

Stansted Mountfitchet

# The Link



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**Closed Sunday evening and all day Monday**

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Stansted Mountfitchet Village Magazine

# The Link

www.stanstedlink.org.uk

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## EDITORIAL



I visited Spangles Children's Centre in Lower Street last month in the company of Margaret Hudson, one of their leaders. What impressed me is that this vibrant organisation has come into active being as recently as March and is already a feature of the Stansted scene.

Our local Centre is one of three in Essex run by the Pre-School Learning Alliance which is funded at source by the Government. It is, however, very much a grass-roots enterprise, run by people chosen for their aptitude rather than qualifications. Most of the children are guided there by health visitors or the Crafton Green clinic. At Spangles children are accompanied by their parents, unlike the pre-schools, which operate more on school lines, but it is good to know that there is a healthy and complementary relationship with Rainbow and Bentfield Schools as well as the parents, all of whom have key roles on Spangles Advisory Board.

I found over 15 children in exuberant mood with their mums and a dad or two, and a great atmosphere. It was also noted that Spangles has a special place for children needing additional help.

Interested parents will find a welcoming voice in Mandy Fitchett on 812348.

**CIRCULATION:**

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

**CONTRIBUTIONS:**

by email (*preferred*) to:  
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by **noon** on 11th June  
 for publication on  
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**DISCLAIMER**

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

# THOUGHT FOR THE MONTH

How can we walk with a smile into the dark?

This question is posed in one of the extracts from Quaker Faith and Practice. The answer given is that we must learn to put our trust in God and the leadings of His spirit. Many of us call on God in times of crisis or great distress and forget that His spirit is always with us and that there is a core of love that can give us strength so that we are better prepared to face the hard times when the darkness looms.

Real darkness can come in many forms - the dark of the night is frightening for some, despair is an overwhelming darkness, serious illness or mourning after loss can form an unliftable cloud. We all have our weak points and particular terrors. God's love is often ministered through the love of our fellow human beings, and we need to be able to accept help from others. Feeling their support can give us courage, and their caring can give us hope - so vital to us all. The different branches of the Church are always concerned with helping and supporting their members and anyone else they know of. In Stansted we are lucky in having a group of Churches of different denominations, who each have different forms of worship but realise that we have a joint faith and know that there is much we can do together. We need to be able to express that whatever your particular personality and whatever has befallen you - everyone is a child of God, and that there are hands that you can hold when, or if, you have to walk into the dark.

June is a lovely month with long days and short nights. May there be more 'green pastures' and 'still waters' than darkness for us all.

Katharine Hurford  
Stansted Quakers



## STANSTED FREE CHURCH

Methodist / URC  
Chapel Hill

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### Preachers for June

1st	10.30am	All Age Worship
	2.30pm	Rev'd Stuart Veitch
8th	10.30am	Rev'd David Mullins
15th	10.30am	Rev'd Allen Morton Holy Communion
22nd	10.30am	Christine Heyhoe
29th	10.30am	Rev'd David Thompson

### Welcome

On 10th May, members of Stansted Free Church were pleased to join members of Bishop's Stortford United Reformed Church to welcome Rev'd Allen Morton. We now have Allen as our URC minister and Rev'd David Mullins as our Methodist minister. Both David and Allen also have responsibility for their respective churches in Bishop's Stortford. We look forward very much to Allen and his wife Daphne's ministry with us.

## SOCIETY OF FRIENDS

Quaker Meeting House, Chapel Hill

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

Meeting Sunday, 10.30am

## 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



# SHALOM

In April members of Shalom went for their annual retreat weekend to the retreat centre at Hemingford Grey. The sun came out as we arrived and stayed with us until lunchtime on Sunday, when it started to rain heavily, so we departed in a downpour. This was by way of a metaphor for the weekend, which proved a bright and uplifting interval for all of us.

Our leader was the Rev'd Cilla Hawkes from Felsted, who was a lively, enthusiastic and inspiring presence, and who I hope enjoyed being with us as much as we did with her. Her theme was 'Drawn and Distracted' and we looked at this in a number of ways over the weekend. After a gentle introductory meditation on Friday evening, we then relaxed over nibbles and Edna's excellent cake. We started off on Saturday morning by studying a number of passages from the Book of Job, dating from around the 5<sup>th</sup> Century. Job typifies a virtuous man who remains faithful, 'drawn' to God through appalling misfortunes including the deaths of his children, illness and the loss of all his possessions and wealth. The book ends with the assertion of the majesty of God's creation. Appropriately after this we were sent outside to look at the wonders of creation in the spring sunshine, the trees and plants.



After free time in the afternoon, when people could relax in the garden or walk along the banks and water meadows of the River Ouse, we gathered together again to look at postcards and photographs depicting images of Christ. Each of us chose one and explained why it particularly appealed to us. Our final session was a period of readings and songs in the beautiful little chapel which forms part of the retreat centre. After this we held our customary Saturday night party, after which we departed to bed thoroughly refreshed in all senses of the word.

The Sunday morning session was a creative one – a first for Shalom. We were let loose on a wide variety of materials – pens, pencils, crayons, coloured paper, glitter of all kinds, scraps of material and modelling clay – and asked to produce something to illustrate the theme of the weekend. After some initial consternation, we all set to and some amazing creations resulted, from poems, prose, pictures, collages and clay models to a fetching hat and possibly the highlight – a sketch by Alan and Mike, with weird and wonderful props, which had us all crying with laughter.

After this, we had a very uplifting communion service and departed after an excellent lunch, having had a thoroughly

enjoyable and stimulating weekend. We are very grateful to Cilla for giving us such a memorable experience, and hope she will share more of her insights with us in the future.

Ruth Rawlinson

Our next meeting is on 2nd June, when Shirley and Richard Lavender will be leading an evening entitled 'Quaker Hot Pot'. Then on 23rd June, Rev'd Trevor Sands, minister of Saffron Walden Methodist Church, will lead us in a bible study entitled 'Authentic Mission' based on Acts Chapter 8. Both meetings are at 7 Blythwood Gardens and begin at 8.00pm. Please join us – you will be warmly welcomed!

Marion Dyer  
Tel: 814059



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

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

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

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

### St John's Diary

**Sunday**  
8.00am Said Holy Communion Junior Church meets in church at 9.30am and then goes to the Church Hall halfway through the service.)  
9.30am Choral Eucharist The Lazer youth group meets on Sunday evenings at 7.30pm.  
4.00pm Open Door @ 4 Service  
(all age worship) 3rd Sunday  
8.45pm Night Prayer

**Monday-Wednesday**  
8.30am Morning Prayer  
5.00pm Evening Prayer  
There are services of Holy Communion on the first Tuesdays and Wednesdays of the month in Norman Court, Hargrave House and Broome End Nursing Homes.

From the Registers	
April	
<b>Marriage</b>	
12th	Gary John West to Deborah Claire Gilson
<b>Funerals</b>	
18th	Frederick Medley Powter, age 61 - at St Mary's
21st	Florence Russell, age 99 - at Parndon Wood

**Don't forget - the Church Garden Party, Sunday 22nd June, 12.30pm for 1.00pm, in St John's Church grounds (in the Church Hall if wet). Tickets £8 - on sale soon.**



# STANSTED 10K

## COUNTRY & ROAD CHARITY FUN RUN & WALK

### SUNDAY 15th JUNE 11am Bentfield Green

• **POSTAL & ON-LINE ENTRIES MUST BE RECEIVED BY 1st JUNE** •

Categories: Individuals & Teams: Male/Female Under 12, Under 16, 16+

Fees: Adults £8 (£10 on the day), Under 16 £4 (in advance & on the day)

On-line advance entries (see website): Adults £9.50, Under 16 £5.50

Individual (but not team) entries on the day from 10.00 - 10.45 am

Entry forms available from [www.stansted10k.org.uk](http://www.stansted10k.org.uk) or telephone 01279 814059

*Barbecue ~ Raffle ~ Ice Cream ~ Warm Up Routine ~ Sports Massage ~ Chiropractic  
Superb Winners' Prizes plus a medal for all finishers*

All proceeds to Hearing Help Uttlesford, Diabetes UK & Moreton Romanian Orphans Fund

## JAZZ AT ST JOHN'S

Once again our own Peter Baker, his Crusty Jazzers and Sharon Scott were, not to put too fine a point on it, instrumental in putting on another extremely lively evening of jazz in March. With Sonia Levy, the undisputed queen of coronation chicken concert suppers, providing the backing with able lieutenants Susie Ball and Joy Lambe, how could Jazz at St John's fail? It most certainly didn't, bringing in almost £1650 for Church Hall funds; a magnificent achievement of which all involved can take enormous satisfaction. For me it is a joy to thank them all most heartily and also to thank Paul Wilkin, the Rector of St John's, for the use of his beautiful Church.

