

ESSEX COUNTY FIRE AND RESCUE SERVICE

RETIRED MEMBERS ASSOCIATION NEWSLETTER OCTOBER 2023



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RMA Website: <https://www.essex-fire.gov.uk/retired-members-association>

Studley Castle Visit...

Another successful RMA 4-day break, this time to the impressive Studley Castle in Warwickshire. Thanks to Dave and Jean Birks for organising a brilliant event.

During the time there we had the opportunity to visit the British Motor Museum, Warwick Castle and the GWSR Heritage Steam Railway running from Broadway to Cheltenham. Spending a sunny afternoon having a Cream Tea in Broadway. Some took the opportunity to make use of the Castle facilities e.g., Spa and Pool.

The food provided was varied and of a high standard. Mealtimes offered us the chance to meet up and discuss our day.

All this combined with swinging the lamp of an evening with like-minded excellent company. As the evenings progressed, the stories were embellished. Why let the truth get in the way of a good tale. The constant laughter was jaw aching.

[RMA Committee member: Ray Parfitt]



Forthcoming Events:-



Thursday 5th October 2023 – Traditional Afternoon Tea

Those who have been to an RMA Afternoon Tea will know that it is a delightful event, meeting up with old friends. By popular demand we are back at the Tiptree Tea Rooms, The Barns, Cressing Temple, Witham Road, Cressing CM77 8PD, where the staff there always look after us very well. Visitors can make their way around the fascinating and outstanding 13th century barns and admire the Tudor herb garden. Tiptree Barns has a well-stocked shop; amongst the regular jars and pots you will find they are now even producing fruit infused alcohol, the ideal gift!

Just a few places left – book now to avoid disappointment

See attached flyer for further details



Thursday 7th December 2023 – Christmas Lunch

This year we have decided to hold our Christmas Lunch at The Lion Inn at Boreham in their private dining room. We had an excellent lunch there in the summer of 2022 and we know, the food and service are of a very high standard.

There are only a few places left for this event, so you need to book now!

See attached flyer for further details

Hospital & Medical Care Association

Following contact from the HMCA (Hospital & Medical Care Association) the RMA committee suggested that we should make the HMCA information available to members as outlined in the attached flyer.

Members are advised that the RMA accepts no responsibility whatsoever should any member act upon the information provided, and neither is this a recommendation. The RMA is purely passing on the information without prejudice, and any liaison would be strictly between the member and the HMCA.

See attached flyer for further details

NEW MEMBER

The RMA is very pleased to welcome Danny Bruin as a new member.

Christmas Lunch at the Lion Inn

Main Road, Boreham, Chelmsford, CM3 3JA



The Date :- 7th December 2023

Time :- 12 noon for 12.30pm

Price :- £38.95 per person

This is for a 3-course meal with tea/coffee (choose your menu on the day)

See menu attached

This year we are holding our Christmas Lunch at the Lion Inn as we know the quality of food and the service we have received in the past is very good.

We have reserved the private dining room for this event and our numbers for seating are limited so please book early to secure your places!

Register your interest in this event by emailing John Rogers at

dj.rogers@btinternet.com

along with one of the following payment methods

There are two methods of payment:

by online banking as follows:

Account: ECFRS RMA, sort code: 30-91-85, account number: 49411768,

Please use reference: "Xmas [surname]"

(so that we know how to attribute the payment)

or alternatively:

forward a cheque made payable to ECFRS RMA to
John Rogers – 1 Ruffles Close, Rayleigh, SS6 8EW

LION INN

LION INN FESTIVE PRIVATE DINING MENU 2023

1st to 23rd December in The Lion Inn
£38.95 Monday – Saturday, Lunch & Dinner

STARTERS

- (VG) Curried parsnip soup: *crusty bread*
- (VG) Roasted tomato & basil soup: *crusty bread*
- Duck, pork, brandy & pistachio terrine: *wrapped in streaky bacon with toasted brioche & spiced pear chutney*
- (VG) Cauliflower & cheese croquettes: *candied walnuts & beetroot relish*
- Sloe gin & blackberry cured salmon: *dill crème fraiche & ciabatta thins*
- Prawn & crayfish cocktail: *Marie Rose sauce & multigrain bread*
- Pulled pork, leek & cheddar croquettes: *Seeded mustard mayo & dressed leaves*
- (VG) Chickpea falafel: *Red pepper houmous & pitta bread*

