

Stansted Mountfitchet

# The Link



## In this issue

- |                                     |     |
|-------------------------------------|-----|
| Cub Postmen                         | p7  |
| Memories of Judith                  | p9  |
| SSE Fury                            | p13 |
| Remembrance Day photographs         | p31 |
| Shoeboxes Illustrated               | p21 |
| music@stansted completes its season | p33 |

## Mansell & Co. LLP

Chartered Certified Accountants, Registered Auditors

We are a friendly local firm of qualified professionals offering a flexible and reliable service tailored to suit you, including:

- Start-ups and incorporations
- End of year accounts
- Statutory audits
- VAT Returns, payroll & bookkeeping
- Self-assessment tax returns
- Construction Industry Scheme

If you need tax advice, are starting a new business or feel your existing business is not receiving the right service at the right price contact Mark or Jeremy, details below, for a free, no obligation meeting, your place or ours!

Get in touch for a free consultation, quoting "Link"



5 Ducketts Wharf  
South Street  
Bishops Stortford  
CM23 3AR  
01279 658499



[mansell.co@btconnect.com](mailto:mansell.co@btconnect.com) [www.liontamers.co.uk](http://www.liontamers.co.uk)  
P'tners: Jeremy Fozzard FCCA & Mark Williams FCCA  
Chartered Certified Accountants, Registered Auditors

## FLUTES TAPAS+BAR

- ❖ Fabulous traditional dishes
- ❖ Stay as long as you like (one sitting)
- ❖ Home-made Spanish desserts

40 Lower Street, Stansted CM24 8LR

01279 817474

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

Please check our website for forthcoming events & special offers

FREE bottle of red or white wine when you present two of these vouchers in conjunction with a meal booking.

Advance Booking required quoting *Stansted Link Wine Offer*

Offer open until 31st January 2009

Only one bottle per table

Cannot be used in conjunction with any other offer  
Photocopies not accepted

# Bada Bing!

Ristorante Italiano



Lunch and Dinner  
Sunday Lunch  
Bookings recommended

Peter and Angie Ruggiero  
present to you the  
true taste of Italy in Stansted

**Authentic Italian Cuisine**  
**Stone Baked Pizzas**  
**Ruggiero Family Pasta dishes**  
**Speciality Meat, Poultry and Fish dishes**  
**All our food is prepared on the premises**

A family restaurant for all to enjoy  
Tel: 01279 817177 Fax: 01279 813866

30 Lower Street Stansted CM24 8LP

[www.badabingstansted.com](http://www.badabingstansted.com)

Email: [badabingstansted@aol.com](mailto:badabingstansted@aol.com)

**Tuesday - Saturday 10 am - 3 pm and 6 pm - midnight**  
**Sunday Breakfast 10 am - 11 am and Lunch noon - 4 pm**  
**Closed Sunday evening and all day Monday**

**NEW!**

**Professional Event Management - Catering for all Outside Events**

**Editor:**  
 Derek Honour  
 01279 647213  
[editor@stanstedlink.org.uk](mailto:editor@stanstedlink.org.uk)

**Advertising:**  
 Mike and Marion Dyer  
 01279 814059  
[adverts@stanstedlink.org.uk](mailto:adverts@stanstedlink.org.uk)  
 Or check on website for prices

**Distribution:**  
 Janet Townsend  
 01279 812593  
[distribution@stanstedlink.org.uk](mailto:distribution@stanstedlink.org.uk)

**Treasurer:**  
 Janet Townsend  
[accounts@stanstedlink.org.uk](mailto:accounts@stanstedlink.org.uk)

**Committee:**  
 Susan Bone  
 Katharine Hurford  
 Wendy Moss  
 Dick Pollard  
 Eileen Quinn  
 Ruth Rawlinson

**Printers:**  
 Copyzone  
 01279 657769

**CIRCULATION:**  
 The Link is delivered free to 2700 homes and businesses in Stansted Mountfitchet. Further copies may be purchased for 50p each or £5.00 for the year.

**CONTRIBUTIONS:**  
 by email (*preferred*) to:  
[editor@stanstedlink.org.uk](mailto:editor@stanstedlink.org.uk)  
 or by hand to:  
 58 Chapel Hill, Stansted  
 by **noon** on  
 11th January  
 for publication on  
 23rd January  
 by **noon** on 11th February  
 for publication on  
 23rd February

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

**Editorial**



It is not the role of the 'Link' to join with protest movements - our contributors are well able to state their own case - but the manoeuvring of HM Government in the preparations for the Public Enquiry on the Second Runway is so disquieting as to provoke comment. 'Twin tracking' puts cash strapped local defenders at an unfair disadvantage for political reasons. The Stansted community has quite enough challenges to contend with without sharp practices like this.

Attendance at the War Memorial on Remembrance Sunday was an encouraging reminder that young and old are conscious of the sacrifices made by so many. The Kohima declaration rings true "when you go home, tell them of us and say, for their tomorrow we gave our today".

Also cheering was the shoebox packing evening in November which gave an insight into the widespread generosity of Stansted folk. By all appearances it has resulted in record numbers of genuinely poor children having some lovely surprises this Christmas. Well done, Janet and helpers!

The 'Link' production team is taking a break in December so there will not be an issue in January. We hope that you will have some entertaining and newsy items for the February magazine (closing date for copy 11th January).

**CONTENTS**

Thought for the Month	2	Wedding announcement	25
Church News	2-4	Ugley WI	25
'Link' award	4	Stansted Conservatives	25
Village Events	5	Skywatch	27
Stansted Cubs	7	Stansted Mountfitchet Windmill	27
Stansted Beavers	7	Nature Notes	27
In Memoriam - Judith Richardson	9	494 (Stansted Airport) Squadron	
St Mary's School	11	Air Training Corps	29
Wellbeing	11	Stansted Mountfitchet Local	
Mountfitchet Mathematics		History Society	29
and Computing College	13	St Clare Hospice	31
Stop Stansted Expansion	13	Birthstone of the Month	31
Remembrance Day 2008	15	Uttlesford Community Travel	31
stansted network	17-20	Bentfield Primary School	33
Shoebox packing evening	21	Stansted Cricket Club	33
Spangles Children's Centre	23	music@stansted	33
Mountfitchet Garden Club	23	A challenge, a special offer and	
Bergen Christmas biscuits	24	acupuncture for pets!	35
Royal British Legion	24	Stansted Tennis Club	35
Rainbow Pre-School	24	NFSH Accredited Clinic	35
Stansted Evening WI	25	Index to Advertisers	36

**DISCLAIMER**

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

# THOUGHT FOR THE MONTH

## Will Jesus be your present this Christmas?

Recently I have been thinking about the way small decisions can end up having huge consequences. On the one hand those consequences can sometimes be wonderful. I was recently talking to a man who had gone with a friend to a party. He had been invited but wasn't sure he really wanted to go, and in the end only went in order to keep his friend company. But at that party was a young woman who was also there just to please her friend and the two got talking. You can probably guess that they eventually married and spent a long and happy married life together. We spoke about how it almost made you feel dizzy to look back and think how a seemingly small decision might have meant that life would have been very different for them both, and perhaps far less happy.

On the other hand, all too often, a decision which seems so small at the time it's made can end up being life destroying. Luke McCormack was a young and talented footballer with a promising career ahead of him and yet his foolish decision to drive while drunk has robbed two children of their lives, his victim's family devastated, and himself with a career in ruins and a long prison sentence ahead of him. Decisions which seem small at the time can have huge consequences, whether for good or for ill.

There are so many decisions to make at Christmas. Who to buy presents for, and what to buy for them? Who shall we go to on Christmas Day, on Boxing Day, on New Years Eve? A big celebration this year, or just a quiet one at home; or perhaps we'll just go away somewhere? Decisions. Then comes the New Year and more decisions. Each New Year is a new beginning - how will we use the opportunity it brings? Will we keep our resolutions this year and do something new and special, or will it just be more of the same?

And each year Christmas presents us with one big decision. Christmas is not, despite the adverts, about the presents - it's about Jesus. It's the day we celebrate the fact that *"This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life."* (The Bible: John Chapter 3 verse 16, Message translation). But like any present that's given at Christmas, God's gift of Jesus needs to be received. There's nothing sadder than a present which lies on the shelf, unwanted, unopened and ignored but for so many people that's exactly what Jesus is at Christmas time. This year it could be different - come to church and find out how. I know you'd be made welcome at any of the services that you'll find advertised elsewhere in this magazine - be they at St. Teresa's, St. John's, The Free Church or the Quaker Meeting - so how about coming along? It's a small decision, but it could be a very important one.

Paul Wilkin  
Rector, St John's Church



## Churches Together in Stansted Christmas Services

### St John's (Church of England)

Sunday 7th December

3.00pm Christingle Service

### Christmas Eve

3.00pm Children's Crib Service

11.30pm Midnight Mass

### Christmas Day

9.30am Holy Communion For  
Christmas Morning

### Sunday 28th December

8.00am Holy Communion

9.30am Holy Communion

### Stansted Free Church (Methodist/URC)

Sunday 21st December

10.30am Gift Service

### Christmas Day

10.30am Christmas Day Celebration

### Sunday 28th December

10.30am Carol Service

### St Theresa's (Roman Catholic)

Wednesday 17th December

7.30pm Carol Service

### Saturday 20th December

6.00pm Mass

### Sunday 21st December

9.00am Mass

and 10.30am

2.00pm Children's Service

### Tuesday 23rd December

8.00pm Penitential Service

### Christmas Eve

6.00pm Family Mass

Midnight Midnight Mass

### Christmas Day

10.30am Mass

### Friday 26th December (St Stephen)

9.30am Mass

### Quakers (Society of Friends)

Sunday 21st December

10.30am Meeting for Worship



**STANSTED FREE CHURCH**  
 Methodist / URC  
 Chapel Hill  
[www.stanstedfreechurch.org.uk](http://www.stanstedfreechurch.org.uk)



The Parishes of  
 Stansted Mountfichet  
 with Birchanger  
 and Farnham

**Ministers** Rev'd David Mullins  
 Tel: 654475  
[minister@stanstedfreechurch.org.uk](mailto:minister@stanstedfreechurch.org.uk)

Rev'd Allen Morton  
 Tel: 757635  
[minister@stanstedfreechurch.org.uk](mailto:minister@stanstedfreechurch.org.uk)

**Lettings** Janet Townsend  
 58 Chapel Hill  
 Stansted CM24 8AQ  
 Tel: 812593  
[lettings@stanstedfreechurch.org.uk](mailto:lettings@stanstedfreechurch.org.uk)

**Preachers for December**

7th 10.30am New Directions in Worship  
 2.30pm Rev'd Martin Cressey  
 14th 10.30am Rev'd Trevor Sands  
 Holy Communion  
 21st 10.30am Rev'd Allen Morton  
 Gift Service  
 25th 10.30am Rev'd Allen Morton  
 Christmas Day Celebration  
 28th 10.30 am Carol Service

**Preachers for January**

4th 10.30 am Rev'd Stuart Veitch  
 11th 10.30 am Rev'd David Mullins  
 Covenant Service  
 18th 10.30 am Rev'd Allen Morton and  
 Rev'd Paul Wilkin  
 25th 10.30 am Rev'd John Buxton

**ROMAN CATHOLIC**

St Therese of Lisieux  
 High Lane

**Priest** Father Joe White  
 The Presbytery  
 St Therese of Lisieux  
 High Lane  
 Stansted  
 Tel: 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](mailto:st.johns.church@btinternet.com)  
 Office hours: 9.00am-12 noon, Monday,  
 Wednesday, Friday  
 Administrator: Mrs Elizabeth Jennings  
 Website: [www.stansted.net/stjohns](http://www.stansted.net/stjohns)

**Rector:** Rev'd Paul Wilkin  
 Tel: 812203  
 Email: [paulwilkin@iname.com](mailto: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](mailto: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

**Wednesday**

10.30am Holy Communion

**Thursday**

8.30am Morning 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.

**From the Registers**

**October**

**Baptisms**

12th Phoebe Halsey-Saunders  
 Isaac George Maginn

**Funerals**

2nd Henry Jones, age 94 - at Parndon Wood  
 20th John Nigel Childs, age 30 - at St John's  
 30th Barry Sault, age 77 - at Parndon Wood

**DON'T FORGET!!**



**ST JOHN'S CHURCH  
 CHRISTMAS MARKET**



**Saturday 29th November between 12 noon and 3.00pm in  
 St John's Church Hall.**

Details in the November 'Link'



*The new seat at St John's Church given in memory of Mrs Edna Laird*



**CHURCHES  
TOGETHER  
in STANSTED**

#### **A Celebration of Christmas**

This village event featuring seasonal readings, congregational hymns and carols, choral items and contributions from our local schools, takes place at 3.30pm in St Mary's Church, Stansted on Saturday 20th December. Additional car parking will be available at the MM&C College opposite. Choir rehearsals for this event have been arranged as follows:

Wednesday 3rd December at 7.30pm  
Thursday 11th December at 7.30pm  
Tuesday 16th December at 8.00pm

All rehearsals are in St John's Church and should last for less than an hour. We need more sopranos, altos, tenors or basses to come along and join this 'festive village choir'. If anyone is interested, it would be helpful if they could contact either Kathy West (816293) or Liz Jennings (815243) before the first practice session in order that we can ensure there is sufficient music available.

There will be a collection which will be divided between the Churches Conservation Trust and Uttlesford Community Travel.

Francine Cope  
Secretary

#### **Carol Singing around the Village**

Come and join the fun! We meet each evening at 7.30pm – Monday 22nd December at the corner of Maitland Road and Church Road, and Tuesday 23rd December at the corner of Blythwood Gardens and Silver Street. We are particularly looking for more singers – there is no rehearsing, just come along! Flute and recorder players also welcome, but please telephone 814059 beforehand so that we can bring sufficient music. The singing is followed by warm refreshments at around 9.00pm. We will be collecting for Uttlesford Community Travel. Please support us – thank you!



Helen Baker  
Tel: 814865  
and Mike Dyer  
Tel: 814059

## **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



**SHALOM**

On 1st December, Rev'd Cilla Hawkes (who led our retreat this year) will be sharing an Advent Evening with us. Then on 15th December we have our Christmas Party, to include a bring and share supper and entertainment. Both meetings are at 7 Blythwood Gardens.

We begin the new year with a fun evening led by Brian and Eileen Quinn. This will be at the Free Church Hall on 19th January. All our meetings begin at 8.00pm. Please join us – you will be warmly welcomed!

Marion Dyer  
Tel: 814059

#### **THE 'LINK' RECEIVES AWARD**

Each year the 'Link' Committee submits our magazine to both the Cambridge Building Society's and Essex Rural Community Council's Village Magazine Competitions. Between them they cover South Cambridgeshire, the northern half of Herts and all of Essex, and attract over 150 entries. This year we were pleased to receive a Highly Commended Certificate from the ERCC. Our committee feels that the credit for this reflects not only on the production team but on all our contributors who present a balanced and lively monthly commentary on Stansted life.



*The photograph shows Janet Townsend, our Treasurer and Distribution Manager, with the certificate, together with Susan Bone, Computer Processor, and Derek Honour, Editor, with Nick Shuttleworth, ERCC Director, and the sponsor from Essex Life.*

*music@stansted*

## The Panoply

3 pm Sun 30th November  
St John's Church

Music spanning the globe - from the tangos of South America to the folk melodies of China

Tickets £12 adults, £1 children & students from Nockolds, Bishop's Stortford; Stansted Carpets; Sonia Levy 815282, or at the door

## Christmas Shopping Evening

St Mary's School  
7 - 9 pm Tue 2nd Dec

Christmas gifts with a difference.

Toys, candles, cakes, plants, stocking-fillers, arts and crafts, cosmetics, gift-wrap, live music. A warm welcome awaits you.

