve your children; they will need to fend for themselves when they leave home. Don't let them get onto the slippery slope of processed foods and drinks that are full of sugar or salt. Teach them how easy, but most of all how important, it is to know what goes into our body, be it food, lotions and creams or medication. We all need to know. Small changes to your day-to-day routine could bring huge benefits to your health.

Do you start the day with a bowl of cornflakes? You may find that by mid-morning you are starving hungry. Why? It's because you have eaten a bowl of carbohydrate made from corn. There is very little nutrition in cornflakes. You bump up your sugar blood levels and then they come crashing down by mid-morning. You are then craving more carbs – chocolate biscuit, doughnut or like.

To get off this carbohydrate rollercoaster ride, have a small bowl of fruit before breakfast followed by scrambled eggs with sourdough bread and a handful of vegetables – celery sticks, fennel, spring onion or any crunchy vegetables you like. The vegetables are important to digest the protein (eggs) in your breakfast. They also contain plenty of fibre which is food for the good bugs in your intestines. You will find that a protein breakfast, eggs, cheese etc will satiate you for much longer during the morning.

But most importantly, cut down on sugar. Not just the sugar you add to your tea/coffee, but look out for hidden sugars in cakes, biscuits, 'healthy' snack bars or ice cream. I was researching an ice cream the other day for someone and found that a famous brand of ice cream on a stick contained 21g of sugar – that is almost 5 teaspoons of sugar in one hit! The lady in question ate one of these each night! So let's get back to the ideal way of eating – the Mediterranean way:

Cook food yourself. Eat slowly. Chewing food is very important as this is the first step of digesting your food. Take time eating, preferably not in front of the TV. This has an effect on your digestion. Eat food with friends or family around a table. Appreciate the food and drink that is in front of you. Use plenty of good quality olive oil as well as good fats like coconut oil.

The Mediterranean Diet is considered to be one of the healthiest diets in the world with studies linking the diet to lower risk of heart disease, cancer or type 2 diabetes.

And now, let's get ready for Christmas.

Best of health!

Suzanne
Naturopathic Nutritionist

We had a real treat for our October meeting at the village hall. Master builder, darts player and raconteur, Bobby George came to the WI to share some of his experiences and stories. He started by telling the group, how he discovered darts by accident aged 30 whilst on a fishing trip to Kinsale. One day, the water was too rough to go fishing, so the group went to the pub instead. Never having played darts before, he had to be told which numbers to aim for. Bobby quickly discovered how accurate he was at hitting the right numbers and soon started playing darts regularly.

In 1976 he won the very first singles event he entered, the Hainault Super League Singles, and soon became the dominant force in the Eastern Counties by winning the Essex Masters three years in succession. He reached the Quarter-Finals of the Winmau World Masters in 1977, and won his first major title, the North American Open in 1978. In 1979 Bobby secured his place winning the famous News of The World Championship.

He described how his search for the perfect type of land for fishing brought him to Ardeleigh after eight years of searching for the land with the right level of water table to dig ponds. He designed his own mansion - which is situated on the same land that Geoffrey Mandeville owned 900 years ago.

Bobby lives at George Hall, formerly the site of a magnificent Roman Villa. His self-built house occupies an elevated position overlooking two fishing lakes and 12 acres of land. Martells Hall is named as 'The fourth manor of Ardeleigh', and the name of Martell (meaning 'hammer') is well represented in and around the area.

It is chronicled that Martell was the name of

the family who lived on the land now occupied by George Hall as 'under-tenants' soon after the Norman Conquest and the Battle of Hastings in 1066. They were wealthy landowners who also possessed an estate called Martells Hall in Rivenhall. He dug his own fishing lakes, lived in a portacabin whilst his house was being built and loves where he lives. He talked about his challenges keeping otters away from his ponds - and how he solved the problem with his six dogs.



He recounted several tales of his trips to India, Cuba, Russia, China, and Japan when filming the Marigold hotel series with other pensioners. He talked about his great friendship with some members of the cast - and his dislike of other 'fake' personas. He made everyone laugh with his adventures taking cannabis and told a few other unprintable stories.