Rosemary Thomson's raffle alone raised in excess of £400 from prizes canvassed by Susie and generously donated by Stansted shops, restaurants and other businesses and, of course the good people of Stansted, making it a truly 'village' enterprise. To them all we again say a huge 'Thank you!' As on previous occasions, the evening was notable for its good fellowship and it was most encouraging to see various strands of village society and those from further afield enjoying themselves together. The village's heart and soul are in good shape.

Alastair Richardson



## UGLEY WOMEN'S INSTITUTE

Forget your 'cash in the attic', your 'Antiques Roadshow'; members came along to hear Tim Turner of Sworders tell about the history of this well-known auctioneering firm, G E Sworder, formerly of North Street, Bishop's Stortford (go and look at the sign over Pearson's doorway!). The story of cattle markets (sadly gone), land and farm machinery sales coming 'down' to furniture sales and auctions, led to the newest development, the imminent opening of their new premises in Alsa Street. We were shown intriguing maps of 18th century Ugley. (Ah! Will the address be Ugley or Stansted?!) Finally members' own treasures were roughly valued.

Our April chosen charity speaker, Christine Middleton, gave us a contact we are glad to publicise: 'Send a Cow' (Livestock for Life - Tel: 01225 874222) have been supplying not only milking cows, but oxen, sheep, goats, rabbits, beehives and fruit trees to the most needy families in ten of Africa's poorest countries, plus training in organic farming, for over 20 years. If you didn't know that, you can still 'Send a Cow' - **now!** April ended with our little part in the Mountfitchet Spring Group Meeting at Stansted: 'Alas, Aladdin'. The cast seemed to enjoy the uproarious rehearsals and we think the audience laughter on the night was not 'canned' - but we can't write our own rave reviews!

Phyllis Harrison



Stansted Windmill

Open 2 - 6 pm

St Mary's Church



Open 2 - 5 pm

Sun 1st June

Sun 6th July

Sun 3rd August

Everyone Welcome

Bentfield Primary School PTA

### CARNIVAL FAIR



Sat 7<sup>th</sup> June

2 - 5 pm

Raffle ~ Tombola  
Pony Rides ~ Bar ~ BBQ  
Bouncy Castle ~ Cakes  
Coconut Shy ~ Sweets  
Football Shootout  
Candy Floss ~ Games!!!

Admission 25p or £1 per family

St John's, Stansted 

### Hill Chilli

7 - 10 pm Fri 13th June

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## VILLAGE EVENTS

### June

1	Sun	St Mary's Church Open	2 - 5 pm
		Windmill Open	2 - 6 pm
		Outreach Tea (after service)	Free Church 3.30 pm
2	Mon	Health Centre Public Meeting	Mountfitchet College 7.30 pm
		Shalom	7 Blythwood Gdns 8 pm
4	Wed	Health Centre Public Meeting	St John's Hall 12.30 pm
		Mountfitchet Seniors	Day Centre 2 - 4 pm
		Mountfitchet Garden Club	Day Centre 8 pm
7	Sat	Carnival Fair	Bentfield School 2 - 5 pm
Sat 7 & Sun 8		Skips	Lower St Car Park 9 am - 3 pm
12	Thu	WI	St John's Hall 7.45 pm
13	Fri	Health Centre Public Meeting	St John's Hall 7.30 pm
		Hill Chilli	31 Chapel Hill 7 pm
15	Sun	Stansted 10K Fun Run & Walk	Bentfield Green 11 am
Sat 21 & Sun 22		Skips	Lower St Car Park 9 am - 3 pm
22	Sun	Garden Party	St John's Churchyard 1 pm
23	Mon	Shalom	7 Blythwood Gdns 8 pm
25	Wed	Crossroads Coffee Morning	Day Centre 10 am - noon
26	Thu	Police Comm Supp Off Surgery	Youth Centre 10 am - noon

### July

2	Wed	Garden Club Evening Visit	
5	Sat	Summer Fayre	St Mary's School noon - 2 pm
Sat 5 & Sun 6		Skips	Lower St Car Park 9 am - 3 pm
6	Sun	St Mary's Church Open	2 - 5 pm
		Windmill Open	2 - 6 pm
		Outreach Tea (after service)	Free Church 3.30 pm
10	Thu	WI	St John's Hall 7.45 pm
12	Sat	Music in the Park	Bentfield School 2 - 8 pm



### STANSTED 10K FUN RUN

[www.stansted10k.org.uk](http://www.stansted10k.org.uk)

Bentfield Green 11am

Sun 15th June

**SERIOUS RUNNER** - need a challenge

**FUN RUNNER** - improve your time

**WALKER** - enjoy a pleasant stroll



For entry form & more details  
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[info@stansted10k.org.uk](mailto:info@stansted10k.org.uk)

*Advance entry closes 1st June*

### UTTLESFORD CROSSROADS

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Bric-à-Brac

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Bentfield School PTA



in the park

Saturday 12th July

2pm - 8pm

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St Mary's Primary School

### SUMMER FAYRE

12 noon - 2 pm Sat 5th July

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- To arrange a visit please call: 01799 513858  
[www.SaffronWalden-DayNursery.co.uk](http://www.SaffronWalden-DayNursery.co.uk)

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\*Please note the free 20 minute assessment is by appointment only. Only one free assessment per patient. You have no further obligation to return for follow up treatment or advice. Hazel Williams reserves the right to remove or change this offer at any time without prior notification.





## NEWS FROM STANSTED SURGERY

We are pleased to announce that the surgery now has four members of staff who are trained to give 'stop smoking' advice and support. To those of our patients who have already sought our help and succeeded in 'kicking the habit', I say "Well done!" To those who have tried and not succeeded or relapsed, I say "Why not have another go?" and to those smokers who are thinking about quitting, I say "Give it a go, what have you got to lose - and think what you could gain?" All we ask when we see you, is that you are really committed to quitting. We will do our best to help you, but we cannot do it for you. You have to put in as much effort as we are prepared to for a successful outcome; but the sense of achievement you will feel when you can finally announce to the world that you are an 'ex-smoker' will make all the effort worthwhile.

The surgery has entered into a health initiative for our young patients between the ages of 15 and 24 inclusive. We are supplying self-testing kits for the early diagnosis of chlamydia, an often symptom-free infection, which can lead to infertility if not treated by suitable antibiotic therapy. More details can be given by the clinical team at the surgery.

Carole Dedman,  
Practice Nurse

### St Mary's CE Foundation Primary School



*Caring, sharing, preparing for life*

#### A History of St Mary's Primary School

This project is coming along really well – all the classes are involved and their research has uncovered some really interesting information and anecdotes about the school, its staff and pupils over the years. There is some wonderful artwork too. We have had some contributions from the wider community but there is still time if you would like to share with us any memories. So, if you were ever a pupil or a member of staff of the school, if you have relatives who came here or if you have any memories of the school down the years - in its different locations, during the war – we would be delighted to hear of them. We are seeking contributions from everyone in the community who has any connection with the school, past or present. If you are able to help in any way, please call the school office and let us know. Thank you in anticipation of your help.

We have a full programme of sporting activities again this term, with a few changes for the summer. Stansted Hall CC are providing cricket coaching, and we also have rounders, athletics, multi-sports and multi-skills. There is also a football club, looking ahead already to next season! Year 4 have also tried their hand at golf, which they thoroughly enjoyed. The chess club has also restarted, and we are looking forward to a friendly match with Bentfield in the near future. The choir are practising hard for the Schools Music Festival at Newport Free Grammar School in June. We have also had a

vocal coach to one of the rehearsals – she gave us a good workout – singing can be such hard work! – and also some good advice on developing our choir. A highlight of the term has been our annual visit of the Year 5 from the Ben Jonson School in Tower Hamlets. This is always a successful occasion and St Mary's really values this link with children from a very different culture and background. Our Year 5 and 6 pupils were excellent hosts and everyone, pupils and staff of both schools, had a very enjoyable two afternoons. The school council has been busy fund raising. As well as collections from the textile 'Bertie Bin', they held a 'Mad Hair Day'. They are also running a Healthy Tuck Shop selling fruit at morning break.

If you are new to the area and would like to have a look at our school, please give us a ring on 812212 to arrange a visit. We are always happy to show you around the school and answer any questions. We also have a website full of information: [www.st-marys-stansted.essex.sch.uk](http://www.st-marys-stansted.essex.sch.uk).

#### Forthcoming Events

Our Summer Fair is on Saturday 5th July 12 noon until 2.00pm. Put the date in the diary and come along to join the fun!