Entrance £1.00  
incl mulled wine, tea or coffee

## Bentfield School PTA

### Christmas Fair

2 - 5 pm Sat 6th Dec

Santa's Grotto ~ Raffle ~ Cakes  
Tombolas ~ Plants ~ Crafts



Entertainment, games & gifts galore!

Entry 25p or family £1

## VILLAGE EVENTS

### December

1	Mon	Shalom Group	7 Blythwood Gdns 8 pm
2	Tue	Shopping Evening	St Mary's Sch 7 - 9 pm
3	Wed	Mountfitchet Garden Club	Day Centre 8 pm
6	Sat	Christmas Fair	Bentfield School 2 - 5 pm
		Skips	Lower St Car Park 9 am - 3 pm
7	Sun	Outreach Tea	Free Church 3.30 pm
11	Thu	WI	St John's Hall 7.45 pm
		Local History (by pre-booking)	Manuden Village Hall 8 pm
12	Fri	Huw Johnson Concert	St Mary's School 7.30 pm
13	Sat	Conservatives Christmas Supper	Day Centre 7.30 for 8 pm
15	Mon	Shalom Party	7 Blythwood Gdns 8 pm
20	Sat	Skips	Lower St Car Park 9 am - 3 pm
		Celebration of Christmas	St Mary's Church 3.30 pm
		Last day for Cubs Christmas Post	
22	Mon	Carol Singing	Maitland / Church Rd 7.30 pm
23	Tue	Carol Singing	Blythwood / Silver St 7.30 pm

### January

3	Sat	Skips	Lower St Car Park 9 am - 3 pm
8	Thu	WI	St John's Hall 7.45 pm
9	Fri	Local History Society	Day Centre 8 pm
10	Sat	Skips	Lower St Car Park 9 am - 3 pm
18	Sun	Music@stansted	St John's Church 3 pm
19	Mon	Shalom Group	Free Church Hall 8 pm
24	Sat	Skips	Lower St Car Park 9 am - 3 pm
		Uttlesford Comm Travel Quiz	Foakes Hall, Dunmow 7 for 7.30 pm
29	Thu	Recorded Music Club	Day Centre 7.45 pm

### February

1	Sun	Outreach Tea (after service)	Free Church Foyer 3.30 pm
2	Mon	Shalom Group	7 Blythwood Gdns 8 pm
4	Wed	Mountfitchet Garden Club	Day Centre 8 pm
5	Thu	Local History Society	Day Centre 8 pm
6	Fri	Pete Baker's Crusty Jazzers	St John's Church 8 - 11 pm
7	Sat	Skips	Lower St Car Park 9 am - 3 pm
		Rainbow Nearly New Sale	St John's Hall 12 - 1.30 pm

This is a combined December / January edition. To advertise your February event email [events@stanstedlink.org.uk](mailto:events@stanstedlink.org.uk) before 11th January



## CHRISTMAS CONCERT

7.30 pm

Friday 12th December

St Mary's School

Admission Free

All welcome - raffle & mince pies  
Proceeds to the Huw Johnson Club



## Celebration of Christmas

Carols, Music, Readings, and Poetry

3.30 pm Sat 20th December

St Mary's Church

(parking at Mountfitchet College)

Retiring collection for  
Uttlesford Community Travel &  
Churches Conservation Trust



## Village Carol Singing

in aid of Uttlesford Community Travel

7.30 pm Monday 22nd December

corner Maitland Road / Church Road

7.30 pm Tuesday 23rd December

corner Blythwood Gdns / Silver Street

Followed by refreshments

Singers & collectors just turn up!  
Recorder & flute players also  
welcome but please tel 814059  
in advance to arrange music



## PETE BAKER'S CRUSTY JAZZERS

JAZZ at ST JOHN'S  
8 - 11 pm Fri 6th Feb  
St John's Church

Tickets £12.50 incl supper

Tel 814865 or 815518

Bar ~ Raffle

Early booking advisable



Uttlesford Community Travel

## QUIZ NIGHT

7 for 7.30 pm Sat 24th Jan

Foakes Hall, Dunmow

Tickets £8 (incl ploughmans)  
from 01371 875787 / 872428

Tables of 8

Bring your own drink & glass

*music@stansted*

Benedict Nelson Baritone  
Marc Verter Piano

Perform Lieder, Chanson & English Songs

3 pm Sun 18th January  
St John's Church

Tickets £12 adults, £3 children & students  
from Nockolds, Bishop's Stortford;  
Stansted Carpets; Sonia Levy 815282,  
or at the door

## DANIEL ROBINSON & SONS

Independent Family Funeral Directors  
& Monumental Masons

24 hour Family Careline

For help, advice and assistance, please telephone:

79/81 South Street  
Bishop's Stortford  
(01279) 655477

3 Bullfields  
Sawbridgeworth  
(01279) 722476

146 High Street  
Epping  
(01992) 560890

Wych Elm  
Harlow  
(01279) 426990

Haslers Lane  
Great Dunmow  
(01371) 874518

Shire Hill  
Saffron Walden  
(01799) 523314



Golden Charter  
Funeral Plans

www.drobinson.co.uk

## D BONNEY & SONS (Manuden)

MOT Testing ~ Diesel & Catalyst

Selection of New & Used Cars  
Accident Recovery Work  
Welding & Chassis Repairs  
Borg & Beck Clutch Point Centre  
Calor Gas Stockist

We help **YOU** the motorist by

- cheaper labour rate
- guaranteed workmanship
- free collection & delivery in local area

Familiar with most makes of vehicles  
including four wheel drives

Please ring Malc or Neil on 01279 813315 or 815946

## Greenways Financial Planning

INDEPENDENT FINANCIAL ADVISERS

An Authorised Representative of Sesame Ltd. which is  
Authorised and Regulated by the Financial Services Authority



Professional friendly advice  
on



Investments ~ Pensions ~ Mortgages  
Life Assurance ~ Critical Illness  
Income Protection ~ Annuities  
Estate Planning ~ Long Term Care

David Turner Cert PFS CeMap  
Principal

'Greenways' Park Rd Elsenham CM22 6DF  
Tel/Fax 01279 816622

e-mail dtturner@greenways-financial-planning.co.uk

## Spangles

Children's Centre  
Lower Street, Stansted CM24 8LR

- ☆ Variety of activities for ages 0 - 5
- ☆ Fully qualified staff
- ☆ Open 9 am - 5 pm every weekday  
(except Bank Holidays)
- ☆ Information for all your family needs

Call us or drop in for a look around  
& pick up a time table.



01279 812348

SureStart



## How are **YOU** feeling today?

Are you living with aches and pains and just  
putting up with them?

Feeling that if you ignore them long enough they will hopefully go away?

Well it's time you sought the helping hand of a registered Chiropractor and found  
out what's wrong and if we can help.

We are offering an initial consultation with the  
Chiropractor which includes a thorough physical and spinal examination for

**£25**

(normal fee £50) on production of this advert.

Digital X-ray facility on site

MRI on referral

**Dexa Scanning for Osteoporosis Available**

Dr M Gurden MSc (Chiro), DC, PhD  
Dr M Morelli MSc (Chiro), DC  
and Associates  
Registered Chiropractors

Chiro  
Health  
Chiropractic can  
successfully treat:

Back Pain  
Headaches  
Sciatica  
Neck/Arm Pain  
Leg Pain  
Sports Injuries  
Shoulder Pain  
RTA Injuries



Members of the  
British  
Chiropractic  
Association

## Stansted Chiropractic and Back Pain Clinic

20 Cambridge Road, Stansted CM24 8BZ www.greatback.co.uk

01279 815336





## Cubs have a smash it up time

The annual conker contest this year was particularly smashing, despite the lack of horse chestnut trees in good health. The leaf miner moth appears to be the culprit, the little beasts that spoil our fun love our warmer wetter winters. In early spring it starts burrowing in the leaves of our favourite childhood tree, taking with it a fungus that makes the leaves curl and brown. This saps the tree of energy so it can only produce a few conkers - bad news for a hard pressed Akela who has to find five for each of the 30 cubs plus leaders!! But it's an ill wind indeed that 'blows nobody some good' as the old saying goes; we discovered a by-product of the poor crop was that they smash more easily, so we got through more games. The eventual winning conker after over an hour was a '64er' and will be placed on the top beam of the hut with the winners of past years. I am happy to report no injuries to anyone from bits of flying conker - well not in the last 10 years anyway! We also saved some of the best conkers to plant so future generations can still have fun.

Also congratulations to six new Cub Scouts who made it up from Beavers. They were invested on a bright sunny Sunday morning before the Remembrance Day Parade, one of our most important dates in our calendar. Again this event was well attended by a large company of Beavers, Cubs, Scouts and leaders. Well done to everyone.

Roger Musgrove



## Christmas Post

*Why not let the Cubs deliver your local Christmas cards for you?*

**We promise to hand deliver cards to all Stansted addresses for just 20p a card.**

**Our post boxes will be at St Mary's School, Bentfield School, The Feathers, The Rose and Crown, The Queens Head, The Kings Arms, Alliance Chemists, The Doctors Surgery and other sites around the village from 1<sup>st</sup> to 20<sup>th</sup> December**



## STANSTED BEAVERS

As always, we've had a busy few weeks at Beavers with quizzes, crafts, building and marching. We recently completed the healthy eating badge, for which the boys prepared a delicious fruit salad and healthy snack. It was time to take cover when paper aeroplanes dived about HQ whilst working for the Air Activities badge - including the building of a rather splendid control tower. We look forward to seeing aeroplanes and towers for real when we visit the Airport in January. There were a couple of important dates on the community calendar recently; the building of the village bonfire and participating in the annual Remembrance Parade.



Following our Saturday meeting, the Beavers helped (as best they could!) the Cubs and the Scouts to build a superb bonfire at Elms Farm which was enjoyed by all on Bonfire Night; and despite heavy rain and thick mud the Beavers joined in *most* enthusiastically! It wasn't great planning on our part as the next day was Remembrance Sunday when we paraded (minus the mud) to the Memorial Gardens with other village Community groups. If you were there, perhaps you noticed that we had in fact practised - quite hard - the day before! The Beavers looked super-smart and were a credit to all; for some it was their first parade at only six years old. Thank you boys for rising to the occasion.

Claire Jonas



## ALDWYCH CONSTRUCTION LTD

Building and Decorating Contractors  
All needs provided throughout  
North West Essex • East Herts • South Cambs

**'Proper Work at  
Proper Prices'**

**PERIOD & MODERN**

For estimates: Tel 01279 816701  
Mob 07976 050802 Fax 01279 812656

23/25 Lower Street, Stansted CM24 8LN

## J R JOHNSTON C&D RFS

Qualified Tree Surgeon

Fully Insured



Pruning  
Dismantling  
Hedge Trimming

Trees/Shrubs supplied & planted  
Contract Maintenance

Tel 01920 821595

## REFLEXOLOGY & MASSAGE

Susie Smith  
IIHHT, VTCT Qualified

**07843 478 237**

info@susiesmithreflexology.co.uk  
www.susiesmithreflexology.co.uk

## EDDIE HO



Fish & Chips  
BBQ Chicken  
Southern Fried Chicken  
Pukka Pies  
Beef Burgers

Station Road, Stansted  
**01279 817307**

## HELPLINE

**07704 553727**

If you have a **PROBLEM**  
or are in need of  
**ASSISTANCE**

Monday - Friday  
9.00 am - 4.00 pm

Stansted's voluntary community care service

## MEMORIALS

Direct From Stonemason

**J. Day & Son**

Station Road, Bishop's Stortford  
FOR BROCHURE & PRICES  
OR A HOME VISIT CALL

**0800 7837521**

Bishop's Stortford 01279 654555  
Saffron Walden 01799 513110  
Edmonton 0208 807 3712



**PETE BAKER'S  
CRUSTY JAZZERS**

Telephone: 01 279 814865  
Mobile: 07 816 124320

## CARERS UK

Uttlesford District Branch

**"Caring about the Carer"**

Carers are the biggest provider of  
health and social care in the UK.  
We offer help, support and advice  
If you would like to know more  
about us, call us now on:

**01371 875810**

Email: uttlesford@carers.entadsl.com  
46 High Street, Dunmow CM6 1AN  
Registered Charity No. 246329

## Computer Users! Mac & PC Repairs

software & hardware upgrades  
computer repairs

call:

**Alan Horsley**  
Tel: **01279 835475**



No call out fee ~ Viruses eradicated  
Low cost antivirus ~ No job too small!

**J.D.W.**

## GAS HEATING SPECIALIST

Boiler Servicing  
Fast response to breakdowns  
of Central Heating  
& all gas appliances

Carbon Monoxide Testing  
Boiler Replacements  
General Plumbing  
Cooker Installations

24 Hour Call Out  
CORGI Registered  
Ex. British Gas

Contact Julian  
1 Church Hill Corner  
Tel 01279 816083  
or 07967 366585

## Crystal Clear Pond Services Pond Cleaning & Maintenance

Regular cleaning, maintenance  
and servicing **plus** supplying  
and fitting all pond equipment

- Pond Cleaning
- Pond Restoration
- Water Features
- Pond Supplies

For a clean and healthy  
pond all year round.  
Free estimates & quotes

**01279 812011**  
**07999 536580**

www.crystalclearponds.co.uk  
info@crystalclearponds.co.uk



## NEW LOOK UPHOLSTERERS

Antique & Modern Furniture  
Upholstery Specialists

Domestic / Commercial  
Hotel & Contract Work  
Full Repair Service

Wide range of fabrics  
and accessories  
French Polishing

Free quotes - Collection & Delivery  
Professional Workmanship  
Excellent Prices



**01279 816222**

info@newlookupholsterers.co.uk  
www.newlookupholsterers.co.uk  
34 Stoneyfield Drive, Stansted CM24 8PA

# IN MEMORIAM

## JUDITH RICHARDSON

13th January 1929-21st October 2008

Judith was born in Newcastle in 1929 where her father, Ronald Owen Hall, was vicar of an inner-city parish. In 1933 she moved with her elder brother Joc and mother Nora to Hong Kong, following the appointment of R.O. – her father was widely known thus – as its Anglican Bishop. A very happy childhood ensued, much of it in the countryside of Hong Kong's New Territories, where R.O. built a hill-top home. The family was completed with the birth of a second brother, Christopher, in 1935.

The world darkened for them, as for hundreds of millions of others, in the late thirties. Judith witnessed the open hostility of the Sino-Japanese war first-hand, on a visit to Canton with her father in 1940. By December, still a year before Pearl Harbour – but with Hong Kong ever more nearly threatened by what was already a world war – Judith was evacuated with her mother and Christopher by ship. It was a case of out of the frying pan and into the fire as, after a voyage of nearly three months via the Cape of Good Hope, the ship was attacked a day outside Liverpool, hit by a German bomber. Twenty four hours amongst the massive seas and bitter cold of late February accounted for two of the passengers in her lifeboat alone, but Judith and her family were rescued by the Royal Navy.

In 1942 she entered Cheltenham Ladies College, where she was Senior Prefect (head girl) in her last year. Naturally diligent and disciplined herself, Judith's friends never recall her abusing her authority; indeed her closest friend was one of the more spirited girls of their year. Academically very accomplished, and perhaps therefore steered by her teachers away from nursing, she became a medical student at St Bartholomew's Hospital, London in 1948 – where she was one of very few women in a year dominated by demobbed servicemen. Qualifying in 1953, she specialised in paediatrics and returned to Hong Kong to work the second half of the 1950's amongst some of the poorest and most malnourished children of her father's diocese, establishing a clinic to help them and their parents. A year's work at the University of Chicago followed. The rest of her career she spent in London, latterly at The London Hospital, Whitechapel before becoming Consultant Paediatrician at St Helier Hospital, Carshalton.

