

BROMLEY & SHEPPARDS COLLEGES



HERALD

JULY 2023



Welcome

Dear Collegians and Friends,

June was a busy month for the colleges. As well as our usual round of events, the new Bishop of Rochester was welcomed at Founders Day, and Paul Allton was pleased to take our cover photo – Bishops ancient and modern! A Teddy Bears' Picnic took place. The Creative Art Group went on a field trip. The grounds are full of flowers, in beds and pots. Thank you to everyone who cares for them.

The deadline for the next Herald will be Friday July 28th. Please send contributions to me, preferably by email to: therevvedbee@hotmail.co.uk

As ever, thanks to Jo, for printing and delivering the Herald each month.

Brandy Pearson



Bromley and Sheppard's Colleges Founders' Day

Wednesday 31st May saw us celebrating our Annual Founder's Day Service. This time the present successor to John Warner as Bishop of Rochester, the Rt Revd Dr



Jonathan Gibbs, came for his first visit, accompanied by his wife Toni, preaching and giving the Blessing. As it was the Feast of the Visitation of the Blessed Virgin Mary to her cousin Elizabeth, he took that Gospel as his theme and encouraged us to value the wisdom of older age and any opportunities to engage with young people.

The Revd Angela King, acting as temporary Chaplain, officiated, the Revd Dick Woodger, newest Collegian, gave the Welcome, Richard Collins, Chairman of the Trustees led the introductory prayers and Barbara Driver read the lesson. The Deputy Mayor, Councillor Keith Onslow was in attendance with his wife Sara, and we were glad to welcome Sir Bob Neill, our local MP, who usually comes each year to support us.

It was good to be back into the usual routine again after the restrictions of the Covid pandemic and afterward we spilled out onto the lawn in the Old Quad and we treated

to a delicious afternoon tea prepared and served by Linda and Helen Balmer. The weather was kind – not too hot – and we enjoyed sitting and chatting.



The Bishop and his wife were very friendly and outgoing and mingled happily with the Collegians and guests. Having not visited before, the Bishop and his wife were keen to hear about the College and enjoyed having a brief look round, including to Valerie's flat (were they spying out the land?!) and then had time with Paula

Dudley, as they had known each other since their children were tiny and they had holidayed together. So, all in all, it was a happy occasion and we were once again able to give thanks for those who endowed these Colleges, and for the privilege we have of living here.

Valerie Pearce

Fruit Leather

Have you ever tried - or made- a fruit leather? Raspberries are at their best and two or three punnets will make something different and delicious for snacking and packed lunches. The basil melds well with all summer fruits, adding a herbal, aniseed scent that enhances their flavours.

You need:

300g apples-peeled, cored and chopped

650g raspberries

juice of half a lemon

leaves of a small bunch of basil, finely chopped

Preheat oven to 140C - yes, really that low. Line a baking tray with parchment. Cook apples, raspberries and lemon in a pan for about 10 minutes until the fruit has broken down. Push the pulp through a sieve and return to a clean saucepan. Bring it back to a simmer to drive off as much moisture as you can without it sticking and burning.

Remove from heat, cool for 5 minutes and stir in the basil. Spread the pulp across the baking tray and put in the oven for at least five hours until tacky to the touch. Switch off heat and leave another two hours as the oven

cools. Use scissors to cut into strips, then roll each up and store in an airtight container. Makes about 20 strips.

Neil Fairlamb



Thank you to the Building Team

For rebuilding this section of wall and creating the false gate to replace the gate that used to open onto College Green.

And best wishes for the ongoing work on the windows on that side of the College building.

Jill and George Baisley's beans seem to be coming along well too!

Brandy Pearson



Art Group Field Trip

On Monday June 26th, the art group put down our paint brushes, and went on a trip to Angela

and Desmond's house, for a fascinating talk from Desmond King about the artist Ethel Walker, and ceramics and cutlery. It was a very interesting and informative time, and we were also made welcome with coffee and biscuits.



Thank you,
Angela and
Desmond!

Brandy Pearson

The Defibrillator

You can't miss our bright orange defibrillator as you walk outside the Common Room! Some thirty + collegians attended one or other of the recent video sessions showing us what our defibrillator is and how to use it. We hope we will walk by it now with reassuring

knowledge that makes it less frightening and more a friend present should need arise.