Christine Tonkins  
Headteacher

### NORTH EAST ELSENHAM ECO-TOWN

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

Please show your opposition to the Eco-Town proposal by displaying a green **SAVE OUR VILLAGE** poster. This campaign will attract the interest of national press, TV and radio so it is important that they are aware of the unanimous opposition to both the Eco-Town and the UDC option 2, 3 and 4 proposals. If you need a poster please contact Petrina Lees - email [petrinalees@hotmail.com](mailto:petrinalees@hotmail.com). The Joint Parish Steering Committee has nearly finished compiling a document on how to respond to the Eco-Town documentation.

#### Petrina Lees needs you

"I need canvassers who will knock on doors to ask people if they have written their letters, need any help etc. Please please think about helping, and email me to tell me that you can." [petrinalees@hotmail.com](mailto:petrinalees@hotmail.com). Please visit the **Number 10 petitions website**: <http://petitions.pm.gov.uk/kenmcneil/> to register your objections to building an Eco-Town at Elsenham/Henham. Everyone in the family can sign.

#### Judicial Revue

It seems that in the Judicial Revue application brought by Twigden Homes and Bellwinch Homes of which the JPSC was an interested party, the judge has decided not to send the application forward for a hearing. We wait to hear whether there will be an appeal. Visit our website for links to the full judgement.

#### Save Our Village Quiz Night Saturday 21st June

Please visit our website for details of this event and all other updates.

Margaret Shaw

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## STANSTED SK8FEST

Stansted Sk8park held its fourth Sk8Fest over the Bank Holiday weekend, and stunned crowds of up to 250 with awe-inspiring stunts in BMX, In-line and Skateboarding, with an age range of 7-35 years.



The weather helped draw in the crowds, and of the 180 bikers/skaters, 63 took part in the competitions, including a visually impaired competitor who showed no boundaries to the sport. Prizes were awarded in all categories plus spot prizes for various tricks open to all skaters.



Judging the competitions was local postie and stunning In-line skater, Will Saunders; Motel8 (from Harlow) also helped. Skate stall 'Findgrind' attended and donated prizes. As well as a BBQ and soft drinks, there was live music from Enquire Within and Electric Chess, plus DJs Jack-Lough Hall and Mackenzie Telford.

Jo Freeman



## BIRTHSTONE OF THE MONTH

### June - Pearl

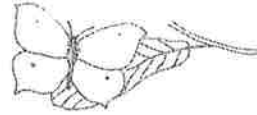
Pearls are created by molluscs being irritated by a piece of grit in their shells and coating it with aragonite which they produce giving layers of nacre. The colour can vary depending on which species of mollusc makes them. As there are not enough natural pearls to meet demand, cultured pearls are made by shell beads being placed in the oyster which is returned to the water. They have always been highly prized and a valued person can be described as a pearl. The expression 'Pearly Gates' comes from 'the 12 gates were 12 pearls' described in the Book of Revelation. Also Biblical is 'neither cast your pearls before swine' (St Matthew). Pearls denote the 30th wedding anniversary.

Peggy Honour



## Nature Notes

One of the delights of spring is the emergence of butterflies from hibernation. This year the first ones to appear around Stansted were the peacock and the brimstone, during a warm spell at the end of March. The bright yellow male brimstones flutter about searching for females. Once they've found them and mated, the females, which are much paler, look for buckthorn shrubs on which to lay their eggs. They select the sunny side of bushes that are sheltered from the wind. The caterpillars that emerge after about ten days will feed on the buckthorn leaves.



*Brimstone*

Male peacock butterflies fly around during the morning, feeding on wild flowers. By midday they have chosen their territory, generally below a tall hedge or on the sunny side of a wood. They wait on the ground for females flying past and pursue them until mating is achieved. The females lay 300-500 green eggs in large clusters on the undersides of stinging nettles, the plant that will provide food for the caterpillars that will hatch. After these have formed chrysalises, the adult butterflies emerge in late July and August so that the peacocks we see feeding on the buddleias are the next generation.

Nettles are also the main food plant for the caterpillars of the red admiral, small tortoiseshell and comma. The last mentioned was observed in Stansted early in April. The wings have a broken up torn-looking edge and on the dark underside of both males and females there is a small white comma which gives the species its name. In autumn the next generation of adults will be seen on blackberry flowers and rotten fruit.

Orange tips appeared during the hot spell of early May, having emerged from their winter chrysalises. The orange patches on the males' wings act as a warning to predating birds. The wings contain bitter-tasting mustard oils which the birds find disagreeable. Females lack the orange tips. They search out lady's smock or garlic mustard on which to lay their eggs. Amazingly, not only are these food plants detected by sight but also through a chemical in the cells of their feet.

The exotic red admirals arrive from southern Europe in late May and throughout the summer. They fly northwards, even travelling as far as the Shetlands. They lay their eggs singly on nettle tops, preferring a strong vigorous nettle clump, especially the new growth from those that have been cut down in June. The caterpillars spin silk tents around themselves over the next four weeks and then form chrysalises from which the new butterflies emerge. These are attracted to buddleias and Michaelmas daisies and also rotten fruit such as windfall apples. They start to fly towards the south coast in September and October. Some may cross the Channel, but the majority stay here, although they are unlikely to survive the winter.

Rosina Kirkwood

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## SKYWATCH

### A monthly look at an aspect of the night sky

Back to planets this month with Uranus - another of the 'Gas Giants' along with Jupiter, Saturn and Neptune. Next out from Saturn, Uranus is the third biggest planet with a diameter of 32,000 miles, orbiting the Sun every 84 years, and is around 1,800 million miles from the Sun. It is theoretically possible to see Uranus with the naked eye but it is at the limit of human vision. Passing spacecraft have observed and photographed Uranus only to find it rather dull; just a featureless yellow green. Though perhaps disappointing, this was not too surprising as the planet is so far away from the Sun, which is the driving force of the weather systems of all planets. But there is something very strange about the planet; Uranus has somehow been knocked over. The Earth's North pole is 23.5 degrees off centre whereas Uranus is off by a whopping 92 degrees. One can only postulate on how to knock over a planet!!

Yet even this strange situation gave us an unforeseen opportunity. Every now and again, a planet will, from our line of sight, travel across a star. These events are predictable, and astronomers use the occultation, as it is properly called, to discover more about a planet's atmosphere by measuring the dimming of the star as it is eclipsed. This is far more informative than it sounds. Some 20 years ago Uranus was going to do just this. We knew that Saturn had its rings and astronomers wondered why it didn't apply to the other gas giants. So come the night of the occultation they had light meters to record the dimming star but just before the planet lined up with the star there were four 'dips' in the light levels and when the star emerged on the other side of Uranus, there were another four dips. So Uranus did have rings, albeit very thin, and (it was later discovered by passing spacecraft) so do Jupiter and Neptune. Yet we only know this because a planet got knocked over a few million years ago. And finally, the planet was always pronounced 'Yer-ray-nuss' which, of course, sent every schoolboy into a snigger. It is said that the change to 'Yoo-r'nuss' was made when photographs were first sent to Earth from the planet and, us being English, there was a worry about newsreaders saying a naughty word to the nation, possibly with a grin in their face.

Martin West,  
Mooncraft Productions



**STANSTED & DISTRICT  
LIBERAL DEMOCRATS**

We will be holding a ploughman's lunch on Saturday 14th June from 12 noon to 2.00pm in the Stansted Day Centre. All are welcome.

Our next social event is an International evening on Saturday 28th June, 7.30pm for 8.00pm, at Chantry Hall, Henham. Tickets are £8 to include supper. For further information and tickets, please ring 814222 or 813432.

Ruth Rawlinson



We have had another busy month at Rainbow including a visit to the post office where the older children posted their letters to see if they arrived home. Postman Don very kindly let us have a look around and inside his post van too. Extending the theme of services in the village we are also preparing the older children for a visit to the fire station by looking at what firefighters do and how they help us.

The other big news for us this month is that Hilton Hotel Group visited Rainbow and have generously agreed to give our outside area a makeover and furnish us with some more equipment. This is scheduled for early June and we are hoping to have a grand re-opening soon afterwards. Our thanks go to Trevor and Liz who have been so helpful in getting this going.

Meanwhile, at the Quaker Hall the younger group have been busy making smelly collages (!), plenty of cutting and sticking and learning all about the letter 'a'. We have welcomed a number of new children this term and hope that they enjoy their time with us at Rainbow.

On the fundraising front, we held our annual sponsored 'cake make' where the children had the opportunity to cover themselves in chocolate and rice crispies and the parents got to enjoy the finished cakes at home. We also held our May Fête on a blistering hot day a few weeks ago; more on that in the next issue.

