

Stansted Mountfitchet

The Link



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VOLUME 28
Issue 9
August 2008

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 The Link is delivered free to 2500 homes and businesses in Stansted Mountfitchet. Further copies may be purchased for 50p each or £5.00 for the year.

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by **noon** on 11th August for publication on 22nd August
 by **noon** on 11th September for publication on 25th September

The Link is an independent publication supported by local churches, businesses and the parish council



As a welcome addition to the Recreation Ground and Mountfitchet Green, it's good to now see more children's play and adult relaxation in Windmill Field and the Memorial Garden. Perhaps we are beginning to see a return to better use of what our community provides, be it open space, shops or eating places. A less obvious aspect of this is that the 'Link' this month includes four more pages. "Hooray" we say. This allows space for larger photographs and articles, but please note that its continuation is dependent on the loyalty of our advertisers. Buying and trading locally is a good thing for them and us. With high petrol prices there is much to be said for 'staying local'.

High costs or not, the car will be with us into the foreseeable future but it is regrettable when cars are parked on, or partly on, footways and so make some of our pavements a no-go area for prams, buggies or even the elderly. Silver Street is a notably bad example, so can the 'Link' make a plea for greater consideration towards pedestrians.

You may remember that in June a fracas in Lower Street led to life-saving action by firemen and paramedics. We owe these services a great debt of gratitude. However, it is disturbing to read recently of vital cutting equipment being stolen from nearby fire stations (not Stansted). Vigilance by passers-by is an essential element in present-day security, so please keep a weather eye on our public buildings - and this includes our churches, with lead on their roofs, and extends to vulnerable metal objects anywhere.

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DISCLAIMER

Opinions expressed in this magazine are given freely and do not necessarily represent those of the editorial committee

THOUGHT FOR THE MONTH

Dear Friends

One of the least popular of the Ten Commandments is the one which says "Six days shalt thou labour, and do all thy work: but the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates" (Exodus 20:9-10 KJV). Perhaps because the church has failed to present the positive aspects of a day of rest this commandment has been seen as imposing a dreary restriction on what people can do rather than being a liberating enactment. And yet it is a liberating command. Even slaves (the manservant and maidservant) are to have a day off each week! Even the animals have time off from plodding through the fields! No one is to be forced to work "all the hours God sends", everyone is to be allowed time off from **doing** for simply **being**.

Jesus seems to have been particularly keen that his disciples enjoyed times of rest and relaxation. On one occasion we hear him say to them "Come away and rest awhile" (Mark 6.31). We hear this story because it didn't quite work out as Jesus had planned, but I suggest it reflects many occasions when it did; after all, one of the things that Jesus promised to those who came to him was rest (Matthew 11.28).

In this holiday month of August make sure you get a rest at some time or another. It's awfully tempting to fill the time with work, stress and busyness, but if you do you'll miss out on one of the things God intends for you - the joy of not being your role, your job or the object of others' expectations but of simply being yourself.

Yours in Christ Jesus,

Paul Wilkin

Rector of St John's, Stansted



SOCIETY OF FRIENDS

Quaker Meeting House, Chapel Hill

Clerk Mrs Anthea Lee
24 Lea Close
Bishop's Stortford
Tel : 01279 656707

Meeting Sunday, 10.30am



Most supermarkets now stock a range of Fairtrade items such as tea, coffee, jams, sugar and bananas etc, but the Fairtrade Association supplies a vast range of goods including clothes as well as foodstuffs. I have some items in stock and can order any items from the Traidcraft catalogue. If you would like to see some of the goods, they will be on show at Stansted Free Church on Sunday mornings 17th August and 14th September (further dates to be arranged). For more information, please contact me.

Brenda Veitch
Tel: 815819

Email: fairtrade@stanstedfreechurch.org.uk

Traidcraft goods - food and items from the Traidcraft catalogue - are also available from Rosemary Thomson Tel: 815551; she has a stall in St John's most Sundays after the 9.30am service.

Editor



Windmill Players present 'The Ghost Train'

The Windmill Players, who performed *The Importance of Being Earnest* at St Theresa's Church in 2006 will be performing *The Ghost Train*, a comedy thriller by Arnold Ridley (Godfrey from Dad's Army) at Ugley Village Hall in November. Performances will be on Friday 21st and Saturday 22nd at 7.30pm and Sunday 23rd at 3.00pm. Please put these dates in your diary. Tickets will be available in September. All proceeds to Churches Together in Stansted.

David Morson
Tel: 850209



RIDE AND STRIDE

This year's Ride and Stride for the Friends of Essex Churches Trust is on Saturday 13th September. Last year over £105,000 was raised for local churches and the Trust to help preserve our heritage. If anyone would like to help this worthy cause by either walking or cycling, sponsorship forms are available from any of the Stansted churches, or from me. Walk round Stansted village and you can visit five churches for a start! Please book the date in your diary now.

Janet Townsend
Tel: 812593



STANSTED FREE CHURCH

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Chapel Hill

www.stanstedfreechurch.org.uk



Ministers Rev'd David Mullins
Tel 654475
minister@stanstedfreechurch.org.uk

Rev'd Allen Morton
Tel 757635
minister@stanstedfreechurch.org.uk

Lettings Janet Townsend
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lettings@stanstedfreechurch.org.uk

Preachers for August

3rd 10.30 am New Directions in Worship
2.30 pm Rev'd David Mullins
10th 10.30 am Andrew Brown
17th 10.30 am Rev'd Allen Morton
Holy Communion
24th 10.30 am John Banks
31st 10.30 am Rev'd Allen Morton

Church Anniversary

Sunday 7th September will be our second anniversary of becoming a joint church. Our service on that day will be at 3.00pm and will be led by both our ministers. We are very much looking forward to this, as it will be the first time that David and Allen have led a service together. The service will be followed by tea in the hall. Please join us!

ROMAN CATHOLIC

St Therese of Lisieux
High Lane

Priest Father Joe White
The Presbytery
St Therese of Lisieux
High Lane
Stansted
Tel: 01279 814349

Masses Saturday 6.00pm
Sunday 9.00am and 10.30am

Holy Days of Obligation 8.00am and 8.00pm

Tuesday-Saturday 9.30am

Confessions
Saturday 10.00am
and by appointment

Baptisms By appointment

All enquiries: The Church Office, St John's Hall,
St John's Road, Stansted CM24 8JP
Tel: 815243
Email: st.johns.church@btinternet.com
Office hours: 9.00am-12 noon, Monday,
Wednesday, Friday
Administrator: Mrs Elizabeth Jennings
Website: www.stansted.net/stjohns

Rector: Rev'd Paul Wilkin
Tel: 812203
Email: paulwilkin@iname.com

Assistant Curate: Rev'd Dr Caroline Currer
Tel: 815243
Email: through the Church Office

Director of Music: Lorraine Everett
Email: church.music@stansted.net

St John's Diary

Sunday

8.00am Said Holy Communion
9.30am Choral Eucharist
4.00pm Open Door @ 4 Service
(all age worship) 3rd Sunday
8.45pm Night Prayer

Junior Church meets in church at 9.30am and then goes to the Church Hall halfway through the service.)
The Lazer youth group meets on Sunday evenings at 7.30pm.

Monday-Wednesday

8.30am Morning Prayer
5.00pm Evening Prayer

There are services of Holy Communion on the first Tuesdays and Wednesdays of the month in Norman Court, Hargrave House and Broome End Nursing Homes.

Wednesday

10.30am Holy Communion

Thursday

8.30am Morning Prayer

There were no entries from the Registers for June.

The Book Group will be recommencing on Wednesday 17th September, after the summer holidays, and will meet fortnightly thereafter until Wednesday 26th November. The autumn book will be *What is the Point of Being a Christian?* by Timothy Radcliffe, copies of which are available for purchase at the back of St John's at £6.99 each. Those interested should contact Liz Jennings (church office: 815243) or Alastair Richardson (815518).

Our congratulations are due to Marion and Tom Johnson who attended a Buckingham Palace Garden Party on 15th July. These two Stansted celebrities have made a mark on Stansted with many years service by Marion to St Mary's School and the long-running Good Friday Project, and both of them with the Huw Johnson Club.

Derek Honour



STANSTED FUN RUN

RESULTS

Although many of our entrants (particularly the adults) come from a very wide geographical area, this family event still attracts a large number of runners from Stansted and the surrounding area, many of whom won prizes this year. The first three winners in each category are listed below:

Men

Crispin Broomfield	Brentwood
Nick Shasha	London
Steve Prosser	Bishop's Stortford

Ladies

Nicki Hunt	Bishop's Stortford
Toni McQueen	Woodley
Julie Fonnereau	Bishop's Stortford

Boys Under 16

Jon Shipman	Stansted
Jack Lough-Hall	Stansted
Dean Frost	Colchester

Girls Under 16

Emily Williamson	Stansted
Ellie Bryan	Stansted
Katherine Eccleston	Arkesden

Boys Under 12

Teddy Oliver	Stansted
Max Schalow	Sawbridgeworth
Riku Green	Stansted

Girls Under 12

Ellie Price	Henham
Louise Potter-Jones	Henham
Anna Field	Stansted

For pictures see page 21.