Locally Bobby supports our local schools. He works with the Manningtree school teaching maths to the children and shows how the dartboard, simply is multiples of six. But with 144,000 combinations to hit, you will need to practice your numbers - as well as your throwing!

Eileen Brown

Little Dragons Pre-School - Great Bromley & Frating

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

Website: www.littledragonspreschool.org
Email: littledragonspreschool@gmail.com



OUTSTANDING OFSTED INSPECTED OUTSTANDING

BREAKFAST AND AFTER SCHOOL CLUBS- PLACES AVAILABLE

Tel: 01206 231823/ 07857 503103

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

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

30 Hours funding for eligible parents comes into effect from September 2017 - give us a call for more details.

Over the last month we have been looking at the changing season and the children have enjoyed exploring the outdoors for signs of autumn. We have used the fallen leaves, twigs etc. to paint and glue and make lovely pictures for our display wall. The children continue to stock our bird table and watch for the birds to visit. They are also leaving food and water out to hopefully entice a hedgehog to overwinter in our specially built house. We have put sand outside the entrance to watch for footprints!

FUNDRAISING:-

Nearly New Sale - Elmstead Market Village Hall – Sunday November 18 2018 at 10:30 am – 1:30 pm
Children's books, toys, clothes etc.

Stalls @ £12 per stall <https://www.facebook.com/events/149333486013046/>

Contact: Lucy Bird
Littledragonsfundraising@gmail.com

Family Quiz Night – held on 22nd September. A big thank you to everyone who supported this event, a lovely evening, great fun and we raised a fantastic £206.

Please help us to collect:

Used Printer Ink Cartridges/ biscuit wrappers/ plastic bottle trigger heads and caps from washing up bottles.

OUR RECYCLING STATION now makes it easier to drop off items

We have set up an area – across the car park to the right of gate, with boxes for you to drop off collected items. Thank you.

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

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

Party Table and Chair Hire

Having a party for Pre-School children?
We can offer 4 perfectly sized tables & 20 chairs.

Deposit only £10 Tables only £5.00 each

Chairs Only £1.00 each

Collection Only - Contact us: Tel: 07857 503103 Email:

littledragonspreschool@gmail.com

Dates for diary:

Monday 29th October – Preschool reopens after half term

Sunday 18th November – 'Nearly New Sale' (see above for details)

LITTLE BROMLEY PARISH COUNCIL

At the last Parish Council meeting a presentation was given by Harwich Speed Watch. They are interested in Little Bromley agreeing to join the other Villages in Tendring in having regular speed monitoring carried out. At the end of the presentation, the Council agreed to participate in this.

We have since heard that a speed check was carried out in the 30 mph area along Shop Road during rush hour and was quite successful in identifying speeding motorists. A site is being identified in the 40 mph area along Bentley Road for the next one. The speed measuring cables were put along Bentley Road by Highways but unfortunately they were sited in the middle of an S-bend where cars are already slowing down. This will be mentioned at the next Highways meeting.

The Council have received a few emails from residents concerned about the lorries using the Village for the Dead Lane

development. The Council have brought all these concerns to the attention of Rose Builders and we understand that these have now been rerouted. Please let us know if there are still problems with this by emailing the Clerk.

Details of the 2019 Road Rally have been received from the Motor Sports Association and we understand that the route will be much longer than last year and will start from Ardleigh Road. This item will be on the Agenda at the next meeting in November. Details of the route can be found on www.littlebromley.org.uk.

If anyone has anything they wish to have on the next agenda, please email the Council by the 1st November.

Next meeting of the Parish Council will be on the 15th November, 7.30 at The Haywain.

Little Bromley Parish Council

Dear Parent/Carer,

SEXUAL AND CRIMINAL EXPLOITATION OF CHILDREN – WILL YOU SPOT THE SIGNS?

The exploitation of children is, sadly, a growing problem and has a devastating impact on those directly affected and their families. It happens, and it happens here, in Essex. This is not just involving older children, even primary age children are being drawn into exploitation. It is never too soon for our children to learn how to keep themselves safe.

Essex Police is working hard to tackle these awful crimes but we cannot do it alone. As a parent or carer with responsibility for a child I

am asking for your help. Please be aware of the warning signs together with the help and advice available to you.

