

# THE Broadie

For Broadstairs by Broadstairs

Issue 16

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ISSUE



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# Your Letters thebroadie@googlemail.com

## Carnival Winners

Hello Broadie

Three of our pupils recently won a competition to design a new logo for Broadstairs Carnival. Jovi Mallory, aged 10, was the overall winner with Dominic Hill and Liam East (both aged 10) receiving runner up awards. Carnival organisers Lorraine Hiller and Natalie Pomeroy came to one of our assemblies in February to present the children with their awards - certificates and three magnificent trophies. The winning logo will be used on all paperwork and promotions for the Carnival.



Regards  
Ann Harley  
St Peter in Thanet CE Junior  
School

## In memory of.

I would like to express a very big thank you to Estuary Services Ltd (Ramsgate Pilot Boats), as they are locally known, for their kindness in affording us the use of their pilot launch, Warden, at 9am this Christmas morning for the laying of wreaths on the North Foreland Spit. These wreaths were laid to the fondest memory of all past Thanet Boatmen, Lifeboat men, Coxswain and crews. As Sir Winston Churchill said "We should never forget" and we should not.

Aboard the Pilot Launch "Warden" (pictured) are Mr Dave Edwards, Launch ALB, Mr Joe Easton, Launch Coxswain, Mr Andrew Small of "Andrews" Kent, and Mr Graham Cosby of Coastguard Cottage, Broadstairs.

Once again a very big thank you for affording us with this honour and privilege.

Frank Jackson  
Broadstairs



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made easier

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in Albion Street

Quality rebuild  
opposite war  
memorial

Blues festival

Winter Blues

Roadworks

Permission  
given for  
8 - 12 High St  
redevelopment

Local spending  
disparity



Yes, we know it's been a while, the first issue after Christmas is always difficult to get out. Plenty of stuff inside and quite a few grumbles to. We'll do our best to cover what we can in 2011, but really it's all down to you, if you don't tell us about it we may not know, if you don't send us your photo's we can't publish them and if you don't write that story or article up then nobody is going to get to read it. So come on you lot, get writing and get involved

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## The Pfizers Saga

After the shocking and sad news that Pfizers is to close making 2400 staff redundant, the Over 50s Service firm Saga has galloped (or maybe limped) to the rescue by offering potential jobs to the chemical plants outgoing staff.

Although whether your average research scientist wants to answer the phone to Jim & Maud from Dagenham and discuss travel insurance is anybody's guess.

It is also unclear whether Saga has any intention of opening a stem cell research centre at its Westwood site.

Other potentially unsuitable job offers are expected to flood into Pfizers Human Resources department any day now from one of the 275 supermarkets that seem to be opening up in Thanet in the not too distant future.

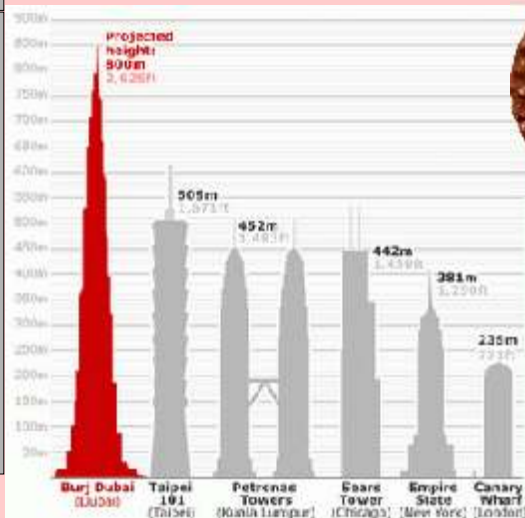
Here at The Broadie we can start the ball rolling by offering a placement for a keen individual in the Home delivery part of our business, although they may be more than a little disappointed by the salary.

## TDC Saves This many Chocolate Biscuits per year

TDC has announced that as part of it's cutbacks, the refreshment budget for council meetings etc is to be cut from £21,000 to just £1,000.

Here's what they could have consumed last year in Mc Vities Chocolate Digestives. Purchased at supermarket prices then stacked one on top of each other the biscuits would reach the grand height of approximately 1900 metres.

That's over twice the height of the worlds tallest building Of course, if they'd shopped in Lidl's for plain Digestives they could have eaten a pile of biscuits 10 times the height of the Burj Dubai tower



We can only imagine that there'll be a significant saving in toilet paper too in the next year.

## Beefcake Revealed



Mr Connell pictured with Jill (His better half) along with other assorted mad people emerging from the cold briny, having just taken part in the annual New Years Day charity swim.

So Far the swim has raised over £3000 for the Childrens Liver Foundation. And there's still money coming in.

Ken & Jill would like to thank all who took part and all those that donated.

## Poor old Thanet.

More cost cutting has put paid to the council "Star" system for rating Holiday lets and the like.

Instead would be visitors are to be directed to the travel rating website "www.tripadvisor.co.uk. Unfortunately we don't come off very well with regards to arriving in town via the train station. Trip Advisor suggests:-

*Women are advised not to travel alone at night, and it is recommended that you travel in groups at night, especially if using Westgate-on-Sea, Birchington-on-Sea, Dumpton Park, Minster and Broadstairs stations as they are sometimes poorly lit and isolated.*

*(it is worth bearing in mind that Thanet is a very poor area in contrast to much of the UK).*

Although after the damage has been done it does go on to say:-

*Despite the above, rail travel in Thanet is a very safe form of travel in general, and incidents are extremely isolated*



## Two Hundred & Forty Six of one

You'll all be pleased to here that your council tax is staying at 2010 prices for the coming year.

Earlier this month Eric Pickles the communities secretary announced a grant of £246,000 would be available to any council freezing increases in council tax. This equates to what would have been a 2.5 % in council tax

Cllr Bob Bayford announced:-

*"With the additional funding the government is offering councils which freeze council tax, we are proposing no increase in our element of the tax. That's an incredible achievement, given what we have had to work with."*

Eh? Not really that incredible. Perhaps another way to put it:-

*The government has spent another £246,000 of Taxpayers money on a scheme that saves the taxpayer £246,000.*

Where do they suppose the money came from in the first place?





## The Community Safety Partnership



has been out and about at night in its SOS bus helping the ....er....vulnerable. The scheme which was put in place to aid people in need who were out enjoying the night time economy has been hailed a success, but maybe for reasons that weren't quite expected. By far the most popular part of the scheme was found to be the free distribution of condoms to those, (how shall we put it).....in need. A spokesman added: "Sexual Health Outreach Nurses were popular on the trailer and received positive feedback from both the staff on board and the public accessing them."

Well we're glad the staff on board found the service worthwhile too. We can think of a few, but any different acronyms for SOS will be greatly received.

## "All the Lads are Cheerin'

Get the bloomin' beers in". Or so said the lyrics of a "Mac Lads" song. And they're not the only Mac's who like the idea of a pint or two. Mac Towe from the Pavillion in Harbour Street is hosting a beer festival on 25 - 27th March. They'll be lots of beers to sup, although I for one really hope they're not serving "Golden Shower Ale" from the Dogfish Head Brewery, I tried it once but it left a funny taste in my mouth

## And Finally

.....as seen in a Thanet Fish & Chip shop....."Chips £1 - Free Salt & Vinegar"

## Knock it all down

It won't surprise many readers to learn that after little debate, the application to knock down the buildings at 8 - 12 High Street Broadstairs with redevelopment to one large retail store of approximate size to the High Street Tescos in addition to twelve Flats has been given the go ahead by the council.

In a meeting with the planning department locals had been in agreement that the site added little architectural beauty to the High Street as it stands, and would happily support the new build if the owners Panther Securities could keep the retail space as three individual units rather than one large pervasive unit that could well damage the Independent trade that exists in Broadstairs. "It's time to be worried" spoke an anxious trader concerned who will be moving into the new build on completion. And perhaps he should be, as it has been rumoured that the Co-op may well be interested in making a return to Broadstairs High Street. As yet that rumour cannot be confirmed, but it doesn't take much working out to realise that a large company is likely to be the only real option considering the probable leasehold costs involved in running a retail store of this size.