Marion Dyer

HELPLINE

AN INVITATION TO ALL VOLUNTEERS

All Helpline volunteers are invited to an open meeting at The Crafton Room, Stansted Day Centre at 7.30pm on Friday 12th September. This will be an opportunity for Committee members, 'listeners-in' and all our valuable band of 'front line' workers to come together to discuss common issues, raise any problems, etc. as well as getting to know our fellow volunteers.

If anyone is interested in becoming a Helpline volunteer and would like to find out more information about assisting our neighbours in need of an occasional helping hand, you are very welcome to come along and join us.

Francine Cope
Chairman



WORKERS' EDUCATIONAL ASSOCIATION

Autumn Course

The Stansted Mountfitchet branch of the Workers Educational Association is pleased to announce that their tutor, Peter White of Chelmsford, will run a course starting Monday 15th September at 7.30pm for registration at 8.00pm on all other Mondays in the Crafton Room, Stansted Day Centre, off Chapel Hill.

His subject will be **The Plant Hunters** – the story of those adventurers, traders and professional plant hunters, who travelled the world to find and bring back to Western Europe, the plants that grace our gardens. Also the work of both botanical and plant breeders will be included in the course. The cost of the ten week term will be £43 and the WEA can offer a fee reduction for those on recognised benefits.

Ralph Phillips



CHARITY LUNCH

Sunday 24th August

All profits to the Willow Foundation

Also Charity Auction and with every bottle of Bill Cart Rosé we will be making a donation to Breast Cancer Research

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12 noon - 3.30 pm

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www.flutestapasbar.co.uk



BIRTHSTONE OF THE MONTH

August - Peridot

A transparent chrysolite, its greenish colour shows that it contains iron and has sometimes been mistaken for emeralds, but peridots have a more olive hue. They were one of the earliest mined stones, and often bored through and used as beads. They are found in ancient Egyptian jewellery, the stones usually coming from an island in the Red Sea which was particularly noted for them and has a green tinted shore. Peridots are found in many countries of the world but a few years ago some of the best were discovered high in the Kashmir region where, due to weather conditions, they can only be mined in the summer months.

Peggy Honour



St Mary's Church Open

2 - 5 pm
Sun 3rd August
Sun 7th September

Everyone Welcome



Stansted Windmill

Open Days
2 - 6 pm

Sun 3rd August
Sun 24th August
Mon 25th August
(with Fête)

St James Church, Thorley

12 - 5 pm Sun 24th Aug
Flower & Music Festival
in the church

Craft Fair & Teas
in the Barnabas Centre nearby

All welcome
Entry free - programmes 50p

VILLAGE EVENTS

August

1 Fri Conservatives Pub evening

Sat 2 & Sun 3 Skips

3 Sun St Mary's Church Open

Windmill Open

Outreach Tea (after service)

6 Wed Mountfitchet Garden Club

14 Thu Police Comm Supp Off Surgery
WI

Sat 16 & Sun 17 Skips

24 Sun Flower Festival & Craft Fair

Windmill Open

25 Mon Windmill Fête

Windmill Open

Sat 30 & Sun 31 Skips

Rose & Crown 8 pm

Lower St Car Park 9 am - 3 pm

2 - 5 pm

2 - 6 pm

Free Church 3.30 pm

Day Centre 8 pm

Youth Centre 10 am - noon

St John's Hall 7.45 pm

Lower St Car Park 9 am - 3 pm

St James, Thorley 12 - 5 pm

2 - 6 pm

2 - 5 pm

2 - 6 pm

Lower St Car Park 9 am - 3 pm

September

3 Wed Mountfitchet Garden Club

6 Sat Garden Club Autumn Show

7 Sun St Mary's Church Open

Windmill Open

11 Thu WI Flog-It

12 Fri Helpline meeting

Sat 13 & Sun 14 Skips

Sat 13 Churches' Ride & Stride

SSE Runway Ramble

15 Mon WEA commences

Day Centre 8 pm

Free Church Hall 2.30 - 4 pm

2 - 5 pm

2 - 6 pm

St John's Hall 7.45 pm

Day Centre 7.30 pm

Lower St Car Park 9 am - 3 pm

Molehill Green or Duton Hill 10 am

Day Centre 7.30 pm



Stansted Windmill

ANNUAL FÊTE

2 - 5 pm 25th August
(Bank Holiday Monday)

Bric-à-brac & Quality Artefacts

Book Stall ~ Teas

Barbecue ~ Ice Cream

Crockery Smashing

Tombola ~ Raffle

Live Music

Stalls & children's sideshows

plus

Teddy Bear Parachuting

See your teddy jump from the
windmill & receive a certificate

Windmill also open 2 - 6 pm

Have a fun afternoon!

The Plant Hunters



by Peter White

Enrolment

Monday 15th Sept at 7.30 pm

thereafter at 8 pm

Fee £43 for 10 weeks

(fee reduction if on benefit)

Crafton Room, Day Centre

HELPLINE

Open meeting

For all existing and
potential volunteers

7.30 pm Fri 12th Sept

Crafton Room,

Stansted Day Centre



Stansted Mountfitchet
Local History Society

'What the Victorians
did for St Mary's'

7.30 pm Thur 4th Sept

note earlier time

St Mary's Church, Stansted

An expert-led visit

open to members & visitors



STOP
STANSTED
EXPANSION

**RUNWAY
RAMBLE**

10 am Sat 13th Sept

Various walks, from 2 - 5 miles

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Three Horseshoes, Molehill Green

Giant Fête & BBQ from noon

Sponsorship forms from 870558 or
www.stopstanstedexpansion.com



Stansted Evening WI

FLOG-IT

All kinds of items including
some home-baking!!

7.45 pm Thur 11th Sept

St John's Hall

Admission £1 incl refreshments

All welcome

Mountfitchet
Garden Club



AUTUMN SHOW

2.30 pm Sat 6th Sept

Stansted Free Church Hall

Refreshments ~ Raffle

Prizes awarded & sale of
produce at 4 pm

Back to Basics Pilates Class

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MOUNTFITCHET MATHEMATICS AND COMPUTING COLLEGE



Prize Evening

Five hundred guests attended the annual Prize Evening on Thursday 26th June at The Mountfitchet Mathematics and Computing College. Amongst numerous prize winners were Chloe Nash – the SEEVEAZ Award for Information Technology, Leanne Lewis – the PTA prize for Contribution to College Life, Jamie Rayment – prize for Outstanding Personal Achievement, and Eleanor Smith – the Ron Davies Memorial Trophy for Academic Achievement.



Chloe Nash

Prizes were presented by John Eastgate, Sales and Marketing Director of Saffron Building Society. John spoke to students and guests of the importance of responding to high expectations but at the same time retaining one's individuality. The Head Boy and Head Girl thanked John and presented him with the gift of a clock. Head Girl, Ellen South, gave a moving speech and described how she had arrived at MMCC as a very quiet and shy girl, never even contemplating being Head Girl. However, MMCC had taught her that she could achieve anything she wanted.



Prize winners from left to right – Leanne Lewis, Ewan Smith, Ellen South (Head Girl), Douglas Furze, Glenn Searle (Head Boy), Jamie Rayment, Louise Sutton, Eleanor Griffiths, Eleanor Smith, Arran Flanders

Headteacher, Jo Mullis, told guests that the evening was a true reflection of MMCC, valuing not just academic success but personal effectiveness, character attributes and, for some, just happiness and survival against the odds. She challenged the Government's narrow focus on raw score league tables of

academic performance at a time when they were promoting their broader agenda of Every Child Matters.

Institute of Physics Year 9 Inter-School Competition

On 7th July four year 9 students, Alex Goodwin, Ellie Griffiths, Steven Kelly and Chloe Webb, headed to County Upper School in Bury St Edmunds for the Institute of Physics Inter-School Competition. There were 20 schools taking part from all over Essex, Suffolk, Norfolk and Cambridgeshire.

The day started off with an experiment looking at the rate of diffusion of helium through a balloon. The students had an hour to do the experiment, produce a poster explaining the physics behind the experiment and highlight some real world applications. They then had to present their findings to two judges and three other groups of students. The judges awarded marks for physics content and presentation.



Alex Goodwin, Chloe Webb, Ellie Griffiths and Steven Kelly

MMCC was one of only six teams to progress through to the semi-finals. The students then had an hour to devise, conduct and produce a poster about comparing the apparent energy gain of an Astro Blaster and a Neodymium Gauss Gun. The students again presented their results to the judges. Unfortunately, MMCC narrowly missed out on progressing to the final two teams. The judges commended the students for their depth of physics knowledge and their presentation skills. This meant the MMCC team came 3rd, a fantastic achievement! The students all had a great time and deserved the prizes awarded by Hawkin's Bazaar.

The day concluded with a lecture on alternative methods of space transportation based on Arthur C Clarke's ideas of a Space Elevator with some excellent demonstrations.

Ruth Martin

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Nature Notes

During the early spring, whilst casually looking at a leylandii hedge, I came across a cocoon on which was a batch of about a hundred moth's eggs. This was a surprise because almost nothing lives on or under a leylandii hedge. I recognised the eggs as being similar to those in a photograph which my father, a keen photographer and naturalist, had framed and hung on his wall, and a bit of research showed these to be the cocoon and eggs of a vapourer moth. The interesting thing about this moth is that the female is wingless and, when she has emerged from the pupa in the spring, has to sit around waiting for a male moth to pick up her scent and come visiting. This ploy was obviously successful for my moth which then laid her eggs where she was sitting on her cocoon.