Exploitation - what is it?

Sexual exploitation involves a child being manipulated, forced or deceived into sexual activity often for financial gain or to build status or control.

Criminal exploitation involves a child being coerced to commit criminal activity. This is often associated with gangs and the selling of illegal drugs.

The warning signs

- Is your child regularly going missing, coming home late or persistently absent from school?
- Do they have new or older friends different to their normal social group?
- Do they have money, expensive-looking clothes or a new phone you didn't buy for them?
- Are they being secretive when using their phone or the internet or perhaps making / receiving lots of calls and texts?
- Has their mood changed or have they become withdrawn or aggressive?
- Are they harming themselves or displaying inappropriate sexualised behaviour?

These are indicators. They do not always mean a child is being exploited, but, please see them as a potential 'warning sign'.

A new hotline number – 01245 452058

If you are worried, please call us. You will not be wasting our time. A team of Essex Police officers and staff are on standby to listen, help and offer advice. The line is open Monday to Friday 08:00-16:00 with a voicemail facility outside of these hours.

As a parent of school age children myself I would encourage you to talk to your child / children about these potential dangers.

Thank you for taking the time to read this letter.

Yours sincerely,

Andy Prophet, Assistant Chief Constable

You can more information and advice about child exploitation on the Essex Police website <https://www.essex.police.uk/advice/child-sexual-exploitation>

The Great Bromley Cross

More than a Pub.... Events November

Every Friday Pub Food 6:30 to 8:30

Thu 1st - Games Night & Mimi's Pop Up Boutique from 6.30pm

Sat 3rd - Bromley Cross Breakfast from 8:00am last orders 9:30am £8.50 pp

Sat 3rd - Takeaway Night order from pub

Thu 8th - Quiz Night 8:00pm start (Book)

Sat 10th - Bromley Cross Breakfast from 8:00am last orders 9:30am £8.50 pp

Mon 12th - Monthly Monday Club (2nd Monday of the month) Pub open from 6:30pm

Sat 17th - Beetle Drive 7:30pm start

Thu 22nd - The Duke Pizza Van from 5:30pm until 8

Sat 24th - Bromley Cross Breakfast from 8:00am last orders 9:30am £8.50 pp

Sat 24th - Live Music The Tea Ladies are back from 8pm

Thursday 29th - Open Floor Music Night from 8pm

Sat 1st Dec - Midnight Ramblers Band Music from 8pm

**Opening Times Wednesday 6pm - 9pm •
Thursday 5pm - 11pm • Friday 4pm - 11pm
Saturday 5pm - 11pm
Sunday 12 Noon - 3pm**

Cafe/Post Office Wednesday 10am - Noon

info@greatbromleycross.co.uk
www.greatbromleycross.co.uk
Tel. 01206 621772

IDA KATHLEEN BLOYCE 1923-2018

Ida Kathleen Bloyce was born in 1923 in Great Bromley which, along with Burnt Heath, was her world. Mum's background had been in the Methodist tradition at the Burnt Heath Chapel which was also the spiritual home for her relatives. When ageing and declining congregations caused the closure of both Methodist chapels in the village it became too difficult for Mum to attend a service, but each Sunday still held a special moment. Woe betide anyone who phoned or visited during Songs of Praise on a Sunday. Mum had a strong voice and would belt the hymns out, usually without having to refer to her hymn book or read the new-fangled subtitles.

In September 1948 she was married to her beloved Freddy Rudd, in Great Bromley Church, by the Reverend James Ransom. In Mum's eyes the Rev Ransom could do no wrong and nobody really matched up to him in later times, loosening her connection to the physical Church building but not to her faith.

For the next 57 years Ida and Freddy were to live together at 2 Peace Cottages just a stroll from that church. It was their home and they never wanted to leave it. Their large garden was always tidy and ever productive: the supply of home-grown vegetables seemed endless.