If you are interested in a place at Rainbow Tots (age 18 months to two and a half years) please contact Tina South on 814371. If you are interested in a place at the pre-school please contact Gill Pursglove on 814701 for further information. **We do currently have places available for September so if you are interested please ring to come and have a look round or to put your child's name down.**



*Our Rainbow leaders*

Isabelle Page  
Rainbow Committee

## LADIES OVER 50's KEEP FIT CLASSES

Keep Fit Classes for ladies over 50 take place in the Stansted Free Church Hall on Tuesday and Thursday from 2.30pm-3.30pm. There are a few places available now. Phone Brenda Ryan for further details on 812725.



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## STANSTED HEALTH CENTRE PETITION UPDATE

I would like to say a big "thank you" to all those people who have signed the petition. It now has well in excess of 1,000 signatures, including people from outlying villages and more than 270 from residents south of the railway line – those who are supposed to benefit by being nearer to the proposed site of the new Health Centre. A team of volunteers, from teenagers to those well into their eighties, helped pay for and distribute leaflets to all homes in Stansted informing residents of the PCT's proposals and the aborted meeting on 28th April. The strength of feeling displayed by the petition and at the PCT's meeting has raised awareness among our elected representatives and the PCT. Most people will be aware that our current doctors' surgery and health clinic are inadequate both in size and facilities, and appreciate how hard it must be for our GPs and nurses to work in such conditions.

Stansted residents have, however, at every opportunity, overwhelmingly opposed the proposal to place the new Health Centre at Foresthall – at the Annual Parish Open Meeting, at the Village Plan Open Day, through the petition and at the PCT's meeting. There are many real concerns about the distance of the Foresthall site from the centre of the village. Particularly worrying are the vagueness of bus arrangements, transport for those who cannot get on conventional buses, the effect on the village shops (particularly the pharmacy) and the impact on the community in general. The PCT has been keen to emphasise that for some people the new surgery will be nearer. Even for these people, however, there will still be the inconvenience of having to go elsewhere for their prescriptions, and the same will apply to those coming from outlying villages.

Since writing the last 'Link' article, a group of concerned individuals has met with Parish Councillors, senior members of the PCT and Ray Gooding, Stansted's County Councillor, and through those meetings many of these important issues have been aired and some of the sites which the PCT has so far rejected are being reconsidered. Residents and patients from all of the affected communities deserve a real debate about this proposal. A debate in which all the facts are laid open, in which all interested parties are consulted in a meaningful way, and which allows them to take part in the decision making process. Our hope is that the rescheduled meeting on 2nd June can be part of the process by which the village, wider community and our Parish Council can work with the PCT to find a solution that is acceptable to all. I would urge you to attend one of the PCT's rescheduled meetings - the main one being at the Mountfitchet College on Monday 2nd June. If you would like a lift to this meeting, or could offer someone else a lift, then please contact me on 814931. I would also urge you to make your feelings known to your local councillors and MP. You can write to Sir Alan Haselhurst MP, House of Commons, London SW1A 0AA.

Liz Kadir



## 494 (Stansted Airport) Squadron Air Training Corps

All the recent hard training put in by cadets and staff was rewarded with the 494 'A' team securing Bronze Medal position in the Falklands Trophy Competition held at Carver Barracks in April. Squadrons from all over Essex took part in the competition which involved a wide-ranging series of events including a speed march, navigation exercise, obstacle course, small bore shooting, missile race, archery and First Aid. The cadets were really put through their paces and it represents a considerable achievement to even complete the weekend, let alone take third place (we won the obstacle course and missed out on second place overall by one point!). We were the first unit in the Wing to ever field three teams, with many of our cadets taking part for the first time. The competition is held annually with the winning teams going on to compete in the Tri-Services event in June where they will face the pick of the Army Cadet and Sea Scout teams.



*A, B and C Falklands Trophy Teams*

Many of the cadets took part in their Bronze Duke of Edinburgh Expedition, walking from Hatfield Heath to Skreens Park near Roxwell, and then on to Matching Green the next day. This represented quite a test for the 14 to 16 year olds who, although observed through check points manned by Squadron Staff, were doing their own route planning and map reading, not to mention the 25 km of walking carrying 15 kilos of kit!

We are starting to get excited about the move to our shiny new Squadron Headquarters, as the bulk of the construction work is now complete. St Georges Day saw the arrival of seven lorry loads of pre-fabricated building from the suppliers in Yorkshire. A large crane was used to lower the sections into position on the brick piers. The sections have all been connected and the interior fitted out. There only remains for the car park to be surfaced, the electrical checks to be made and signed off and the formal handover can be completed by the Reserve Forces and Cadet Association.



*New Headquarters under construction*

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494 Sqn ATC,

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# Stansted network

## NEWS FROM YOUR LOCAL COUNCILS

\*\*\*\*\*

### WELCOME BACK!

Following Richard Wallace's move away from the village, we are pleased to report that Bill Stiles was co-opted to fill the vacancy. Bill has served the community previously on both Parish and District Councils and had continued to serve as an active member of our Airport Working Group.

### HEALTH FACILITIES – STILL HUNTING A CENTRAL SITE

Following a helpful meeting with the PCT who confirmed their support for a central site provided that it met the criteria on size, ie to accommodate the increased range of services, and could be brought into operation within an agreed timescale which will meet the need for the existing surgery to be relocated with urgency, the Parish Council supported the following proposal –

**Council Resolution** – That a central site for a health centre should be sought again with urgency. In the event, however, that no such site is found, the Council would, with reluctance, support the move to Forest Hall Park subject to satisfactory transport links.

The Council believes that only two central sites may meet the criteria, with Crafton Green being one possibility. It should, however, be recognised that accommodating or relocating the Library, Day Centre and Parish Council offices poses significant problems. Several locations including Elms Farm and Western House have been discounted (either because of unavailability or following guidance from the planning department of Uttlesford District Council), while the Sworders' buildings and Peter Kirk site remain long shots.

The Council is pleased that the PCT has rescheduled its public meetings at which it will outline its proposals:

**2 June – 7.30 pm – Mountfitchet Maths and Computing College**

**4 June – 12.30 pm – St John's Church Hall**

**13 June – 7.30 pm – St John's Church Hall**

Please take advantage of attending one of these meetings. In addition, the PCT has taken our advice and is sending a leaflet explaining its proposals to all patients on the list at the Stansted practice (please remember that about 35% of these live outside the parish). If you would like a leaflet (but are not a patient) please contact the PCT on 0800 783 3396 or e-mail to [mail@westessexpct.nhs.uk](mailto:mail@westessexpct.nhs.uk).

### NO THANKS TO AN ECO-TOWN

All members on Stansted Parish Council, Uttlesford District Council and Essex County Council (apart from the Labour Group) are opposed to the development of an Eco-town on a 265 hectare site to the north east of Elsenham village and railway station which would contain a minimum of 5,000 homes. Even at the minimum level this would create a development with a population at least twice the size of Stansted Mountfitchet. Allowing for the necessary infrastructure changes, the rural nature of the Southern part of the District would change forever.

By the time this is read, the Parish Council will have decided whether to make a financial contribution to the fighting fund to defeat this proposal and will have called a public meeting to focus attention on the threat which is posed.

**PUBLIC MEETING – THURSDAY 29 MAY, 8PM AT ST MARY'S PRIMARY SCHOOL**

The deadline for making representations is 30 June. Letters should be sent to:

Eco-towns Team, Housing and Growth Programmes, Dept for Communities and Local Government, 2/H9 Eland House, Bressenden Place, London SW1E 5DU or e-mail [ecotowns@communities.gsi.gov.uk](mailto:ecotowns@communities.gsi.gov.uk).

#### **DATES OF PARISH COUNCIL MEETINGS**

May 28	-	Finance Cttee
June 4	-	Full Council
June 18	-	Full Council
June 25	-	Open Spaces

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.

#### **LIBRARY NEWS**

Bookstart Baby and Toddler – every Tuesday from 11-11.30am. Come and meet other parents and carers and have fun with story and rhymetime.

**CONGRATULATIONS** to the Dinosaur Event Winners:

Dinosaur Trail Winners – Guy Brown, Alfie Self and Jacob Tombs.  
Dinosaur Quiz Winner – Nathan Johnson  
Invent-a-Dinosaur Winners – Danielle Curtis, Stephen Butterworth and Jack. Well done.

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#### **ANTI-SOCIAL BEHAVIOUR**

We were all appalled to read about the unprovoked attack on local youngsters at the railway station recently, and certainly anyone with useful information should contact our local Police. Fortunately incidents like this occur very rarely – only one other public order offence in that area this year.

#### **ANNUAL MEETING**

At the Annual Council Meeting which was held on 7 May Cllr Geoffrey Sell was re-elected as our Chairman for a further year, with Cllr Ruth Rawlinson as Vice Chairman. Cllrs Jo Freeman and Peter Jones continue in their roles as Chairman of Open Spaces and Finance Committees respectively.