Mission fulfilled - not really. The caterpillars feed on deciduous leaves, preferably oak or rose. If they hatched out on a leylandii bush they would not survive. This raises the question of why the original caterpillar was in the leylandii in the first place. The branches of an oak tree were overhanging the hedge at that point so she must have fallen off the oak leaves last year, and not being able to eat the leylandii and presumably being mature enough to pupate, wove a cocoon for herself and settled down to metamorphose into a moth during the winter.

I decided to move the eggs from the leylandii but apparently the vapourer moth caterpillars can do great damage to foliage and I did not fancy letting them hatch on our roses so I placed them in a large glass container and awaited results. Towards the end of May the eggs started to hatch over a two week period and there were dozens of little caterpillars start-



ing at about one millimetre long feeding on young oak leaves. Numbers have dwindled rapidly, but at the time of writing this in early July, a few hardy survivors have grown to over 30mm long. They are handsome creatures, blue-grey with orange spots, hairy, and with four whitish plumes rising from their backs. As with most hairy caterpillars they can be an irritant to tender skin. Some have already formed cocoons, probably because they feel that conditions are not ideal for further growth. When they have all pupated we stow them away until next spring. I hope they all turn out to be males - I don't want all this responsibility again next year!!

Felix

STANSTED HEALTH CENTRE UPDATE

A meeting entitled *Stansted Health Centre - a way forward* took place on 24th June at Stansted Free Church Hall. The meeting acted as a forum for residents and patients of Stansted surgery to explore ways of keeping Stansted's Health Centre at the centre of the village. Many suggestions were made as to ways forward. The meeting was chaired by Richard Shervington, with presentations from Liz Kadir and Janet Hollis, all of whom have been deeply involved with discussions with councillors and the Primary Care Trust. Stansted's County Councillor, Ray Gooding, District Councillor, Alan Dean, and Parish Council Chairman, Geoffrey Sell, all made significant contributions.

There was overwhelming support for keeping medical services in the centre of the village and the meeting recommended that the unsatisfactory consultation process should be extended. Concerns were raised about the dangerous route to Foresthall over Stansted's railway bridge and further suggestions were made about possible sites. It was also suggested that this group start a more formal pressure group, but in view of the timescale of this proposal and because residents are already involved with meetings with councillors and senior members of the PCT, we have taken the view that this is unnecessary.

There seems a common groundswell of opinion from our MP down to grassroots level, that a central site would be preferable if one can be found that has adequate parking and access and in a reasonable timescale. The petition against the Foresthall Health Centre site has in excess of 1,100 signatures and was handed to Geoffrey Sell, Chairman of the Parish Council, at the full Parish Council meeting on 9th July.

You may like to know that a number of sites are still being assessed, and at the time of writing, the PCT are actively looking at two sites in particular. If you have constructive suggestions as to possible sites or any other practical help you might be able to give in this matter (eg legal expertise, architectural skills etc) please contact me on 814931.

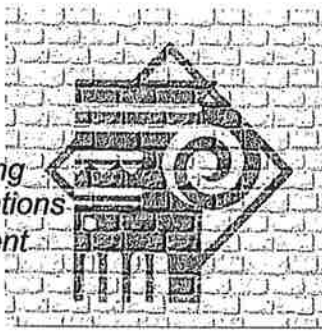
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Receiving this award demonstrates that we are committed to staff training and customer care here at the Kings Arms Hotel and we are very proud of this great achievement. We are continually raising money for local charities within our area and are very keen on giving a little back to the community in which we live. We hold regular quiz nights, poker nights, pool nights etc and new to us are bingo nights, which are very popular. We also offer a special menu for senior citizens on Wednesdays from 11.30am -2.30pm (two courses for £4.95) along with our traditional roast dinners on Sundays from 12 noon until 4.00pm with two courses for just £7.50. To keep up to date with what's going on at the Kings Arms, please check out our website: www.kingsarmshotelstansted.co.uk or email us on kingsarmsph@btconnect.com.

Stefanie Moore



OPERATION CHRISTMAS CHILD

I have recently received details of this year's Operation Christmas Child shoe box appeal. The message for this year's campaign is BE BOLD and THINK BIG, and aim to beat last year's record of over 1.3 million boxes which were sent from the UK to children in hospitals, orphanages, refugee camps, homeless centres and poverty stricken neighbourhoods in many parts of the world.

We will be having our usual shoe box packing coffee evening in November, but as you go around this summer watch out for items that can be included in the boxes but please DO NOT FORGET no glass or liquids or books with words. More details of restrictions next time when I have the new leaflets, but please start shopping now and let's see if we can beat last year's total of 330 boxes from Stansted. Also available shortly will be a video showing the children receiving the boxes last year and the pleasure they get from the simple things inside. If anyone would like to see it, or for more information on the work of the Operation Christmas Child team, please ring me. Empty shoe boxes are always required and these can be left at 58 Chapel Hill any time.

Janet Townsend
Tel: 812593



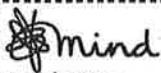
UGLEY WOMEN'S INSTITUTE

Our midsummer 'picnic in Hatfield Forest' eventually became a delightful picture-tour of Edna and Alan Wright's garden. Time allowed only six months of a year, from a very snowy January 1969 to June, bursting out as the best gardeners can show it. We have enjoyed many of Edna's slide shows and look forward to another, with perhaps a change of donkey or cart as well as vegetation!

Mary McKean gave her report as representative to the WI National Conference, held in Liverpool, where she gave her responsible vote on our behalf on the various resolutions. It was a good time, sharing news with other delegates and seeing something of the 'City of Culture 2008'. The guest speakers were, as always, excellent: Baroness Susan Greenfield (neuro-scientist); Professor Averil MacDonald (Women in Science); and Sandi Toksvig (author and radio presenter) on 'The importance of gathering recall from older generations as an important aid to the future ones'.

The author received a kind gift for the production of 'Alas, Aladdin' and tribute was paid to an all-star cast.

Phyllis Harrison



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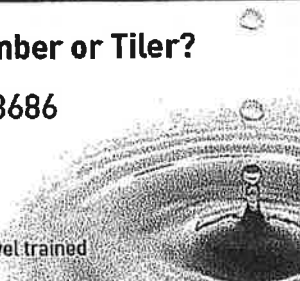


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St Mary's CE Foundation Primary School



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We have had a very busy second half of the summer term with rounders, athletics and cricket competitions, a highly successful Summer Fair, the Strawberry Tea, class visits to Kew Gardens, Holland-on Sea and our Open Afternoon and Art Exhibition. The standard of art in the school is very high and I hope that the many people who came to see the children's work agreed. There was also a chance to look at the work done on the history of the school which has been taking place this term. I would like to thank all the staff and pupils for their work on the projects, but especially Kirsty Innes whose idea the exhibition was and who created the art displays.

We are saying 'farewell' to Jane Wilton, who is retiring. Jane has been with the school many years as teacher, governor and a member of the leadership team. We say a huge thank you to her for everything she has done in the school. We also offer best wishes and support to Liz Gillson-Hill and to Nicki Kelly, two of our Learner Support Assistants, who love the job so much they are embarking on teacher training! And of course we say goodbye to the Year 6. Their thoughts are below, but from all staff and pupils we wish them all the very best. Good luck!

Christine Tonkins,
Headteacher

Memories from Oak Class 2008

It seems a long time since most of us started at St Mary's in Reception with Miss Innes. Some of us can still remember something about those early days. Matthew remembers feeling scared of Robert because he was so tall and had dark hair. Fraser remembers his mum pushing the pushchair to school and his granny taking his photo at the school gates. Katie has said that she wasn't very happy when she first started school because it was all too noisy. Time passed very quickly and before long we were off on trips to the castle and the sea life centre where Jo was frightened by a shark! As we moved into Key Stage 2 we had to leave behind the activity corners and play equipment. We began to go to after-school clubs where many of us could let off steam or take part in alternative activities. There was football and netball, rounders and tag rugby, homework clubs, computer clubs, art clubs, science clubs, multi-skills, choir, chess and many more.

During our time at St Mary's we have had so many opportunities to show what we can do. The highlight of KS1 is always the Grannies' and Grandads' concert that has long been a school tradition. With Year 3 came Education Sunday when we received our Bibles from the parish. We know that some of you reading this will still have the Bibles you were presented with when you were first year juniors. Christmas plays and concerts will always stay in our memories. All of us who went to Aylmerton last September will never forget the time that we had there and how much we learnt about ourselves and the personal challenges we met. For some of

us, just being away from home was challenge enough, but when the fire alarms went off it was quite a challenge for all of us to leave the Lodge quickly. (No there wasn't a fire just an oversensitive alarm.) Everyone had a brilliant time and even Jo said she didn't want to come home. We all learnt that to work as a team, together everyone achieved more.