I, Simon, came along in 1956. As a youngster I was completely protected from the earlier tragedy in my parents' lives but was curious as to why relatives would get my name wrong, calling me Roger rather than Simon. Eventually I was told I'd had a brother but it was only later in life that I realised the devastating impact that Roger's illness and death must have had on them and how much they worried about me. I was never cossetted, but they never went out as a couple until I was 14 years old. Then, they felt able to visit the Spread Eagle pub on a Saturday evening, where their love of

cribbage was rekindled and they could spend time with old friends, many of whom they had known since their childhood.

Some of my earliest memories are of being in St George's Church with Mum on a Sunday. There would be Felix Erith, chinking the change in his pocket during the sermon and sometimes dozing off. Tom and Arthur Cole and Charles Wenden, who along with Felix were four of the village's loyal bell-ringers. And Vera Biddis watching over everything from the back.

Part of the Sunday routine was Charles Wenden visiting 2 Peace Cottages after each service to read our newspaper over a cup of tea before he went home to lunch. It was he who told me one day that the tower was short of bell ringers and suggested that I, aged 10,

might be strong enough to try it. I did, and that led me into a lifelong passion. Special thanks to the Davids, Wenden, Culham and Sparling, and to Philip Erith, Steve Cheek and Neil Avis for ringing the church bells for Mum at her funeral. I have known them all for many years and they knew Mum. It was great to hear the bells ringing out a loud and clear message across the village that had been Mum's world for her whole life.

Mum's connection with the Marshall family at Old Shields Farm began over 50 years ago when she started tree pruning, fruit picking and other outdoor work for Alan. This eventually changed to work in the house as Alan and Barbara raised their young family; Maia, Bruce and Gail. Whether the young Maia struggled to say Ida, I don't know, but Ida became 'Lulla' and 'Lulla' she remained. Being ever-present during their childhoods, her love for them never diminished and it was a source of immense pride and pleasure for her to see these three young children grow into the fine people they have become and to see their own families flourish and their children grow up in turn. Several of them went to the local school and Mum



would always be at the front window in the mornings to wave them on their way.

There have been Bloyces in the villages of Ardleigh and Great Bromley for at least 300 years. She therefore had very deep roots and seemed to know everybody. Sitting in the front room the conversation would pause as someone passed by on the road or footpath opposite. "That's so and so, you know, who lives at ...". Sometimes it was easier to say "Yes" than go through the complicated genealogical or social connections! From Peace Cottages she could also keep an eye on her dear friend Grace Gould across the fields and they would ring each other to check everything was okay.

Thank you to Geoff and Sue next door for being the best of neighbours, and also the wider group of Mum's friends for everything they did for her in recent years. She was

always grateful for the help she was given and greatly valued those friendships.

Ida lived 95 good years of solid, fierce, sometimes stubborn independence. She was still lighting her own fires, keeping the house tidy and only in more recent times gave up cutting the grass. She climbed the stairs to bed every night, valuing the morning sun shining in on her from the East facing windows. Both my parents were the like of which we may never see again, so strongly rooted in their surroundings and with a deep love of their own environment, and happy with their lot.

Simon Rudd



Elizabeth Murdoch Stewart, 1936-2018

Elizabeth Stewart, nee Clachan, was born on 11th January 1936, the youngest of a large farming family of Scottish descent who lived at Welhams Farm in Little Bentley. She had three older sisters and an older brother and followed in their footsteps to Little Bromley primary school. From there she went to Colchester County High School for girls in 1947. She loved her time at the school, particularly enjoying the sciences and geography and was a keen hockey and tennis player. In 1954 she won an exhibition to read physics at Royal Holloway College, University of London and thoroughly enjoyed her time there as well. That included having adventures in the summer with her older sister Margaret in which they rode a Vespa scooter up to Scotland and down to the south of France.

Soon after graduating Elizabeth married Crawford Stewart and they took over the farming at Morehams Hall, Frating, from his parents. Elizabeth settled down to life as a farmer's wife and mother to five daughters. She was a very proficient cook and seamstress. In her spare time she enjoyed puzzles and crosswords and was a keen swimmer, completing life-saving and

synchronized swimming qualifications.

Throughout the 1970s she was Brown Owl of the Great Bromley Brownie pack and put a lot of

effort into encouraging all the Brownies to do their best. This included on one occasion making a giant Uncle Bulgaria wobble for the Brownie revels!

