

Coopersale Chronicle

www.coopersale.org.uk

A Guide to What's On in Coopersale
Published by the Coopersale Social Institute

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Institute AGM

The Annual General Meeting of the Coopersale Social Institute will be held on Tues 19th May at 7pm in the Institute Reading Room.

This is a meeting to which all residents are welcome. Come along to find out more about the activities in the hall and to elect a committee for the coming year. Perhaps you would like to help by standing for election to the committee.

Anyone who would like a subject included on the agenda (or wishes to stand for election) should contact the secretary Fiona Verhagen on 01992 560694.

Get Involved if you care.

Coopersale Chronicle

This newsletter has been published by the Coopersale Social Institute Committee in response to a number of complaints that residents of Coopersale did not know about many activities which are available in the village.

It has been published since June 2001 and has appeared quarterly (with some additional special editions). It is compiled and edited by Chris Hoare, who will be unable to continue. Unless a volunteer comes forward to take on the role of editor, the Coopersale Chronicle will stop sometime this year.

Do you care?

Calling Residents of Coopersale Street & Houblons Hill

The Coopersale Chronicle is distributed by volunteers four times a year to every house in the village. The current volunteer who has delivered The Chronicle to houses in Coopersale Street and Houblons Hill is moving, so a new distributor, or two, are required to cover these areas. If you are willing to help, please contact Chris on 572568

GROUP 2000

Hello

The group met last week. Our thanks to Janet for organising the great selection of cheese and wine, nice to have a "catch up" with everyone, shame there were no new faces!

Our next meeting is on the 18th March and is a quiz evening. I'm sure it won't be on a par with Mastermind, but will probably involve laughing a lot!!!

On 15th April we have someone from the Salvation Army coming along to give a talk which I am sure will be very interesting.

On the 20th May Sue Brunskill is giving a talk on Nepal, sounds very interesting too.

On the 17th June we have our annual summer walk and meal (yes, SUMMER) can't wait.

Hopefully someone will volunteer to take over the Chronicle from Chris and there will be one published in June when I can update you on the next few months activities.

Sue

Easter at St Albans

Easter is the most important festival in the Christian calendar as we celebrate the Resurrection of Jesus on Easter morn. This is an event that we always look forward to at St Alban's and we look forward to welcoming you in your parish church at this most holy time of the year.

Easter is the celebration of God's deep love for us, which is shown in Jesus death on the cross and in his resurrection. It is why we believe what we believe. Jesus died for the things that we have done and do wrong but with his resurrection we are made one with God again in a new and fresh relationship.

Why not come and experience that new and fresh relationship with us and join us at St Alban's over the Easter weekend. We look forward to welcoming you.

There will be a Meditation on the Cross on Good Friday, 3rd April at 9 a.m. and on Easter Day, 5th April, at 11.10 a.m. we will be joyfully celebrating the Resurrection with our Easter Family Communion.

Bob Taylor

Minister in Charge:
St Alban the Martyr

RECIPE - EASY CHICKEN BROCCOLI BAKE (serves 2)

Ingredients

1.5 cups chopped cooked chicken (or 2 chicken breasts)
1 small head of broccoli
2 Tbsp olive oil
a splash of white wine
2 Tbsp flour
salt and pepper to taste
1/2 cup grated cheddar (optional)

1 small onion, chopped
1 cup chicken stock
2 Tbsp softened butter
1 Tbsp wholegrain mustard
1 cup fresh breadcrumbs

Method

Pre-heat the oven to 180C. (Mark 4)

Chop the chicken breasts into bite-sized chunks. Wash the broccoli and break into small florets.

Sauté the onion in the olive oil until translucent. Add the chicken pieces and sauté on high heat until just cooked (if using raw chicken) or just heated. Add the broccoli in the last few minutes, mixing well, and season to taste. Spoon the broccoli chicken mixture into a warmed ovenproof dish and keep warm.

Deglaze the pan with a splash of white wine, then lower the heat to medium and add the chicken stock. Bring to the boil. In the meanwhile, mix the softened butter and flour into a paste. Add this a teaspoonful at a time to the stock, stirring to eliminate lumps - the sauce should gradually thicken as each teaspoon is added. When the sauce has reached the desired consistency, stir in the mustard and pour the sauce over the chicken broccoli mix.

Sprinkle half the breadcrumbs over the dish, then the cheese, followed by the rest of the breadcrumbs to form a crust. Bake uncovered at 180C for about 20 minutes or until the cheese has melted and the bake is bubbling. Finish under a grill to crisp and serve on brown rice.

See more at:

<http://www.cooksister.com/2008/04/easy-chicken-br.html#sthash.ww4mkd7H.dpuf>

What's On at the Institute?

Pre School	Every weekday in term time from 9 am to 3 pm. (Fri 9 - 12) Contact: Cathy Kemp, Tel: 0774 359 5892
Floral Art	Meet 2 nd and 4 th Mon each month (Mar to Nov) from 7.30 -10pm Contact: Mrs Myra Amos, Tel: 01992 522442
Acting Up	Amateur drama group, meet every Monday 6 - 8 pm (in Reading Room if Floral Art Club is meeting). Contact: Sally 07980 273131 or Victoria 01279 329729
Dance Class	Highams School of Dance, every Tuesday (4.30 -8.15) & Thursday (4.00 - 7.45) Contact: Sarah Barrett 0781 2182512 www.highamsschoolofdancing.co.uk
Dance Class	Ballroom & Latin Dancing, every Wed (except 3 rd each month) 7.30 - 9.30 pm. Contact: Lesley Whitaker, Tel: 07837 283361
Group 2000	Meet 3 rd Wed every month from 8 pm to 10 pm (ex Aug) Contact Sue Silvester Tel: 01992 575898.
Irish Dance	Hennigan School of Irish Dance every Friday 6.30pm - 8.30pm Contact: www.henniganirishdance.co.uk/

Hall Hire

The Institute hall is available for private functions, excluding teenage parties. It costs £10 per hour during the week or £12 per hour at weekends (which include Friday evenings) with a minimum hire period of 4 hours. We also require a security deposit of up to £250 (often much less). For further details visit our website www.coopersale.org.uk or ring 01992 260 261.

**If you have trouble reading the Chronicle,
please contact Chris on 572568 and ask for
a large print version.**