#### **NEWS FROM OUR DISTRICT MEMBERS**

##### **From Cllr Alan Dean**

Local health services have become highly controversial. Many councillors have been involved with the primary care trust (PCT) for over five years to find a new location for a health centre for our local doctors and nurses. I wrote in Link in December 2003 about several sites that were under consideration. In December 2004 there seemed to be no solution. By January 2005 the PCT was investigating Elms Farm in Church Road. That fell through. By September 2006 I reported 'encouraging signs' over a site in Cambridge Road. That has now come to nought.

As long ago as 2003 the former Uttlesford PCT was desperate to provide a new health centre to replace the cramped and inadequate surgery in St. John's Road but has been struggling ever since to find an available site. The situation is now becoming urgent. The lease on the present surgery premises runs out at the end of this year, though it is expected to be extended in the short-term, and the number of patients is continuing to rise as new homes become occupied.

All those years ago the Rochford Nursery/Forest Hall Park site was a prospect distant in time as there was no certainty about when housing development on the site would start and the land would become available. Even then a more central location seemed preferable. So the district council and the PCT worked together to search for sites that would be both more central and could permit the health centre to be built sooner. I know of eight sites that were identified and then considered by the PCT. Only one on Cambridge Road was both suitable and likely to be available; but recently agreement could not be reached with the owner.

This has left the PCT with only one remaining option on the new housing development site at Forest Hall Road. This site has become a practical possibility now that the house building is well underway. It is not perfect and will certainly mean a change for those of us used to walking to St. John's Road or to the Crafton Green clinic. However, it is a fact that many people already have to travel from either the south of the village or from outlying villages to the present surgery.

I think the West Essex PCT, which was formed from the merger of Epping Forest, Harlow and Uttlesford primary care trusts, has some explaining to do to get over its story. It has not been very good at telling its story so far, though I think lessons have been learned from the unfortunate experience of an overcrowded public meeting that had to be abandoned on April 28<sup>th</sup>. They need to explain in more detail than I am able the history of the efforts they have made to find more central locations. They need to provide details of how the new centre will have much better accommodation and facilities than exist at present. They need to describe how and why there will be more comprehensive health services in Stansted so that some trips for health care to Bishop's Stortford and Harlow will no longer be necessary. I believe that our local doctors and nurses are dedicated to improving the services they provide and they also need to explain what is on offer. They all need to tell us why providing more services under one roof will bring better healthcare to the people of Stansted who

need that care the most. And they need to explain what improvements will be made to local transport, parking and appointment making to calm some of the fears that have arisen about how local people will get to the new location.

I used the word 'will' in the last sentence because there seems to be no sensible alternative to what is now being offered by the PCT. It would be irresponsible of me either to suggest that there is another way or that it might be acceptable for the residents of Stansted and surrounding villages to be left with inferior healthcare facilities in coming years.

I hope that we can, as the Stansted community, work with the PCT and our local doctors and nurses to achieve a solution to this controversial proposal. The NHS has a lot to learn about being accountable to local people and that includes explaining their plans. Their job is to serve the community as a whole. I firmly believe that if we all listen to each other, we will get local healthcare much better suited to everyone's health needs, even if not as convenient as some of us have been used to or would like.

Cllr Alan Dean Tel: 01279 813579/ 07710 105824

**From Cllr Geoffrey Sell**

### Annual Meeting

May is the month when councils have their annual meetings. It marks the beginning of the new civic year. As one year fades into the next, it is an opportunity to look back at the past 12 months. Without doubt they have been the most traumatic we have ever faced. There have been significant budgetary problems which has necessitated the loss of some 50 staff mostly through natural wastage. We have seen the departure of several senior officers including the Chief Executive and the Director of Finance.

A voluntary improvement board is now in place to oversee the council's progress. It contains representatives of the Audit Commission, Government Office for the East of England, the Improvement and Development Agency. The role of the board is to work with the council and to provide

support through advice, experience and possible access to funding to assist the Council in its improvement 'journey'. It would also act as a critical friend and monitor progress.

The internal turbulence that the Council has faced has been matched by significant external pressures. Central Government's requirement that the Council find an additional 4200 homes between now and 2024 has been extremely contentious. At our last meeting John Savident, better known as Fred the butcher from Coronation Street, addressed the Council. Mr Savident, a resident of Henham, wanted the Council to abandon their preferred option, Option 4 that would see 3000 houses at Elsenham. Some councillors including myself agreed with this view but this could not command the support of the majority of councillors.

Another issue that the Council has had to deal with is the Government's announcement of Elsenham as a potential site for an eco town. All councillors are opposed to this. Allied to this are BAA plans for a second runway at Stansted Airport. Planning applications have been submitted and we expect this to go to public inquiry.

The Annual Meeting marks the end of the Chairmanship of Cllr Catherine Dean, the first Stansted resident to hold this position. She will be succeeded by Cllr Mark Lemon who represents Hatfield Heath.

### **Area Panels**

Full Council will be asked to consider the replacement of Area Panels by Area Forums. Stansted is currently the biggest settlement in the South West Area Panel. They were set up by the previous administration in January 2006 and meet five times a year. They have some decision making powers. It is proposed that the panels be replaced by two Area Forums which will meet three times a year. They will have no decision making powers. Stansted would be in the South Area Forum which would include Great Dunmow, Felsted and the Rodings. This is a contentious issue which will not meet with universal approval.

As the inaugural Chairman of the South West Area Panel readers will know where my sympathies lie.

Cllr Geoffrey Sell Tel: 01279 815925

### **COUNTY COUNCILLOR'S REPORT**

**YOUR COUNTY NEEDS YOU!** It is not generally known but the Schools, Children and Families Division of Essex County Council has over 1300 "looked after children" in its care and many of those children have suffered traumatic lives, often coming from homes where they have been exposed to violence, abuse and serious drug and alcohol dependency. The thing that these children need, more than anything, is stability and this is where we need assistance. Essex needs to recruit at least 200 more Foster Carers to help in providing both long and short term stability for these youngsters. We are looking for people from all backgrounds who feel that they could assist in providing a suitable home. Fostering can be very rewarding, and if you would like further details, please contact me (details below). Cllr Ray Gooding

### **CONTACT US!**

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

### **OTHER CONTACTS**

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

*Alan Dean* Tel: 01279 813579  
Email: [cllrdean@uttlesford.gov.uk](mailto:cllrdean@uttlesford.gov.uk)  
*John Hudson* Tel: 01279 814489  
Email: [cllrhudson@uttlesford.gov.uk](mailto:cllrhudson@uttlesford.gov.uk)  
*John Salmon* Tel: 01279 814789  
Email: [cllrsalmon@uttlesford.gov.uk](mailto:cllrsalmon@uttlesford.gov.uk)  
*Geoffrey Sell* Tel: 01279 815925  
Email: [cllrsell@uttlesford.gov.uk](mailto:cllrsell@uttlesford.gov.uk)

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

Ray Gooding Tel: 01279 813103  
Email: [cllrgooding@essexcc.gov.uk](mailto:cllrgooding@essexcc.gov.uk)

#### **Member of Parliament**

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



# MOUNTFITCHET MATHEMATICS AND COMPUTING COLLEGE



## New Computer Suite

By way of an 'Official Opening' the 1<sup>st</sup> Elsenham Brownies took over the suite for an evening. This unusual event was thoroughly enjoyed by the guests and demonstrated that this splendid new facility is available for use by the community.



## MMCC Students Speak Out!

Mountfitchet Maths and Computing College Year 10 students spoke out recently to raise awareness of animal cruelty, friendship and the environment. BBC producer, James Marshall, led the day's training, which was the first stage of the Jack Petchey Speak Out Challenge, the world's biggest youth speaking event. David Reeve-Arnold was the winner, speaking about animal rights, with runner-up Olivia Newman choosing to speak about the value of friendship. Both these students will now represent the College at the district final at Braintree on 4th June and hope to be able to go through to the national finals in London.

The students were given the opportunity to develop their public speaking skills and, by the end of the day, were able to deliver and present their speeches with confidence and impact. Previous award winners have commented on the positive impact the event has had on improving students' speaking and listening skills - a major part of the GCSE English curriculum. "I'm definitely out of my comfort zone doing this but I feel very pleased with myself for conquering my fear," said Oliver Treend, a Year 10 student.



Said Mr Marshall after the event "It was a pleasure to spend time at Mountfitchet and I would like to thank you for all the assistance and hospitality I received. I would count that as one of the best days training I've ever had! The students were wonderful to work with and the standard was higher than in many of the schools where we have trained."