The lesson learnt was to stay CALM should anyone ever need it to be used and to ACT swiftly and decisively - A assess the patient, C call the emergency services using 999, T treat the patient following the clearly spoken instructions of the defibrillator to administer CPR, defibrillator shocking and protected mouth to mouth resuscitation until professional help arrives.

We hope and pray that the defibrillator is never used. We know we remain unskilled amateurs, but we feel we have some confidence to act should occasion arise.

Meantime whenever you walk by it, glance at the status display in the top right-hand corner and alert Linda or Helen if the circle becomes a cross or the little black boxes are not completely black.



Paul Allton

A Teddy Bears' Picnic

On a sunny Wednesday, June 21st a Teddy Bears' Picnic was held on the North Lawn, with refreshments organised by Sue and Peter Morris and Janet Heatley.



Many of the bears and their furry friends elected to sit on their picnic blanket in front of the pampas grass, though some were shy and stayed with their human friends.



Everyone, human and furry
seemed to have fun, including
a rousing chorus of the Teddy
Bears' Picnic by Henry Hall:



*If you go down in the woods
today,
you're sure of a big surprise
If you go down in the woods
today,
you'd better go in disguise
For every bear that ever there
was
Will gather there for certain because
Today's the day the teddy bears have their picnic.*

*Picnic time for teddy bears
The little teddy bears are having a lovely time today
Watch them, catch them unawares
And see them picnic on their holiday
See them gaily gad about
They love to play and shout
They never
have any cares
At six o'clock
their mummies
and daddies
Will take them
back home to
bed
'Cause they're
tired little teddy
bears.*



Brandy



People here

People here smile in being.

Announce joy with twinkling eye,
laughter lines which defy rumination,
lone gloom and worrying,
the angst of how and why?

Pleasing teasing with a cheeky grin
from a neighbour or two

much better than, "Chin up"

or "It may never happen" platitude.

People here state gratitude for ...

Proclaim joy with a resonating life-story,
memories of re-found fun, holiday in the sun,
(or rain, detracting from beach hut attraction,)
... how they found "the one."

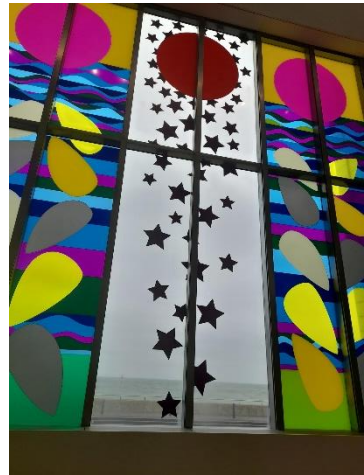
Display joy in

Co-ordinated colours' smile
in tasselled scarf and tinted hair,
Jewellery or flowing jacket
Such care in the presentation packet,
in each statement of wear.
The casual, not-as-smart-dressers,
can feel OK.
No-one will flinch when colours clash
or a garment is too long or too short
by an inch,
Nor do they stare when others
just don't have the flair.

Christine Latham

Our Holiday in Margate

While Margate may not seem the most exotic holiday destination, we enjoyed a great holiday there. What with Lockdown, health issues and moving here, we had not been away on holiday for nearly four years, so we decided to start somewhere fairly close – and by the sea.



We took many photos, including the wonderful coloured window in the Turner Art Gallery with the rather grey sea beyond, but I thought I would mainly share some pictures of good words!

Brandy



Scandinavia

I was in Norway in June but not on a cruise. I was on an interrail Scandinavian trip travelling by trains, ferries and buses through Germany, Denmark, Sweden and Norway which involved a great many changes and connections. Fortunately, it was all worked out in detail by my husband who is very good at that sort of thing.

We started in Copenhagen having stayed the night in Hamburg on the way. We went on to Stockholm where we arrived on 5th June and discovered that the 6th June is Sweden's National Day when the Royal Palace is free to visit by the public, which we did, and there is a royal procession with the King and Queen and mounted guards similar to our royal processions except all the horses are chestnut, not grey or black.