Calls and letters to your councillors asking them to consider changing council policy to limit the size of retail developments in our High Street as Whitstable has already done, once again fell on deaf ears, as did the objections to the size and scale of the new build, both of which are legitimate concerns for developments in a conservation area as highlighted on the governments planning website.

Cllr Bill Hayton responded to enquiries to his position on this development by saying that he could "Not oppose the application as there were no grounds to object" A Trader who didn't wish to be named summed up the situation with "Once again

planning rules that allow developers to come in and alter the fabric of a town, without a care in the world the impact that the development will have, have been used to make profit for rich people at the cost of hardworking everyday folk" We can only hope that sense prevails and a store that complements the existing trade in the High Street takes on the new development.

[After writing this article someone suggested we take a look at the local job centre. Apparently they have new job vacancies for a new store opening in Broadstairs....."Poundstretcher"](#)

## NUMBERS NUMBERS

In a study by "The New Economics Foundation" it was found that £1 spent in a local shop selling local produce puts twice as much money back into the local economy as £1 spent in a supermarket.

An analysis of procurement spending conducted by Northumberland County Council with NEF has shown that £1 spent with local suppliers is worth £1.76 to the local economy, while £1 spent with suppliers out of the area is worth only £0.36. A Friends of the Earth study of local food schemes found that on average just over half of business turnover was returned to the local economy - compared to as little as five per cent for supermarkets

# Swings & Roundabouts (And turbines)

## For

"Thanet businesses are to get a welcome boost worth thousands of pounds as work begins on a new project to build the world's biggest wind farm"

So Said The "Isle Of Thanet Gazette"

## Against

"This means that the 75MW produced on average by Thanet will receive subsidies of £60 million a year, on top of the £30-40 million cost of the electricity itself"

"A final claim for the Thanet wind farm is that it will create "green jobs" – although the developers say that only 21 of these will be permanent.

These are thus costing, in "green subsidies" alone, £3 million per job per year, or £57 million for each job over the next 20 years"

Christopher Booker writing in "The Telegraph"

## Corporate misinformation of the month award

Director of Panther Securities John Doyle owners of 8 - 12 High Street Broadstairs

"We are delighted to have received planning consent for redevelopment of this redundant site. Already, we are dealing with enquiries from national retail operators.

"When completed and occupied, this will result in a number of jobs being created."

(Source:- [www.thisiskent.co.uk](http://www.thisiskent.co.uk))

Answer

1. The site wasn't redundant
2. The jobs created will be at the expense of other jobs in the independent sector.

Why

Tony Doe, owner of Bogarts Hairdressers, has been trading in the High Street since 1988. He is preparing to move his business to York Street.

He said: "I am very upset because I have been here 21 years. The new shop will be smaller so I won't be able to do as much as I do here."

(source: [www.thisiskent.co.uk](http://www.thisiskent.co.uk))

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## Lifeboat to the Rescue

We stumbled upon this fine little establishment whilst out on our travels the other week, it's a real gem, proper beers and ciders straight from the barrel, saw dust on the floor, pickles and chutneys for sale, they also do a fine line in 'Broadstairs Pies'.

Good conversation and very welcoming, we thoroughly recommend.

You'll have to get on a bus though as it's situated in Margate.

Go and say hello to landlord Julian. Krista (she of pirate fame) also works there.

Number 1, The Market Place, Margate.



## Quicker by E-Mail?

Ever tried to get a councillor to respond to you by using their contact details as seen on the council website. We tried and failed to get a solitary response. We couldn't even get an answer from "Committee Services", that was until this came through to the Broadie Towers Inbox with a gleeful ping from Nick Hughes of TDC Committee services

*Firstly may I apologise for not getting back to you sooner within the prescribed service standard.*

*I am afraid that I am unable to comment as to whether Councillors use and/or respond to e-mails, it would be for individual Councillors to comment on such a matter.*

*The Council's Service Standards are that all e-mails will be acknowledged within 3 working days and responded to in full within 10 days of receipt. Correspondence between Councillors and members of the public is not included in this Service Standard as Members have not signed up to the Service Standards.*

*As Councillors are not covered by the Council's Service Standards there is no facility for recording what percentage of Councillors respond to e-mails..*

Ooops, if you can't get a reply within the prescribed service standard from those in charge of said standard, there's not much hope getting a reply from Cllr Bobsuruncle.

Further investigation revealed that most councillors do have e-mail capabilities but they're not the e-mails that are on the TDC website. We can only suggest you guess the real ones.

You could try....[goaway@imnotinterested.gov.uk](mailto:goaway@imnotinterested.gov.uk)





**SEAVIEW**

Hey Pearson - it's Time Team!  
Phil says they've found a workman...  
And the roadworks originated in 1835

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**Must buy a new hat.**

Congratulation to Becky Woodcock & David Wilkes (pictured) on their engagement. We're hoping that Mr Wilkes manages to do his tie up for his wedding as his raffish style in the photograph only conjures up images of absolute cads. The wedding is planned for next summer



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# Essex Girl meets the Thanet Seagull



Due to circumstances I like to think of as out of my control- I, a self confessed Essex-girl, have ended up in Thanet. The Kent coast may not have the glitz and glamour of good old Essex, (something I

realized thirty seconds after my arrival,) but it does have something here they don't have in my vajazzled land of tango tans.....

Seagulls.

My previous encounters with these creatures aren't exactly positive- one particular occasion standing out where one of the ugly beasts pooped on my newly highlighted hair out on a beach walk. It's one of those moments that belong in a crappy American movie you find on the 'comedy' shelf of Blockbuster, not on a Sunday afternoon with your whole family laughing, you crying into your ice cream trying to get the green and white excrement out of your hair with make-up wipes.

Screaming and yelling aside, seagulls are famous for stealing chips and whole sausage rolls out of unsuspecting people hands down here, so I didn't particularly think too much of these birds, apart from debating whether to wear a hat out on any future beach walks. But it turns out, these are rather revered creatures...

I jumped into a taxi one Sunday afternoon heading to my cousin's house- they'd cooked a splendid roast dinner so I wanted to get there sharpish. Sunday afternoons in Margate have tumble weed rolling down the empty street, a cowboy whistling somewhere in the distance, so when I saw not one, but two fire engines outside Natwest bank, I presumed some serious action was taking place. The bank was opposite the cab rank, and a single solitary

cab was parked up- the cab driver watching any potential drama from over the top of the sports pages of his newspaper that was comfortably resting on a rather large belly. This cabbie was thankfully as nosey as me, and pulled up to the scene with me in the back asking a female fire officer:

"Sorry love- anything interesting going on here? Bank robbery?" He added hopefully. The fire officer didn't speak- but solemnly pointed upwards to the top of the bank. There, flapping and squawking in distress, caught in the netting above the satellite dish, was a seagull.

Two fire engines. One seagull.

"We're not in Essex now..." I said.

"No Love, this is Thanet" the cabbie said helpfully. The cheerful chap kept me entertained for the rest of the journey, most importantly bringing me up to date on my lacking education when it came to two important subjects; seagulls, and his grandmother. This was obviously intrinsic piece of culture that I decided I should acquaint myself with if I thought I was going to last more than a month here. (The birds not the granny.)

---

**"They gave their lives for  
this country they did, them  
Seagulls"**

---

"Seagulls helped us win the war don't you know." He told me. This definitely sounds like a sentence your grandparents would say, along with 'well when I was young we didn't have taxi's we walked 6 miles for our roast dinner.' But it turns out, he might be right. "Now I'm 29 years old, he said to me, and it's one of those statements that you're supposed to say; 'No! Really! I wouldn't have said 29, 26 mate!' But in all honesty, he looked about 37 with the bald patch and the beer belly so I said nothing. He carried on, filling the empty pause; "and my Nan, she loves me she does, apple of her eye and all that, never yelled at me once in my 27 years. Apart from this one

time I saw a seagull eating some food out of a bin down here, and I went to kick it. She smacked me so hard I saw stars."