Life in our final year has been full of experiences from Andy enjoying sand castle building to Toby learning how to defuse a bomb! We have written and performed a review and completed our SATs. We have led Team Talks and learnt French. Team Talks have proved a challenge and Joel, Ruben, Adam and Ata say they have learned to work with the younger pupils. We have had a year where we excelled at sports, winning trophies for cricket and football. Elliott, Phillip, Harry, Matthew, Toby, Liam, Charlie, Chris, Ben, Robert, Hettie and Taylor to name but a few school representatives. We have discovered some athletic talent too with Charlie, Taylor and Ben along with the rest of the team exceeding expectations. We have friends now that will stay with us forever no matter which school we are going to. Whitney and Georgina say they are sad to be moving on but will never forget their friends. Foyez says he will never forget how Phillip made friends with him when he first came to St Mary's. We will always think back to the times we had at St Mary's where we were taught to care for others, share with others and prepare ourselves for adult life. We will move on to the next challenge in our lives with enthusiasm and confidence. Thank you to everyone involved with our school and learning!



Stansted Cricket Club

Our home fixtures for August are as follows:-

Sat 2nd	1330	2nd XI v Matching Green II
Sun 3rd	1400	Sun XI v Little Bardfield
Sat 9th	1330	1st XI v Thaxted
Sat 16th	1330	2nd XI v Hockerill III
Sun 17th	1130	Sun XI v Stansted Hall
Sat 23rd	1330	1st XI v Aspenden S&P
Sun 24th	1400	Sun XI v Hockerill II
Sat 30th	1330	2nd XI v Thorley II

By the end of June the 1st XI had won four league matches and the 2nd XI had won five. The highlights have been 98 by Fred Kirby, 77no by Ben Sammons and maiden 50s for juniors Max Baldock and Andy Banks. In addition Ben Baker took a hat-trick for the 1st XI. Many congratulations on these individual achievements!

New players, especially adults available for Sunday matches, wishing to join should contact David Hedge 812509 (Adults) or Keith Ayres 814471 (Juniors).

David Hedge,
Secretary

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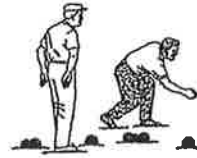
STANSTED MOUNTFITCHET WINDMILL

The well-established family fete will again happen on Bank Holiday Monday 25th August in the area of the Mill. The teddy bear parachuting was so popular that we are repeating it this year. The parachute can be quite simple - a generous square of cloth with string or stout rubber bands at the corners. The larger the chute the better will be his descent. If necessary the dispatching team will be able to help out.

Bric-a-brac and Quality Artefacts will be there and we will have a new stock of book titles for the discerning buyer. A more streamlined tea service will be available and this year we shall have a barbecue and, if hot, ice cream. By popular demand the crockery-smashing, now under new management, will be on the field. The tombola is another well-patronised stall and for which we would be glad of donations of suitable items from our well-wishers. Equally helpful would be gifts for the raffle and any of the excellent cakes which we know can be made by Stansted cooks. The folk listed below would be pleased to collect or receive. Oh, and there will be a vocalist to provide live music. All this plus numerous stalls and children's sideshows will make for a great afternoon's entertainment, so do come along. In the unlikely (!) event of rain we have ample cover and, of course, there is the Mill itself.

Bridget Gott (cakes)	814440
Alan & Marion Williams	813124
Marion Pretty & Judy Colliver (raffle)	814433
Linda & Tony Gurr (tombola)	816250
Molly Clarke	816768
Derek & Peggy Honour	647213

The Millers



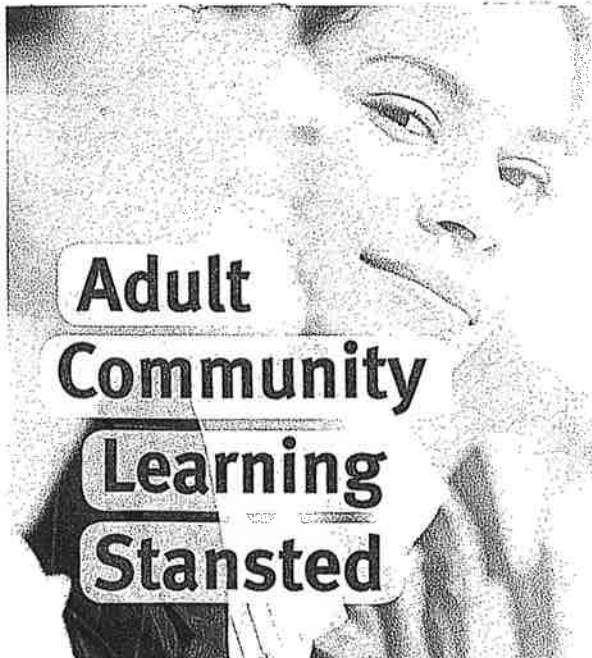
STANSTED BOWLING CLUB

The outdoor bowling season seems to go by so quickly, one minute we cannot wait to start and then after playing copious numbers of games in the first two months we realise that we are nearly half way through. Like many clubs we are suffering from a lack of members which makes life difficult in getting two men's league teams out on a Wednesday evening as well as the ladies' league and senior citizens' league on other days whilst maintaining our weekend friendly games against other clubs. The weather taking a turn for the worst does not help either!!

We are managing to play the majority of games and so far have won the Kent Cup against Havers Park and the Mayhew Cup against Bishops Stortford. Unfortunately we lost the Cowan Cup against St Chads which was a bit of a let down as it was the competition's 40th year. Those of you who were members of Stansted club in the early days of the match are wished well by the older members of St Chads (do you remember Terry and Alan?). Mrs Cowan, whose late husband founded the competition, still lives in the village and St Chads wish her well also. We have not had a great success in the county competitions this year but we still have members playing in the North West Essex, Singles and Triples.

I was selected to play in the County Ashford Cup this year but unfortunately our group were knocked out in the second round so it is wait until next year now! The men's league is not particularly successful this year with both teams close if not at the bottom. The ladies however are doing very well in their Monday evening league. We just hope the weather is good to us and we can get out there and play some really good games of bowls - why not pop in and have a look over the weekends; you may fancy having a go?

Rex Turner,
Hon Secretary



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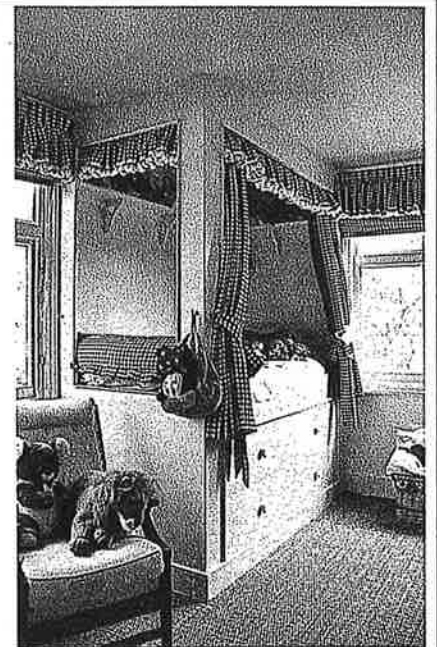
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NEWS FROM YOUR LOCAL COUNCILS

AIRPORT ISSUES – IMPACT ON STANSTED WILL INCREASE

The Parish Council has responded to two consultation documents relating to airport issues and the responses are summarised below.

Flight Paths

Proposed changes to flight paths will increase direct noise for the village. The reason for the detrimental increase in noise is that the two Noise Preferred Routes, which are presently noticeably noisy within the parish boundary, will move much closer. Specifically it is noted that:-

- easterly arriving planes from the north and west, which at present fly SW near Manuden 2.2 km from Stansted at 4,000-5,000 feet before turning to port over North Harlow to touch down, will be rerouted to fly directly over Stansted Mountfitchet village at just over 4000 feet (1.22 km). As these planes are closer in range to the village than before, an increase in L_{eq16} sound level of some 6 to 10 dB is anticipated. The resulting noise levels in Stansted will be similar to those presently extant in Rickling or Quendon villages.
- westerly departing planes heading for the north which at present turn to starboard and climb over Little Hadham at their closest point to the village (6.6 km) would execute a tighter turn and fly over Manuden at 2.2 km instead. Again slant range is reduced, causing an increase in peak noise level of about 10 dB. Though the duration of the noise event will be shorter, it is noted that an increased rate of climb of about 33% is proposed

so there will be greater engine power and noise during the ascent.

Proposed new Junction 8b on the M11

This junction will only be constructed if the application for a second runway is approved. Hopefully plenty of comments have been made as it will have a number of potential adverse impacts on Burton End, parts of the village and Birchanger parish. The consequences are summarised below.

- Lighting will extend much further north, ie beside Burton End. The Council has asked for lower lighting columns (which we understand is possible) and high standards of landscaping (fast-growing).
- The construction access from Church Road, although planned for only a short period, will have a marked impact. Life for the residents of the mobile home park will be intolerable and the residents should be rehoused temporarily and compensated. Unless undertaken in school holidays, the Mountfitchet Mathematics and Computing College will suffer noise and poor air quality with the school buildings (but not the playing fields) only just outside the 200m boundary. A number of homes in Burton End will suffer being within 100m of the construction site. Finally, there will be an adverse impact on local traffic flows, plus risk from 17 tonne trucks carrying bulk fill material from the airport along Bury Lodge Lane and over the Church Road bridge.
- Landscaping and planting need to be of the highest standard. However, to mitigate the visual impact, why could the new junction not be inverted?

The full texts relating to the above responses can be found on our website

www.stansted.net under Parish Council, and then the publications page.