MAIN COURSE

- Roast 'Shalford Farm' turkey: *glazed gammon, pig in blanket, sausage & apricot stuffing & roast potatoes*
 - Pan fried seabass fillet & salmon escalope: *leek & potato croquettes with white wine sauce & dill oil*
 - 28-day aged English 8oz sirloin steak (rare, medium or well done): *café de Paris butter & chunky chips*
 - (VG) Butternut squash massaman curry: *deep fried tofu, braised wild & Basmati rice, spring onion & coriander*
 - (V) Filo parcel: *wild mushroom, spinach, leek & Feta, sweet potato fries, ratatouille*
 - Slow roast belly of 'Old Spot' pork: *apple sauce, Cornish cider mustard jus & mashed potato*
 - (VG) Beyond burger: *Sriracha mayonnaise, vegan cheese, baby gem, tomato & caramelized red onion, sweet potato fries*
- All main courses served with seasonal vegetables*

DESSERTS

- 'Lilypuds' Christmas pudding (contains nuts): *Brandy custard (Vegan & gluten free alternative with vegan ice cream)*
- Cinnamon crème brûlée: *shortbread biscuit*
- Baked malted milk & Malteaser cheesecake: *raspberry compote*
- (GF & VG) Apricot & almond chocolate torte: *candied citrus peel, chocolate sauce & vegan ice cream*
- Sticky toffee & ginger pudding: *'Rossi' vanilla ice cream & toffee sauce*
- Selection of ice creams & sorbets
- Mini chocolate Baileys mousse: *chocolate shavings*
- Mini vanilla panna cotta & passionfruit puree: *meringue candy cane*
- Mini raspberry & white chocolate cheesecake: *ginger nut crumb*
- Chocolate steamed sponge pudding: *salted caramel custard*
- Duet of cheeses: *Black bomber cheddar, Cashel blue, water biscuits & chutney*

Cafetiere coffee & tea

All our dishes may contain traces of nuts.

Tables of 6 or more will have a discretionary 12.5% service charge added to their bill.

Please inform your server of any allergies or intolerances before you order. Unfortunately, it is not possible to guarantee that any product is 100% free from any allergen due to our busy kitchen and the risk of cross contamination.



THERE ARE JUST FOUR PLACES LEFT

This is an opportunity to meet up with your friends and former colleagues

Come and join us at the RMA's ...

TRADITIONAL AFTERNOON TEA



There are few hours in life more agreeable than the time dedicated to the ceremony known as Afternoon Tea.-- Henry James

Tea.-- Henry James

Never trust a man who, when left alone in a room with a tea cosy, doesn't try it on. -- Billy Connolly

Come, let us have some tea and continue to talk about happy things -- Chaim Potok

**Tiptree Tea Room at The Barns, Cressing Temple,
Witham Road, Cressing CM77 8PD**

Suitable for wheelchair users or visitors with limited mobility

12 noon until 3.30 p.m.

Thursday 5th October 2023

Cost: £17.50 per head

If you would like to attend this event,
please forward a cheque made payable to ECFRS RMA to
The RMA Secretary, "Briarlea" Southend Road, Billericay CM11 2PR

Alternatively reserve your places by email to barryccable@gmail.com
and pay by online banking as follows:

Account: ECFRS RMA, sort code: 30-91-85, account number: 49411768,
reference: Tea [surname]



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**EXCLUSIVE
OFFER¹**

for members of

**Retired Members
Association**

92% SAVED MONEY²
transferring to HMCA²

¹Based on data provided by members who joined HMCA between 1st May 2022 and 30th April 2023.
²Exclusive offer available to Retired Members Association and other selected membership groups.

Call today for a no obligation quote on

01423 799949

or enquire online at www.hmca.co.uk/rmaessex



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EXTRACTS FROM THE SEPTEMBER EDITION OF THE ECFRS NEWS



Want to continue to support ECFRS after retirement? Join us and become a volunteer for your community!

We have many opportunities for retired firefighters to get involved with, from talking to Essex residents about home fire safety to volunteering at the museum.

Find out more here: <https://www.essex-fire.gov.uk/volunteering>

Keep your family and home safe by following our chimney safety advice:

- Have your chimney swept at least once a year, or more frequently if you burn wood
- Do not stack fires too high and remember to let them burn down well before you go to bed
- Use a fire or spark guard
- Do not place objects on or over the mantelpiece which may cause you to lean over the fire to reach them
- Inspect your chimney regularly - particularly in the roof space - to ensure that it is sound and that sparks or fumes cannot escape through cracks or broken bricks
- Avoid burning soft woods as resin and soot builds up more quickly
- Buy suitable fuels. Using the wrong type of fuel on a liner will cause corrosion and reduce the life of the liner