I'm not sure where he's going with this but I let him continue.

"And after she stopped boxing my ears in, she said 'Billy, don't ever let me see you do that again, seagulls helped us win the war you know.' Now my grandmother used to do the bleep bleep beeping down at Dover during the war, (I'm going to take a stab in the dark here- Morse code?) and you could always tell when the boys were on their way because the seagulls came first- they were the warning sign. Also," he said, turning around, eyes completely off the road to emphasise this next point, "Seagulls brought down more enemy planes than the British forces- they'd get caught in the propellers and bring them down."

He turned around again, and said quietly to the coastal road; "They gave their lives for this country they did, them seagulls."

Wow.

There's not much I can say when presented with a fact like that and so the rest of the journey is respectfully quiet as we both obviously ponder such a statement. I tip him well, and send my regards to his beloved Granny.

So we have war-winning, Hitler defeating race of seagulls round here- Essex and vajazzled nights painting the town red (or orange to be more precise) suddenly seem dull in comparison. Looks like this Essex girl has a lot more to discover around here...

*Melody Miller*

Melody is starting an internship at the Independent Newspaper in April, see more of her work at: <http://melodystravellingpen.blogspot.com/>







# The Royal Wedding

Your royalist inclinations are irrelevant, a party is a party and who doesn't want an extra day off and a good reason for a get together. The 'Big Do' is on 29th April at 11am so all those who want to watch it will be ready for a party by 2pm.

The traditional way to celebrate such occasions has been with a street party and you may presume that in these recent years of obsessional bureaucracy that this would be a hassle but no more.

Transport Secretary Philip Hammond announced that he is writing to all local councils in England informing them that he is scrapping the Department for Transport guidance on road closures. The guidance - which was intended to cover all types of special event - was sometimes being misinterpreted by councils causing them to impose extra bureaucracy and costs on residents. This led to some communities being told they would need to employ traffic management companies to close off their road when holding even small street parties. Now the guidance has been abolished, councils all over the country are free to avoid charges for street party road closures'. Has it however reached Broadstairs? YES hurray KCC have duly followed this guidance with gusto and the whole thing has been significantly simplified.



Here's some guidance:-

By 'street party' we mean organised by and for residents as a private event and not a public event with wider publicity and needing money. We will consider all applications and will be splitting them into two distinct categories:

- 1.Events on very quiet residential estate roads and cul-de-sacs.
  - 2.Events on any sort of main road, bus route or through route.
- Events on residential roads and cul-de-sacs will only require a simple application process with a minimum of information required. No charge will be made, provided specific conditions are complied with. We will supply a sign for organisers to place at the point of closure on the day - there will be no charge for this sign.

Events on bus routes or through routes will require a full closure process with consultation

and full advertising processes, there will be a charge for advertising the Traffic Order'.  
Down load the form from the KCC website  
<https://shareweb.kent.gov.uk/Documents/roads-and-transport/using-the-road/applications/Royal%20Wedding%20Road%20Closure%20formStatic.pdf>  
And it is completely self explanatory.

Here's something we don't say too often - Congratulations to KCC Highways for being so on the ball and making the form so accessible. The forms for a simple do have to in by 15th April, it is free, Public Liability Insurance (PLI) is only necessary if you are worried and risk assessment is fairly obvious. They ask for a simple document to show that you have considered any problems. We've found that risk assessment rather than being the unnecessary useless waste of time that it was once perceived is actually a really good way to identify any hazards you may not at first have noted. Just think through approximately how many/who is coming? What age group? Is there going to be any hot food or drinks which may need to be kept safe from children and pets? If you have any wires from music equipment etc are they going to be a hazard? If so what can you do about it? What happens if it's very windy? Do you need to have a plan to secure bunting? Try and predict any adverse conditions and what you would do, sometimes think we need to add on what we do if aliens arrive but you never know. It's basic common sense. An extreme event but possible would be the need for emergency vehicle access so it may be worth having a plan for that.

Making sure there are not too many cars in the road before you start is very important. It could spoil the day if somebody wants to get out so even if they aren't joining in make sure they are aware of your plans. If you are on a main thoroughfare or not sure, best to speak to the Highways people before you make plans, it still costs



Highways people before you make plans, it still costs a lot of money to close off a main road.  
There is an excellent website



[www.streetparty.org.uk](http://www.streetparty.org.uk)

with loads of useful information and ideas on how to plan one and what to do if you have problems.

Essentially as long as it isn't open to the public i.e. advertised as an event, you don't have other than impromptu music and you follow a few simple procedures then it should be simple to get it sorted. If you do want a bigger party then you will have to get an events license. Alcohol is fine as long as it isn't sold and you can even

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incorporate small bring & buy sales to raise any money incurred by organizing the event.

#### Have Fun

'Invite the whole street to the first meeting, ideally in the street as it is more welcoming. Or try different houses to meet. 2-3 more meetings will be needed to chat and plan. Involving everyone

Inviting people face to face is a must to get people involved. You need to send round paper invitations

But allow for all tastes. Some, such as older people, can feel quite wary or vulnerable and so a little effort may be needed to encourage them, such as:

invite them face to face  
assure them that your event is for all ages, and not just for kids - as street parties used to be

put out chairs to sit on

have a tea party and a cake competition

have a quiz or display photos about the history of the street or neighbourhood  
celebrate the oldest person with a cake or something

play music they like or ask them to show off their dance skills

Usual things for teenagers - give them jobs to do, physical games, music etc.

But you will not be able to suit everyone - as long as you invite everyone, respect differences and don't seriously inconvenience anyone; you should be able to have your event anyway. Talk to people to prevent any formal 'objections' to the council road closure, but no one should be able to stop the event.'

<http://www.streetparty.org.uk>

So now you have started to organise your do, what else do you need to get on with before the day?

## Bunting

Do you know a single piece of bunting is called a bunt?

You can buy it but it's quite easy to make & will add to the community spirit you are generating by getting together to make it.

Obviously it needs to be in red, white & blue & the easiest & cheapest way to make it successfully is out of poly cotton. One meter of 112cm wide poly cotton from Willow fabrics costs £2.99 & one meter of each colour, carefully cut out should make you about 20 meters of bunting. You will also need some tape to sew it to. ¾ inch (sorry to mix old & new measurements) white tape from Willow is 25p per metre so 20 meters will cost £5. We suggest however that you have quite a good length at either end to attach to whatever. So for about £14 you have 20 metres of bunting. You could use string & coloured paper or old recycled material but don't forget that there is a Diamond jubilee next year so whatever you use could be used again if fairly well made.

Cutting the material with pinking shears will help reduce any

fraying.

You could also knit some bunting! Great if in the windows & couldn't be easier if you have even basic knitting skills.

Size 4mm (8) needles & one ball of each colour double knitting wool available from USB Crafts & CWool. Doesn't matter what sort but easier if the balls are all the same sort of weight or you may end up with uneven bunts!!

Cast on one stitch & knit it, then increase to two & knit them.

Row 3: K1 pick up stitch between stitches & knit into back of it K1 (3 stitches)

Row 4: K3. Row 5 K1 pick up & K, K1 pick up & K, K1 (5 stitches)

Continue knitting even rows & increasing at each end on odd rows until you have 19 stitches then increase in every 4th row.

(Pinning a small safety pin to the right hand side of your increase row is helpful).

Continue till the bunt is the size you want it, 31 stitches is quite a good size to use but you can make it as big as you want. Then cast off and sew on to tape, ribbon or string.



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Portia Wilson Photography

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## 1953 And all that

I went to see my neighbour Mrs Dilworth and suggested that we do something to celebrate the forthcoming Coronation. I said "Shall we put up a poster in the Avenue asking interested neighbours to meet at the top (it was a cul-de-sac) at 1pm next Sunday?" and she agreed.