Meanwhile, the Council urges you to write and object to the G2 planning applications for a second runway. Closing date is 26 September 2008 and letters should be sent to:

J Mitchell Esq, Director of Development,
Uttlesford District Council, Council Offices,
London Road, Saffron Walden, Essex CB11
4ER or e-mail planning@uttlesford.gov.uk

NB a public meeting will be held in the Free Church, Chapel Hill, at 8pm on Thursday 11 September when you can learn more about the impact this would have on our village.

NO SUMMER PLAYScheme

Regretfully, we have been unable to bring the Playscheme back to life this year. The sticking point for us is in finding a willing 'Responsible Person'! This man or lady would work with the Parish Council to draw up the programme of events, and have day-to-day responsibility for the running of the scheme. We have to have such a person in place to complete our Ofsted registration.

Our thanks to Linda Barnes at the Youth Centre for offering us the use of her facilities – she tells us the offer is open for next year.

If you are interested in discussing this role further (terms and conditions are negotiable!) and have three or four weeks in the Summer holidays with nothing else to do, please contact Ruth Clifford, the Clerk (details at end of Council pages).

FORESTHALL PARK – WELCOME PACK

The first welcome packs will have been delivered before you read this article. Thank you to everyone who has contributed information. As very few of the houses at the Rochfords site are occupied as yet and as we have been unable to secure sponsorship, we have decided not to incur the expense of having card folders printed.

For the moment, we are using plastic folders with a very attractive inserted cover. We can

update and add information as necessary. These packs are being provided by Birchanger and Stansted Parish Councils and Churches Together in Stansted. If any organisation still wishes to contribute, please contact Catherine Dean on 813579 and the information can be included in the next distribution.

NEIGHBOURHOOD WATCH

The meeting that was held on Wednesday 25 June at the Day Centre was most successful despite a disappointing attendance.

A number of new initiatives were discussed and a further meeting was arranged for Wednesday 17 September 2008 in the Day Centre, Crafton Green at 7.30pm.

All interested residents are invited to this important meeting to further Neighbourhood Watch in Stansted. If you are unable to attend the meeting, but would like further information afterwards, please contact Valerie Trundle on 813433.

POLICE NEWS

The Police have warned us of an increase in the number of thefts of lead. This is being stolen from properties, and catalytic converters are being stolen from cars. In addition, we are aware that supplies of heating oil have disappeared. Keep an eye on your property and report any suspicious activity to the Police immediately.

PROPOSED ECO-TOWN – THANK YOU

The Parish Council have had an excellent response to their request for people to write and object to the Government's proposal for a new eco-town at Elsenham/Henham. We have received well over a hundred copy letters, and there will be many more where we have not been copied in. Thank you to all of you.

Following the end of the consultation period, the Joint Parish Councils Steering Group met to discuss future action. They have engaged a PR consultant, who has particular expertise in government relations, and a series of visits to meet officials in a number of Government Departments, who will have an input into decisions on the final list, is being arranged.

The Government will publish Sustainability Appraisals for each proposed eco-town location shortly, which will provide a more detailed assessment of the location, together with a draft Eco-towns Policy Statement. They expect to publish the final list of up to ten locations and the final Policy Statement towards the end of the year, although this timetable may slip.

DATES OF PARISH COUNCIL MEETINGS

July 30	-	Full Council
August	-	No meetings
Sept 3	-	Open Spaces
Sept 17	-	Full Council
Sept 24	-	Finance Committee

Members of the public are welcome to attend all Parish Council meetings, and may address the Council on any relevant issue at the start of Full Council meetings. These comments are noted but no discussion is entered into. Meetings are held in Crafton Green House at 7.45pm unless otherwise stated on the agenda. Agendas are posted on the Parish Council's website www.stansted.net under Publications.

PARISH COUNCIL MEMBER CONTACT INFORMATION

Catherine Dean	813579	
Peter Deeks	813806	
Gaye Ellington	813933	
Jo Freeman	812524	
Bridget Gott	814440	
John Hudson	814489	
Peter Jones	813252	
Janice Loughlin	812346	
Tudor Owen	812825	
Ruth Rawlinson	814222	**
Jonathan Rich	813112	
John Salmon	814789	
Geoffrey Sell	815925	*
Bill Stiles	813172	
Valerie Trundle	813433	
* Chairman		
** Vice Chairman		

WINDMILL FETE

This annual extravaganza will take place at the Mill and on Windmill Fields, on Bank Holiday Monday 25 August at 2pm. The event gets better and better each year, so please come and support it. All profits are used for the direct benefit of the Windmill.

If you are able to help by donating cakes, raffle prizes, bottles for the tombola, old crockery for plate smashing, or time spent running a stall, please contact Marion Williams on 813124.

NEWS FROM OUR DISTRICT MEMBERS

From Cllr Alan Dean

The response from county highways about the 40-mile Pesterford Bridge closure diversion was that they always choose the 'least inconvenient/safe routes' available but that they are always willing to listen to 'sensible suggestions'.

The proposed multi-use games area on the green at Stoneyfield Drive has now been given the green light and should be installed by the autumn. It will be a joint project between the district and parish councils and Stansted Youth 2000, who have also been given a grant by Essex Youth Opportunities Fund. Funding has also been received from The Big Lottery, The Kings Arms pub and other fund raising by local young people. The response to a neighbourhood consultation was 27 in favour and only 2 against.

Several councillors went to London in June to a rally against eco-towns outside and inside the Houses of Parliament. Conservative and Liberal Democrat housing shadow ministers have now come out against the idea of government ministers deciding where local housing should be located. A delegation went to see Housing Minister Caroline Flint, who had paid a visit to this area the previous week. I wrote to Ms Flint's department pointing out that any new town at Elsenham would be bad for Stansted's roads, railway, schools and shops. I also bought Tom Sharpe's book "Blott on the Landscape" to provide bit of summer relief from real planning madness!

The council has got itself into a bit of a muddle over the starting time for bus passes. The environment committee voted to bring forward the start time to 9.00 a.m. Then the officers decided they didn't know where the extra £5,000 was to come from, so referred it to the finance committee the following week. That committee decided it didn't have enough information and suggested the

decision be put off until September. Needless to say, some of us are very sorry and unhappy at the way this is being bounced around and have complained. The 'political silly season' doesn't normally start until August!

Eco towns – Cllr Geoffrey Sell

Although much has been written about this topic, I thought it would be helpful to give some background to this important issue. The initial plan for eco-towns was dreamed up by Professor David Lock of the Town and Country Planning Association. It called for the creation of 10 eco-towns concentrated in four "growth areas", the Thames Gateway, Milton Keynes and the south Midlands, the London-Stansted-Cambridge-Peterborough corridor and Ashford in Kent. Each ecotown is intended to house between 5,000 and 20,000 people by 2020 as part of an ambitious Government pledge to see 3 million new homes built in England over the next 12 years. The fifteen eco-town locations were announced in April and will be whittled down to ten later this year.

The East of England has four short-listed eco-town locations with one each proposed in Bedfordshire, Cambridgeshire, Essex and Norfolk. The number of new homes proposed in each settlement varies from 5,000 to 15,000 with nearly 50,000 homes suggested across the four locations in total. The two that most concern us are Elsenham and Hanley Grange in Cambridgeshire. Hanley Grange border although in South Cambridgeshire is just a few miles from Great Chesterford and Saffron Walden. Like most of the fifteen eco-towns proposed nationally, none are in line with the region's spatial strategy. The East of England plan seeks to concentrate new housing in areas of local employment opportunity and where public transport exists or can be more easily improved. One of the major problems with eco-towns is that whatever environmental gains are made through carbon neutral building design may be outweighed by reliance on the car to travel to and from the settlement.

At their meeting in June the Council's Environment Committee resolved that the site proposed for the eco-town development at North East Elsenham does not comply

with the Government's intention to make best use of brownfield land. It also stated that there were inadequate assessments for transport capacity associated with the Elsenham site, both in terms of the local road network and local public transport provision.

The developers of the Elsenham site, The Fairfield Partnership, have forwarded literature to councillors. They have a web site at www.elsenham-info.co.uk. They claim they have a vision for the expansion of Elsenham from a village to a vibrant market town with its own shops, schools, transport services etc. I don't share this vision for I believe it would be a threat to Stansted's economy. They ask you to let them know what you think. I certainly intend to do so. You can also write to them at: Elsenham Consultation, c/o Camargue, 7 Bayley Street, London WC1B 3HB.

CONTACT US!