After she and Crawford retired (he died in 2015), she enjoyed attending local Workers Educational Association lectures and meeting up with old High School friends for coffee and she also started playing bridge.

Most of Elizabeth's time was taken up by her family, to which she was a pivotal figure. She took a lively interest in what everyone was doing right up until her final illness. She will be sadly missed by her five daughters, ten grandchildren and three great-grandchildren.





STOUR VALLEY MEN'S PROBUS CLUB

Recent Meetings

We don't meet in August and returned for the autumn season the autumn on Wednesday 5 September. At short notice the speaker wasn't able to join us so President Graeme Forsyth ran a Plant Quiz enjoyed by all present.

Norman Jacobs talked about "Pie 'n' Mash & Prefabs" on Wednesday 3 October and on 17 October Sally Chicken discussed the "The Regeneration of Shotley Pier", a plan very much in the news!

Future Meetings & Diary Dates

On 7th November Peter James will talk about "The Great Essex Earthquake" and two weeks later on 21 November Jo Harrison's talk is entitled "Going Underground".

Meeting Venue

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

New members are welcomed

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probud Club, we meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

THE THIRD AGE TRUST



STOUR VALLEY U3A

Richard Heap, Production Director of Stephen Walters & Sons Ltd talked on "Silk Weaving In Sudbury" on Wednesday 10 October. He covered the history of silk weaving and how it came to Sudbury; the Silk Road from China to Sudbury; how silk yarns are processed; the silk Trade; partnerships and relationships between supplier and customer and how the Company engages with the local community and the environment.

Future Meetings & Diary Dates

Our November 14th meeting will feature Davis Simmonds, a National Trust speaker and volunteer, introducing "The Coast Of East Anglia". The East Anglian coast is full of contrasts and has much beauty, history and wildlife. His presentation will focus on National Trust coastal properties in Essex & Suffolk.

NEW - each month the Coffee Grinders will meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 23 November.

Membership

Our main purpose is to encourage lifelong

learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 340 members and 35 active groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

Meeting Venue

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December. Whilst Visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority to speaker meetings due to the halls capacity limit for safety reasons.

Remember

It's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!

BENEFICE NEWS

As you probably know four or five times a year there happen to be five Sundays in the month. On these occasions Simon has organised a "Benefice Service" of our three Parishes and we rotate in turn around the Benefice. On September 30th it was the turn of St. Georges to host this event.

The five churchwardens of the Benefice decided that as September this year was such special month (It was Simon's 50th birthday), we should organise something a little different to celebrate our vicar's birthday - so the idea of a "Benefice Brunch" was born.

Each parish was designated to supply part of the "Brunch" to be enjoyed by friends and members of our Church Community.

Lawford prepared the Baked Potatoes, French Bread, coleslaw and butter. Little Bentley provided wine, juice, tea, coffee and the "Piece de Resistance" a birthday cake made of cheese!

The Bromley's were fortunate indeed that somebody's husband is a very good cook and he made the excellent chilli con carne and chicken curry. Yvonne's daughter, Jo, very kindly cooked the vegetarian gluten free three bean chilli. Well done the three parishes.



51 folk sat down together to share this delicious birthday meal.

A presentation was made to Simon during the service to wish him Happy Birthday and to show our appreciation for all his hard work. A substantial amount was collected by the Benefice and vouchers were presented to Simon for him and his family to use at their favourite restaurant.

We are now looking forward and planning for the next 5th Sunday which is at Little Bentley Church. Come and join us.

FRIENDS OF ST GEORGE'S

October Blog

It may well seem to you that not a lot has happened since our inaugural meeting in September and for that I apologise.

However fact finding continues, telephone calls and emails. There are folk who are ready to help us. Only yesterday I had a very interesting telephone conversation with Geoff from Broxbourne, Herts who was instrumental as Church Warden in setting up "Friends of St. Augustine's" Broxbourne in 1994.

Geoff had several good tips for the setting up of a Friends Group.

His first piece of advice is to find a good chairman, someone from the local community who is well respected and supports the upkeep of the church in the village. So please come forward if you think you fulfil that criteria?

His second piece of advice is find a good secretary and treasurer, any offers?