We both kept a look out on Sunday morning and when we saw a number of people walking up, we joined them. They were all keen to have a party especially as there were quite a number of children. We formed a committee and made a plan.

We would have a small raffle every week to provide the expenses for the party and the prizes and hopefully the events would take place in the road.

A number of us agreed to meet once a week to make paper flowers to decorate the lamp posts. We made tons of them from 3d a packet crepe paper. We would have a competition for the best decorated house and ask the Birmingham Post to be the judge. We would have a fancy dress competition for the children. The men agreed to arrange races for all to be held in the Avenue.

All went very well except that on the day the rain fell in torrents. We were invited to hold the event in a car showroom nearby and had a great party, loads of nice goodies to eat and drink (I can't forget the size of the large containers of pickled onions that were consumed). The rain spoilt the lamp post decorations but the houses were lovely. I think No 37 was judged the best decorated. It was covered all over with British flags as the owners were an army family. No 40 was second and had flower decorated pictures and symbols of England, Ireland, Scotland and Wales surrounding a large picture of the new queen edged with laurel leaves made out of brown paper covered with gold paint.

The fancy dress produced all sorts of costumes and was won by a young lady dressed as Britannia. She was our daughter and I made her cloak from red velvet. My husband's mother had given us an old pair of red, velvet curtains when we got married because of rationing and I had made a lovely, warm dressing gown out of them. It was this material which I used for Britannia's cloak. Her prize was a set of the new coins which I still have.

HAPPY DAYS

**Don't Forget the ROYAL WEDDING 29th April**

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# Herbal Histories

Herbal Medicine is said to be the 2nd oldest profession in the world. The oldest evidence of plants being used as medicines was in a cave in the Lascaux caves in France which have been radio-carbon dated to between 13,000 and 25,000 BC. The Sumerians have written record of herbal medicine around 300 BC, the Egyptians as late as 15000 BC and the Chinese records go back to almost 2700 BC. Here I shall concentrate on more modern and documented individuals that have contributed to medicine and our knowledge of herbs over the last 2000 years.

## Hippocrates

1460-377 BC  
Known as 'the Father of Medicine', Hippocrates was instrumental in the formation of the morals and philosophy of western medicine. He was one of the 1st documented to make a distinction between medicine and religion. Previously many diseases were thought to be the will of the Gods and were steeped in superstition but he believed that disorders of the anatomy and physiology of the body were the cause of disease. Because of the taboo of body dissection, many of his assumptions are now known to be incorrect. He was the 1st to mention the humours, blood, yellow bile, black bile and phlegm. It was believed that it was their excess or insufficiency which led to disease. He was a great believer in gentle medicine, treating with diet and lifestyle as well as using plants and foods rather than specific extracts. The Hippocratic Oath revolutionized the morals of the physician. Those who took it swore to do no harm and to generally be nice and not hurt people. It is loosely related to the current oath taken by medical graduates and that which all herbalists of the National Institute make. 'Ill health is a disharmony between man and his environment' 'Let medicine be your food and food your medicine' 'It is more important to know what sort of person has a disease than to know what sort of

This won't hurt..... honest



disease a person has' Hippocrates

**Dioscorides** 40-90 AD was born in Greece and was a botanist and practised pharmacognosy (study of medicine from plants). He was a physician for the Roman army and produced a greatly acclaimed work called *De Materia Medica* which included detailed description and use of 600 plants. Many of these are still used today by herbalists and our catalogue of herbs is still called the *Materia Medica*.

**Galen** 131-201 AD A believer in the human medical philosophy started by Hippocrates. Galen was best known for his work in the understanding of human anatomy. Most of his discoveries were based on dissections of animals and through this he gained great knowledge of biology. His works were used to teach students up to and beyond 1543 and without which we would not have the knowledge of medicine we have today. His ideas of the nervous system are still used today taught to students up until the 19th century. As a physician he served many Roman emperors and was a great believer that medicine and philosophy could not be separated. The term Galenicals is still used today to describe herbal treatment used by Galen.

'Those who are enslaved to their sects are not merely devoid of all sound knowledge but they will not even stop to learn!' 'Employment is nature's physician and essential to human happiness'. Galen

**Avicenna** 980-1037 AD was an Arabic physician venerated for his works on medicine and philosophy. His works were used for centuries as a standard in Arabic schools of medicine. He was the 1st to discover that the

urine of a diabetic tastes sweet.

'The knowledge of anything, since all things have causes, is not acquired or complete unless it is known by its causes'.

"Nobody liked me much.

I was always Laud-an- um



Avicenna

**Paracelsus** 1493-1541 AD named himself as literally meaning better than Celsius (a renowned publisher of works on medicine). Most of his works contained the use of astrology in treatment. He was also a great believer in

chemistry and was the 1st to name Zinc (zinc crystals are pointed and zinke means pointed in German). He was also the creator of Laudanum, the opium tincture. He was not well liked and angered many academics with his arrogance.

'Let no man belong to another that can belong to himself'. Paracelsus

**Gerard** 1545-1611 AD was a well respected

herbalist of his time and author of many historical texts. His extensive medicinal garden in Holborn was commissioned by James I and contained many rare species. He was the 1st person in England to grow potatoes and produced accurate work on the scientific explanations of the

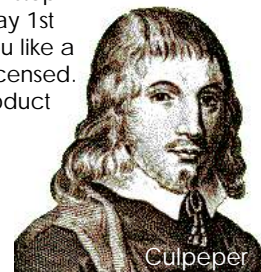


I do like me' spuds

medicinal use of plants.

**Culpeper** 1616-1654 AD was a champion of the idea medicine and good health should belong to the people and not to the physicians. He was a radical and disliked 'the establishment' of the College of Physicians. Strict enforcement was being put in place by them which restricted the use of medicines. He purposefully worked for free and published inexpensive books so that the poor could afford health care. His book 'The English Physician' was well respected and remains the most popular non-religious book ever printed.

And now on the 16th Feb 2011 the Dept of Health stated their intentions to regulate herbalists with the Health Professions Council. This is great news and will safeguard our ancient tradition of herbalists for future generations. Regulation will ensure that only those qualified will be able to call themselves herbalists and prescribe herbal medicines. Also do remember that many unlicensed herbal products will stop being made by May 1st so I'd stock up if you like a product that isn't licensed. Just look for the Product License (PL) or a Traditional Herbal Registration (THR) number.





## Our Old Lady

Local chap Simon Gerrard has been at it again, unearthing some forgotten history of old Broadstairs town. And here's how we got our name, from the broad chalk stairs that led from the beach up to the Shrine of Saint Mary, situated somewhere near the back of the old Albion secondhand book shop.

He's hoping to display this information board somewhere near to the site very soon.

It's possible that the actual shrine stone is still somewhere in Broadstairs, maybe half buried in a back garden or shed. If anyone has seen something similar whilst out and about, give us a call and we'll pass the information on

This Chapel was built after the 11thC Norman Conquest & closed by 16thC religious Reformation in England. Its famous *Shrine* was a hollow wooden statue of *The Blessed Virgin Mary* containing claimed *Holy Relics* about her. Notable gifts to the *Shrine* include ten 16thC windows (Chapel Place) confirming its long reputation. The medieval Latin name '*Stella Maris*' popularly known in English as 'Our Lady of Bradstowe, Star of the Sea' still continues in Broadstairs' Civic Crest. Its 12thC/15thC stone Cross monument & seaward *Light* were both renowned maritime landmarks for English Monarchs, European travellers & sailors. Ship topmast flags were usually lowered in Thanksgiving to '*Our Lady*' for safe passage, a custom some continued into the 1930s! 18thC accounts recall Mary's 'weeping' statue miraculously warned mariners before storms; some minerals & moisture assist water droplet formations indicating a stone sculpture fulfilled this role. It remains unfound. A chapel to St Mary reopened here in the 17thC (1601) without a *Shrine* or stone *Cross*.