Whilst at The London she had met Peter, and when he secured his consultant's post in General Medicine at Bishop's Stortford in 1972, they married. Later that year they bought a house in Brewery Lane and moved to Stansted; twin sons, John and David, following in 1973. Judith had resigned her consultant's job: now a mother of two small boys, newly married and enjoying her first really permanent home, her life took a different and for her, maybe, an even more fulfilling course. After almost 25 years of professional concern for children, though being Judith, that was combined with a very personal interest in them and their parents, she

now had two much longed for children of her own. David's cerebral palsy and related handicaps left him and the family with extra problems and challenges, but it was Judith who spearheaded addressing them: agitating that he be assessed for hearing aids for example, and trying always to ensure he was at the most appropriate school, whether specialist or mainstream. She did occasional locum jobs but her later involvement with the Twins and Multiple Births Association was more fulfilling and perfectly combined her professional and personal experiences.

Home life in Stansted allowed her scope for creating the comfortable domesticity and offering the unostentatious but generous hospitality which so recalled her mother. Her love of flowers and gardening she shared fully with Peter. Her father's influence was most reflected in her deep Christian faith, informing as it did her concern for others. She had grown up in and loved the Anglican tradition: its hymns, its liturgy and the breadth of its communion; systematic theology with its potential divisiveness was of little interest to her.

The last fifteen years were full of difficulties. She was diagnosed with Parkinson's disease but it was Peter's health which declined first, after his retirement in 1994. Just how much determination she had shown in supporting him, particularly in the last year of his life, was evidenced by the speed of her own physical decline when released from that burden by his death in July 1999. Her organisational abilities remained however, as she masterminded considerable modifications to a bungalow on Cambridge Road, into which she and David moved. Her Parkinson's inexorably advanced and necessitated a move to a nursing home in Thorley for her last two-and-a-half years. It was only then that she stopped being a regular face at St John's, where she had worshipped for almost thirty-five years, and where, the day before Remembrance Sunday, a service of Thanksgiving appropriately commemorated a full and varied life. Despite latter stresses and frustrations, her abiding demeanour was one of quiet acceptance informed by faith, rather than agonising over 'the problem of suffering'. In that, she reflected perhaps a little of the tone and spirit of Julian of Norwich.

Even as I finish this, a letter drops onto my doormat. It's from the parents of a little girl whose life Judith tried to save in Chicago in 1961. Although they lost their daughter, they write of Judith's efforts that "they contributed enormously towards our beliefs that we were doing the best we could and the rest was up to God." Their belief, but also I think, much of Judith's attitude to life. Rest in peace, Mummy.

John Richardson,  
with contributions from David  
jjjmmrrr@gmail.com



## Back to Basics Pilates Class

with Hazel Williams Registered Osteopath



**Mondays 8 - 9 pm & Saturdays 9 - 10 am**

The Quaker Hall, Chapel Hill, Stansted.

To book one of the limited spaces available or find out more please call Hazel on **01279 813371** or **07973 409675**

Please wear loose clothing and bring an exercise mat.

**Free introductory class throughout this month**

## Do-It-4U General Handyman

Home & Garden Repair, Care & Maintenance

- ◆ Plumbing, Electrical & Carpentry Services
- ◆ Drain Blockages Cleared
- ◆ Gardens Tidied & Maintained
- ◆ Hedges & Topiary Trimmed & Shaped
- ◆ Fences Erected & Repaired
- ◆ Gutters Cleaned, Repaired or Replaced
- ◆ Sheds & Other Sectional Buildings Erected

Tel **01279 814411** Mobile **07774 877320**

## Why live with your aches and pains?

Hazel Williams is one of the few practitioners who specialises in both structural and cranial osteopathy to treat a wide range of patients from babies to the elderly, from the immobile to athletes.

Her treatment can help with: *back, neck, joint, arthritic and muscle pain, trapped nerves, sports injuries, headaches and migraine.*

She also incorporates acupuncture to aid pain relief and provides specially formulated pilate classes to help with rehabilitation.

Her aim is simple... **to give you continual relief from pain wherever possible.**

To claim your **free assessment consultation\*** call Hazel Williams at her surgery on **01279 813371**

61 Blythwood Gardens, Stansted, Essex CM24 8HH  
osteopathy@hazel-williams.co.uk

\*Hazel Williams reserves the right to remove or change this offer at any time without prior notification.

the osteopath

## HIGH HOUSE Montessori Day Nursery (opposite Stansted Airport Terminal)

- Accepts children from 3 months to 5 years
  - Small class ratios, with qualified staff including our qualified Early Years teacher Vanessa Callan Bsc Hons, PGCE
  - Beautiful farmland surroundings
  - Traditional values and structure
  - Flexible hours according to needs of child and parent
- Full day care available 8 am to 6 pm  
52 weeks a year

To arrange a visit please call: **01279 870898**  
**www.HighHouseNursery.co.uk**

## MILLWAY

**OFFICE SUPPLIES & ART AND CRAFT SUPERSTORE**  
CHAPEL HILL, STANSTED MOUNTFITCHET, ESSEX CM24 8AP  
TEL: **01279 816659** ~ [www.millwaystationery.co.uk](http://www.millwaystationery.co.uk)

STOCKISTS OF HORNBY, LEGO, MECCANO, AIRFIX, DMC, ANITA'S CRAFTS, ENCAUSTIC ART, FIMO, SCRAPBOOKING, WINSOR & NEWTON, DALER-ROWNEY, RUBBER STAMPING, FABRIC PAINTS, FACE PAINTS, HELIUM BALLOONS, GREETING CARDS & WRAP.

**AT OUR SUPERSTORE WE HOLD IN STOCK  
OVER 30,000 PRODUCTS**

ALL YOUR STATIONERY NEEDS FOR THE HOME AND OFFICE  
INKJET CARTRIDGES, LASER TONERS, CDRs, PAPER, ENVELOPES, FURNITURE, FILING PRODUCTS, FILOFAX, PARKER.

**OPEN:**

**MON-FRI 8.30am—5.00 pm SAT 9.00am—1.00pm  
FREE PARKING**

John Wilson  
Manufacturing Jeweller  
(established since 1978)

Gold - Platinum - Palladium - Silver

- Wedding / engagement Rings
- Remodelling clients' Jewellery
- Old Gold bought
- Bespoke Jewellery created



Mob: 07900 931 910

Harlow Business Centre: 01279 429 644



**Home Appointments  
By Arrangement**



# St Mary's CE Foundation Primary School



*Caring, sharing, preparing for life*

This term the Key Stage 2 classes have all been working on a project on World War 2, a subject that has proved fascinating for all involved, pupils and teachers alike. As well as many teaching resources available there are plenty of pictures and objects from the time, not to mention the memories of family members and friends. The children were all engrossed and they have lots to show for their work including beautiful displays, an Anderson shelter erected in a classroom and radio broadcasts they have made complete with the sound effects of an air raid! The topic was rounded off with a highly successful visit to Duxford Imperial War Museum.

Other events lately have been a cross-country event at MMCC when the Year 3, 4 and 5 pupils went for a muddy run, and a Book Character day. The School Council decided that the day of our book fair would be a good opportunity to dress up, so instead of St Mary's blue, that day the school was filled by a range of characters from Matilda and Minnie Mouse to Frankenstein's monster!

The next few weeks are a lovely time to be in a primary school, though those who have to do the vacuuming do get rather tired of all the glitter in the carpet! Coming up are various musical events: the school choir is off once again to the Royal Albert Hall to sing in the Barnardo's Concert; rehearsals have begun for the Christmas productions which will take place very soon; and we are also selecting items for our Carol Service which is at 6.00pm on Thursday 18th December in St John's church - all are welcome to join us.

And finally ... the PTFA Christmas Shopping event is on Tuesday 2nd December from 7.00pm-9.00pm in the school hall. The more the merrier, so please do come and support us.

Christine Tonkins  
Headteacher

## Wellbeing

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



So, here we go! December and January, Happy Christmas and a Happy New Year to you all. High expectations make bad bedfellows with over-eating and drinking, the credit crunch, large family gatherings, forced professional social events, wet, dark weather and the 'flu bug. Thank you! I needed to share my inner Ebenezer Scrooge. Writing an article about wellbeing and Christmas time has not been easy. May I suggest that we give Christmas a well-being makeover – oh, let's be brave; Christmas needs a recovery programme.

Recovery can be described as regaining something once possessed but now lost or set aside. A couple of Christmases ago I started to review the commercialism and the pressure to have the 'perfect family Christmas'. It was a simple but defining act when I decided not to send a Christmas card to everyone. I made a decision to send cards only to people I wouldn't see and everyone else was to receive a Christmas hug. That went down very well and I enjoyed it too. My success was tempered though by the reaction of my shopaholic friends to the idea of swapping Oxfam goats as presents. Bluewater doesn't do animals; it proves once again that you can only change your Christmas and no-one else's.

I decided not to decorate every room in my house (physical tiredness before and after Christmas only makes a grumpy mummy). The experience, though, brought psychological and spiritual benefits. I discovered the pleasure of being able to walk in and out of Christmas. The simplicity of one candle decorated with some holly from the hedgerows in Parsonage Lane connected me to the timeless quality of nature, the most expensive, latest must-have Christmas decorations in the shops lost their power.

I have sung my fair share of carols and watched very merry people swelling the numbers at Midnight Mass. What is this story that we are drawn to year after year? Are we afraid to question the first faith story, which we learn as children, almost as though we may break a spell of innocence and hope? It was a personal blessing to hear a simple yet powerful re-framing of the story on the radio. People searched for the stable, finding a child born to be king. Animals and people alike go into the stable for shelter and food. Humanity's needs may be more spiritual in nature but the hunger is equal to that of the animals for food and warmth.

Divorce lawyers prepare for January – it's their busiest month of the year. So my last suggestion for 'Christmas in recovery' is to remember that absence makes the heart grow fonder; take yourself off for a long walk in the fresh air – cabin fever soon dissolves away. You can greet other comrades-in-arms (mothers with teenagers) – "You'll never believe what he's done now!" and that's just the husband. So wishing you all once again a 'Happy Christmas and a Happy New Year - one day at a time!

Isobel

### CHRISTMAS TREES



**FRESH      LOCALLY GROWN**  
at:  
ALSA WOOD FARM  
ALSA WOOD, STANSTED. CM24 8SU

**POTTED      ROOTED      CUT**

**SEVERAL VARIETIES**

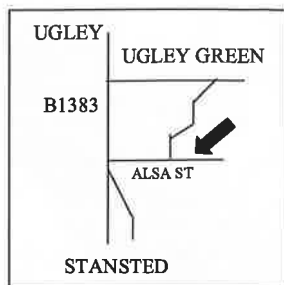
**CHOOSE / DIG YOUR OWN**  
(Boots advisable)

**WREATHS**

OPEN: 10 am – 4 pm

TUESDAY 2 DECEMBER  
to  
TUESDAY 23 DECEMBER

CLOSED MONDAYS



# Skin Deep Beauty



- ◆ Manicures & Pedicures
- ◆ Waxing
- ◆ Facials
- ◆ Eyelash Tinting
- ◆ St Tropez Tanning
- ◆ Inchloss Wrap
- ◆ Gift Vouchers Available
- ◆ Daytime or Evening Appointments

01279 814849 [pjmckinlay@aol.com](mailto:pjmckinlay@aol.com) 07989 070445

27 Oziers, Elsenham CM22 6LS

**NEWMAN'S** LICENSED APHC MEMBER

**HOME SERVICES LIMITED**

Plumbing • Heating • Electrical

Tel/Fax: 01279 814437 Mobile: 07831 233681

## A.C. WRIGHT

BUILDING CONTRACTORS

Orchard House, 5 Brewery Lane  
Stansted, Essex CM24 8LB

Tel. Bishop's Stortford (01279) 815759

Fax. (01279) 812484

Mobile 07974 989938



## Taylor Computer Services (Stansted)

On-site Computer Maintenance/Repairs for Home or Business

DON'T BE RESTRICTED TO OFFICE HOURS, I CAN VISIT YOUR HOME OR OFFICE DURING THE DAY, EVENINGS OR WEEKENDS AT A TIME TO SUIT YOU.

Wireless Networking and Broadband Setup, Data Transfers, Hardware & Software Installation, Virus & Spyware Removal & Protection, New PC Setup & Training

Call Derrick on 01279 816418 ~ 07926 289749

Email: [info@tcsstansted.co.uk](mailto:info@tcsstansted.co.uk)

## ALBURY ELECTRICAL SERVICES

LOCAL FAMILY BUSINESS Est 1984

All Electrical Installations  
Electrical Inspection, Testing & Certification  
of fixed wiring & portable appliances

NICEIC APPROVED. ALL WORK GUARANTEED  
FREE ESTIMATES AND ADVICE



Tel: 01279 771510 or 01279 652588

[info@alburyelectricalservices.co.uk](mailto:info@alburyelectricalservices.co.uk)

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

## Fabrications

*is the local company for all soft furnishings,  
made from our fabrics or your own.  
Wallpapers, tracks and blinds also supplied.*

*For free advice and measuring service call*

**Sue 01279 777465 or Carol 01279 777480**



## MOBILE HAIRDRESSING



*By  
Emma Russell*

*Ten years experience ~ Flexible Hours*

Tel: 07789 760 788 or 01279 817018

## FAMILY NEWS

13 Chapel Hill, Stansted CM24 8AB

Newsagents ~ Tobacconist ~ Confectioners  
Sweet Picks ~ Cards & Toys ~ Fax ~ Photocopying  
Printing ~ Laminating & Scanning ~ Phone Top-Ups  
Electricity and Gas Top-Ups (Cards & Keys)  
Utility Bills & Council Tax Payments  
We do Home Deliveries & Shop Saves

OPEN: Mon - Sat 5.30am - 6.15pm; Sun 5.30am - 4.30pm

Tel / fax: 01279 813485

## RAY THE PLUMBER

Need a reliable Plumber or Tiler?

...call RAY 07957 323686

Efficient service  
Reasonable rates

City and Guilds 6129 & Gold Trowel trained



Where customer  
service and attention  
to detail are never  
compromised

Where bright ideas are realised!

Tel: 01279 657769 Fax: 01279 503151

Email: [info@copyzone.co.uk](mailto:info@copyzone.co.uk) Web: [www.copyzone.co.uk](http://www.copyzone.co.uk)  
Unit 3 Southmill Trading Centre, Southmill Road, Bishop's Stortford CM23 3DY

**Eighth Annual Trust Fund Dinner**

On Thursday 16th October, the Eighth Annual Dinner of the MMCC Trust Fund was held at Weston Homes Business Centre in Takeley. A hundred people from local businesses enjoyed a dinner, auction and after dinner guest speaker, John Barclay. The evening started with a 'cello recital by 13 year-old Harriet Walker, a student at the college and member of the National Children's Orchestra.

Auction items donated by local businesses included:

A day at Newmarket races, a box at the Oval and a meal for six in the Centennial Suite at Colchester United (all kindly donated by Weston Homes)

Dinner and overnight stays at Down Hall, Manor of Groves and the Radisson Hotels

Floral bouquets throughout the year donated by R& R Sagers of Newport

A tour of the Control Tower at Stansted Airport with a meal at the Radisson (donated by BAA)

A necklace donated by You Unique and Popcorn Web Design

A Christmas ham courtesy of Broad Oak Farm Sausages

A signed print of the test match at Antigua in 1998 by the artist Jocelyn Galsworthy

An afternoon's tuition in a combine harvester, courtesy of Tim Trembath at Ravens Farm, Great Dunmow.

John Barclay kindly brought along a cricket bat signed by the 1993 Australian cricket team. John was captain of Sussex Cricket Club in the 1980s. He gave a very energetic and hugely entertaining speech. Headteacher, Jo Mullis, said "I am not very sporty but John entertained even me. I was also impressed by the many disadvantaged youngsters he has helped with his charity, enabling them to participate in cricket and other sports." Chairman of the Trust Fund, David Earl, reported that £2,500 had been raised by the dinner to go to the College to help foster the talents of individual youngsters.