Ruth Martin,  
College Administration Manager

## MICROCHIP MONTH

This month is microchip month at Mercer and Hughes. These tiny little chips can be injected just under the skin in the neck of animals and provide an accurate and permanent means of identification. The chips are read with a scanner and once the number on the chip is obtained, this can be relayed to a central computer which provides the name, address and telephone number of the owner. I would say we get at least one lost or injured animal brought into us every week and there's nothing more satisfying than being able to scan them and find a microchip so they can be reunited with their owners. The chips are painless and non-irritant and are also a requirement for the pet passport, so if you want to take your pet abroad, you will need to get it chipped.

I'm often surprised by the things that clients come out with and last week was no exception. I was discussing microchips with a client who had a new puppy and she was looking very dubious at my explanation. I thought that perhaps I wasn't making sense (it has been known after a long night on call!) and asked her what her concerns were. She replied that she wasn't keen on microchips because she had heard that they start off under the skin but then travel into the brain! I reassured her that this sounded like a case of real life getting confused with 'The Matrix' and that microchips tend to stay where they're implanted and certainly don't make a beeline for the brain. Also I'd like to reassure everyone out there that there is no parallel universe where cats and dogs go round in long black coats and dark glasses! So bring your pets to us in June as we are offering a 25% discount on microchipping.

Some of you may have met our new nurse Jo, who joined us recently and is especially keen on nurse clinics. As well as our usual nurse appointments for worming, nail clipping and suture removal, Jo is also running puppy parties on a regular basis and has started a new clinic for checks of six month old puppies. By this stage most owners have got over the puppy problems of house training and play biting and the pups have had their vaccinations, but it's at this age that owners may have questions about neutering or breeding and what sort of diet to move on to and how frequently they should now worm their dog. Jo is available in the afternoons to answer your questions on all these subjects and to show you how to do things like clean your dog's teeth for example. Give her a call to the surgery if you want to book an appointment. I have to say I do try and clean my dog Broccoli's teeth as often as possible, but he now sees me coming with the toothbrush and hides under a chair!

Ilse Pedler, Partner  
Mercer & Hughes,  
Veterinary Surgeons

## CARERS UK

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## HEALTH CENTRE PROPOSALS

Plans to boost modern healthcare provision for Stansted and neighbouring residents have been unveiled by West Essex Primary Care Trust (PCT). For too long residents of Stansted and surrounding areas have missed out on the modern healthcare facilities they are entitled to expect. This doesn't mean they haven't had first class care from the doctors, nurses and other health professionals working locally; but it does mean they haven't had access to a full range of services under one roof that many people elsewhere take for granted.

For years now the NHS has been trying to find a solution to the problem of ensuring you have access to a full range of modern services of which we can all be proud. We need to provide new facilities for Stansted GP surgery and the community clinic now as the GPs' lease is soon to expire and existing primary care services and facilities cannot cater for a significant increase in the population served by the surgery. Our proposal is to site the new primary care centre at the former Rochford Nurseries site, off Foresthall Road.

Now we have the opportunity to develop a modern state-of-the-art primary care centre, bringing together an enhanced GP surgery with community health facilities in modern, comfortable surroundings. The new centre will also provide facilities for services that have had to relocate, such as district nursing and chiropody, and create the additional capacity required for the expected population increase. It will also mean that for many people they can have tests and treatment much closer to home instead of having to travel to hospital further afield. This site is the only option available to the PCT that offers sufficient land to build a facility to accommodate current primary health care and community services, as well as local population growth and flexibility to develop more services.

Let me acknowledge the disappointment of many people that we have been unable to secure a village centre site. We share that disappointment. It's not for want of trying that we have been unable to find an alternative viable site. More than ten sites have been evaluated over as many years. Alternative viable options and time have run out. However, we have undertaken to work with parish councils in ensuring we have fully evaluated all these sites giving you the confidence that there is no other alternative site that will bring together all the services local people need. Some people have suggested that we could split the services and use smaller sites within the village. This is simply not possible, as only very basic care would be provided, resulting in most patients still needing to be referred to the main surgery for treatment. It will create a serious inconvenience for patients that need the services most. While the proposed £2.7 million development at the former Rochford Nurseries site will mean a longer journey for some people, for others it will be a shorter journey. We will work with our statutory and voluntary partners to ensure there are good transport links to and from the new centre and develop new pharmacy arrangements to avoid unnecessary journeys for people collecting prescriptions.

Some of the benefits include:

- Access to an NHS dentist, which is not currently available in Stansted

- Access to investigations such as blood tests, ultrasound and echocardiography (ECG)
- Treatment facilities for leg ulcers, chiropody and extended minor surgery
- Access to psychological therapy services
- Cardiac and chest rehabilitation
- Pulmonary rehabilitation
- Pre-surgical assessment clinic where patients are assessed locally prior to admission to hospital for surgery
- Access for patients to a wide range of health promotional information.

The practice and clinic serve a large area including Stansted and surrounding villages. We are aware that considerable concern has been growing within Stansted village itself about the development where people feel that by moving to Foresthall, the commercial centre of the village will be damaged. The fact is that there is only a very small provision for retail development identified at Foresthall. This development will not compete with Stansted's village centre shops and services. There are no plans for a pharmacy on the site. You and other members of the local community are our most important partners in the planning of better health services. We want to hear what you think about this proposed centre and the services you would like to see it provide. A leaflet describing the proposed improvements to local health facilities and the options considered for its location will be widely available and we will also be holding local meetings to explain what is proposed and to hear your feedback.

Monday 2nd June 7.30pm Mountfitchet Maths and Computing College, Foresthall Road

Wednesday 4th June 12.30pm St John's Church Hall

Friday 13th June 7.30pm St John's Church Hall

Please feel free to send me your views and ideas at West Essex Primary Care Trust, The Laurels, St Margaret's Hospital, The Plain, Epping, Essex CM16 6TN or email the PCT at [mail@westessexpct.nhs.uk](mailto:mail@westessexpct.nhs.uk). Alternatively please contact the Patient Advice and Liaison Service (PALS) on 0800 783 3396 to request a leaflet.

Aidan Thomas  
Chief Executive,  
West Essex Primary Care Trust

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## Cubs in the Country

### NATS Flightpath Changes

In welcoming the decision by National Air Traffic Services (NATS) to extend the consultation period for the proposed new flight paths by four weeks SSE has warned that the extension will be pointless unless vital gaps in the information so far provided are rapidly remedied by NATS. The consultation, which NATS describes as 'The Biggest Ever Consultation On Airspace Change', was due to end on 22nd May but has now been extended to 19th June. SSE has published its statement of position on the airspace change proposal by NATS, which would affect flightpaths across the region. The airspace changes proposed by NATS would have a profound effect across much of East Anglia. They arise from the changes proposed in the flight paths and stacking holds not just for Stansted but also for Luton, Heathrow, Gatwick, Northolt and London City airports. NATS claims that the reason for these changes is the increase in air traffic. SSE is opposed to the expansion of airport capacity on the grounds of unsustainability, and it is therefore opposed to any changes that are designed to accommodate unsustainable expansion. SSE recognises that there would be winners and losers from different elements of the proposal. However, because of the great number of flights which they are designed to accommodate there would be far more losers overall.

This would be especially the case in rural East Anglia. This is because NATS defines noise impact by the number of people overflown rather than by the noise they actually experience, with the result that tranquil rural areas would suffer disproportionately. It is partly as a result of this that the proposed changes would increase the route mileage flown for aircraft using Stansted. In effect the need to reduce fuel usage, carbon emissions and noise has been subordinated to NATS' main objectives of accommodating more flights and reducing delays for airlines.

### The Consultation Process

In SSE's view NATS' consultation has been inadequate. Quite apart from the issue of accessibility, NATS has failed to offer any explanation for its preferred options or to provide any substantive information on the other options considered. For example, were offshore stacking options considered? There are vital gaps in the information provided such as the lack of information about the methodology used for calculating population and emissions. SSE has written to NATS asking a series of questions, which are essential for a complete and proper understanding of the issues involved and will use the answers to these questions to inform its subsequent response. For further information, visit [/www.stopstanstedexpansion.com/nats\\_2008.html](http://www.stopstanstedexpansion.com/nats_2008.html).

Carol Barbone,  
Campaign Director  
Mobile: 0777 552 3091  
Email: [cbarbone@mxco.co.uk](mailto:cbarbone@mxco.co.uk)

The Stansted Cub Scouts is for boys and girls between the ages of 8 and 11 who love to have fun. This spring, as with every year, the light evenings find us out and about in the countryside having fun and learning in a practical way. Some of the forthcoming events include: water fights down Water Lane; a nature evening and games in the woods; planting vegetables for the Cubs to harvest and cook later in the year; and one evening every Cub loves - building 'pit fires' and cooking their own tea. Mums just love it when their little darlings come back all smoky but with big smiles on their faces!