Example 12th Century Shrine & Procession



St. Mary's Chapel & Old Window

# Our Lady



Example 12th Century stone cross

## Wallys Plot

I haven't the words to describe how much I love this time of year. Winter is c\*\*p. It's just hard work. Cold, wet, dark. It's full of heating bills, wet cloths, trying to dry cloths, triple layers, de-icing, cars not starting, plants not growing, dumplings, bed socks. But then when you've almost given up the days very subtly start getting longer, a bit more sun pushes through the curtain, the urge to go outside again starts swelling inside. Spring is here, hallelujah! "It's a new dawn, it's a new day, it's a new life for me" (Nina Simone). I was born in august. I need the sun. So what plants are you growing this year? Anything new? I'm planning on growing Swiss chard again. It's a very hardy, colourful and tasty perennial. The only reason why I'm having to re-sow is because I repositioned my shed onto my chard bed (not hardy enough for that then!). It really is a gem of a plant. I'm a lazy grower. It's about time I admitted this but I am. My time is precious. That's why I'm such a fan of perennials but also a keen grower of hardy annuals. The Broad bean is a great example of this. They can be sown in pots or trays in January to February or sown direct in March or early April for harvesting in June. If you can get organised then overwintering is the best thing to do. Sown in late October, early November gives the plant a chance to establish good roots which enables them to support large crops. Over wintering also gives them great resistance to black fly. I overwintered some from 2009 in to 2010. Even after being completely covered in snow for 2 weeks my plants survived and then flourished in the following spring. For outdoor sowing plant in drills 4-5 cm deep and at the required spacing. They don't need high

temperatures to germinate, anything over 5C is enough. Once established the plants are generally big enough to suppress any weeds but they will need a bit of hoeing when small. It's worth taking in to account the size of your plants as only the smallest dwarf varieties won't need supporting. It's quite easy to put in a couple of stakes with string between.

We are a tad early for growing most plants so maintenance jobs are to the fore. Fruit trees can be given a good feed of fertiliser and autumn fruiting raspberries can have their canes cut down to ground level, given a good weed with the addition of some good mulch. Potatoes can be chitted out. I've had a change of heart regarding my choice of spuds this year. Last year I recommended a variety called 'Pink fur apples'. They are a great, tasty all rounder but because of their irregular shape they are a nightmare to clean. I've chosen nice smooth varieties this year. Colleen, Kondor and Laura dolphin.

It's a good time to stock check seeds and tools. Get an idea of what you want to sow and buy seeds as soon as possible. This means as soon as the weather allows it you can be straight out there making the most of the growing season. Check your tools.



"Hi Girls, Fancy a plough."

Make sure hoes and shears are sharp and all handles are clean and any moving parts well oiled. There's nothing worse than working with neglected tools.

**Wally's top tip:**

Be patient, the growing season is almost here!

## Local Election Voting Slip

### Bradstowe Ward

Vote for one candidate only

1	Lose your facilities	A hole in the pavement near the school	
2	Will not listen	The Council's refusal to consider the needs of the community	
3	Ignore your communications	The Council's refusal to consider the needs of the community	
4	Act like a child at meetings	The Council's refusal to consider the needs of the community	
5	Still not listening	The Council's refusal to consider the needs of the community	

Take your voting slip to the Polling Station on the day of the election

**D**o you ever get the impression that we perhaps are not being represented as we should be by our council and councillors?

Now I know it's very easy to pick them off, they don't run too quickly unless of course there's a photo opportunity, it's not an easy job, and no matter what your politics, you won't be able to please all of the people all of the time.

I also understand that they have become very Margate central because they believe that Margate is the key by which the rest of Thanet will be regenerated, and in some ways that may be true.

In many other ways though, of course, it's not.

Here's the problem. From the outside looking in, our council has seemingly become increasingly bogged down by petty wrangles, argument, arrogance and we the public perceive that they are there to do their own bidding. If it's not leaders being hauled before the Standards Board, (With an enquiry that cost the taxpayer £30,000) it's councillors being given a custodial sentence. Then they suggest that there should be less consultation with the populace, (rather than actually listening to those they purports to represent). Perhaps we should mention councillors who chair meetings and then treat those members of the public who go to speak at those meetings with utter contempt.

Don't forget the monies collected by TDC at the "Big Event" in Margate from those who attended the event and were made to pay an entrance fee, a fee that was later found to be unchargeable in the first place.

TDC figures suggest 20,000 people attended that event on the Sunday, which at £2 head comes in at quite a money spinner.

That's just a small selection of the strange ways in which our council is run, for those of you with a bit of time on your hands I'm sure you could

come up with a more definitive list, You could perhaps go back a bit in time to include older councillors such as Cyril Hoser, well known for being a "Bit of a lad" and lets not forget our old MP's either, eh Jonathon Aitken.

Perhaps, we all need to take a bit more interest in our local politics and get involved, it's not good enough to just turn up at the voting station and put a cross into whatever political party you may or may not support. Whilst the opinion of your chosen national party does have an influence how local council money is distributed, on a day to day basis, national politics should make no difference as to the way in which your councillor represents your views. And lets not forget, that is the fundamental basics of their job, they are there to represent us and do the best they can with guidance from those that live in their ward.

The answer to that one is quite simple, everybody could stop voting politically and to start voting for the person who is, in your opinion best going to represent your views and look after your ward. Be they Conservative, Labour, Liberal or Independent

Local elections are looming, so it's about time we all make our voices heard. I'm not suggesting we take to the streets. But our councillors need to answer our concerns regarding the mismanagement that has been rife over the past few years

**Everybody could stop voting politically and to start voting for the person who is, in your opinion best going to represent your views**

I went out and about doing a little bit of research as to what people want and expect from their town, and asked ways in which it can be improved. As you'd expect, all the usual answers have been forthcoming, and some very unique answers too.

I asked a lot of shopkeepers in town for their opinions regarding the way in which our council interacts with us in the CT10 area, the results were rather surprising. We specifically asked whether the new road layout scheme has benefited the town and whether there was any contact between themselves and anyone from the local council regarding the new layout, interestingly a couple of councillors suggested that they had spoken to local traders who were happy with the scheme, although, here's the rub, Which

ones? it remains a mystery as we have yet to find anyone who had their opinion sought.

The majority of the feedback received suggested that traders below Queens Road junction thought that the road scheme had affected their trade in a detrimental way, most also felt that this wasn't necessarily just down to belt tightening of local residents but rather a combination of parking restrictions, the road scheme, recession and even potential customers not visiting town because it was always difficult to visit due to roadworks. KCC carried out a pedestrian survey to presumably give their new scheme a clean bill of health. In June of 2009, before the new road system, they surveyed the pedestrian traffic in the High Street, and then again in June 2010 after the works had been carried out. This survey took place over the course of just one day, on each occasion. According to KCC, there was approximately a 2% increase in pedestrian traffic after the new road scheme was put in place. That's a two percent improvement on one day in a year, which due to the obvious fluctuation potential either way makes the survey next to pointless.

I'm assuming KCC hail the scheme a success due to to that one day

Before the recent granting of planning permission to the developers of 8 - 12 High Street, Broadstairs, a number of people contacted the council via their councillors to enter into a dialogue regarding the would be disadvantages of the plans put forward by Panther Securities, the developers of the site. The pro's and cons of the proposed development were listed, and the council were asked to respond to these points. Sadly the replies received consisted of two line e-mails, (yes I've seen the replies) further requests to elucidate and discuss the development went un-answered. Enquiries to Panther Securities also went unanswered.

This development was also given the blessing of the town council.