*Left to right: Trust Fund Member Richard Roberts, Guest speaker John Barclay, Head Girl Helena Berry, Head Boy Jay Foster, Headteacher Jo Mullis and Trust Fund Chairman David Earl.*

Ruth Martin  
College Administrator

**Government plans to steamroller runway inquiry**

Plans to steamroller through the Public Inquiry into BAA's application for a second Stansted runway in just six months have been condemned by SSE. The news that the Inspector appointed by the Government was looking to conduct the Inquiry at a breakneck pace was revealed in a note from the Planning Inspectorate issued ahead of the Pre Inquiry Meeting scheduled for Monday 10th November, when the Inquiry programme and procedures was discussed at a public session. The intention was to run parallel sessions examining different subjects in different Inquiry rooms at the same time. This 'twin track' approach would severely compromise the community's ability to participate fully in the Inquiry because it would stretch resources beyond the limit. It would be impossible to conduct a fair and proper examination of BAA's plans by effectively excluding community representation by SSE and parish councils who are planning to play a leading role.

Moreover, the sheer scale and complexity of the forthcoming Public Inquiry has been grossly underestimated. It is the UK's biggest ever airport planning application. If approved, it would make Stansted bigger than today's Heathrow and in fact bigger than any other airport in Europe today. The intention to rush this through the Inquiry process in the space of six months is quite simply outrageous. The proposal for a 'quick and dirty' Inquiry confirms months of rumour that once again ministerial pressure is being applied to influence what is supposed to be an independent process. At last year's Inquiry into expansion plans for the existing runway the Inspector made several mentions in public session of the pressure he was under from ministers to complete the Inquiry and produce his recommendations very rapidly.

The Inspector for the second runway Inquiry appears to be coming under similar pressure. This suggests that the Government wants to be in a position to approve a second runway at Stansted while still assured of being in Office, noting that a General Election must be held no later than 3rd June 2010. The opposition of the Conservative and Liberal Democrat parties to the second runway plans has been widely publicised and the present Government is clearly trying to help BAA get approval for a second runway at Stansted before the electorate have an opportunity to kill the project stone dead.

The way in which the Inspector is proposing to run the Inquiry is an affront to the very principles of fairness and justice. Twin tracking is completely unacceptable for an Inquiry where there are so many complex inter-relationships between one topic and another. Both BAA and the Government know full well that this approach will make it impossible for SSE and others to keep abreast of all the evidence and to cross-examine BAA on all its evidence. On the other hand, BAA, with its team of five senior barristers, could take this in its stride. We shall not shirk from going to the Courts, if necessary, to defend the right of this local community to have a proper opportunity to scrutinise and challenge BAA's plans within a realistic programme that allows for full and fair public participation.

Carol Barbone  
Campaign Director  
Tel: 07775 523091  
cbarbone@mxcc.co.uk

THE  
**POCKNELL FOOD CO**  
FINE DINING AT HOME

The Pocknell Food Company provides an exclusive catering service.

Whether it be a dinner party, a corporate event or just an excuse not to do the cooking we can help. We'll even do the washing up!!

Our range of fine foods is also available at local farmers markets.

Please contact Olly on:

01279 816215 or 07876 742613  
Email [pocknellfood@btopenworld.com](mailto:pocknellfood@btopenworld.com)

## Café Bada Bing!

### Café & Take-Away Service

Morning Coffees, Teas and Assorted Pastries  
Breakfast Special & Early Morning Flyer Deals

Newspapers

### Lunch Take-Away Service

Pizzas, Pastas, Sandwiches, Salads & Side Orders

**Evening Take-Away Service & Local Delivery**  
for Pizzas, Pastas, Salads & Side Orders

Internet Access (WiFi) available to Customers

Shoe Mending & Laundry Early Morning Drop Off

Beautiful Fresh Flower Arrangements from Agapanthus

Car Valet Service Available

Telephone 01279 817600

3 Station House, Station Road, Stansted CM24 8BE  
[www.badabingstansted.com](http://www.badabingstansted.com)



## Stansted & Saffron Walden

Chauffeur Services **01279 816901**

Business and Airport Transfer Specialists

Audi A6 Fleet with GPS Tech  
Business Accounts Available  
Female Drivers  
24hr Airport Transfers  
Fully Licensed & Insured  
Professional Service Assured



Highest standards in luxury private hire and executive taxi services available locally

Book online @ [www.stanstedchauffeurs.com](http://www.stanstedchauffeurs.com)  
email: [enquiries@stanstedchauffeurs.com](mailto:enquiries@stanstedchauffeurs.com)

*All major credit cards accepted*

## Mitchell School of Dance

Mrs Mitchell LISTD Dip AISTD AES Dip  
Fully qualified and registered teacher

*Dancing Displays Examinations  
Choreography National Competitions*

Classes at:

St. John's Church Hall, Stansted  
St. Mary's Church Hall, Birchanger

**Tel: 01992 812781**



## The kings arms Hotel

Open all day, every day  
Non smoking Accommodation  
Food served daily  
Traditional Sunday Roast 12 - 4 pm  
Beer Garden  
Regular Entertainment - Quiz Nights etc  
Sky Sports

STATION ROAD STANSTED  
01279 812948 or 01279 815699

[kingsarmsph@btconnect.com](mailto:kingsarmsph@btconnect.com)  
[www.kingsarmshotelstansted.co.uk](http://www.kingsarmshotelstansted.co.uk)



## REMEMBRANCE SUNDAY 9th NOVEMBER 2008

The annual wreath-laying took place at Stansted's War Memorial. There was a good attendance including representatives of the Beavers, Cubs, Scouts, Brownies, Free Church Pilots, ATC, St. Mary's School, Bentfield School, the Mountfitchet M&C College, Police, Fire Brigade, W.I., the Parish Council, the Royal British Legion and members of the public. Names of the fallen in the conflicts including and following two World Wars were read, and prayers were led by the Rector, Revd. Paul Wilkin. There followed a service in St. John's Church.



1st Stansted Beavers



1st Stansted Cubs



Stansted Free Church Pilots  
(with Flag)



1st Stansted Scouts



494 Squadron ATC



## Nick Shutes Painting and Decorating Ltd

For high quality  
interior and exterior redecoration  
& associated minor repairs  
contact Nick Shutes  
for a no obligation quotation

01799 542385  
07885 778213

Based in Ugley

## CHIROPODIST & PODIATRIST Stansted

and Bishop's Stortford

- ◆ Orthotics
- ◆ Diabetic Foot Care
- ◆ Evening & Saturday Clinics
- ◆ Routine Treatment

R Handford & Colleagues  
H.P.C. Registered

36 Lower Street, Stansted  
Also at 16 Hockerill Street, Bishop's Stortford

01279 652249 info@feet.org.uk  
www.feet.org.uk



AMANDA WELLS  
DESIGN

Offers a bespoke service for  
curtains, blinds and  
soft furnishings.

My service includes advice on  
design, tailored towards your  
home, and fabric sourcing  
where required

Please contact me for a no  
obligation quote on:

Tel: 07919 180432  
info@amandawellsdesign.co.uk

## Agapanthus

To Go.....

Floristry Designs  
for

Events  
\*  
Corporate  
\*  
Retail

T: 01279 815415  
M: 07896 813570  
E: nikki.downing1@dsl.pipex.com

## A&I Electrical

All Electrical  
Installations and  
Repairs

New Fuse Boards  
and Rewires



Free estimates

Tel 07711 202423

## DT Bedroom Design Ltd

bedrooms • kitchens • studies • bathrooms



01279 813421 or 07765 257 200  
Email: darryl.trigg@dtbedrooms.co.uk  
www.dtbedrooms.co.uk

Competitive Prices  
Free Site Visit  
Free C.A.D. Design & Quote  
New or Re-Vamps  
Modern or Traditional  
Over 200 Colour & Design Combinations

# Stansted network

## NEWS FROM YOUR LOCAL COUNCILS

\*\*\*\*\*

### HEALTH CENTRE – MOVING TOWARDS A DECISION

Following an update from the PCT, the position appears to be as follows: two central sites are being considered alongside the longstanding option at Forest Hall Park (Rochfords). The PCT hopes to make a recommendation to its Board at the end of November. If a decision is taken at that time, and if there are no complications with the planning application, then the new health centre should be operational in 2010.

Much still remains to be accomplished, but the Parish Council is cautiously optimistic that a good result can be achieved for all patients in Stansted Mountfitchet and the surrounding area, not least in ensuring good transport links. Watch for more news to be reported over the next month.

### WAR MEMORIAL – CLEANING UP

Ahead of Remembrance Sunday the memorial had a simple clean which should have removed some of the accumulated grime. In 2009 a professional clean is planned as well as a re-cut of the inscribed names. In addition, thanks to the generosity of a member of the local Royal British Legion and the Burma Star Assn, a stone carrying the inscription "For Their Tomorrow We Gave our Today" is to be placed at the memorial. We continue to remember with thanks the work and sacrifice of our armed forces and of their families.

### PARISH PLAN – QUESTIONNAIRE TAKING SHAPE

A draft questionnaire has been drawn up and is now being reviewed by the working parties and the Council. Separate questionnaires have been prepared for our young people and businesses. It is intended, by the end of

January, to distribute these documents to any person over the age of eleven and to all businesses. Complete as much as you wish, but please give it serious thought in the short, dark days of mid-winter. If you want to be more actively involved, please contact Ruth Clifford at the Council on 813214.

### WELCOME PACK

The Parish Council, together with the Churches in Stansted, has put together a Welcome Pack for new residents. Hopefully, most of the residents at Forest Hall Park will have received one. It is planned to establish a system for new residents in other areas shortly. If you are new to Forest Hall Park and have not received a Pack, please do let us know so we can put this right. Also, if any organisation does not have information in the Pack but wishes to do so, please contact Catherine Dean or the Clerk.

### PARISH BUDGET FOR 2009/10 UNDER PREPARATION

The Parish Council hopes that the amount which parishioners will be asked to pay next year will be little changed despite inflationary increases in a number of areas. However, it is still hoped to undertake some smaller projects with consideration being given to a new flower bed adjacent to Blythwood Gardens and a refurbishment of the Fountain area. In addition a full year of the part-funding of an additional PCSO, an enhanced CCTV system and floodlighting of the skatepark – the latter two being dependent upon external funding – and a new footpaths booklet. The production of the Parish Plan (including the questionnaires) will be an expense, but hopefully funding will also be obtained externally.

If these objectives are achieved within a flat budget, whilst maintaining a prudent reserve,

this would be reasonable progress. Looking ahead, the move of the Clinic will enable the Parish Council to move to larger and more accessible accommodation downstairs. (Longer term the use of the whole of the Crafton Green site needs to be evaluated to see if more and better facilities can be provided).

If you have any comments or suggestions on any of these issues, please pass them to a councillor or to the Council offices. The precept will be decided at our meeting on 17 December.

### **DATES OF COUNCIL MEETINGS**

Dec 3	-	Full Council
Dec 10	-	Finance Committee
Dec 17	-	Full Council
Jan 14	-	Open Spaces
Jan 28	-	Full Council

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](http://www.stansted.net) under Publications.

### **BONFIRE AND FIREWORKS EVENT**

This annual spectacular was once again very well attended and we are indebted to many people for the organisation: Peter Deeks and his team for the fireworks, Mike Byrne and his Scouts and Leaders for the bonfire, Jim Freeman and his badminton group for the catering, the ATC for marshalling and Niggs for everything! ***We have in the office a watch which was found at the entrance. If you lost one, please contact Ruth or Anne.***

### **THE WINDMILL – CONTINUING FRUSTRATION**

The Millers have ambitious but costly plans for the mill. If realised, apart from proper maintenance of the fabric, the cap will be repaired so that it can rotate fully, thus relieving pressure from it being locked in only one position. If these plans are to come to fruition

then substantial external grants will be needed. So far, English Heritage has failed to come to any decision on a substantial grant despite having had over two years to consider the matter.

Unless external funds are forthcoming quickly, the Trustees will need to reach a decision on commissioning work to ensure that the fabric of the mill is maintained. Through the Millers' fund raising, your contributions and funding from the Parish Council, money is available for such work, but not enough to undertake the major project. Efforts will continue to secure further external funding.

### **NEWS FROM UTTLESFORD D.C.**

**From Cllr Geoffrey Sell**

#### **Government gives go ahead for expansion at Stansted Airport**

The Government has announced that they will lift restrictions on the number of passengers going through Stansted Airport. It means that 35 million passengers a year will be able to pass through the airport, instead of the current limit of 25 million, and the number of aircraft movements could rise from 241,000 to 265,000 a year.

Uttlesford District Council had refused an application by BAA to lift the cap on the number of passengers in November 2006. The public inquiry into that decision took place last year.

Although the decision was predictable it is nevertheless extremely disappointing. It will mean more noise and pollution for residents. What was not predicted is that the Inquiry Inspector has awarded partial costs against both Uttlesford District Council and Hertfordshire County Council. This sets a worrying precedent for local authorities who are trying to stand up for residents against infrastructure projects backed by the Government. They face the risk of being badly out of pocket. The Inspector felt that both councils had in some areas behaved unreasonably towards BAA. It is not clear how much the award will cost the councils; there will have to be negotiation between their solicitors and BAA's.

There was to be an Extraordinary Council meeting on 12 November to consider legal advice received by the Council as to whether there are any grounds to challenge the decision or aspects of it.

### **Council Finances**

Like some other 100 local authorities Uttlesford has been caught up in the financial crisis affecting Icelandic banks. It has £2.2 million invested in the troubled bank Landsbanki which was taken over by the Icelandic government on October 7 to prevent financial meltdown. Negotiations are ongoing between the UK and Icelandic governments to ensure that depositors get their money back. We are hopeful of retrieving the capital, but less so of the interest that we would have received.

Contrary to some reports, the Council has never been in a position where it was unable to pay its bills. It is inaccurate to state that it has ever been in a near bankruptcy situation. The Council finances however remain under pressure.

### **Relieve for Phone Boxes**

As a result of pressure put by councillors including myself, British Telecom has advised us that they will no longer be closing the public telephone boxes in Cambridge Road and Stoney Common.

### **South Uttlesford Community Forum**

Community forums replaced Area Panels this May. They cover a larger geographical area than did Area Panels. To date meetings of the Forum have been held at Dunmow. I have argued strongly that Stansted residents should have an opportunity of attending a locally held meeting. I am pleased therefore to report that the next meeting of the Forum will be held at the Mountfitchet Mathematics and Computing College on Thursday 8 January 2009. The meeting will start at 7.30 pm and will be attended by officers of the District Council, Essex Police, Essex County Council's Highways Department and West Essex Primary Care Trust. Members of the public have the opportunity of asking questions to any of these bodies.

### **From Cllr Alan Dean**

The inquiry into the second runway will be no mean or insignificant event, yet we have heard that the government wants to rush it through in six months instead of having a thorough examination over around twelve months. They want to cut the duration by running two inquiry sessions in different places at the same time. That's an outrageous proposal for those like the councils or SSE, who can't pay for two legal teams.

Bus pass holders will be pleased that the 9 o'clock start was restored in October. In the end Uttlesford got a big refund from the bus companies from last year's scheme

National figures have been published placing Uttlesford sixth best for waste recycling at 54.5%. The best was East Lindsey in Lincolnshire at 58.4% of waste recycled. However, all five councils above Uttlesford in the league table have a doorstep collection of garden waste. This gives a big boost to the recycling rate as the garden waste is composted. In Uttlesford we compost more of our garden waste at home, so it doesn't get counted in the performance tables. If UDC had collected garden waste, say in the brown bins, we would have been top of the national league. It's the collection of kitchen waste that makes all the difference to Uttlesford's performance.

I am pleased to report that street signs have started to go up at Forest Hall Park, so the postmen and the binmen should now be able to find residents' homes! Unfortunately, the buildings in this area have caused a loss of television signal to many homes in Manor Road. An investigation is underway to sort out what needs to be done to restore normal service and sort out who is responsible.

### **NEWS FROM THE COUNTY COUNCIL**

#### **From Cllr Ray Gooding**

Essex County Council are celebrating the success of their innovative '**50-Not-Out**' scheme by extending it across the County.