We have a couple of trips planned for Hatfield Forest; one where we are orienteering around the forest, and the other where we teach them how to make an emergency shelter where they can stay safe and dry in bad weather (the bad weather is supplied by the leaders with watering cans) - such fun! Later on in the summer, 30 or so of us are camping at Gilwell, the world HQ of scouting. We are also having a canoeing night where getting wet and having fun will be guaranteed. All this is done with a dedicated team of part-time volunteers, and parents only pay £8 per month for more fun than the average child can handle. If your child *can* handle it, we would love for them to join us, although currently we have a full pack of 30 Cubs plus a large waiting list. It would be great to be able to give more children the chance to have fun. So if you would like to join our fun-loving team of hard workers, or your child would like to go on the waiting list please contact us.

David South  
Tel: 814371

Roger Musgrove  
Tel: 816172



For details, see 'Village Events' - page 5.

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## Wellbeing

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



This month's wellbeing challenge is to stop and consider the 'D' word. When the word 'diet' first entered the English language in 1656 it didn't refer to food intake - it meant 'a way of living or thinking'. Our clothes, doctors and a growing awareness of the environmental cost of transporting exotic foods to our supermarkets continue to remind us that 'We are what we eat' individually and as part of a larger (pun intended!) community.

Now for the 'B' word: "But I enjoy eating!" Psychologists tell us we are hard wired to react to large amounts and varieties of food - there may be a famine next week. Whilst it may take time and effort to sort through the mass choice on offer, we are able with our 20th Century intelligent brains to choose smaller portions of low fat/sugar food. But, we may protest, that's taking away from one of life's great pleasures. Scientists have identified that whilst the first taste of some delicacy hits the pleasure spot in the brain, the second, third and fourth tastes just fall victim to the law of diminishing returns. As time goes on you are not enhancing your life experience - sadly just adding inches to your waistline. Psychologists suggest that practising the art of stopping and delaying your next taste of something good delights and satisfies the brain, because it is always looking for novel experiences. Too much of a good thing can be too much of a good thing.

As a wellbeing practitioner I try not to preach about diet to my students but I do like to know if they are 'getting their oats.' Before I cause anyone to blush I had better explain that historically this was an appraisal of someone in a low mood - out of sorts. Nutritionists regularly recommend a bowl of porridge packed with B vitamins and carbohydrates to people who need to boost their serotonin levels (the feel-good chemicals), or to long distance runners who require a slow releasing energy on race day. From time to time we all wake in the morning feeling a little under the weather, worrying that the day will demand a marathon-like stamina before it's over. Maybe we could all do with checking if we are 'getting our oats'.

The summer days are now with us and I'm enjoying my chicken salads and fruit again. I'm not sure where the motivation is coming from. Can I - *should I* - make this the last year that Bradshaw wears a bikini, or is it the realisation that I really do live and think with a better humour when I make the right food choices? Food is very personal, but when your relationship to it is based on its energising qualities and a pleasure of sharing with others, we are able to enhance our wellbeing and that of others. Oh, I'm getting hungry - go and eat your favourite ice cream and enjoy!

isobel@stanstedlink.org.uk



## Huw Johnson Club

We are already planning two outings which we now have instead of our holiday. We will be cruising along the River Cam on 14th June, enjoying a fish and chip lunch. We took a similar trip on the 'Georgina' last year and enjoyed it so much, that we are all looking forward to going aboard again. Then in July we will be visiting the Hop Farm in Kent. Here we visit the animals, followed by lunch in the Terrace Tea-room.

Following my account in the May 'Link' regarding our problems with the Uttlesford Community Travel minibus, we have received a lot of sympathy, but as yet no-one has responded to my request. However, perhaps by the time you read this, we may have some volunteers.

Marion Johnson  
Tel: 812284



## Stansted Cricket Club

Our home fixtures for June are as follows:

Sat 7th June	13.30	2nd XI v Roding Valley II
Sun 8th June	14.00	Sun XI v Molehill Green
Sat 14th June	13.30	1st XI v Hockerill II
Sun 15th June	14.00	Sun XI v Springfield
Sat 21st June	13.30	2nd XI v Chadwell Heath I
Sun 22nd June	14.00	Sun XI v Rickling Ramblers
Sat 28th June	13.30	1st XI v Cloghams
Sun 29th June	14.00	Sun XI v Newport

In addition, on Sun 1st June, Stansted Hall CC host Stansted CC in a friendly local derby at 2.00pm. It should be an enjoyable game. New players wishing to join should contact David Hedge (Adults) 812509, or Keith Ayres (Juniors) 814471.

David Hedge,  
Secretary



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**STANSTED MOUNTFITCHET  
LOCAL HISTORY SOCIETY**

**There is nothing like a dame!**

Poetry and pantomimes have been the themes this April for our WI. It is not often one gets the chance to help a pantomime dame with his costume, but that happened to me at our group meeting when our speaker, Richard Westcott, came along to entertain with his 'Confessions of a Pantomime Dame'.

Richard, a well-dressed quiet looking gentleman, transformed himself before his audience of 80+ women into an attractive and colourful dame. We were given many useful tips on make-up, the wearing and making of unusual earrings and the right shoes and stockings to wear. Arriving complete with a dress-rail he showed us some of his beautiful dresses, all of which he makes himself. We laughed and we sang and we even looked behind; it was all great fun. I was roped in as an assistant in order to try and beat the record for a fast-change of clothes - I don't think I did but was too bemused by that time to care! After some very good refreshments we were entertained yet again with a performance of 'Alas Aladdin' by the ladies of Ugley WI, written and produced by Phyllis Harrison. A fitting end to a lovely evening.



Our poetry evening earlier in the month was given by Anita Sackett, a poet, performer and speaker. Anita trained as a PE and English teacher, and started to write poetry when she lived in the USA. Coming back to this country she taught in primary schools and passed on her love of poetry to the children. It was good to hear some of the old favourites of our childhood as well as some she had written herself.

Two of our members had been to Denman College in March and told us of the course entitled 'Jane Austen & Bath' which they had taken. This also involved a trip to Bath which they greatly enjoyed. Two more lucky people received a bursary to attend Denman in the draw which we hold every year.

Our meeting night is the 2nd Thursday of the month and in June we are having a travel talk by Sheila Rowles - Ecuador and the Galapagos Islands. Do come along - visitors are always welcome.

Judy Colliver  
Tel: 812470



The May meeting was the last in our programme for 2007/8 and, as usual, it was the occasion of our Annual General Meeting. Peter Brown, our Chairman, dealt with the business very efficiently and we came rapidly to the part of the meeting we had been looking forward to. Peter Sanders, our Vice-Chairman, had been persuaded to give another of his presentations - with the assistance of the members of the committee - and this time, it was on 'The Home Front in Stansted during the World War I'.

As is always the case, Peter had researched his subject in great detail, firstly through the recorded interviews with older members of the village, but also through studying the archives of the Herts and Essex Observer for the period. The result was fascinating and brought to us a world, which has long gone, from the euphoria of the first months of the war to its weary continuation, and finally the problems which came when it was over. Glyn Warwick has been preparing a book for publication (soon to be released under the title 'They Sleep in Heroes' Graves') and this deals with those whose names appear on the War Memorial. Peter was concentrating on what went on at home at this time, although the knowledge of the fighting, death and injury was never far from the minds of family and friends. Increasingly, the need to keep up recruitment to replace the losses experienced caused great concern until, early in 1916, conscription was introduced. With a significant Quaker community in Stansted, Peter had note of the tribunals which were set up by the Government to interview those seeking conscientious exemption from war service.

Even more difficult were the essential trades and industries, which were vital to the war effort, including food production; and here it was where women became involved - from work in the fields to the manufacture of arms and munitions. One poignant moment was when Ralph Phillips read an account of what it was like to be an eight-year-old lad whose home received up to eleven soldiers billeted on the family - the lad was, in fact, his own father. Many other tales of the village at that time were recounted and we were grateful to Peter for such an interesting end to our year's programme.

We next come together on 4th September and for once we are having a change of venue. Leah Palfrey will be giving us a talk on 'What the Victorians did to St Mary's Church' and the meeting will be in the Church. In order to take advantage of as much natural light as possible, we shall start at 7.30pm. The annual subscriptions will be due at that time but will be collected by our treasurer at the following meeting on 2nd October, when Stephen Ruff will be telling us of 'The Buntingford-St Margaret's Railway, with local history (Part 2)'. Have a good summer and see you all in the autumn.