On a similar matter, what was to be two shops and residential flats at the old Pierremont Motors site is now to be one single large retail store and flats. Im sure it will look very nice, but it's still rather sickening that developers have been allowed to change their plans to accommodate what is likely to be another corporate body, rather than encourage the sort of smaller independent entrepreneur who is much

What do you want to ask the would be candidates at the next local election? .Let us know



more likely to open a shop which will actually attract visitors, much like the sort of shopping experience people go to Whitstable for, and much more like what TDC are attempting to do in the pampered Margate

TDC are now willing to take a bit more care over the future of the old Market Place in Margate as highlighted in their document "Policy DCS15". Which suggests that uses permitted in the old town, market place and harbour area will be

Cultural Industries, Retailing and display of antiques, arts and crafts, Artists facilities, Media Centres, Smaller starter office sites for high-tech information technology industries, Restaurants, pubs, snack bars, cafes, wine bars and shops for sale of hot food. Residential (above ground floor level only within the flood risk area) Hotels, Casinos.

Sounds nice, doesn't it? Perhaps the sort of feel Broadstairs should have.

I'm betting they're not going to allow a developer permission to knock down three buildings and open up a supermarket

Yet they seem unable to take a bit of care over what they allow in our town.

**Lets not forget, Margate only needs  
regenerating because TDC sodded it up in  
the first place**

A town that relies heavily on tourism. A town which has received a tiny amount of money for events whilst Margate has had money thrown at any event that has been dreamt up, no matter how obscure. A town where TDC shut the Albion Street toilets, closed down tourist information, left it up to the Chamber of Commerce to pay for any signposting from Westwood Cross to tell the would be visitor where Broadstairs beach and High street actually was, initiated a traffic scheme that started out as a disaster and ended up worse, even funnelling visitors away from town before they've actually got here, given permission for corporations to revisit the high street now that they have put all the local shops out of business by opening mega-marts on the outskirts. Allowed Westwood Cross to be built against much hostility and warning about the wholesale destruction of our local high streets, whilst ignoring the fact that any jobs created had been lost elsewhere due to their rotten decisions, and also ignoring the fact that these corporate bodies actually funnel a much higher percentage of their takings out of the local economy.

Lets not forget, Margate only needs

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regenerating because TDC sodded it up in the first place, Maidstone and Canterbury to name but two have managed to keep their High streets vibrant by actually re-investing in them rather than building a new centre out of town.

But you'd think they'd know all that.

Personally speaking, for many years now we've just kept re-electing the same old faces. And same old politics. Perhaps it's time for somebody else to have a go

Vote wisely. But more importantly, just vote.

LMR

## The Left hand does know what the right hand has been doing

Ooops, many people have perhaps thought it, but now we know for definite the quality of some of the staff up at KCC.

In a crackdown at KCC head quarters, ten members of staff were found to have pornographic material on their computer hard-drives. The checks have been carried out over the last four years.

Five people have been sacked, one resigned and another received a final written warning..

I don't know what's worse, council workers downloading porn, or council workers not having the sense to delete their browsing history. Haven't they seen the Microsoft ad.

## Mr Samuels has left the building

Richard Samuel has upped and left Leaving our council quite bereft,  
We've paid him off with quite a stash  
A case of fifties, in used cash  
There's champagne too,  
and chateau la fete,  
and tons of caviar to eat  
A Rolls, a Bentley, an electric car,  
Don't mention the Rolex or the indoor bar,  
It looks quite nice by the heated pool  
and the diving board with encrusted jewel.  
Just call the butler to pour the drinks  
and hang back up those expensive minks  
They're saving our money  
With his wave goodbye,  
No more tears, no need to cry  
His job's being covered once he's no more  
Odd how they never tried that before

**Look out for the new  
Wine bar and coffee  
shop at "Ye Olde  
Crown" Opening  
in March.**

# Mike Samson



"Hey Mike, how about doing a piece for the 'Broadie'?" Peter Buckey asked.

"Yes of course I will, what's the 'Broadie'?" I replied. You see I must confess I'm a Ramsgate Artist and I always say "Yes", then worry about it later. So wasn't aware of this publication. Peter explained and showed me some previous copies. I read them all from cover to cover! Well that's not quite true! I flicked through about three, read one from cover to cover and studied the Artists Forum in three with great interest. For those who don't know me and know of my work. I help run the two Art Groups at Acol and paint and exhibit in Ramsgate (And occasionally Broadstairs!) galleries and outlets. Returning home I picked up my pen to scribble some notes about the merits of being a Painter (Artist)? 'Blimey! What can I write I thought?' I'd got it! It was a Eureka moment! I'd share my experience of painting on a cold, sunny winter morning at the end of the Broadstairs Jetty. So here it is –

The Joys of being a Sunday Morning Painter. Most Sunday mornings I try to go out and paint with a friend of mine if the light allows. This particular Sunday was no different and we agreed to meet at the end of the Jetty at Broadstairs.

It was just after 8am, the sun was just over the horizon and the place was deserted except for a dog walker or two. As it was so quiet we agreed to stay on the Jetty and have a go at the view back towards 'The Tartar Frigate' and 'The Old Look Out' building. We loaded our palettes with oil paint, raised our easels, and prepared our brushes and painting boards and paper in preparation of the task ahead.

It was a beautiful morning and the warm sun soon allowed us to remove our jackets and other winter protective clothing.

We hardly spoke as we put the first marks onto the paper. I should explain, when painting outside in oils, we have both discovered the merits of using Acrylic paper pads for this, rather than Oil paper or a canvas. I'll explain why. Canvases tend to be bulky and difficult to handle if the wind gets up. Whereas the acrylic pads come in useful sizes, are light to carry, they absorb the oil quite well in the air and the tooth (grain) of the paper drags the paint nicely.

At about 9.30am we stopped for a break, having now been hard at it for about an hour. All the main features were now set in place and the sky washes were just about there.

We had a coffee and discussed our toil and agreed it would now be good to have a few figures walking into the view along the Jetty.

Our break over we resumed our painting, then at about ten precisely Broadstairs came to life!!

Suddenly before us were a few figures all right! There were dozens, maybe hundreds? We looked at each other as this wall of people descended in our direction, drawn by

the scent of bacon and coffee coming from the café at the end of the jetty! Well we had our figures for the painting! Perhaps in panic, I moved my position very slightly towards one of the benches and placed my bag and paint palette on the bench, to avoid them being stepped on or kicked into Viking Bay!

We struggled with our paintings as the crowd grew and blocked the foreground view. As and when we could we'd include one of the mass into the painting, painting with haste. It was in a strange way quite an exciting way to paint, albeit a little unnerving at times.

Armed with bacon rolls dripping with ketchup two chaps came and sat on the bench next to where I was painting. Within minutes a conversation struck up between us. I'm sure it began with – "What are you painting then mate?" it usually does. I assumed they hadn't peeked at my board just to be polite? I explained whilst moving my brush around the board and placing glimmers of light on window frames and panes of glass.

"What's yer mate painting there?" The other chap asked. I'm sure my friends reply was "Constable's flippin Haywain!" with chuckle of mirth! His sense of humour being somewhat faster than mine!

"Really?" came the reply. We both stopped painting and looked at each other smiling in disbelief! With that they both got up from the bench and went over to have a look at his easel.

It was nearly twelve o'clock. We packed our gear away and made our way to the Pavilion. "Heavens!" I shrieked. "I've left my palette back on the bench!" I dumped my gear and ran back to the end of the jetty.

There sitting in the exact spot where my palette had been on the bench sat an elderly lady, dozing in the warm sunshine. I didn't





know if I should laugh or cry? I turned around and walked away, returned to the Pavilion balcony where a cold beer was now waiting for me and explained my dilemma to my friend. I'm sure his laughter was heard at the end of the Jetty as I noted from afar, the lady seemed to get up from the bench rather startled. We agreed it perhaps wouldn't be wise to go and have a look!