This initiative has been so successful in helping people in Mid and West Essex who are over fifty and are unemployed or at risk of losing their jobs to brush up on the skills necessary for a career change, that it is now being extended to other parts of the County.

The scheme, which is managed by the Council's Adult Community Learning Service is free and offers courses suitable for a wide range of needs, has helped more than 800 people since it started in January 2007.

If anyone is interested in this scheme and wants to find out more, they can contact the project online at [www.50-not-out.org.uk](http://www.50-not-out.org.uk) or telephone 01245 436606.

### **NEWS FROM ESSEX POLICE**

During the past few months there have been a number of burglaries and similar offences. To reduce and prevent this from happening in the Stansted area I wish to provide you with some home security advice:

Leave a light on now that it is getting darker earlier. With autumn upon us and the nights drawing in, Essex Police is encouraging residents to leave a light on this winter. If you leave your home without putting a light on or drawing the curtains it could be an open invitation to opportunist burglars that no-one is home. Before leaving your home for the day make sure that your property, along with outbuildings, is secured.

Across the UK fuel theft has increased by 222%. As many homes in the Stansted area use oil central heating we have seen a rise in this type of offence. Basic crime reduction advice can be obtained from your supplier or from the Crime Reduction Officer, Pete Caulfield on 0300 333 4444 ext. 65820.

The Stort Valley has been the victim of most of our burglaries recently. I would like to highlight the need for you to let us know of any activity that you feel is suspicious. It is also important that you call us whilst you see this activity occurring rather than phoning the next day or thinking someone else may do it. By doing this we can attend the scene and stop check any

individuals who are up to no good. Your call may prevent an offence.

This gives me the opportunity on behalf of Essex Police and the Parish Council to highlight the importance of Neighbourhood Watch. The more members we have, the more eyes and ears we have in the community to prevent crime. If you are interested or would like more information on Neighbourhood Watch please contact us.  
Email: - [Joanne.jeggo@essex.police.pnn.uk](mailto:Joanne.jeggo@essex.police.pnn.uk)

### **CONTACT US!**

**Due to lack of space we are unable to print the full list of members. Please refer to an earlier edition or contact the office.**

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

### **OTHER CONTACTS**

#### **Uttlesford District Council Members**

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

#### **Essex County Council Member**

Ray Gooding Tel: 01279 813103  
Email: [cldr.ray.gooding@essex.gov.uk](mailto:cldr.ray.gooding@essex.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](mailto:haselhursta@parliament.uk)

#### **Police**

Stansted Police Station, Hargrave Close  
Tel: 812211  
Essex Police non-emergency number  
0300 333 4444  
Mobile phone carried by PCSO  
07801 461666

## OPERATION CHRISTMAS CHILD SHOE BOX EVENING



Phew! What a fantastic night the shoe box packing evening turned out to be. The hall was a hive of activity with over 40 people including children packing boxes with the marvellous selection of items that had been so generously donated by people in the village and beyond. Some items and boxes had just been left anonymously in my porch.

Some people have been knitting hats, scarves and gloves, puppets and teddy bears all year - their needles must have been red hot this summer even if the weather was not!! This enabled every box to contain at least a woolly hat, as well as a tennis ball (given again by the Stansted Tennis Club), toiletries, pens, pencils, paper, sweets, toys - you name it, it was there. At the end of the evening 193 boxes had been filled.



I am also very grateful for the donations towards transport costs. By the time the boxes are dispatched I expect the numbers to have risen to well over 350 including some from the Catholic Women's meeting and Bishops Stortford Methodist Women's meeting. This year's boxes will be sent to Belarus. Any items too big to go in a shoe box, and large packs of pens, pencils and all the woolly hats we could not use are packed into large crates and sent direct to children's hospitals and orphanages. **Nothing is thrown away.** On behalf of all the children who receive the boxes and the Operation Christmas Child team, I would like to say a very big sincere thank you to everyone who contributed in any way to make this year's appeal so successful.

Janet Townsend



# Garry King Family Cycles

Bikes for all ages  
New & Second-hand

- ✓ Spare parts
- ✓ Accessories
- ✓ Servicing
- ✓ Repairs

Mobile repair service

Free pick up & delivery on all cycles

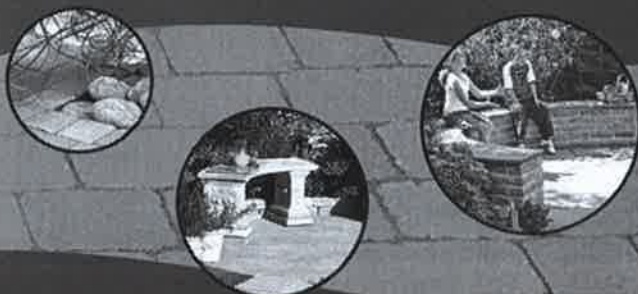
*"If you cannot come to me, I will come to you"*

T: 01279 813114 M: 07789 536922

## D. Honour & Son

(Landscape) Ltd.

Your local Marshalls approved Installer  
Brickwork Paving Fencing



Tel: 01279 813160

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

The Old Brickyard, Elsenham Road, Stansted, Essex CM24 8ST



## Graham School of Dance



Outstanding tuition in Royal Academy of Dance Ballet & ISTD Modern Dance at the  
**QUAKER HALL, CHAPEL HILL, STANSTED**  
on Mondays, for children age 3+.

Classes in Tap, Drama and Musical Theatre for older children (+Adult Tap) held in Bishop's Stortford; classes also in Takeley & Sawbridgeworth.

Our talented pupils regularly win places with national dance schools and companies, gain excellent exam results and take part in dance festivals and professional pantomimes.

**FOR FURTHER DETAILS & A FREE PROSPECTUS:**

Telephone: 01279 654423

E Mail: [info@grahamschoolofdance.co.uk](mailto:info@grahamschoolofdance.co.uk)

## MAYFAIR PONDS LTD



- Specialising in all types of ponds & features
- Professionally designed, installed, restored or maintained
- Local company established since 1987 with excellent after care service

Tel: 01279 461052

(Answerphone)

Mobile: 07711 087 004

Want to get into shape?  
Need to get fit?



Why not join the  
**Mountfitchet Romeera  
Leisure Centre**  
from just **£28.80 a month?**

- Fully equipped gym
- A wide range of group training classes
- Personal training
- Crèche
- Free on-site car parking

01279 648580



Uttlesford Leisure Ltd



Leisure  
Connection\*

## D C Poulton & Sons



*Funeral Directors*

High standards of service and attention to the public for over 100 years.

All branches have private chapels of rest.

Funeral can be arranged in all areas in the comfort of your own home if required.

**Golden Leaves Pre-Paid Funeral Plans Available**

*Please note this company is not associated with any other with the similar name*

2 Chapel Hill, Stansted 01279 813219

Clarks Lane, Epping 01992 572609

Chipping Ongar 01277 366009



# Spangles\*

## Children's Centre

The Centre is being used to its fullest and two popular sessions have recently started, with all places being taken up. The PCT is currently running a Terrific Tots group, which is a parenting class together with a free creche run by both qualified and experienced staff. The feedback so far is fantastic and the parents have all said they have learned some good positive parenting strategies. We have started a waiting list for the next group, so if anyone is interested please let one of us know.

ACCURO are also running sessions for parents and children who have a range of extra needs. Some of the issues being discussed are how to best access the education or medical system, adaptations and solutions for coping with the demands of a child who needs extra help as well as other children in the family. Parents on this course have said that the support of other like-minded parents is always good and the staff at Spangles and from ACCURO are helpful and informative.

We see a few of the dads accessing the Children's Centre, but we are also aware that our opening hours of 9.00am-5.00pm weekdays only are not particularly favourable for this group of parents. So, whilst the remaining Saturday morning dads' sessions on 29th November, 6th and 13th December are a treat in the run-up to Christmas, they are also a bit of an experiment to see what the demand is like. We will have Christmas crafts and activities, run by the Centre staff, for the children to make with their dads and take home.

Spangles Children's Centre wishes everyone a great Christmas and a Happy 2009. Knowing that everyone feels the financial pinch after Christmas we shall be looking for interesting and stimulating ways of engaging with children with as little expense as possible. Any ideas you might have are more than welcome. As well as running a timetable full of interesting activities for the children, we shall also be helping those parents and carers who want some information on financial management; and we have lots of advice on who to talk to about situations brought on by the current credit crunch and our desire to lavish presents at Christmas. We have access to information about unemployment and re-training, benefits and tax credits. It is worthwhile checking to see if you are getting your entitlement. Contact Spangles for more information about specialists visiting the Centre in January.

Also, parents, don't forget you can have your very own health coach, who will discuss and develop with you a programme for cutting down on smoking or improving your health through diet and exercise. In response to comments and requests made by our users we have made some changes to the timetable at Spangles, so look out for age-related sessions with a little more structure and activities appropriate to the age group. On Thursdays we still have our stay and play session which is always popular, and this is open to all ages up to five years.

Next year's timetable will include:

**Monday** Group for three to five year olds from 1.30pm-3.00pm including music and song with Lesley.

**Tuesday** will see New Parents from 10am -12 noon for babies up to 12 months; and tots aged between one and three years will have their very own session in the afternoon from 12.45pm-2.45pm.

**Wednesday** will see the continuation of our Grandparents' Club from 1.00pm-3.00pm.

**Thursday** the Stay and Play will continue from 9.30am-12.30pm.

**Friday** remains for the Young Parents up to the age of 19.

We will not be running the normal timetable of events over the Christmas period, so please ask staff for details. Services at Spangles are still free and we welcome all the under 5s in the area. If you are unable to visit the centre or know of someone who lives in Uttlesford but not close to Stansted, then please give us a call and we will let you know of the services being offered outside of the Centre. We can always do with offers of help so if you have a couple of hours to spare then give us a call; we might be able to help each other out. Pop in and collect a timetable where Mandy, Debbie, Lesley or Henriette will be more than happy to show you around.

Our contact details are: Spangles Children's Centre, Lower Street, Stansted, tel: 812348, email: [afstanstedcc@essexcc.com](mailto:afstanstedcc@essexcc.com).

Mandy Fitchett  
Spangles Co-ordinator



## MOUNTFITCHET GARDEN CLUB

### Quiz Night Report

Nine teams took part in the 3rd Mountfitchet Garden Club General Knowledge Quiz on 11th October. The Quiz Master was Peter Perke ([www.peterperke.com](http://www.peterperke.com)), who was astonished by the level of competitiveness stating "I've never known such a close contest before!". At the end of ten rounds, two teams tied on points, so it was down to the Team Captains' acting skills to gain that vital winning point. Two Oscar winning performances of Frank Spencer's "Oooo Betty, the cat's done a whoopsie in my beret" followed, much to the enjoyment of all present, so a general knowledge 'decider' was called for! Alan Bowles from team 'Help!' was the first to correctly answer "What is the name of a baby Kangaroo?" \* this gave them that vital extra point.

The team names were chosen on the night and had to be relevant to current affairs. The Saga Louts, although bringing up the rear, won the Best Team Name. The general consensus was that another tournament should be arranged – so Watch This Space!!

Maralyn Harris

PS: \* [Answer: Joey if you were still wondering]

## BERGEN CHRISTMAS BISCUITS

Norway is a beautiful country and Bergen an interesting city with its mixture of architecture and fascinating fish market. I have seen it in a variety of weathers from so hot everything decent to remove was stripped off, to cold driving rain, when the zip of my anorak stuck and I had to be cut out! But that was in the summer and I have never been there in the winter. From a book I purchased it sounds particularly lovely at Christmas time, when the streets are decorated with stars, garlands, Christmas trees and lots of lights reflecting off the snow. There are many traditions linked to Christmas in Bergen, not least the family gatherings and feasting. It is unlucky not to offer visitors something so between seven and 13 varieties of biscuits should be made. The following recipes are among the simplest in *A Taste of Bergen Cuisine* by Erik O Paulsen.

**Korintkaker (Currant cookies).** Makes about 80 biscuits.  
200g butter      150g. sugar      275g flour  
100g currants      1 tsp baking powder

Cream butter and sugar. Work in the flour and baking powder, then currants. Allow the dough to rest for at least one hour. Shape into thin rolls and divide into pieces of about one centimetre. Roll into balls and press flat. Bake for about 10 minutes at 180°C (360° F).

**Smorspekulasjer (Butter cookies)** Makes about 60 biscuits.  
1 egg      75g butter      75g sugar      150g flour  
Grated rind of ½ lemon      ½ tsp. baking powder

Beat egg and sugar until creamy. Add other ingredients gradually, mixing well. Allow to rest in a cool place for at least ½ hour. Roll out thinly but not too much at a time or it becomes difficult to handle. Cut into star shapes. Bake for 8 to 10 minutes at 180° C (360° F)

**Kanelstenger/Kanelpinner (Cinnamon sticks)** Makes 60.  
200g butter      100g sugar      300g flour

Beat butter and sugar until creamy then work in flour. Roll into sticks about the size of a little finger. Roll in a mixture of 2 tbsp sugar and 1 tbsp cinnamon. Bake for about 10 minutes at 180° C (360° F). If particularly fond of cinnamon, mix a teaspoonful into the dough too.



I intend to make some for Christmas - enjoy!

Peggy Honour



**Royal British Legion  
Stansted & District  
Branch**

May I say a very great thank you to all those who helped in this year's collection. Also, grateful thanks for the generosity shown by all those who gave to the appeal.

John Segar  
Hon Poppy Appeal Organiser



In November the children focused on the Hindu celebration of Diwali. This involved making Diwali lanterns which the children were able to take home to show their parents. They were also introduced to a number of different Indian foods such as samosas, poppadums, bhajis and burfi sweets made from coconut. To see how Diwali customs are put into action the children all watched a DVD about how a family in Leicester celebrate Diwali.

Following their surprise visit a few weeks ago, the Ofsted report arrived on our doorstep at time of going press. The main points were: three 'good' judgements and one 'outstanding' - for welfare of children in the Early Years Foundation Stage. The inspectors found that welfare was effectively promoted throughout and the playleaders worked really hard to help the children make a positive contribution, making sure that all the age groups had a chance to enjoy their learning experience and achieve within it. They also recognised the playleaders' efforts to help the children stay healthy and safe. A copy of the report can be found on the Ofsted website [www.ofsted.gov.uk](http://www.ofsted.gov.uk) and all parents of children currently at Rainbow will be receiving a copy.

Following the successful harvest trip the children will be going back to Norman Court again to do some Christmas singing. Broome End residential home has also signed up the choir for a Christmas performance! The children were also looking forward to putting on their nativity performance for parents and grandparents and learning the true story of Christmas together. Term ends with Christmas parties for both groups and a visit from a mysterious yuletide visitor.

If you are interested in a place at the pre-school please contact Gill Pursglove on 814701 for further information.

**Don't forget our Nearly New Sale on 7th February 12 noon-1.30pm in St John's Church Hall.**



Isabelle Page  
Rainbow Committee



## UGLEY FARMERS' MARKET

(every 3rd Saturday of the month)

**Saturday 20th December** (for your Christmas goodies and gifts)  
and **Saturday 17th January**

10.00am-12 noon

**Ugley Village Hall**

Meat, poultry, eggs, pate, soup, bread and home baking,  
fruit and veg, honey, preserves (Dec only),  
crafts, plants



**Stansted  
Evening  
Women's Institute**

The WI College has recently celebrated its 60th anniversary and eight of us went on a day trip organised by our county to join in the celebrations and admire the beautiful flower arrangements both in the gardens and all over the house. When the house was originally bought in 1947 it had 100 acres of park, two cottages, a lake and walled kitchen gardens and it cost £16,000! An appeal was launched to raise £60,000 to buy and equip it, and every WI was asked to raise £10 - a large amount in those days. Money was also given by the Ministry of Education and it was eventually opened on 24th September 1948 and named Denman College in honour of Lady Denman our first NFWI Chairman. Since then it has gone from strength to strength; the house has been refurbished, most bedrooms are single and have ensuite bathrooms, teaching centres added and some land sold off.