Clerk: Ruth Clifford
Admin Assistant: Anne Court
Phone/Fax: 01279 813214 10am – 1pm
E-mail: parishcouncil@stansted.net

OTHER CONTACTS

Uttlesford District Council Members

Alan Dean Tel: 01279 813579
Email: cldrdean@uttlesford.gov.uk
John Hudson Tel: 01279 814489
Email: cldrudson@uttlesford.gov.uk
John Salmon Tel: 01279 814789
Email: cldr salmon@uttlesford.gov.uk
Geoffrey Sell Tel: 01279 815925
Email: cldr sell@uttlesford.gov.uk

Essex County Council Member

Ray Gooding Tel: 01279 813103
Email: cldr gooding@essexcc.gov.uk

Member of Parliament

The Rt Hon Sir Alan Haselhurst MP
House of Commons, London SW1A 0AA
Tel: 020 7219 5214
Fax: 020 7219 5600
Email: haselhursta@parliament.uk

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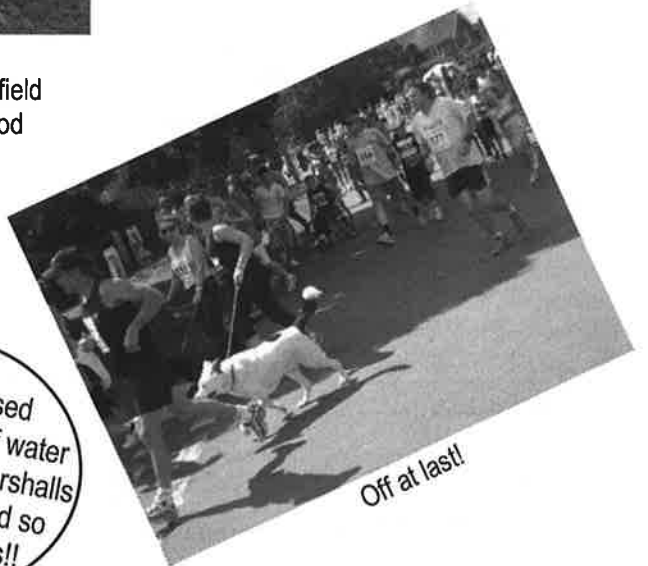
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from Brentwood

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Warming up for the big event

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Off at last!



Anna from Stansted shows the way

Photos by:
Ian Seavers
Alan Wheeler
Mike Dyer



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494 (Stansted Airport) Squadron Air Training Corps

It has been another month of 494 successes with the Squadron achieving a very commendable fourth place in the Tri-Services Falklands Competition held at Crowborough. The team were pitted against the pick of Army Cadet and Sea Scout Units along with other ATC Squadrons. They were the highest placed mixed team and the youngest too. Also very pleasing were the comments of other Directing Staff who were extremely impressed by their personal conduct and standards throughout the weekend, the whole team being a credit both to the Squadron and to the Corps. Our congratulations go to Sgt Rob Hume, Cpl Sam Carrington and Cadets Alice Brooks, Charlie Douglass, Alex Haughey and Sara Robson for a really outstanding effort.



Cadets from the Squadron provided marshals for the Braintree Race for Life held in support of Cancer Research and impressed the organisers with their logistical skills! They also enjoyed a trip to see the Trooping of the Colour and a visit to the Imperial War Museum.



The end of June saw us making the journey over to Carver Barracks for the Annual Essex Wing Parade. Squadrons from all over the County gathered to see the Wing Banner paraded and to take part in various competitions. Again the mighty 494 was triumphant in three of the disciplines: Aircraft Recognition, Photography and Model Making. So we returned on quite a high, with one cadet in particular, Richard Smith displaying a huge grin!



At the beginning of July we held a celebration 'Dining In' at the Bury Lodge Hotel. Cadets, Staff and invited guests enjoyed an Officers' Mess experience with a three course meal held in pleasant surroundings to officially mark our new Commanding Officer, Flight Lieutenant Ellie Chinnery, taking command of the Squadron. Although she has been CO since November 2007, it was an opportunity to look back on a remarkable six months of achievement, with the invited guests commenting on the high standards of the Squadron - a glowing testament to the potential of today's much maligned youth. So if you are aged between 13 and 18 and interested in joining us, visit our website for more information - www.stanstedaircadets.org.uk

Simon Stacey



STANSTED BEAVERS

By the time you read this, the Beavers will have broken up for summer – and as always, we've had some fun down at our Water Lane Scout Hut regardless of our rather unpredictable weather so far. A recent visitor was Hiromi Green, mum to Riku who showed the Beavers how to do Origami – the art of paper folding from her native Japan. The boys made a trinket box, various different aeroplanes and wonderful pirate hats. Hiromi made in advance, and then presented all the Beavers with their own jumping frog – how she managed 20 odd jumping frogs with dozens of folds each, we'll never know.

Captain Jackie Weston visited on two subsequent sessions to help with a Circus Show culminating in a performance for the parents. There were jugglers, tightrope walkers, lion tamers and of course a few clowns. Poor Jackie got covered with our own version of a custard pie (only crazy foam) and took it with great humour (it was part of the Act after all!).

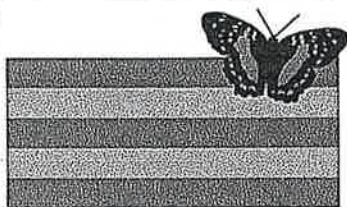
Our last session is to be a very loud, energetic, fiercely-fought (but fair) water fight. We expect them all to get thoroughly wet, though Leaders and Helpers are strictly off-limits. If anyone is catching a train that day, they had best beware – I think water guns have a good range these days! We'll be rounding off this last session with a BBQ lunch where we will be joined by parents, siblings and special guests. It's been a fantastic 2008 so far – our thanks go to all the terrific and supportive parents. Have a great summer and we'll see the Beavers back in September.

Claire Jonas

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Runway Ramble 2008

Walking to Win - 10.00am Saturday 13th September

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- 2 mile circular walk from the Three Horseshoes, Molehill Green (suitable for those with very small children and those with reduced mobility)
- 5 mile circular walk from the Three Horseshoes, Molehill Green
- 5 mile linear walk from the Three Horseshoes, Duton Hill, to Molehill Green.

All walks end at Molehill Green with a giant fête and BBQ from 12 noon. The walks from Molehill Green will start with a photocall with Lord Hanningfield, Leader of Essex County Council and Shadow Transport Spokesman in the House of Lords. The event takes place just two weeks before the consultation on BAA's second runway plans end (on 26th September), for which Uttlesford District Council needs your views by post or email to show the overwhelming concern about the proposals ahead of the public inquiry. Write to UDC (Planning), London Road, Saffron Walden CB11 4ER, or email planning@uttlesford.gov.uk. Further information and sponsorship forms are available from SSE on 01279 870558 or www.stopstanstedexpansion.com.

Carol Barbone,
Campaign Director
Tel: 07775 523091
Email: cbarbone@mxco.co.uk

Let the train take the strain

Stop Stansted Expansion (SSE) is calling for major improvements in the rail service to and from Stansted Airport regardless of any plans for a second runway, to which SSE remains fiercely opposed. SSE's support for rail investment comes in its response to a Department for Transport consultation seeking views on how rail services to and from the airport should develop if a second runway were to be built. In contrast, SSE's response to a simultaneous Department for Transport consultation on how road access to and from the airport should develop expresses outright opposition to plans for a massive 'spaghetti junction' on the M11, immediately north of Junction 8 (Birchanger).

The proportion of airport passengers travelling to the airport by train has declined from 29 per cent in 2004 to 24 per cent last year reflecting BAA's reluctance to support investment in rail infrastructure over the years. BAA still maintains that a second airport rail tunnel and a fourth platform at the air-

port station will not be needed for another ten years and, even then, only if a second runway were to be built. SSE's view is that these improvements, as well as major track improvements on the West Anglia main line between Cambridge and London are already long overdue.

SSE has strongly criticised BAA's emphasis upon road rather than rail improvements and its boast that it has slashed its expected contribution to the cost of future road and rail improvements from £1,000m to £200m as a result of focusing on the far cheaper option of relying on the road network to get its passengers to and from the airport. SSE believes there is a close connection between BAA's reluctance to pay for rail improvements and the profit the company earns from passengers taking their cars to the airport. BAA earned £164m from airport car parking last year and SSE estimates that Stansted accounted for about £40m of this.

John Rhodes,
SSE Rail Adviser,
Tel: 01279 656482

GREAT LEIGHS RACECOURSE

In honour of the fact Great Leighs was racing the same evening as Ladies Day at Royal Ascot (19th June), we staged our own Best Dressed Race-goer competition. Despite the fact the crowd contained a very high proportion of designer label-wearing ladies, the winner – Jenny Bournnell of Braintree – turned out to have bought her well co-ordinated dress and hat at Tesco! She is pictured with the runners-up and with Derek Thompson, the well known Channel 4 racing presenter who was compèring the evening. Jenny's prize was a £100 voucher from Get Ahead Hats of Thaxted – giving her a good start for our next Ladies Day on Wednesday 27th August.



Great Leighs is Britain's first brand new racecourse to open since 1927. All all-weather, floodlit track, it has been acclaimed by Newmarket trainers as the best all-weather track in Europe. We have staged nine race meetings since opening just two months ago. More information and tickets on www.greatleighs.com.

Pippa Cuckson,
Communications Director

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Wellbeing

*Exploring the connections
between mind, body and spirit
with Isobel Bradshaw*



My young singing student wanted to understand the musical term *Da Capo* (return to the beginning and play to the end). It is a tough one. Just when you feel as though you have sung your heart out you are asked to begin again! Life asks exactly the same of us. Wellbeing created through relationships, occupations and aspirations requires us to find renewed interest, energy, commitment and the choice to begin again.

To 'begin again' is a common expression in meditation and yoga circles. We are always beginners in the practice of focusing the mind. Whether the distractions are mundane or sublime, meditation students are instructed to return patiently to their chosen word or phrase. The discipline of returning the mind to a space between thoughts and feelings gradually allows us to experience and cultivate a quality of consciousness that may redefine our understanding of wellbeing.