Thirdly, seek advice from the Diocese Office possibly the Registrar, who will guide you through the process of setting up a group, perhaps a charity with trustees.

Members of the community would then pay an annual/lifetime membership to belong to the group and perhaps fund raise to support ongoing fabric maintenance and repairs.

The next event where we can come together and work in the church is the "Big Clean Up" on Saturday November 3rd at 9.30am Coffee will be provided - See you there.

*Jenny Nicholls,
Churchwarden*



FROM THE RECTORY

Interspersed among the cynicism and tiredness that comes across so clearly in the Biblical book of Ecclesiastes, are moments of humour, glimpses of pathos, as well as passages of insightful wisdom. Over the course of the book, the writer, an unknown preacher, teacher or king explores the meaning of life. He reflects on wisdom and its use, he compares youth and old age, and in the third chapter he records some lines of near poetry that rather surprisingly became a huge international hit for the American folk rock group The Byrds in 1965.

The song, Turn Turn Turn, takes its lyrics near enough word for word from Ecclesiastes.

Opening with 'To every thing there is a season, and a time to every purpose under the heaven' and continuing on listing events and happenings that occur over the course of a life and contrasting them with their opposites, the seasons that the author ends with are 'a time for war, and a time for peace'.

It seems that the writer sees war as an inevitable part of the human condition, just as elsewhere he speaks of other unavoidable facts of life - 'there is a time to live and a time to die.'

There will be peace. There will be war. It's going to happen, and there's nothing we can do about it.

Certainly even the most cursory glance at the pages of a history book would lead to the conclusion that humankind's major instinct is to fight. And as technology improves, there are better and better ways invented to kill more and more people.

Although the individual stories of heroism and sacrifice can be drowned out by the extraordinary statistics of deaths and injuries, our responsibility as inheritors of a society where freedom has been bought at a tremendous price is significant.

In the same passage from the Bible, the writer of Ecclesiastes also says 'there is a

time to kill and a time to heal; a time to keep silent, and a time to speak.'

As we commemorate the end of First World War 100 years ago, the time to kill and the time to be silent is over. Now is the time to speak up for those who still are affected by conflict in our world. Now is the time to bring healing to relationships broken and shattered by war. Now is the time to pray that that the God of peace will rule in our lives, and those of the whole of his creation.

Simon

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

01206 392659

www.lawfordchurch.co.uk

'Loving God. Living Life.'



Services for November

St George's Church, Great Bromley

Welcome to our services

- November 3rd** **All Souls**
11am Light a Candle Service
Come and remember a loved one at St Mary's Church, Lawford
- November 4th** **All Saints**
9.15am Holy Communion (BCP) with hymns
- November 11th** **Remembrance Sunday**
10.45am at Gt Bromley War Memorial then Remembrance service
in church
10.45am at Lt Bromley War Memorial
- November 18th** **Second Sunday before Advent**
9.15am Family Service
- November 25th** **Christ the King Sunday next before Advent**
10.30am Parish Eucharist (CW1)
6.30pm Evensong (BCP) with choir

Vicar: Revd Canon Simon Heron 01206 392659
Churchwardens: Mrs Jenny Nicholls 01206 230688
 Mrs Yvonne Cobbold 01206 230360

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

St Mary's church, Lawford

Every Sunday 8.00am Holy Communion
1st Sunday 10.30am Holy Communion
2nd Sunday 10.30am Family Service
6.30pm Evensong
3rd Sunday 10.30am Holy Communion
6.30pm Café Church
4th Sunday 10.30am Morning Worship
Wednesdays 9.30am Holy Communion

St Mary's church, Little Bentley

1st Sunday 10.30am Morning Prayer
3rd Sunday 10.30am Holy Communion

St Mary's church, Ardleigh

1st Sunday 10.3am Parish Eucharist
2nd Sunday 8.00am Holy Communion
3rd Sunday 10.30am Parish Eucharist
4th Sunday 8.00am Holy Communion

J.A.M. DROP-IN

Every Friday in St George's church
Term time only
Parents and children welcome
All are welcome
3.00pm to 3.45pm
Refreshments, activities

Church Lunch

Friday 2nd November at 12 noon

All welcome.