These days it is possible to take a course at Denman even if you aren't a WI member and we even let men in too if they are brave enough to come. The atmosphere there is really friendly and if you arrive alone you don't stay alone for long. There are some amazing courses these days - including belly dancing, alternative therapies, tai chi, water divining and many computer courses - heavens knows what Lady Denman would make of it all now. When I first went over 30 years ago it was still a bit like a girls' boarding school and you were allowed a sherry before dinner - nowadays you are actively encouraged to buy bottles of wine at the bar which can lead to some extremely entertaining 'last night' concerts!

Our October Speaker was Jayne Payne who came to tell us of



her very special business she started at home called 'The Festive Dresser'. It all began as a fund-raising exercise for her children's junior school and soon developed into an all the year round business making hand-made decorations. Jayne creates wreaths, garlands, table centres and napkin-rings using products supplied from China, Thailand and the Philippines which she combines together to make something quite unique. She

brought many of them to show us and inspired us all I think to decorate our homes this Christmas. Much of her work is also making decorations in London stores and hotel chains.



On Thursday 11th December at 7.45pm in St John's Hall our speaker will be June Wells whose talk is entitled 'Storytelling - A Craft Reborn'. If this sounds interesting to you come along and hear her too.

On Thursday 8th January at 7.45pm in St John's Hall we hold our New Year Party with entertainment from singer and guitarist, Andy Caven. What better time to come along and join the WI!



Judy Colliver  
Tel: 812470



**Announcement**

Love and congratulations to  
Darran Chopping and Helen Gould  
for their Wedding 1.30pm on 20th December  
at Stansted Free Church.  
Wishing you health and happiness always.  
With love from both families.



**UGLEY WOMEN'S  
INSTITUTE**

**YOU ARE HERE**

Give me village signs! A fine selection of these was shown to us by John Weston, who heads the National Village Signs Society, and is another prestigious National Trust speaker. Missing a sign for Ugley, travellers find a good landmark is *The Ugley Chequers*, and, if you reach *Ugley Village Hall* on the 3rd Wednesday of each month at 2.30pm.

**WE ARE HERE**

Phyllis Harrison

**STANSTED  
CONSERVATIVES**



Stansted Conservatives will be holding their Annual Christmas Supper on Saturday 13th December at The Day Centre, Crafton Green starting at 7.30pm for 8.00pm. Tickets are £15 each. This is a popular event and early booking is recommended, so come and join us and get into the Christmas spirit. For more details contact Bridget on 814440 or Joan on 814854.

Bill Stiles

**Relax, De-stress  
and Re-balance**  
Indian Head Massage  
Kinesiology  
Reflexology  
Reiki

Call **NOW** for  
appointment

**01279 321726**

**07770 766414**

[judy@wood-and-co.com](mailto:judy@wood-and-co.com)

**NEW! From November:  
Emotional Freedom  
Technique (EFT)  
"acupuncture without the  
needles"  
Call for info**



- Children aged 2½ to rising 5's for morning or afternoon sessions
- Well qualified, caring staff
- High quality pre-school education
- Own **new** building, and excellent facilities
- Located within lovely village school grounds

For further information please call Tina on **01279 814037** or visit [birchangernursery.org](http://birchangernursery.org)

**Come and visit –  
you will be made  
very welcome!**



Very good Ofsted report (March 2008)

**Alzheimer's  
Society**

Leading the  
fight against  
dementia

### Uttlesford Branch

Our Outreach Workers are happy to offer free help and support to people with dementia and their carers.

Home visits possible.

Please contact us on  
**01371 872519**

or email:  
[alzheimers@uttlesford.freereserve.co.uk](mailto:alzheimers@uttlesford.freereserve.co.uk)

Registered Charity No 296645

*Counselling / Psychotherapy  
for Individuals*



**Deirdre Ronald**  
MBACP (Accredited)  
UKRCP (Reg. Ind.)

*Experienced in brief or longer term  
counselling / psychotherapy*

**Bishop's Stortford Based**

Tel: 01279 730214

Mobile: 07870 304391

Email: [deirdre@hertscounselling.net](mailto:deirdre@hertscounselling.net)  
[www.hertscounselling.net](http://www.hertscounselling.net)



**The Crafton Room**

### Over 55?

Then a warm welcome  
awaits you at

### The Crafton Room

Home cooked or frozen lunches

Snacks and social activities

Open Tuesday, Thursday  
& Friday 10 am to 4 pm

Crafton Green, top of Chapel Hill

Bookings & enquiries on  
01279 815091

**Lower Street Clinic**  
36 LOWER STREET, STANSTED, ESSEX  
ESTABLISHED 1989

*Osteopathy,  
Cranial Osteopathy  
Aromatherapy,  
Homeopathy  
Flower Remedies  
Chiropody/Podiatry  
Infant Massage  
Instruction  
Pilates Instruction*

We have a specialist clinic for pregnant  
mothers, infants and children

FOR FURTHER INFORMATION  
OR TO MAKE AN APPOINTMENT,  
PLEASE TELEPHONE

**01279 815907**

Professional  
Self - Employed Barbers



5 Station Rd, Stansted  
Tel 01279 817788

**Opening Hours:**

**Mon, Tue & Fri 8 am - 6 pm**

**Wed & Thu 8 am - 8 pm**

**Sat 7 am - 4 pm**

[www.the-mensroom.co.uk](http://www.the-mensroom.co.uk)

### MELODY BEAR....

DANCE  
CLASSES  
FOR  
PRE-SCHOOL  
CHILDREN



*Fun classes introduce  
children age 2 - 4 years to  
**dance & movement**  
using the natural actions of  
the body such as running,  
jumping, skipping & galloping  
– run by qualified teachers.*

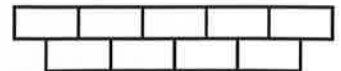
**Classes in Stansted &  
Bishop's Stortford**

Please contact us for details  
and a free prospectus:

**01279 654423**

[info@grahamschoolofdance.co.uk](mailto:info@grahamschoolofdance.co.uk)  
[www.melodybear.com](http://www.melodybear.com)

**CHRIS OSBORN  
BRICKWORK &  
GROUNDWORKS**



**Extensions & Conservatories  
Property Improvements &  
Structural Changes  
Garden Walls & Patios  
Flint Work & Traditional Lime  
Mortars**

**T: 01279 850664**

**M: 07515 284238**

**EMAIL :**

[chris\\_m\\_osborn@yahoo.co.uk](mailto:chris_m_osborn@yahoo.co.uk)

## SKYWATCH

A monthly look at an aspect  
of the night sky



The return of dark nights brings out the stars at a more sensible time and winter always brings a much more interesting sky. First sight shows that some stars are brighter than others. There are two reasons for this variation. Firstly, some stars are closer to us than others; secondly, even if all the stars were the same distance, there would still be variations because each star has its own intrinsic brilliance.

When your eyes have adapted, you begin to see that different stars have subtly different colours which represent the star's surface temperature. You may have heard of Red Giants; they are visibly red, and they are the coolest and largest stars (hence the name). With a very clear night, shades can include yellow and green, but the other dominant colour is blue-white and they are the hottest. The winter constellation Orion has fine examples of red and blue-white. The stars are so distant that binoculars do not make the stars 'bigger' but you will find the stars brighter and, once you begin to know your way around, you can see stars that are too dim to be seen with the naked eye. Stars are known for their twinkling. Although romantic, it's not much use to an astronomer. The twinkling is a product of turbulence in the Earth's atmosphere; in space all stars are just motionless dots.

There are many types of star and the largest tool in an astronomer's toolbox is to study the spectrum of a star. Each star is unique and you can think of a spectrum as a star's DNA. Spectra reveal the fundamental elements in a star and studying thousands of spectra have allowed astronomers to put stars in to different categories. When this first started, in the 1920s, the stars were given a simple A,B,C, classification, but time and experience revealed that, say, two types of star were actually the same but one was much older (maybe 5000 million years or so) and had to be reclassified. Additionally, new types of star are being discovered like the Magnetars. Their magnetic field is so strong that, if it were at the Moon you would be pulled off the Earth because of the iron in your blood. So the categories now are:

W O B A F G K M Q R N S.

The mnemonic is:

Wow Oh Be A Fine Girl Kiss Me Quick Right Now Sweetie.  
Remember that when the mistletoe comes out!

Martin West  
Mooncraft Productions



### STANSTED MOUNTFITCHET WINDMILL

Windmill tea towels - *an acceptable gift easily posted.*  
Windmill pens, pencils, notepads - *good for stocking fillers.*

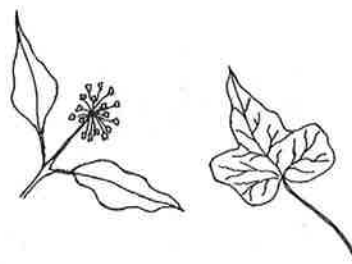
Peggy Honour will hold a stock of these during December,  
telephone 647213.



## Nature Notes

Ivy, with its evergreen leaves and flexible stems, has long been used to decorate houses at Christmas time. William Winstanley, who lived at Quendon during the late seventeenth century, used to take a party of guests to Quendon Wood on Christmas Eve to gather holly and also ivy 'to twine about Posts and Banisters' at his Tudor farmhouse.

Ivy is a liana, a climbing evergreen woody plant that by means of short clinging roots along its stems can grip onto trees, walls, etc. and eventually reach 90ft or more if left unchecked. It can live on the ground below trees or hedges and tolerates shade, but only produces flowers when it grows into the light. Ivy flowers are yellowish green and develop into green berries that turn black. The leaf shoots and flowering shoots differ. The former have lobed leaves with pale veins and bear the sucker roots, whereas the flowering shoots produce no roots and bear leaves that are unlobed, shiny and with less obvious veining. If you take cuttings of these shoots they will grow into small bushes.



It is commonly believed that ivy kills trees, but in fact ivy is not parasitic; it obtains all its nourishment from the soil in the usual way. Its roots however will compete for food in the ground and although in itself it doesn't harm a tree, its weight when it produces a dense mass, particularly at the top, could affect the tree in strong winds. Its evergreen leaves can also prevent sunlight reaching the leaves of the support tree.

As ivy is late flowering (September to November) it is a very useful source of pollen and nectar for many insects. Beekeepers welcome the presence of ivy as bees are attracted to the stongly scented flowers at a time when other sources of pollen and nectar are becoming scarce. In late summer caterpillars of the Holly Blue butterfly feed on ivy flowers and then form pupae on the leaves, attached to them by silk threads. They spend the winter there before emerging as butterflies the following spring. The yellow brimstone hibernates in ivy and evergreen hedges.

Although the nature writer Richard Mabey says it is safer to assume that all parts of the ivy plant are poisonous, it can be eaten by livestock and even appears to have a medicinal effect on animals.

Rosina Kirkwood

# HIBBS WALSH

associates ARCHITECTURE & DESIGN

*'Restoring the past and building for the future'*

**Architect: M.A.HIBBS** BSoc Sci, BSc, Dip Arch, ARB

**Partner: S.M.WALSH** LSIAD, BSc (Hons) Arch

**Associate: J.A.Hayes** BA, Dip Arch, ARB

82 High Street Saffron Walden Essex CB10 1EE

Tel 01799 523660 Fax 01799 509940

Email: office@hibbsandwalsh.co.uk

Website: www.hibbsandwalsh.co.uk

## Baby Massage Courses

**Mondays and Fridays in Stansted**

Small friendly classes offering the opportunity to meet other parents and learn special relaxing massage techniques to enjoy with your baby.

Easing ailments such as baby's colic and constipation are among the many benefits.

For further information please contact:

**Monday Class**  
**JAN RICKWOOD**  
01279 850727



**Friday Class**  
**SUE MOLONEY**  
01279 771405



ALL GROUND WORKS • ALL WORK TO DPC  
SITE CLEARANCE • GENERAL GARDEN CLEARANCE  
DRIVEWAYS • PONDS • DEMOLITION • HORSE

**MICHAEL WRIGHT**  
**Plant hire**

T: 01279 815759 M: 07763886199

Orchard House, 5 Brewery Lane  
Stansted, Essex CM24 8LB

## LAN ONE COMPUTERS



Unit 2 Rear Of  
16 Cambridge Road  
Stansted  
Essex CM24 8BZ

Phone 01279 816116

Email: info@lanone.co.uk

**Your Local Computer Accessory & Repair Shop**



## BATHROOMS • TILES • ACCESSORIES

# BUBBLES

Bathrooms designed, supplied and installed  
27-29 High Street, Saffron Walden, Essex CB10 1AT  
Tel: 01799 522488 [www.bubbles-bathrooms.co.uk](http://www.bubbles-bathrooms.co.uk)

Tile showroom in Elsenham open Mon - Fri 9am - 4pm  
Please call 01279 815456 for details

## A BETTER AERIAL



DIGITAL AERIALS  
FM/DAB AERIALS  
SKY TV REPAIRS  
FREE ESTIMATES



[WWW.ABETTERAERIAL.CO.UK](http://WWW.ABETTERAERIAL.CO.UK)



Working Towards Broadcast Integrity

TEL: 0800 0437251

MOBILE: 0798 0817251

Sole  
Trader  
EST. 20 Years

## STANSTED CARPETS CHAPEL HILL

EST. 1969

CARPETS ~ VINYL FLOORING ~ CURTAINS  
CURTAIN FABRICS

ROLLER ~ VERTICAL ~ VENETIAN BLINDS

FREE ESTIMATES ~ PROMPT SERVICE

Call Peter on 01279-812019

E-mail: stanstedcarpets@hotmail.com

[www.stanstedcarpets.com](http://www.stanstedcarpets.com)

CARPET CLEANER HIRE

## C. C. VALETING LTD

THE ULTIMATE IN  
CAR & COMMERCIAL VALETING



**From Washes to Full Valets**

Office 01279 815192 Mobile 07974 005642

[www.ccvaleting.com](http://www.ccvaleting.com)

# STEVE KING

STANSTED GAS SERVICES

**07956 855328 01279 817581**

Servicing, Breakdown and Repair to  
Gas Central Heating and appliances.  
Installation of Bathrooms and Showers

**CORGI No 170676 Ex - British Gas**

## Bareham Overy Partnership

RIBA Chartered Architects

*Turn ideas into reality .....*

- Residential
- Industrial
- Interior Design
- Project Management
- Planning & Building Regulation Applications
- Leisure
- Commercial
- Space Planning



Tel: 01279 816040 Fax: 01279 814414

1 Station Road, Stansted CM24 8BE



## 494 (Stansted Airport) Squadron Air Training Corps

After a summer of eager anticipation we have now moved into our brand new headquarters building on the Stansted Business Park. After our old damp hut it really seems like a palace and no longer will we have to worry about keeping warm and dry in the winter! The specially designed accommodation has three dedicated lecture rooms, a main parade hall, kitchen area and offices. We also have a large stores area to house all our equipment and lots of nice, new furniture.



We would like to thank everyone who has been involved in the long process of securing the new headquarters (it started almost ten years ago); David Hawtin from the Reserve Forces and Cadet Association, British Airports Authority, our Parent Station - RAF Henlow, Essex Wing Headquarters and especially our Wing Administration Officer, Squadron Leader Bob Ankerson for all his help and advice. We would also like to thank our Squadron President Ron Paternoster for his support.

Normal activities have continued despite the move into our new building with a number of the Squadron attending Green Camp at Fremington in Devon during the half-term week. Cadets and staff were also on hand to carry out marshalling duties at the annual Stansted Fireworks display. The weather held off and a great time was had by all.

We were proud to take part in the village Remembrance Parade on Sunday 9th November, and the cadets made for an impressive sight as they marched down from Crafton Green to the Memorial Garden on Chapel Hill. Cadet Alice Brooks and Corporal Sam Carrington laid wreaths at the War Memorial, and afterwards the cadets and staff attended the service in St John's Church. We were especially pleased to receive a number of very positive comments from members of the public on the standard of turnout of the unit.