Ian Seavers

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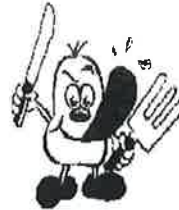
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## LETTER TO THE EDITOR

Turners Spring  
Burton End

### Impolite behaviour at Health Centre meeting

I attended the PCT meeting at Crafton Green on 28th April to hear what the PCT and my doctors were planning for the patients' care. It was unfortunate that the hall was not big enough to accommodate everyone, but to my distress, the meeting developed into something like a rehearsal for 'Eastenders'. It was shocking; the mindless, boorish behaviour of the people who opposed the plan even before they had heard what the PCT and doctors want. There is to be a meeting at a larger venue in the near future, and I would request that the people who organised the campaign against the proposals control their supporters. There are many people besides the 'newcomers' who will benefit from a fully fledged health centre at Foresthall.

Dorothy Harrison



## STANSTED BEAVERS

At Beavers we have been making the most of the weather recently with some outdoor activities, including a bracing hike up to the nature reserve, and a morning of outdoor games practising different skills. As well as having a lot of fun, the Beavers were encouraged to think about the benefits of exercise too, comparing their pulse rates after each activity. We have also been making models inspired by the theme 'Living in the Future', using a variety of materials. The Beavers put their imagination to good use, and came up with some fantastic space-age creations.

On 27th April, together with the Cubs and Scouts, we took part in the District Renewal of Promise parade at Hatfield Heath, followed by a short church service. Luckily the weather stayed dry (no rain on our parade!) and I think the Beavers really enjoyed being part of such a special event.



We are working towards a number of Beaver Scout badges at the moment, and have an exciting programme of activities planned for the rest of the summer term. If you have a child who would like to become a Beaver, please get in touch with Beaver Leader David South on 814371, or helpers Jenny Amos 817536, Claire Jonas 816924 or Dot Staunton 812825.

Dot Staunton,  
Stansted Beavers



## BENTFIELD PRIMARY SCHOOL

Tel: 813626

### School News

The summer is fast approaching and school is very busy with the better weather promised. In addition to our all-year clubs, during the summer term we offer various extra activities for the children to enjoy. The children can take part in rounders and athletics as well as after school cricket lessons taken by Keith Ayres at Stansted Cricket Club. We would like to thank Keith for running this for us. Members of our chess club recently took part in the annual area tournament at Dame Johane Bradbury School.

Class 5 went to a Food and Farming Day at Writtle, where the children learnt about the countryside and discovered how food is grown, reared or produced. They also learnt how to cook and prepare food, what good nutrition means, what happens on a farm, career opportunities in the countryside and the importance of the countryside and environmental issues. A very worthwhile and informative day out. In school classes 3 and 4 had a visit from Susanna Harrington who gave a colourful demonstration of Indian dance and culture. The whole school had a Science Convention Day where the children worked on various scientific projects and, later in the day, shared them with other classes. The impressive results can be seen on display all around the school.

We always welcome visits from parents interested in their child coming to the main school or nursery class. If you would like to visit the school, please give us a ring on 813626 and we will be very pleased to arrange one for you. We offer both a Breakfast Club (from 7.45am) and an After School Kids' Club (until 6.00pm). Both clubs are available to children who attend the school. On Mondays our brilliant Messy Play continues to run in the Nursery from 1.45pm to 3.00pm during term time. It is open to children 18 months upwards. If you would like to come, contact the school or just turn up! Sessions cost £1.00 and children must be accompanied!

### PTA News

#### Carnival Fair Saturday 7th June 2.00pm to 5.00pm

Highlights include the procession, music from Mountfitchet College Samba Band and pony rides! There will be plenty of other ways to have fun in the sun. Stalls include the raffle, tombola, cream teas, cakes, plants, bar and barbecue – and for the children wet sponge throwing, football shootout, face painting, hoopla, coconut shy and bouncy castle. Hope to see you there.



#### Music in the Park Saturday 12th July

Another date for your diary! Gates open at 1.30pm and the live music starts at 2.00pm and runs through to 8.00pm - bands include Dew Drop, All of a Sudden and Enquire Within – don't miss this great family event.



Alison Thompson  
Co-Chairman,  
Bentfield PTA

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## Stansted Tennis Club



## STANSTED BOWLING CLUB

### Adult/Child Tournament

Ten pairs took part. Two round-robin groups competed and were then seeded for the knockout stage. In the semi finals, Chris and Matt Hollis defeated Phil and Tim Berry 6-3, whilst Martyn and Thomas Taplin beat Keith and Alex Lupton 6-1. In a very close and tense final, Martyn and Thomas were victorious, beating Chris and Matt 6-5, having been down 3-5 with two match points against them.

### Clower Boys' Secondary Doubles

This popular tournament, now in its sixth year, took place in the scorching heat of Sunday 11th May. Nine boys aged between 11 and 15 took part and battled in stifling conditions. After the round-robin event the seeded knock-out stage saw Pip Bitten and Joe Hollis beat Ben King and Ben Unwin 6-0 in one semi-final, while in the second semi, Thomas Taplin and Henry Kirby beat Lawrence Hogg and Richard Berry 6-1. Having been 1-3 down in the final, number one seeds Joe and Pip fought back with a run of 5 games to defeat Henry and Thomas. Pat Clower presented the shield and prizes to the winners and runners-up.

### Dates for your diary – Forthcoming tournaments

8th June 12.45pm **Boys' Primary Doubles Tournament**  
14th June 4.30pm **President's Cup - fish and chip supper**  
22nd June 12.45pm **Clower Boys' Secondary Singles Tournament**. Entry forms for the above tournaments should be available in the clubhouse a month before.

### Hospital Cup

The draw for this event is up on the noticeboard. Members who have entered are encouraged to arrange their first and second round matches as soon as possible.

### PWP Open Meeting

PWP will bring equipment along to a Sunday morning club session for members to try out rackets, tennis trainers and clothing. Date is to be confirmed, but if you are interested please contact Martyn on 816386.

### Coaching

The adult coaching session Fridays 2.00pm- 2.45pm is full. To go on the waiting list, please call Chris Hollis on 319155. You don't have to be a member of the Club to join in. The junior coaching and match practice sessions for ages 6-15 are now well under way. Call Chris for more details. Martyn Taplin 816386 coaches adults on Saturday afternoons at the Club.

### Used Tennis Balls

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

### Club Playing Sessions

Wednesdays from 10.00am and 6.00pm  
Fridays from 9.30am; Sundays from 10.00am

### Contacts

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

Chris Hollis

As I write this (Sunday 11th May) I have just got home after playing 21 ends of bowls at Silver End Bowls Club in the Ashford Cup trial and the weather was absolutely wonderful, dare I say nearly too hot!!

We held our bowls for beginners' day on Sunday 27th April and managed to get about 11 people along to give it a try. Unfortunately the weather on that day turned to rain in the afternoon so we had to cut things short, but some returned the following week during the evenings and I am glad to welcome Terry and Kathy and Ivan and Cherry as new bowling members. We all wish you lots of enjoyment and good bowling. Welcome also to Denise as a social member. Many in the village met our Treasurer, Mike Shewry, who walked around so many houses putting leaflets about coaching sessions through doors and knocked on doors trying to 'sell' bowling to residents – well done Mike. If there are any of you who came along on that day or on one of the evenings and think that was the only opportunity for having a go, then please don't, as you are welcome to come back and see us - preferably on a Friday evening around 6.30pm or give me a ring on 817388 to arrange some coaching.

As I talk to other clubs in the area I hear the same story about the struggle to get new members as older members give up the sport or move on. It would be a real tragedy if after 101 years, Stansted Bowling Club was to close because of the lack of members, and so believe me support would be most welcome. We used to have members from the village police and fire services over the years so perhaps it is time to see some of you guys at the club again?

Rex Turner,  
Secretary

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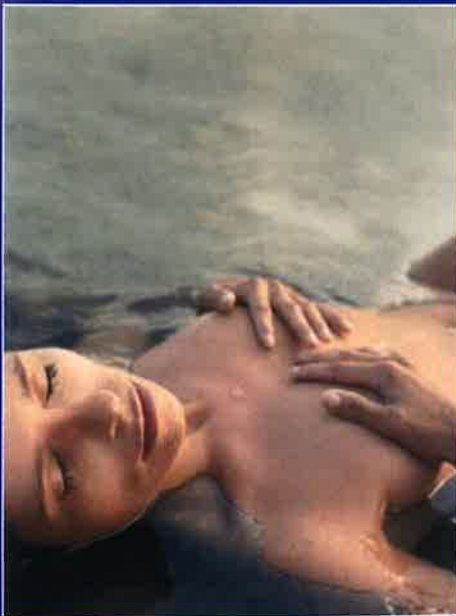
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