Some of my work can be seen at [www.acolartgroup.org](http://www.acolartgroup.org) and at [www.mike-samson.co.uk](http://www.mike-samson.co.uk)

Mike Samson



### Tip of the month

Moving on from the still life of the Lions in Trafalgar Square a few issues back to a living subject can be a daunting step. If at first the would be artist feels nervous at the thought of going out with onlookers peering over your shoulder why not wander around the house or garden for inspiration.

At one time I had six cats and two dogs knocking around the house which was no end of drawing and painting interest and cost me nothing but my time.

Here is a simple watercolour produced by sitting by my pond in the privacy of my garden, there were more than a dozen fish, but to keep the painting uncluttered I decided on just three so not to bite off more than I could chew.

Sometimes, less is more.

First I placed the three fish that always seemed to lay in the same place without being bothered by my presence and with the largest brush I had laid a wash around the fish using a blue of my choice, and to darken the mix a bit of red. Once dry I laid a thin wash of blue for the deepest fish leaving some white paper along its back. Now painting in the last two fish, were done with a red and yellow mixed together on the paper.

Keeping in mind I was working from life, I kept the detail to a minimum. The last thing is the shadow underneath the fish which was a mix of blue and red which helped keep it warmer than the water. The hardest thing in the painting is creating the illusion of depth and here we are looking at just a few inches between the deepest and the top fish. Without the depth the image is dead and just a flat sheet of paper so observe the lights and darks of what you are looking at, as well as the colour.

Peter Buckey

## Percentages

48% Turnout at the last Bradstowe Ward local election  
37.4% Proportion of empty shops in Margate. Highest in the UK  
5.6% Thanets unemployment rate in 2009. 60% higher than 2008

# Broadstairs Carpets



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# Mrs Wally's Mardi Gras Special



The tail end of winter is a funny old time of year. We're all sick of the winter and longing for the spring to arrive. We don't have much to look forward to in the bit between Christmas and Easter, apart from Shrove Tuesday which is on 8th March this year. The day before Lent starts is traditionally a time of feasting and in England it's celebrated by making piles of lovely pancakes and topping them with sugar and lemon juice. It's easy peasy and lots of fun for the whole family.

**Pancakes** – Makes 8 pancakes so serves between 1 and 8 people!!!!

100g plain flour, 1 egg, 150ml milk, 150ml water, 1tsp olive oil + some for greasing the pan

If you have time, make the batter in advance to allow the mixture to rest. Apparently this allows the gluten to expand. The mixture should be the same consistency as single cream so just whisk in a bit more water if it's too thick.

If you have a food processor or electric mixer, bung all the ingredients in together and whisk until smooth.

If you're doing it by hand, sift the flour into a bowl and make a well in the middle to break the egg into. Add the milk bit by bit stirring all the while ensuring it's smooth. Once the milk's combined, stir in the oil and water and beat until you get your batter.

Heat a drop of oil in an omelette pan and when it's really hot pour in about 3 tbsps of your mixture. When it bubbles you know it's time to turn so you can either have fun flipping or be sensible with a spatula.

Top with lemon juice and sugar or maple syrup or ice cream and chocolate sauce. Go wild.

I lived in Portugal for a while and they had a whole different way of celebrating Fat Tuesday or Mardi Gras – Carnivals, sparkling costumes and the best bean stew ever – traditional Fejoida, a pork and bean stew. It is one of the most comforting stews ever and is just perfect to keep you going until spring although I think you'll have to make a choice between eating this and dancing the Samba in a bikini - I have come to terms with the fact that that particular ship has sailed.

I learned to make this stew in the Alentejo region – there are loads of regional variations and each area uses a different type of bean. I use white beans, other parts of Portugal use red kidney beans and black turtle beans are used in Brazil – so don't feel tied to the recipe try with a mix if you want to see which ones you like best. Also, the meats included vary from region to

region – in Brazil salt beef is added along with tongue, I stick to pork only but feel free to adjust to your tastes. It started life as a frugal way of feeding a lot of people and works best with cheaper cuts of meat that love being cooked long and slow.

**Fejoida** – feeds an army

Beans, 2-3 whole Chorizo (the spicier the better), 1kg belly pork cut into thick chunks (or baby back pork ribs if preferred), 6 cloves garlic, 1tbsp smoked paprika, 2 sticks celery, coriander, chilli, chopped tomatoes, bay leaves, a bunch of thyme, 3 carrots, 2 onions, a savoy cabbage.

Dried pinto beans (I use 500g for a few people and 1kg for an army) you need to soak in water overnight and pick out and discard any floaters before rinsing and covering with about three inches of fresh cold water. Bring to the boil for 10mins, skim and turn down to simmer.

You can now add the rest of the ingredients; put the meats in and poke them under the surface, chop the garlic, celery, coriander and chilli and add along with the tomatoes and bay leaves.

Stir every now and then to ensure the beans don't stick and burn – this will taint the flavour and ruin the dish. If it's looking a bit dry, just add another cup of water.

Let everything simmer for a couple of hours before adding the vegetables to the pan.

Peel and cut the carrots into big chunks before adding to the beans.

Cut a cabbage into 6 and add this – poking it under the surface.

Let it simmer for another half hour or so until the vegetables are soft.

When it's ready it should have a lovely creamy consistency.

To serve, remove the meats and slice into chunks. Some people like to serve separately but I like to add back to the beans to keep it all hot and so as not to lose any of the lovely flavours.

Make sure everyone has a mound of beans and a selection of meats and veg alongside fluffy rice, slices of juicy peeled orange and if you can find it farofa – fried coarse ground maize. If it's not spicy enough for you add piri-piri sauce to taste.

Serve with some lovely cold beer – Sagres or Super Bock if you can get them or go all Brazilian with some Cachaça cocktails.

If that doesn't keep you going until Easter I don't know what will!





## Regular Meetings/events

### Sunday

1<sup>st</sup> Sun 7-1pm Boot Fair Charles Dickens School 07709 074866

### Monday

Every Mon 7.30pm B'st Chess Club Memorial Theatre, Hilderstone

1<sup>st</sup> Mon 7.30pm Broadstairs Victorians, Crampton Tower Museum 869839

2<sup>nd</sup> Mon 7.30pm Isle of Thanet Geographical Ass Park Hall 602051

3<sup>rd</sup> Mon 7.30pm Thanet Fuchsia Group St. Peter's Church Hall 225122

4<sup>th</sup> Mon 7.30pm Island Greenfingers' Club. St. Peter's Church Hall 831618

### Tuesday

Every Tues 6-7pm Brownies York St Methodist Church 601932

1<sup>st</sup> Tues 2pm TARA St Peters Memorial Hall 603332

1<sup>st</sup> & 3<sup>rd</sup> Tues 7.30pm Web Group for special needs (16+) Y&L Centre Albion St 861055

2<sup>nd</sup> Tues 2.30pm Island Floral Group. St Peter's Church Hall 592987

2<sup>nd</sup> Tues 7.30pm B'st Soc Park Hall 868835

### Wednesday

Every Weds 7.30pm Bridge Club. Portland Centre, St Peter's 604954

[www.bridgewebs.com/broadstairs](http://www.bridgewebs.com/broadstairs)

Every Weds 7.45pm Thanet Festival Choir Holy Trinity Church 602332

Every Weds : Beginners 8-9pm, Intermediate 9-10pm Line Dancing St Peters Church Hall 585537

1<sup>st</sup> Weds 3.30pm Messy Church Y&L Centre 861055

1<sup>st</sup> Weds 7.45pm Discussion Group Y&L Centre 861055  
1<sup>st</sup> Weds 7.45pm Dickens Fellowship meeting Dickens House Museum 860159

2<sup>nd</sup> Weds 7.30pm St P's & B'st Horticultural Soc Park Hall 601095

2<sup>nd</sup> Weds March 7.30pm Thanet Amnesty Group. Friends Meeting House, St Peters Rd 295536

### Thursday

Every Thurs 10-11.15am St P's Old Boys & Comm. Ass St Peters Memorial Hall 864162

Every Thurs 2-3.30pm Line Dancing St Peter's Memorial Hall 603332

1<sup>st</sup> & 3<sup>rd</sup> Thurs 7.30pm Recorded Music Soc Red Hall 604101

3<sup>rd</sup> Thurs 2pm TADFAS St. Peter's Church Hall 580389

3<sup>rd</sup> Thurs 2-4pm B'st Ladies Lifeboat Guild Holy Trinity Church 861306

### Friday

Every Fri 7-9pm St P's Old Boys & Comm Ass, WHIST St Peters Memorial Hall 864162

Revolution Skatepark & Climbing Centre 866707

Every Weds & Fri 5-7pm : Beginners Skating

Every Tuesday 5-7pm : Advanced Skating

Every Sat & Sun 5-6.30pm : Climbing Club

[www.revolutionskatepark.co.uk](http://www.revolutionskatepark.co.uk)

4<sup>th</sup> Broadstairs Scout Grp Belvedere Rd 01843 867590

Beavers: Weds 6.30-8pm

Cubs: Mon & Weds 6.30-8pm

Scouts: Fri 7.30-9.30pm

Vacancies for beavers, cubs, scouts, leaders & helpers.