Before you think you have lost me to eastern mysticism let me bring us back down to earth. I am a little distracted by the realisation that this August I will be celebrating 20 years of marriage to an Essex boy! We might all be watching Doctor Who again, but I'm sure we have all asked, "who was it I actually married?" and "is that really me smiling in the photos?" As a young couple we dreamed of an around the world trip - 'a holiday of a lifetime'. Years later, like other marriage veterans, we realise that marriage by default guarantees you a 'lifetime of adventure' - including mountain climbs, hurricanes and sunstroke. Experience teaches that our wellbeing may lie in the space between past intentions and future plans. Our wellbeing is determined by our choice to live in the present moment with gratitude.

The game of Monopoly often deals you the card - 'Return to Go - do not collect £200'. I would like to think that life is a little more generous. Life tests us, but equally rewards us with a wealth of experience, which, used well, gets us off to a flying start. We may need to find the initial effort to begin again but momentum will follow naturally. Ask anyone who is trying to return to an exercise programme - the hardest part is finding your training shoes that have got stuck under the bed. Once they're on your feet you are off and running. Humour is very important for wellbeing. When we hear a friend laughing or making a joke about their present difficulties, we are recognising and understanding a human sign - they are ready to return to the beginning and play to the end. All is well.

isobel@stanstedlink.org.uk

Stansted Tennis Club



Recent Tournament Results

President's Cup

Club president, Richard Shervington, has donated a trophy which was played for the first time this year. This took place on the evening of Saturday 14th June and included a delicious fish and chip supper after the tennis. Sixteen players competed and the trophy was won by Joe Hollis and Richard Mott, who beat John Bitten and Ross Armorgie in the final.

Clower Secondary Boys' Singles

This event took place on Sunday 22nd June and attracted nine entries. Alex Lupton (14) beat Joe Hollis (13) in the final. The trophy was presented by honorary member, Pat Clower.

Dates for your diary - Forthcoming tournaments

Sunday 14th September - Club Finals (all day)

Sunday 21st September - Clower Girls' Singles - (12.45pm)

Coaching

There are a couple of free spaces at the adult coaching session on a Friday between 2.00 and 2.45pm. If you would like to come along and join in, please call Chris Hollis on 01279 319155. You don't have to be a member of the club. Junior coaching with Chris Hollis will continue after the school holidays. If you would like to find out more and get your name on the waiting list, please call Chris on the above number. Martyn Taplin (01279 816386) continues to coach adults on Saturday afternoons at the club.

Used Tennis Balls

Priced at £1 per tin of 4 balls. Please call Jan Hollis 812073.

Club Playing Sessions

Wednesdays from 10.00am and 6.00pm

Fridays from 9.30am; Sundays from 10.00am

Contacts

For further information, please contact Richard Mott (Secretary) on 466348, Janet Hollis (Chairman) on 812073 or Daphne Lunnon (Membership Secretary) on 817574.

Chris Hollis

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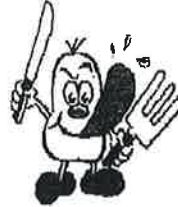
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MOUNTFITCHET GARDEN CLUB

www.mountfitchetgardenclub.co.uk

We were fortunate to have the first warm balmy evening in June when we visited St Helens, a beautiful garden in Stebbing owned by Mr and Mrs Brazlington. It is a relatively new garden and has been developed and designed by the owners since 1981. Mr Brazlington by profession is a dentist but is also a lay preacher and there is a Christian theme built into the garden. Most of the garden used to be a cricket bat willow plantation and the lower part has a huge and well stocked pond fed by natural springs. There is a myriad of shapes, many textured plants and a subtle blend of colours.

One of the interesting features includes Adam and Eve sculptured within a leylandii hedge. A beautiful summer house overlooks the millenium garden which has a parterre. The design shows the year 2000 and two Greek letters, alpha, (the beginning) and omega (the ending) of the Greek alphabet. The colours of the bearded irises and the annuals approximate to the colours of the rainbow, the rainbow reminding us that the ultimate climate change is in the hands of our Creator. Wild life abounds in the garden - reptilian, mammalian and feathered. We all enjoyed a lovely evening with the added bonus of tea and delicious cakes. If you would like to visit St Helens, the next open day is Saturday 6th September.

Cyril Stoneham kindly invited us to visit his garden for our July meeting. Again we were fortunate to have a lovely bright warm evening. Cyril won an award last year for Stansted's best back garden and I can see why. His garden is a delight of colour with a border of over 800 annuals in full bloom. Cyril has created small areas in his garden with clever and unusual planting. There is a small grassed area surrounded by roses and dahlias with a cheeky group of meerkats in an elevated position overlooking the vista. There is a lovely covered area with cascading clematis. This has a cool calm effect and there is a seat for relaxation. His vegetable plot and greenhouses were abundant with tomatoes, salad crops, beans and blackcurrants. Cyril is an avid gardener and was busy all evening answering questions. Thank you, Cyril, for a super evening.

Our next meeting is on Wednesday 6th August 2008, 7.30pm at the Day Centre when Andrew Stewart will be giving a talk on 'Shrubs for the small garden'. Everyone is most welcome.

Autumn Show

Saturday 6th September Autumn Show 2.30pm-4.00pm at Stansted Free Church. Tea, coffee, raffle and sale of goods at the end of the show. Entrance free.

Christine Hope



The children at Rainbow Pre-School have had a busy period since our last article in the 'Link'. The highlight of the term was the creation of their own indoor seaside which included shells, beach balls, and seaweed, and the children have enjoyed finding treasure in the sand. Although they were not



able to make it to a real beach, the older ones were taken to the brook at Stoney Common for their own fishing expedition. They all had great fun splashing about in their wellies, with fishing nets and buckets in hand. After all that excitement the children were ready for a delicious picnic by the riverbank.

With the new digital camera kindly donated by the Stansted Hilton, we have asked the children to take a photo of their favourite area within Pre-School so we can compile a scrapbook with photos and drawings to see how the outdoor area has evolved.

The older children have been visiting their new settings this term so that when September comes around they will feel more comfortable at 'big school'. It is good to know from the feedback we get from primary schools in the area that the children seem to be fully prepared for the routine of school. We are sad to say goodbye to quite a few children but wish them well in their new schools.

Pre-school leaders are very busy getting reading for the new Early Years Foundation Stage curriculum which begins in September. The newly introduced education plan is now even more child-centred, and is designed to home in on the child's interest or hobby to develop their knowledge and understanding of the world. There will also be a greater emphasis on partnership with parents in recognition of the crucial role parents play in their child's development.

If you are interested in a place at Rainbow Tots (age 18 months to two and a half years) please contact Tina South on 814371. If you are interested in a place at the pre-school please contact Gill Pursglove on 814701 for further information.

Isabelle Page,
Rainbow Committee



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SPANGLES CHILDREN'S CENTRE

The last week of June saw Spangles Children's Centre celebrating Essex Children's Centre Week with a fun-packed timetable! Activities included taster classes of Baby Yoga, Baby Massage and Music Makers, and the launching of new groups such as active session, Sporty Spangles. The centre also held an art and craft day where the children worked together to create a beautiful nature mural (available to see at the centre); a Fun Food workshop showing lots of exotic fruits and vegetables; a Story Time with Stansted Library and even a Bouncy Castle big enough for children and grown-ups! It was very successful and a lot of fun was had by all.



Also launched during the week was the new Grandparents Club on Wednesday afternoons from 2.30pm to 4.00pm. The club offers a chance for grandparents to spend some quality time with their grandchildren, and meet other grandparents in the area. As well as free time to play with or read to your grandchild, we also watch a film clip or listen to a piece of music to wind down at the end of the session. Tea and coffee is provided. For any more information about any of the sessions at the centre, please give Mandy, Emily or Debbie a call, or pop into the centre on Lower Street, Stansted. We look forward to seeing you!



Emily Hall
Tel: 812348

THE BEST DOG IN THE SHOW - OR NOT!

You can always tell when summer's arrived at the surgery - sales of flea prevention treatments start to rise and we start removing grass seeds from various parts of dogs' anatomy! This year we have also been asked to provide stalls at various community events and be judges for various fun dog shows in the area. This has proved to be interesting and at times amusing. The dog shows in particular can present you with interesting dilemmas and at times you need the mediation and conciliation skills of Kofi Annan!

You often find that one person enters their dog for every class, this can include the best bitch and best dog class, or best adult and best puppy class - and they can get quite upset if they don't win at least four rosettes! There is always an owner who proceeds to explain why their wire-haired, kangaroo-herding, desert dog is the best new breed in the universe and should of course win all the prizes by right. It's also an opportunity for children to enter with their dogs. This backfired at the last dog show I judged. As the names were called out and the dogs brought into the ring, the announcer said "And here is Lucy with her Bernese Mountain dog, Poppy". Lucy, who must have been about six years old, proceeded to tug a huge and rather reluctant Poppy into the ring; reluctant, that is, until she saw a small Jack Russell on the other side of the field and decided it might make a tasty snack. Lucy ended up being pulled rather like a small sledge out of the ring and across the field. The announcer muttered, "Well that was Lucy with her Bernese Mountain dog, next one please."