The cadets are looking forward to a weekend of adventurous training at ATR Pirbright with an obstacle course, climbing wall, archery and target shooting. Around 30 cadets from four Essex Squadrons will be attending. It is not all hard work though with Bowling and a Christmas Disco scheduled

to bring the year to a close. If you are aged between 13 and 17 and interested in joining us visit our website for more information - [www.stanstedaircadets.org.uk](http://www.stanstedaircadets.org.uk).

Simon Stacey



## STANSTED MOUNTFITCHET LOCAL HISTORY SOCIETY

Our speaker last month was one of our own members and although a relative newcomer to the village, he has been researching for some time one of our most distinguished local families. Roger Barrett has lived here since 1981 and having taken early retirement after 30 years with de Beers, he became interested in the Fuller-Maitlands.

This, I understand, arose originally from a common interest in ancient coins, as William Fuller-Maitland and Roger were both numismatists and, in fact, the latter is a member of the British Numismatic Society, among others. However, William's collecting involved a wider interest and he was also an active supporter of the arts. To begin with, Roger took us back to Ebenezer Maitland, who married Ethea in the year 1800 but in 1807 incorporated his wife's maiden name into the family name. Ebenezer was something of a collector himself, buying a considerable number of properties - in fact, he appeared to have the ambition to own a property in every English county! Their family home at this stage was Park Place in Henley on Thames and it was not until later in the century that the family moved to Stansted.

Ebenezer also collected children, mostly girls, and he and Ethea had 12. He was succeeded by William, who was subsequently followed by his son in 1876, also named William. According to the Stansted Hall Catalogue of 1872, 160 pictures had been accumulated by that time, including 43 of the Italian School, 19 early Flemish, 24 Dutch School, 73 of the English School and one French. The family moved about this time from Stansted House to Stansted Hall, which had been designed to show the picture collection to its best advantage. The second William Fuller-Maitland continued his father's collecting but, as most people know, lost two sons, one in World War I, while another was wounded on the Somme in the same war. He sold up and moved away, dying in the 1930s. The collections were split up at only a fraction of the price they would attract today and Roger showed many excellent slides of the images which they once contained, many by internationally renowned artists. We were most grateful for his most interesting presentation.

We shall be making our usual Christmas visit to our Manuden friends but our meeting the month afterwards will be held at the Day Centre on **FRIDAY**, 9th January. Have a good Christmas and see you then.



Ian Seavers

**ada**

Reliable Painting and Decorating Services

**Andrew Richardson**  
**Tel: 01279 817282**  
**Mob: 07980 439924**

- 20 years experience
- References available
- Fully qualified
- Competitive rates

*Customer satisfaction  
guaranteed*



**Simplylawns**

Lawn Treatment Service

**Fed up with moss and weed?**

We offer:-

- Regular lawn feeds
- Weed and moss treatment
- Aeration
- Scarification

CALL NOW FOR A FREE  
LAWN SURVEY

**01279 466100**

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

## HEARING HELP UTTLESFORD

FREE HELP  
for problems with  
NHS Hearing Aids  
at  
Stansted Day Centre  
10 am - noon  
on the last Tuesday  
of every month

For more information ring  
01799 599790  
(9 am - 4 pm)

Registered Charity No. 289280

**GET THE MOST OUT OF LIFE**

**Hypnotherapy**  
& other brief therapies  
**One session  
smoking therapy &  
weight loss**

*also*

Confidence ~ Eating  
Stress & Anxiety  
Phobias  
IBS & Depression  
Study & Exams  
and much more ...

Please ring **GLYNIS CHEERS**  
**MA, BA, BSCN,**

**Dip. Clinical Hypnotherapy**

**01279 812165**

[threecheers@btinternet.com](mailto:threecheers@btinternet.com)

## Stansted Psychotherapy

**Counselling  
Psychotherapy  
Life Coaching**

Resolve your issues  
Create a better future  
Start whenever you're ready

Sian Lloyd MBA Dip.NLPt  
NLPTCA Accredited  
UKCP Reg. Psychotherapist

Contact: 01279 817976  
[sian@stanstedpsychotherapy.com](mailto:sian@stanstedpsychotherapy.com)

AUTOMOBILE ENGINEERS

*David  
Nunn's  
Garage*

SERVICING

REPAIRS

Bentfield Road Stansted  
TEL: 01279 812686



**RAINBOW**

PRESCHOOL

St John's Road,  
Stansted,  
CM24 8JP

[www.rainbowpreschool.net](http://www.rainbowpreschool.net)

Welcome Children  
Aged 2½ to rising 5's

Mornings 9.15am to 12noon  
Afternoons 1.00pm to 3.30pm

Experienced Friendly Staff

'a calm and well organised learning  
environment' (OFSTED Jan 08)

For further information, please  
call 07966 506997 or contact  
Gill Pursglove on 01279 814701

# LINO THOMAS HAIRDRESSERS

THE GREENS BUILDING  
CAMBRIDGE ROAD, STANSTED  
ESSEX CM24 8BZ  
TELEPHONE 01279 812910

*BARNET FAYRE*  
*VANITY FAYRE*

Your local  
friendly unisex  
hair & beauty  
salons ....

... we look  
forward to  
seeing you

32a Lower Street  
Stansted  
Tel 813087



# ST CLARE HOSPICE

I would like to introduce myself, Caroline Bore, as the newly appointed Community Fundraiser for East Herts and Uttlesford for St Clare Hospice in Hastingwood, your Hospice. I worked at St Clare as a fundraiser between 1999 and 2004 and some may remember the time I trekked part of the great Wall of China in 2001 when many of the residents of Stansted, where I also live, sponsored me to the tune of a little over £2,000 for the Hospice, and a grand total of £45,000 was raised by the trekkers. I returned to work as a Volunteer Co-ordinator for the fundraising team; however, it was felt that greater support was needed for those helping to raise funds within East Herts and Uttlesford for St Clare Hospice. It is also vitally important that information about our services reaches those who need us. We provide free care to patients and their families, living with a life-limiting illness.

Our In-Patient Unit (IPU) accommodates eight patients in individual rooms with ensuite bathroom. Each room has a patio area which opens up onto the beautiful gardens. Loved ones can stay overnight if appropriate. Children and pets are also made to feel welcome as visitors.

Our Day Therapies Service offers a day-time Hospice for patients to receive expert help and support, complementary therapies, relaxation, information and advice. Our free Equipment Loan Service enables patients to live as independently as possible for as long as possible. Bereavement support is available in informal meetings, regular one-to-one conversations and group support. A 24-Hour Advice Line offers professional advice on symptom management on 01279 773773.

St Clare Hospice is a charity and is heavily dependent on its local community for its funding of over £2m each year. The Fundraising Department needs to raise £1.8 million of that amount with your help. If you cannot make a donation, people's time can be just as invaluable. If you wish to volunteer your help in fundraising at the Hospice please call us. There is a street collection in Bishop's Stortford on Saturday 29th November and I have a couple of hours not covered between 1.00pm and 3.00pm outside Woolworth's. If you can spare an hour I would love to hear from you on the telephone number above.

Please do not hesitate to call me if you wish to raise money for St Clare Hospice and I would be more than happy to help you in any way possible. There are Visitors' Days, at St Clare Hospice, on the last Monday of every month. If you, your friends or Club members would like to visit please call or email me to arrange a visit. I look forward to hearing from you and perhaps working with you to help ensure the on-going work of the Hospice.



Caroline Bore  
Community Fundraiser  
Tel: 773751  
Email: [cbore@stclare-hospice.co.uk](mailto:cbore@stclare-hospice.co.uk)



## BIRTHSTONE OF THE MONTH

### December - Turquoise

A copper aluminium phosphate that contains some water and is fairly soft. A very blue colour shows a high copper content while greener shades come from iron. Sometimes it has black lines running through it. Ancient Egyptians and Persians prized it and some native Americans thought it sacred, linking sea and sky. It represents love and affection and Russian wedding rings often contain some turquoise.

### January - Garnet

Described as silicates in cubic crystalline form, garnets are usually red although they can be green or yellow depending on the minerals they contain. The name is said to derive from the ancient Greeks, the colour reminding them of pomegranate seed or granatum. In times past they have been worn by military men because their red colour seemed to hold a warlike quality. They were even used by Hanza tribesmen in Kashmir for bullets in war with Britain because they thought they would cause more damage than lead. Garnets can be found in the Scottish Highlands.

Peggy Honour



## Uttlesford Community Travel

For those of you who may not be familiar with UCT, the charity exists as a non-profit making travel service across the district, primarily for those who are unable to transport themselves. We desperately need funds to offset our expenses, as the fares we charge are as low as we can possibly make them.

Please support our fundraising quiz on Saturday 24th January, 7.00pm for 7.30pm, at the Foakes Hall, Dunmow. Tickets (tables of eight) are £8 including a ploughman's supper. Bring your own drink and glass. Please telephone 01371 875787 or 01371 872428.



### Dunmow TRIATHLON Club

If you are a triathlete or just want to keep fit, we have weekly training sessions taken by qualified coaches.

#### *Tempted 2 TRI?*

Then call 01279 817247  
email: [pm\\_elms@hotmail.co.uk](mailto:pm_elms@hotmail.co.uk)  
or visit [www.dunmowtri.co.uk](http://www.dunmowtri.co.uk)



## The Laurels Bed and Breakfast



Visit Britain 4 star accommodation

Allan & Margaret Cairns 01279 813 023  
84 St John's Road info@thelaurelsstansted.co.uk  
Stansted Essex CM24 8JS www.thelaurelsstansted.co.uk



## MERCER & HUGHES

Veterinary Surgeons

80 Cambridge Rd, Stansted. Tel 01279 813780

### Surgery Hours

Mon - Fri 8.30 am - 10.30 am  
4.30 pm - 7 pm  
Sat 8.30 am - 10 am

Also surgeries at Saffron Walden & Dunmow

HIRE THE NEWLY REFURBISHED

## Ugley Village Hall

With two halls, ample parking, facilities for the disabled and competitive rates, the refurbished Ugley Village Hall on Cambridge Road is ideal for clubs, classes, functions, children's parties and social meetings.

Bookings or further information please call Susan Bone 01279 814052

## Kate Harrison

CURTAINS, PELMETS, BLINDS,  
CUSHIONS of all SORTS, BED COVERS,  
VALANCES - ALL MADE TO MEASURE

I can supply fabrics, trimmings, tracks & other accessories.  
Please call for my free advice and measuring service.

Tel / Fax 01279 777452

email: kateharrison\_1@yahoo.co.uk

## Battery Distributors



Any Battery Any Purpose Any Where  
Service & Repair of Power Tools

Tel 01279 815582

email: sales@zelta.co.uk  
www.batterycharged.co.uk



Enter the world of Beauty Secrets...

A small but unique beauty haven on your doorstep, providing all your beauty needs from a simple reshape and varnish to enjoying one of our many luxury treatments. Working with the latest products from Nimue Skincare, OPI and Hive Spa Systems

Please telephone Kellie for a price list and any latest promotions 01279 816625

Beauty Secrets are in Manuden near Bishops Stortford

## CHOCOLATES FOR HOCOHOLICS

Christmas	Fundraising	Gluten Free
Halloween	Birthdays	Diabetic
Weddings	Corporate / Gifts	Nut Free
Valentines	Mother's Day	Easter

Nikki Westwood 01279 771867

Email thechocolatelady@tiscali.co.uk  
www.chocolate-parties.com



## STEVE HALL

### GARDEN SERVICES

**CALL FOR HELP IN YOUR GARDEN**

Tel 01279 817739  
Mobile 07778 049063



## Fancy Fingers

Nail and Beauty Studio

10% off

your first treatment with this advert

Visit us on  
www.fancyfingers.co.uk



52a Silver Street, Stansted CM24 8HD  
Tel 01279 647646

## N W Brown Landscapes

All aspects of landscaping undertaken including fencing, decking, paving, lawns & planting

Nigel Brown  
07917 611945  
01279 507255

RHS Qualified  
Registered waste carrier



*music@stansted*

Our AGM in October saw us saying goodbye to our co-chair Ali Thompson and our secretary Diane Brown and we would like to take this opportunity to thank them and all the other year 6 parents for all their support over the years. It was good to see lots of new faces there and we welcome them and any other parents wanting to get involved to all future events and meetings.

This was quickly followed by our Music Quiz which was as popular as ever. As usual it was a fun and profitable night and we would like to give special thanks to Alan and Rebecca Carter for organising the quiz, Sue Pollard and Dee Spackman for scoring and Olly Pocknell for the wonderful food. This event also saw the return of Rachel Croucher with her under 30s team who failed to repeat last year's success, due to being too horribly young!

Friday 7th November was our sparkler party. As always with this event, the organising team did a great job and gave themselves a few more lines and grey hairs, but it was worth it as it was enjoyed by all. The children had the chance to enjoy not only the sparklers but eating donuts, bobbing for apples and face the challenge of the scary dare boxes - not forgetting the sausages, soup and mulled wine to keep the adults going.

A note for your diary: on Saturday 6th December we have our Christmas Fair taking place from 2.00pm to 5.00pm in the school building, with all the usual games, and stalls for the purchase of food and presents, as well as the chance to make an early visit to Santa. Hope to see you all there.

Janet Shepard & Susan Scott  
Co- Chairs  
Bentfield School PTA



**Stansted  
Cricket  
Club**

The club was pleased to learn that Charlie Kirby had won the Under-18 Individual Award for Division 4, and Keith Ayres had won the Wicketkeeper Award for Division 6 for the 2008 HECL season. The Awards were presented at the League's Annual Dinner on 18th October at Bishop's Stortford Football Club.

Some club members are attending the Level 1 Umpiring course arranged by the League on Thursday evenings until 11th December - see [www.hecl.info/index.php](http://www.hecl.info/index.php). Ground work for the season has now been completed and attention has switched to the preliminary planning for the events to mark our 150 year anniversary in July 2010. Anyone interested in participating in or sponsoring any event should contact Robert Selby (Club Chairman and President) on 01945 772587 or email him at [robert@robertselby.orangehome.co.uk](mailto:robert@robertselby.orangehome.co.uk).

David Hedge  
Hon. Secretary  
Tel: 812509

Firstly, a reminder that the next *music@stansted* concert, given by The Panoply is on Sunday 30th November at 3.00pm in St John's. Their repertoire spans the globe from the tangos of South America to the folk melodies of China, with emphasis on colour, energy and fun. The perfect antidote to a British November day! Panoply's programme should be full of excitement with new and popular items. Many students and young people should find their music appealing and we are reducing the student rate, for this concert, from £3 to £1.

The first concert of 2009 is on Sunday 18th January at 3.00pm when Benedict Nelson (baritone), accompanied by pianist Marc Verter, will be performing a recital of Lieder, Chanson and English songs. London born Benedict began his studies at the Guildhall School of Music and Drama in 2002. Last year, he was a prizewinner in both the prestigious Kathleen Ferrier awards and the distinguished Guildhall Gold Medal. He has performed Brahms Requiem at the Royal Albert Hall and has also performed in the Wigmore Hall, the Barbican



and Cadogan Hall as well as at the Grossfestspielhaus in Salzburg and the Philharmonie in Berlin, under the batons of conductors such as Simon Rattle, David Wilcocks and Thomas Zehelmair. A recent review said "... Benedict Nelson proved himself to be one of the most thrilling young baritones around ..."

Accompanist, Marc, obtained a M.Mus. degree from the Guildhall School of Music and Drama, where he now works as a vocal coach. He has won many awards including the 2007 accompanist prize from the Kathleen Ferrier Society. He has accompanied Benedict on many occasions and has performed in many UK and overseas premier concert venues. His reviews include "... one of the few sensitive accompanists of the evening ..." (The Times); "... Marc contributed in full measure, making the piano 'speak' for the babbling brook in all its moods ..." (Musical Pointers).