## Broadstairs Clubs & Organisations

Angling Society 865566

B & St P's Art Group 848016

B & St P's Bowls Club 861283

B & St P's Concert Band 581185

B Cricket Club 602681

B Lifeguard & Swimming Club

865292

B Sailing Club 861373

E Kent Lacemakers' Guild 865102

E Kent Morris Minor Club 867270

Joss Bay Surf School 07812 991195

Kent Surf School 866707

N Foreland Badminton Assoc

01227 374919

N Foreland Golf Club 862140

Rock Doctor Walks 0870 2646111

Thanet Archery Club 863561

Thanet Male Voice Choir 865819

Thanet Squash Club 865484

Thanet Wanderers' Rugby Club

593142

Vikings' Sea Angling Society 865566

Walkers' Friend 07801 508958

Sarah Thorne Theatre Club

Memorial theatre Hilderstone

[www.sarahthorne-theatreclub.co.uk](http://www.sarahthorne-theatreclub.co.uk)

0845 262623

March

Fri 4<sup>th</sup> Sat 5<sup>th</sup> & Sun 6<sup>th</sup> Thanet Music

& Drama Festival

Sun 6<sup>th</sup> Blue Rhythm Kings

Sat 12<sup>th</sup> By George

Sun 13<sup>th</sup> Sunday Spring Classics 2

Sat 19<sup>th</sup> Sherlock Holmes The Last Act

Sun 20<sup>th</sup> Four's a Crowd

Sat 26<sup>th</sup> & Sun 27<sup>th</sup>: War Memories

April

Fri 1<sup>st</sup>: Thanet Music & Drama Festival Gala Night

Sat 2<sup>nd</sup>: Murder Mystery Evening - The Hotel Murder

Sun 3<sup>rd</sup>: The Jive Aces

Sat 9<sup>th</sup>: Twinkle Little Star

Sun 10<sup>th</sup>: Sunday Spring Classics 3

Sat 16<sup>th</sup>: Marie: The Story of Marie Lloyd

Sun 17<sup>th</sup>: The Foxtrot Serenaders

Wed 20<sup>th</sup>: 'Rikki and Julie' or 'Romeo and Juliet Today'

Easter Saturday 23<sup>rd</sup>: HIPPO and CO...

An Evening of Flanders & Swann

Sat April 16<sup>th</sup> 7pm Holy Trinity Church

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## Useful websites

[www.broadstairsonline.co.uk](http://www.broadstairsonline.co.uk)

[www.broadstairs.gov.uk/](http://www.broadstairs.gov.uk/)

[www.broadstairschamber.org.uk/](http://www.broadstairschamber.org.uk/)

[www.dickensfellowship.org/](http://www.dickensfellowship.org/)

[helterskelterplaycentres.co.uk/](http://helterskelterplaycentres.co.uk/)

[www.iotas.org.uk/whatson.html](http://www.iotas.org.uk/whatson.html)

[www.isleone.co.uk](http://www.isleone.co.uk)

[www.kentadulthoodeducation.co.uk](http://www.kentadulthoodeducation.co.uk)

[www.nadfaskentarea.org.uk](http://www.nadfaskentarea.org.uk)

[www.stella-maris.org.uk/](http://www.stella-maris.org.uk/)

[www.thanetcoast.org.uk/](http://www.thanetcoast.org.uk/)

[www.thanetfilm.co.uk](http://www.thanetfilm.co.uk)

[thanetkids.co.uk/](http://thanetkids.co.uk/)

[www.thebroadstairsociety.org.uk](http://www.thebroadstairsociety.org.uk)

[www.thebroadstairsvictorians.org.uk/](http://www.thebroadstairsvictorians.org.uk/)

[www.visitbroadstairs.co.uk/](http://www.visitbroadstairs.co.uk/)

## He's behind you

The pantomime season isn't over yet

(Oh yes it is!) Oh no it isn't. For the St

Peters Players will be presenting their

pantomime Jack & the Beanstalk on

April 11th 12th 13th at the Memorial

Hall High Street Peters at 7.30pm (Doors

open at 7pm)

Tickets cost £4 and are on sale at the

Newsagents High Street St Peters and at

the Memorial Hall Thursday Coffee

mornings 9.30-11.15am from March

17th.

Sun & Bank Hol Mons 10-6pm

Broadstairs Harbour Market

weather permitting!

07847 473615

Thanet Film Soc

[tfs@thanetfilm.co.uk](mailto:tfs@thanetfilm.co.uk)

April 5<sup>th</sup>: Neds

April 26<sup>th</sup> Monsters

Easter Sunday 10-3.30pm

Easter Egg Hunt £2 entry

Balmoral Gardens

Sunday May 1<sup>st</sup> 2-5pm

Royal Wedding weekend

Picnic in the Park in

Pierremont Park

Mon 21st March 7.30pm

ANNUAL TOWN ASSEMBLY

An open meeting

for all townspeople /

electorate

Pavilion 868718

## Childrens Ballet Classes

Wednesdays at Holy Trinity  
Church, in Broadstairs  
Kindergarten Class  
(from 3 yrs) 3pm  
Primary Ballet 3.40pm

For details of Grades I to IV and tap classes (Tues)  
Telephone Thanet 862083 or enrol on the day

Mrs Corrine Barnett, member of the Royal Academy of Dancing



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wallychantler@live.co.uk 07818 007881

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Ct10 1NU

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Migraine  
Dizziness  
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**Also available**

**Lip Enhancement with Restylane Lipp**

**Facial Enhancement with Restylane Perlane**

### Skin Revitalisation with Restylane Vital

Restylane Vital is a versatile, safe, effective treatment used to rejuvenate the skin in a way that creams and moisturisers simply cannot do. By injecting very small deposits of Hyaluronic Acid, Restylane Vital treatment improves the skin quality for a fresher look. For face, neck, décolleté and hands.

### Skin Rejuvenation with Dermaroller

Saying goodbye to the lines and wrinkles, sun damage, pigmentation, acne scars and stretch marks is easier than ever thanks to an exciting non-surgical skin regeneration procedure. Dermaroller Therapy uses tiny micro-medical needles on the skin encouraging regeneration and repair, leaving you with smoother, brighter, healthier, younger looking skin.

Titanium Dermaroller Therapy offers amazing results without the inconvenient 'downtime' that comes with more aggressive laser treatments and medium and deep Chemical Peels. And because it stimulates the skin to regenerate collagen and repair itself without adding foreign substances to the body or taking anything away. Dermaroller Therapy is a natural process which has an excellent safety profile when used by trained medical aesthetic practitioners.

**FREE CONSULTATION**

These treatments are offered at STRAIGHT LINES, 132 High Street, Broadstairs. 01843 864311  
[www.rejuvederm.co.uk](http://www.rejuvederm.co.uk)