After Stockholm we travelled by train, and coach replacement, right across Sweden to Trondheim in Norway which is on the coast further north than Bergen. It has a fine cathedral dating from the year 1070 and the tomb of St. Olav, the Viking king who brought



Christianity to Norway and is their patron saint. Trondheim was the furthest north we went, roughly on a latitude with Iceland, but still only about a third up the length of Norway. From Trondheim we travelled by ferry and bus further down the coast to Alesund where we spent two nights so that we could do a day trip on the famous Hurtigruten ferry up the Geiranger Fjord. The scenery was

truly magnificent, in fact far more impressive than I had anticipated. We saw so many waterfalls that after a while I became quite blasé about them. There was still snow on the tops of the mountains and as it melts water pours down the sheer mountain sides into the fjord below.



More buses took us on to Andalsnes where you can go

up in a cable car and get views of the dramatic scenery around. From there on to Oslo by train. The weather had been idyllic, sunny every day and warm but with a fresh breeze. When we got to Oslo it was far too hot! We walked around the striking new opera house in the blazing sun where there are fine views but absolutely no shade.



Unfortunately, the Viking Ship Museum was closed for renovation, but we did see the Fram, the ship that took Amundsen to the South Pole in 1912 and the actual Kontiki raft. The cathedral has an interesting painted ceiling dating from in the mid 20th



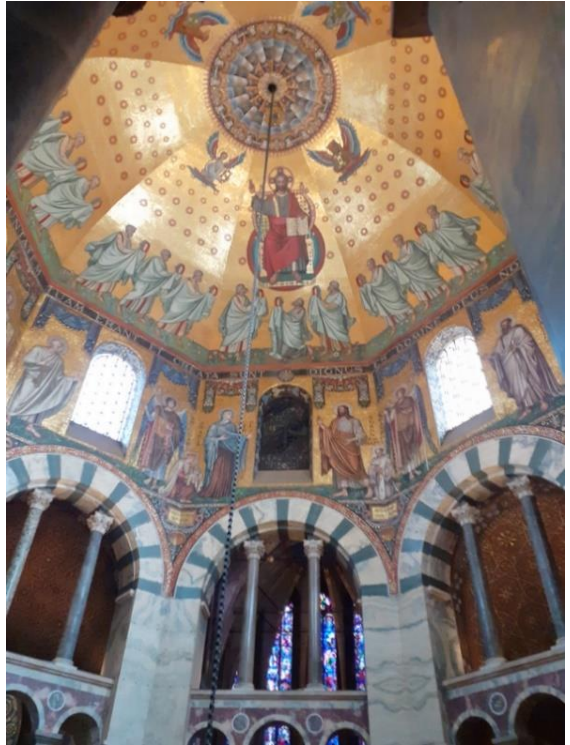
century.

From Oslo we travelled by train to Myrdal station which connects with the famous Flam tourist train that takes you down a very steep valley to the head of a fjord. It stops halfway so you can take pictures of the waterfall and get drenched by the spray. From the head of the fjord, we boarded a ferry and saw yet more mountains and waterfalls on the voyage to Bergen. In Bergen we visited Grieg's house. It is in a beautiful setting by an inlet and Grieg had a composing hut built with a view over the water. We also visited the reconstructed Stave church. I had seen the original on a similar rail trip with a friend in 1978. It was burnt down by an arsonist. Another ferry took us from Bergen to Stavanger which is a pleasant little place famous in the past for canning sardines, but now a centre for the oil industry.



From Stavanger we travelled by ferry to Denmark and from there the following day to Aachen in Germany (or Aix-la-Chapelle as it is called in French) which was Charlemagne's capital on the borders of Belgium. We visited the extraordinary cathedral, which was originally part of the Palace, consecrated in 805 and where

Charlemagne's bones are preserved in a golden casket. Before the Reformation, it was a place of pilgrimage. The original chapel is octagonal with a domed roof, inspired by the Church of the Holy Sepulchre, but now with a gothic extension and mosaics restored and added in the 19th century. Incidentally Aachen is also famous for gingerbread. From Aachen we returned to London exactly 3 weeks after setting off. It was a very good trip, but on the journey back from Norway which took nearly 3 whole days of travelling I began to see why people fly!



Clare Preston



June Flowers





**Bromley and Sheppard's Colleges
London Road,
Bromley
BR1 1PE**