The final *music@stansted* concert of the 2008/9 season will be on Saturday 14th March at 7.30pm, when Erdem Misirlioglu, this year's winner of the BBC Young Musician of the Year (piano section), will be giving a recital. Tickets for all concerts - adults £12, students and children £3 (£1 for 30th November) are available from Stansted Carpets, Nockolds Solicitors, Bishop's Stortford, Sonia Levy 815282, or at the door. Please visit our website: [www.musicatstansted.com](http://www.musicatstansted.com) for more information.

Alan Corbishley

## ADULT COMMUNITY LEARNING STANSTED



### Get 10% off January courses!

Enrol and pay in full by Friday 5th December for courses starting between January and March 2009 and get 10% off.

Your local adult community learning centre has lots of subjects to choose from - so pop into the Peter Kirk Centre to find out more.  
Some courses are **free!**

Ring us on **813319** quoting 'Stansted Link'  
email: [lifelong.learningwest@essexcc.gov.uk](mailto:lifelong.learningwest@essexcc.gov.uk)  
or visit [www.essexcc.gov.uk/adultlearning](http://www.essexcc.gov.uk/adultlearning)

Potheary Witham Weld | PWW  
solicitors

For Professional Advice You Can Trust

Call us: 01279 506421

Email: [info@pwwsolicitors.co.uk](mailto:info@pwwsolicitors.co.uk)  
or visit [www.pwwsolicitors.co.uk](http://www.pwwsolicitors.co.uk)

White Horse Court, North Street  
Bishop's Stortford, Hertfordshire CM23 2LD

*Clients' parking and Disabled Access*

Also in the City of Westminster

Wills, Probate & Trusts - Commercial & Residential Conveyancing  
Charities and Ecclesiastical Law - Corporate & Commercial Matters  
Litigation & Matrimonial - Landlord & Tenant - Notarial Services

Members of the Lawyers Christian Fellowship

*Exclusive Indian Cuisine*

**FREE Home Delivery**  
Take-away available  
10% discount  
on orders over £10  
on collection

**Sunday Buffet**  
12 - 2.30 pm and 6 - 11.30 pm  
8 Chapel Hill, Stansted CM24 8AG

**01279 815688**  
**01279 812774**

Look after the skin you're in  
with our alternatives to surgery...

**karen  
dovaston-harris**

Specialising in all forms of Beauty  
also air brush make-up and tanning

*Indulge yourself and relax in a tranquil  
setting with complete privacy*

For information on treatments  
**Telephone 01799 541888**

10% discount from your first treatment on production of this advert

Gift Vouchers Available

# HTM

## SCAFFOLDING

### SERVICES

6 Mill Road Henham  
CM22 6AB

T : 01279 850001  
M : 07980 465628

- ✓ Professional Reliable Service
- ✓ Very Competitive Pricing
- ✓ Full Liability Insurance
- ✓ Expert Advice
- ✓ FREE Site Surveys & Estimates

## A CHALLENGE, A SPECIAL OFFER AND ACUPUNCTURE FOR PETS!

The past month has been a challenging one at the surgery; both our wonderful receptionists have had hospital stays and are at home recuperating, so you may have seen a few different faces in reception. The good news is that both Angela and Wendy are recovering well and will be back at work in a couple of weeks. I've asked them if they can co-ordinate their ailments in future for rota purposes! Everyone has been so brilliant and really pulled together as a team. Jo and Ollie, the evening receptionists, have covered extra shifts, some of the Saffron Walden receptionists have stepped in and Jo the nurse has been making sure everything runs smoothly, and as she says "If all else fails, there's always the emergency chocolate supply!"

I'm sure the current economic downturn is starting to affect people and we all need to find ways of making savings. We're conscious of this too and as one small measure have introduced a worming scheme whereby if you buy three doses of wormer for your cat or dog, you get a fourth one free. The wormers we use are also often safer and more efficient than the ones you can buy in pet shops and supermarkets. If you need any advice about flea and worm products or about other aspects of pet care like dental care, diets, behaviour etc please call Jo the nurse. She'll be happy to talk to you and see your pet and the advice she can give you is free.

I have just completed a refresher course in Veterinary Acupuncture. I trained in this about four years ago and it has become steadily more popular. Acupuncture can be used in many species and can be used to treat a variety of conditions. I see a lot of dogs with arthritis and lameness problems but have also treated horses with allergies, dogs with skin conditions and vomiting cats. The course of treatment is usually one session a week for four weeks, with a follow up as necessary. I make an assessment of the animal, place the needles and leave them in for about ten minutes and then remove them. Owners usually ask if it hurts and I usually tell them it won't hurt them a bit and the majority of animals don't seem to mind either! Acupuncture was thought to have originated in China many years ago and is certainly used extensively there and in India. It was initially regarded with scepticism by some which is understandable, how can sticking a needle in you stop you feeling sick? But our understanding of it has increased with the demonstration of the release of certain molecules by the body in response to needle placement and now it is a readily accepted technique. About 80% of animals seem to respond well to acupuncture and I certainly find it very useful. On the course, we couldn't just start sticking needles randomly in animals, so we had to pair up and took it in turns to 'needle' our partners. It was certainly quite different sticking a needle into a human being rather than an animal and it confirmed my decision to train to be a vet rather than a doctor! Please ring me at the surgery if you think acupuncture may be appropriate for your pet and I can discuss it with you.

As usual we will be stocking a range of Christmas presents for dogs and cats, so do drop in and see us. Also remember to keep those chocolates out of reach of your dogs, especially those of you with Labradors!

Finally all of us at the surgery would like to wish our furry, feathery and scaly friends a very happy Christmas and peaceful New Year and the same to their owners!

Ilse Pedler  
Partner  
Mercer & Hughes,  
Veterinary Surgeons

## Stansted Tennis Club



### Recent Tournaments

#### Clover Girl's Singles

Eleven girls participated in this event on Sunday 5th October. The final was won by Zoe Wilson, who defeated Alice Golden 6-4.

#### Clover Girl's Doubles

Twelve girls played in this tournament on Sunday 12th October. The final saw a closely fought match with Zoe Wilson adding to her singles trophy by teaming up with Holly Sims to beat Alice Golden and Gemma Armorgie 6-3.

### Coaching

There are a couple of free spaces at the adult coaching session on Fridays 2.00pm-2.45pm. If you would like to come along and join in, please call Chris Hollis on 319155. You don't have to be a member of the club. Junior coaching with Chris Hollis continues. 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, 816386, continues to coach adults on Saturday afternoons at the club.

### Used Tennis Balls

These are available for sale £1 per tin of four balls. Please contact Jan Hollis on 812073 or call at 105 Cambridge Road.

### Club Playing Sessions

Members are encouraged to attend these open sessions:  
Wednesday 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

## NFSH ACCREDITED CLINIC

If there are any complementary therapists who would like to work on Wednesday evenings alongside us at the Quaker Meeting House please call Chris on 01799 550094.

# Index to Advertisers

		Page			Page
Animal Care	Mercer & Hughes	32	Household	A Better Aerial	28
Art and Craft	Millway Stationery	10	Services	ada Decorating	30
Community & Care	Alzheimer's Society	26		Bubbles Bathrooms	28
	Hearing Help	30		A&M Collins Roofing	BC
	Helpline	8		Do-It-4U	10
	Ross Nursing Services	BC		D T Bedroom Design	16
	Day Centre (Crafton Room)	26		Fairweather Windows	BC
	Uttlesford Carers	8		Harpers Plumbing & Heating	BC
	Ugley Village Hall (for hire)	32		JDW Gas Heating Specialist	8
Computing & Office	Alan Horsley (Computer Repairs)	8		Newman's Home Services	12
	Lan One (Accessories & Repairs)	28		Ray the Plumber	12
	TCS (Set Up & Repairs)	12		Shutes Painting & Decorating	16
Education	Adult Community Learning	34	Leisure	Stansted Gas Services	28
	Birchanger Nursery Unit	26		Back to Basics (Pilates)	10
	Montessori Day Nursery	10		Crusty Jazzers	8
	Rainbow Pre-School	30		Graham School of Dance	22
	Spangles Children's Centre	6		Mitchell School of Dance	14
	Sunnyside Nursery	BC		Melody Bear (for children)	26
Electrical	Albury Electrical Services	12	Motoring & Cycling	Mft Romeera Leisure Centre	22
	A&I Electrical	16		D Bonney & Sons	6
	Zelta Batteries	32		C C Valeting	28
Financial & Legal	Greenways Financial Planning	6		David Nunn's Garage	30
	Mansell & Co	FC		Garry King Family Cycles	22
	Pothecary Witham Weld	34		Stansted Chauffeur Services	14
Food & Lodging	Bada Bing!	FC	Personal Services	Baby Massage	28
	Café Bada Bing	14		Barnet Fayre (Hair & Beauty)	30
	Chocolates for Chocoholics	32		Beauty Secrets	32
	Eddie Ho Fish & Chips	8		CK Men's Room (Hairdressing)	26
	Flutes Tapas Bar	FC		Dovaston-Harris (Beauty)	34
	Pocknell Food Co	14		DR Counselling & Psychotherapy	26
	Royal Tandoori	34		Fancy Fingers (Beauty)	32
	The Cock	BC		Glynis Cheers (Hypnotherapist)	30
	The Dog & Duck	BC		R Handford (Chiroprapist)	16
	The Laurels Bed and Breakfast	32		Lighter Life	BC
	The Kings Arms	14		Lino Thomas (Hairdressing)	30
Funeral Services	Daniel Robinson & Sons	6		Lower Street Clinic	26
	J Day & Son	8		Mobile Hairdressing	12
	D C Poulton & Sons	22		Relax, De-stress & Re-balance	26
Furniture & Furnishings	Amanda Wells Design	16		Skin Deep Beauty	12
	Fabrications	12		Smith (Reflexology & Massage)	8
	Kate Harrison	32		Stansted Chiropractic	6
	New Look (Upholsterers)	8		Stansted Psychotherapy	30
	Stansted Carpets	28		Williams (Osteopath)	10
Garden Supplies, Services & Floral	Agapanthus (Floristry Designs)	16	Printing	What's a name's (Hairdressing)	BC
	Alsa Wood Christmas Trees	11	Property Services	Copyzone	12
	N W Brown (Landscapes)	32		Aldwych Construction	8
	Crystal Clear Ponds	8		Bareham Overy Partnership	28
	Green Thumb (Lawn Treatment)	BC		Chris Osborn (Brickwork)	26
	D Honour & Son (Landscapes)	22		Hibbs & Walsh (Architects)	28
	Steve Hall Garden Services	32		HTM Scaffolding	34
	J R Johnston (Trees)	8		A C Wright Building Contractors	12
	Mayfair Ponds	22		M Wright Plant Hire	28
	Simplylawns	30	Retailers	Family News	12
				John Wilson Jeweller	10

## 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](mailto: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 \_\_\_\_\_  
 \_\_\_\_\_  
 Sender's Name \_\_\_\_\_ Tel \_\_\_\_\_



## Looking for Quality Windows?

...then look no further!

- Bi-Folding Door Specialist
- A wide range of styles and colours available to suit your needs
- All products are tailor-made to your requirements
- Full independently backed 10 year guarantee

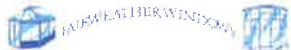


Here's what some of our customers say about us;

*'The practical knowledge and craftsmanship they demonstrated exceeded our high expectations' Mr S, Elsenham*

*'I was particularly impressed with how your team worked, causing minimum disruption to our busy family life, cleaning up as they went' Mr G, Stansted*

Call us NOW on:



**01279 813888**

Suppliers and installers of Quality Windows, Doors and Conservatories

## WHAT'S A NAME'S UNISEX HAIR SALON

- Haircutting and Restyling
  - Colouring
  - Perming
- Children Welcome
- 20% Discount for Senior Citizens  
*(weekdays only)*

### OPENING TIMES

Monday - 9.00am to 5.00pm

Tuesday to Friday - 9.00am to 6.00pm

Saturday - 8.30am to 4.30pm

*Out of hours appointments by request*

**01279 817899**

1 Lower Street Stansted CM24 8LN

## ROSS NURSING SERVICES LTD

RNS are now able to provide in your area:



- Nursing and domiciliary care in the comfort and safety of your own home.
- Highly trained experienced Nurses / Carers
- Security checked staff
- Short or long term care for you or your family.

Please contact Mrs Harriet Holder on  
01799 551046 for more information

REGISTERED  
CHILDMINDER  
01279 816215  
Rachel Pocknell, 43 Sunnyside, Stansted Mountfitchet



## THE COCK

30 Silver Street, Stansted CM24 8HD  
Tel: 01279 812964

Home Cooked Food served 7 days a Week

Families Welcomed ~ Children's Play Area

Children's Menu ~ Heated Decking

Mon - Sun Lunches 12.00 - 2.30 pm

Mon - Sat Evening 6.00 - 9.00 pm

Bar Snacks ~ Sunday Roasts ~ Fish Night Thursday

OAP Lunches Mon & Wed 12.00 - 2.30 pm

## A & M COLLINS ROOFING

Guaranteed Workmanship



- SLATING • TILING • LEADWORK •
- ZINCWORK • GUTTERING • FLAT ROOFS •
- REPAIRS • UPVC FACIAS & GUTTERS •

Tel/Fax: 01279 816491 Mobile: 07956 873230

35 Gilbey Crescent Stansted CM24 8DT

Email: danny@dcollins6.wanadoo.co.uk

www.roofer-essex.com

Tel: 01279 771981  
 Mobile: 07885 597063  
 Fax: 01440 713498  
 Email: nharper114@aol.com  
 www.harpersplumbing.co.uk



All Plumbing, Heating & Gas Repairs  
 Servicing & Installation  
 Bathroom & Water Softener Installations  
 Power Flushing ~ Gas & Oil Specialists  
 OFTEC Approved Oil Engineers



## The Dog and Duck

Lunchtime food now available  
 Wednesdays Pie Night  
 Thursdays Monthly Quiz Night

Sally & Mark look forward to seeing you soon

58 Lower Street, Stansted  
 01279 812047

**I said goodbye to the old me with LighterLife**

I was fed up of being overweight. I couldn't run upstairs without getting out of breath, let alone dance. I'd tried every diet going without success, then I decided to join LighterLife and seven months later said hello to a whole new me.

- Lose weight fast and keep it off
- No calorie counting
- Friendly, encouraging Counsellors who are qualified to help you
- Small single sex groups with people just like you

**3 stone or more overweight?**  
 Call LighterLife today

**'I've kept the weight off for 3 years!'**

As seen on TV

Sharon Webb  
 Saffron Walden  
**01799 523044**  
 www.lighterlife.com/sharonwebb



For over a third of a million home owners who treat their lawn throughout the country, GreenThumb Lawn Treatment Service is the secret of their beautiful lawn.

Since 1986, GreenThumb has been leading the way in lawn care and is widely recognised as 'Britain's Lawn Expert'!

The GreenThumb Service includes:

- Professional Feeds not available at DIY stores or Garden Centres
- A professional service that costs less than DIY
- No minimum contract, Pay-As-You-Go service
- Fully trained and uniformed operatives
- Hollow-Tine Aeration and Scarification to tackle the main causes of moss

What is the GreenThumb Service?

The GreenThumb service is a series of pre-scheduled lawn treatments. Included in these treatments are dry granular fertilisers and weed control for both broad-leaved weeds and the more resilient weed varieties. The GreenThumb service also targets moss, which after the warm damp summer we have experienced, is a major problem on many lawns.

Call today for your free, no obligation, lawn analysis and quotation on:

**01440 71 38 38**

Text lawn + your postcode to 60006 and we will call you back

## The Secret of a Beautiful Lawn

**REVEALED**

from as little as  
**£14** (per 1000sqm)



**MOSS?**  
 ACT NOW FOR A MOSS FREE LAWN!

**www.greenthumb.co.uk**