I find the 'owner most like their dog' class often the most challenging to judge. What can you say to the owner who's entered their old, greying, rather overweight Labrador without causing a diplomatic incident? The best entrants are those who have used their imagination. One such was a young man with a shaved head except for a Mohican, who had gelled his Yorkie's hair into exactly the same style. Of course, country fairs and dog shows also have a variety of other attractions, usually including a beer tent. One lady had obviously spent a lot of time sampling the delights of this before she entered her dog in the best ball catcher category of the show. I should have been worried when she meandered her way into the ring and ended up facing the opposite way to everyone else! As she then lined up to throw the ball, she held out her arm, ball in her hand and slowly toppled forward in the manner of a felled tree! She lay face down for several seconds with all of us looking on in stunned silence before we got ourselves together to rescue her.

We do love to get out into the community and participate in these events. It's lovely to be able to talk to people and meet their pets away from the surgery where they can be more stressed. We can spend time talking about preventative health care and it's also an excuse to have a bit of fun. At the dog shows we do try and make sure that the prizes are evenly distributed and that everyone comes away with some recognition of how special their pet is, because at the end of the day everyone's pet is special. Well that's me done, now where was the beer tent ...

Ilse Pedler,
Partner
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cubs

STANSTED CUBS

What a fantastic outdoor summer of fun we have had at 1st Stansted Cubs. As our summer activities draw to a close, we look back at another term packed full of fun outdoor activities. Only one evening in our showery summer has been too wet to go charging around the countryside. Hatfield Forest and the village's surrounding wood lands have featured prominently in the calendar this year, with compass trails, scavenger hunts, water fights and den making.



But everyone agrees our largest camp in at least 20 years was best of all. Forty youngsters and helpers went to mega camp at Gilwell Park (the world HQ of scouting) where the sunshine hardly stopped while everyone around got soaked by storms. While there we enjoyed some 30 different activities as diverse as the climbing wall, scuba diving, caving, robot wars (as on the television), the 40 foot swing of death, a complete fun fair, ten of the largest bouncy castles I have ever seen and so much more.



Thank you to the staff and patrons of the Kings Head who raised £500 to purchase a new tent and cooking equipment; and thank you to the leaders and parents who got all the 'gear' and food needed for 40 people for three nights camping and put up all those tents!

On a personal note, may I say thank you to the Cub and Scout leaders and all the parents who have helped run Cubs during my year of bad health.

Akela

*Hello Akela
So glad to know you're back. Ed.*

SKYWATCH

A monthly look at an aspect
of the night sky



This month we get close to the Sun. Just 36 million miles away from it is the planet Mercury which is 3000 miles in diameter and takes just 88 days to orbit the Sun. It is a solid lump of cratered rock and has no atmosphere for a mixture of two reasons: Firstly, if Mercury was much further away from the Sun it could hold a thin atmosphere but being such a small planet it would not have enough gravity for anything dense. However, secondly, any atmosphere that may have accumulated (and there may still be gases emanating from inside Mercury) would immediately be blown away by the Sun's immense radiation. Though entirely lacking any flat plains, Mercury still exhibits a variety of terrains and the most notable by far is something called the Caloris Basin. The Basin is a huge crater and is itself cratered. But what might be termed The Caloris Event, when something aeons ago hit Mercury, did not just leave a huge 'dent' but, 180 degrees round the planet, left a notable bump.

Such an impact might be expected to destroy the planet and it has been suggested that when this happened Mercury may have been hot enough to be malleable. Unmanned spacecraft have orbited Mercury sending back pictures of this densely cratered planet and more flights are planned to discover more. Mercury can be seen with the naked eye and through a telescope it exhibits phases, like the Moon. But it is difficult to see because Mercury can only be seen very near to the Sun. You need a low horizon and you only see the planet a maximum of 90 minutes or so before sunrise or after sunset.

Mercury, however, has an interesting claim to fame. Victorian astronomers, who had learned to make remarkably accurate measurements of many astronomical features, were stumped when Mercury persisted in going round the Sun slightly too quickly. The answer was to do with the fact that Mercury is so close to the Sun and the Sun's gravity, therefore, is so markedly strong. How does that affect Mercury's orbit? No one had any idea until Albert Einstein came along and concluded that gravity could distort time, and Mercury proved old Albert right. Finally, two reasons to not live on Mercury. Firstly, you will freeze to death at night and, literally, boil in the day time and secondly, Christmas comes every three months.

Martin West,
Mooncraft Productions

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Our 2008-9 Season begins on 4th October with a concert given by the exciting young Barbirolli String Quartet. These four young ladies all graduated together from Manchester's Royal Northern College of Music and have quickly become one of their generation's most celebrated quartets, gathering rave reviews and guest appearances on the likes of BBC's 'In Tune'. They will be playing quartets by Haydn, Beethoven and Debussy as well as a short piece called 'Folk Music' by the contemporary composer Joe Cutler.



Future Concerts

On 30th November at 3.00pm we will hear from a unique group of instrumentalists known as Panoply, mixing music from Latin America and China with the more usual European fare. 18th January at 3.00pm sees a visit from South African baritone David Kimberg, and then on 14th March at 7.30pm we are delighted to welcome back 19 year old pianist Erdem Misirlioglu, who has played for us twice before at the Summer Soirées we occasionally organise for promising young local musicians. So promising has Erdem proved, that he won the piano prize in this year's BBC Young Musician of the Year competition, so he returns to Stansted in triumph!

If you're still not quite sure about subscribing, you can pay on the door at our first concert and then sign up for the whole season if you like what you hear, and we'll offset the price of your original ticket. And your children can then come along for just £1 each! So there's no reason not to come and enjoy a *music@stansted* concert this year. We look forward to welcoming many new Stansted music-lovers in the coming months! For more information, telephone 01473 659599 or email info@musicatstansted.com.

Richard Allaway



Stansted Evening Women's Institute

Last month we were pleased to welcome Sheila Bowles to our meeting when she told of her trip to Ecuador and the Galapagos Islands, where she and her husband celebrated their 25th wedding anniversary. Her pictures showed us a land of so many contrasts in temperature as well as in height, so that the resulting animal and bird life is also very diverse. These include hundreds of different parrots, albatross, which breed on the Galapagos Islands, tortoises which differ from island to island, iguanas and amazing underwater fish, and, of course, deadly snakes! Their travels took them to rain-forests, old Inca ruins, and markets selling fruit, vegetables, black pigs and masses of flowers. It was a fascinating evening and though perhaps not everyone's idea of a silver wedding celebration surely an experience to remember always!

Mary McKean told of the AGM she attended in Liverpool where she represented four Institutes in our area. The resolution to ban bottom trawling was voted against by 52% of the delegates and apparently caused quite a bit of controversy. What we had thought as quite straightforward proved not to be so once you have experts who speak for and against the subject. The second resolution asking for treatment and therapy for the mentally ill in a more appropriate and secure residential environment than in prison, was supported by 97% of the delegates. This will now be taken up by our National Federation who will inform members of the Government of the mandate and of our concerns, and update members on the reviews currently taking place by Lord Bradley and Baroness Corston. Mary enjoyed her two days in Liverpool and was able to tell us that 70 new WIs have been formed this last year; she also brought back an oak sapling which has been donated to all WI groups by Sainsbury's.

We are having a 'Flog- It' evening for our September meeting on the 11th. We will be selling items of all kinds (including some home-baking) and invite anyone to join us. A charge of £1 will include refreshments at the usual time of 7.45pm in St John's Hall. Do come along - we had five visitors last month!

Judy Colliver
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	Royal Tandoori	8		Lower Street Clinic	26
	Pocknell Food Co	14		R Handford (chiropodist)	16
	The Laurels Bed and Breakfast	32		Stansted Chiropractic	10
	The Kings Arms	14		Stansted Psychotherapy	24
	Chocolates for Chocoholics	32		Bay Tree Clinic	22
	Flutes Tapas Bar	4		Holistic Horizons	26
Funeral Services	D C Poulton & Sons	22		H C Williams (osteopath)	6
	Daniel Robinson & Sons	BC		Newwin-E Ltd	34
	J Day & Son	8		Once Upon a Time	8
Furniture & Furnishings	Fabrications	12	Printing	Papel Cards	32
	Ed Howley Furniture	16		Swellegant (Maternity Wear)	24
	Kate Harrison	32		What's a name's	BC
	New Look (upholsterers)	34		Comma Graphics	28
	Valley Carpets	10		Copyzone	12
	Stansted Carpets	28	Property Services & Auctioneers	Aldwych Construction	22
Garden Supplies, Services & Floral	D Honour & Son	12		Grenville Construction	28
	Steve Hall Garden Services	32		Stansted Plant Hire	14
	Green Thumb	BC		HTM Scaffolding	34
	J R Johnston (Trees)	8		David Lee Estates	BC
	Crystal Clear Ponds	16		Intercounty	28
	Mayfair Ponds	22		Bareham Overy Partnership	10
	Simplylawns	24	Retailers	Hibbs & Walsh (Architects)	28
	Agapanthus	16		Family News	8

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

If you would like to mark any occasion that is special to you or someone you know, by announcing it in the Link, please email a short message together with your name address and telephone number to: announcements@stanstedlink.org.uk or send the form below to 58 Chapel Hill, Stansted CM24 8AQ. Details must be submitted by the 11th of the month for publication the following month.

Message _____

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