

# Coopersale Chronicle

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A Guide to What's On in Coopersale  
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## Coopersale Horticultural Society

The Society recently held the second Show of the year and once again the sun shone, helping to make it an enjoyable and well attended afternoon. Despite our unpredictable weather there was a good display of vegetables and many beautiful floral, intricate handicraft and mouth watering domestic exhibits. It was good to welcome interested visitors from outside the village and to see our loyal village supporters but we would love to see more of the locals popping in to enjoy the afternoon with us. You would be surprised at the quality of the exhibits on show and might even be inspired to take part yourselves! The next meeting to put in your diaries is on Monday 21st October when we will be having another informative talk by Hannah Shine, this time about herbs used in cooking and healing. Look out for the posters which will be displayed around the village and do try to join us for our informal evening and friendly cuppa! You will be made very welcome!

Gwyneth Duhy (Secretary)

## Floral Art Club

Floral Art Classes start again on the 2nd and 4th Mondays of each month starting September. Our Teacher will be Kathy Stanguard.

## What's on at Your Church?

Sunday, 29th September is "Back to Church Sunday". If you have just moved into the village or haven't visited St Alban's for some time, come along and experience the warm welcome that awaits you in your parish church.

On Sunday, 6th October we will be celebrating Harvest Festival at 11.10 a.m. Why not join us to thank God for the bounty around us. All the Harvest gifts are being given to the Harlow Food Bank, if already in tins and packets, and the perishable produce will be sold and the money donated there as well.

Remembrance Sunday is on Sunday, 10th November and at 10.50 a.m. we will be remembering those who have died in conflicts over the past hundred years to maintain our freedom.

On the first Wednesday of each month there is a "Tea @3" in the Parish Room, opposite the Church, for those whom our American cousins would call "Golden Agers". Why not come and join us?

Your church is here for you.

Bob Taylor

Minister at St Alban's

## Group 2000

Hello to everybody.

Hope you've all enjoyed what seems to have been one of the better summers we've experienced of late.

Group 2000 has had its "holiday" in August.

We enjoyed a meal in Prezzo in June and some of us did walk there and back. 4 of us left after the majority, walked across the fields with a torch, hanging onto each other (not because we'd had one too many) there was a light in the distance as we approached the railway and our hearts were racing, it was only a man on a bike, ( who I reckon being approached by 4 women, was more scared than us) think we've been watching too much Luther!!!

Come along to the Bingo evening in September, never know you might win something!

We have a talk on the Olympic Ceremony in October, "Glass & Craft" in November and to end the year our Christmas meal.

We meet on the third Wednesday of the month, if you would like to join us just turn up at the hall, 8pm.

## Recipe – Baked raspberry cheesecake

This is a dead easy two-step recipe that looks like it took hours (and lots of skill) to make

### Ingredients

8 digestive biscuits	vanilla extract
50g butter, melted	2 eggs, plus 1 yolk
600g cream cheese	142ml pot soured cream
2 tbsp plain flour	300g raspberries
175g caster sugar	icing sugar

### Method

Heat the oven to 180C/fan 160C/gas 4. Crush 8 digestive biscuits in a food processor (or put in a plastic bag and bash with a rolling pin). Mix with 50g melted butter. Press into a 20cm springform tin and bake for 5 minutes, then cool.

Beat 600g cream cheese with 2 tbsp flour, 175g caster sugar, a few drops of vanilla extract, 2 eggs, 1 yolk and a 142ml pot of soured cream until light and fluffy. Stir in 150g raspberries and pour into the tin. Bake for 40 minutes and then check, it should be set but slightly wobbly in the centre. Leave in the tin to cool.

Using the remaining 150g raspberries, keep a few for the top and put the rest in a pan with 1 tbsp icing sugar. Heat until juicy and then squash with a fork. Push through a sieve. Serve the cheesecake with the raspberry sauce and raspberries.

Recipe from olive magazine, July 2005 and [www.bbcgoodfood.com/](http://www.bbcgoodfood.com/)

## Acting Up Theatre Company

### Monday Evening Singing Group

Starting back on Monday 9th September 6:30pm till 8pm at Coopersale Institute Hall. First session is FREE and £4 thereafter, all adults and abilities welcome to this wonderful and supportive group.

For more info please call Sally on 07980 273131.

# 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
Horticultural Society	Meet alternate months (except Jan & Feb), usually 3rd Mon, 8 pm Contact: Gwyneth Duhay 01992 574945
Floral Art	Meet 2 <sup>nd</sup> and 4 <sup>th</sup> Mon each month (Mar to Nov) from 7.30 -10pm Contact: Mrs Myra Amos, Tel: 01992 522442
Zumba	Every Tuesday 6.30 – 7.30 pm Contact Leary Tel: 07958 415 908.
Group 2000	Meet 3rd Wed every month from 8 pm to 10 pm (ex Aug) Contact Sue Silvester 01992 575898.
Acting Up	Amateur drama group, meet every Monday 6 – 8 pm (in Reading Room if CHS or Floral Art are meeting). Contact: Sally 07980 273131 or Victoria 01279 329729

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 includes Friday evenings) with a minimum hire period of 4 hours. We also require a security deposit of **up to** £250. For further details contact Chris on 01992 572568 or visit our website [www.coopersale.org.uk](http://www.coopersale.org.uk)

## October Dance

A dance will be held in the Institute on Saturday 26<sup>th</sup> October to raise funds for upkeep of the hall. **Live** music will be provided by Doctor Real Live Good; this band proved very popular at the spring dance. Tickets will be only £10 per person (bring your own food and drink) so this will be an ideal opportunity to meet neighbours and enjoy yourselves at a modest cost whilst supporting a village amenity.

Further details will be published nearer the time, but make a note in your diaries **today**. You have been given plenty of notice, so round up a few friends and make up a party so that you can book a table or come alone and make new friends.