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Honey Braulik

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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by email (*preferred*), up to 300 words in a Word document, please, to:
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by **noon** on **11th April** for the May issue
or by hand to:
7 Blythwood Gardens,
Stansted CM24 8HG
by **noon** on **8th April** for the May issue

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EDITORIAL



One of the many attractions Stansted has is its beautiful setting. We are fortunate to have a number of listed buildings, three conservation areas and to be surrounded by lovely open countryside. To ensure Stansted continues to be the sort of place we want to live in, we all need to take an interest in and contribute to the Neighbourhood Development Plan currently being put together (see pages 19 and 20). A vibrant and caring community is something else the village offers, in part through the numerous clubs and organisations featured regularly in The Link. But like the compilation of the Development Plan they all require local residents' involvement. There are a number of calls for help from various contributors in this month's issue – including one for a new Editor for The Link on page 9. Everyone has many demands on their time but sparing a little of it to do something for the community can be very rewarding; it is the difference between just living in a place, and being part of the place you live in.

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Stansted network is compiled by Stansted Mountfitchet Parish Council.

THOUGHT FOR THE MONTH

With homelessness on the rise, some local authorities are adopting new measures to rid their towns or city centres of rough sleepers. In the case of one council, a proposed new order will allow officers to seize and destroy rough sleepers' bedding, making them even more vulnerable than before. Public Space Protection Orders (PSPOs) are designed to crack down on anti-social activities in public which have a detrimental effect on local people's quality of life. PSPOs are intended to protect public space for the benefit of residents by targeting various 'nuisance' groups ranging from the homeless and buskers to young people congregating in town centres, to dog walkers, street artists and beggars. The list is potentially endless. In some cases activities to be banned are not harmful in themselves but simply what some people might find unpleasant or annoying, making the whole process highly subjective. PSPOs can be authorised by a single council officer with minimal consultation with the local community and can be punished with on-the-spot fines of up to £100. Failure to pay can result in a criminal record and a further fine of £1,000.

In respect of homelessness the irony is obvious to see. By seeking to protect public space for residents who, by definition, have homes, PSPOs criminalise those people who do not have homes and are, therefore, obliged to inhabit public space. PSPOs can drive rough sleepers from one public space to another for no better reason, possibly, than some local residents thinking they look unsightly. This does feel a bit like those with the most getting more and those with the least ending up with nothing. It is clear that in some cases PSPOs are about pushing problems away rather than helping to solve them. If local authorities really do care about helping the homeless, banning them from sleeping in public or destroying their bedding seems a perverse way of going about it.



Jonathan Morrell
Stansted Quaker Meeting



www.stanstedfamilychurch.com

Contact Howard and Ros Page
Tel: 810813

Email contactstanstedfam@yahoo.com

Our Christian beliefs are conventional, we are just doing church differently.

This month we will be running a short series of three sessions on Thursday mornings (14th, 21st, 28th April) entitled 'An Introduction to Praying for Healing', addressing questions such as "How do we know that God heals today?", "How can we know that we have access to God's healing power?" and "How can we pray effectively for healing, for ourselves and for others?". Of course there is no one 'correct' way to pray, but the sessions will provide a range of information and modern and biblical examples of effective prayer, along with strategies and practical tips for those who would like to be more active in praying for themselves and/or for others, whether healing is sought for physical illnesses, mental health issues (eg depression), or recovery from emotional hurt. The sessions will take place from 9.30am-10.30am, followed by coffee/tea for anyone who wishes to stay and chat afterwards. They will take place at one of two possible venues, depending on numbers, both just off Chapel Hill in central Stansted. Please contact me before Monday 11th April if you would like to know more, or to book a place. There is no cost but booking in advance will enable us to confirm venue information for you and to make sure there are sufficient printed materials available for each person attending. If you would like to see more of God's healing power at work in Stansted, or in your own life, why not consider coming along? Those from any church background or no church background will be very welcome.



Ros Page

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill
Stansted CM24 8AE

www.saffronquakers.org.uk/stanstedhtml

Clerk	Jane Mitchell Tel: 503024 Email: sjane.mitchell@ntlworld.com
Lettings	Richenda Whitehead Tel: 07773 603618 Email: richendajw@live.com
Meeting for Worship	Sunday, 10.30am every week
Light Group	10.30am-11.30am 14 th May This is a guided meditation for personal enlightenment. You are warmly invited to attend.

ROMAN CATHOLIC St Therese of Lisieux

High Lane, Stansted CM24 8LQ
www.sttheresasstansted.org

Priest	Father John Garrett
Office	Tel: 816889 Email: stansted@dioceseofbrentwood.org
Masses	Saturday 6.00pm Sunday 10.00am Holy Days of Obligation 8.00am and 7.30pm Mon, Tue, Thu, Fri 9.30am
Confessions	Saturday 10.00am and by appointment
Baptisms	By appointment



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Tel: 814562



Secretary Betty Francis
 Tel 83977
 betty@stanstedfreechurch.org.uk

Lettings Marion and Mike Dyer
 Tel 814059
 lettings@stanstedfreechurch.org.uk

Preachers for April

3rd 10.30am The Worship Team – New Directions
 10th 10.30am John Banks
 17th 10.30am Rev'd Caroline Vodden - Communion
 24th 10.30am Mark Hayes

Rev'd Roy Fowler is on sabbatical from 4th April to 4th July.
 For any enquiries during this time please contact the Secretary.

The Place on the Hill

Our free drop-in for all ages is now open every Monday, Wednesday and Friday (except bank holidays) from 9.30am-12.30pm. Refreshments, company, internet, computers, space for the children to play with toys and run around, plus a quiet area with comfy seating. For more information see page 11.



We are not meeting in April. Our next meeting is a bible study on Monday 9th May 8.00pm at 7 Blythwood Gardens.



Marion Dyer
 Tel: 814059

ST JOHN'S 300 CLUB

Many congratulations to the winners of the February draws:

£100	No 135 - Derek Honour
£ 50	No 10 - Alan Helbert
£ 25	No 181 - Paul Salmon

The April draws are on Sunday 30th April following the 9.30am service. The 300 Club year comes to an end on 30th April and I would like to express our very grateful thanks to all those who have supported us. Renewal forms will be sent to everyone who paid by cheque or cash and we hope you will sign up for another year from 1st May. There are still numbers available for anyone who may wish to join and be in with a chance to win one of the 38 prizes totalling £2,500 each year. In addition, the Club raises vital money to help cover the heavy maintenance costs and work of St John's Church. Numbers cost £2 per month with a maximum of five numbers per household. Please contact either myself or Rosaleen Nagle on 816204 for an application form.

Francine Cope

All enquiries: The Church Office, St John's Hall,
 St John's Road, Stansted CM24 8JP
 Tel: 815243
 Office hours: Mon 9.00am-12 noon Mon,
 Wed, Fri
 Email: stjohns.church@btinternet.com
 Website: www.stanstedstjohns.btik.com

Rector: Rev'd Paul Wilkin
 Tel: 812203
 Email: stansted.rector@gmail.com

Director of Music: Anne Brooks
 Email: anne.brooks22@yahoo.co.uk

Church Hall Bookings: Simon Wilson
 Tel or text: 07582 856689
 Email: stjohs.hallbookings@gmail.com

St John's Diary

Sunday

8.00am Said Holy Communion
 9.30am Choral Eucharist (1st, 3rd and 4th Sundays)
 9.30am Family Communion (2nd Sunday)

Monday-Tuesday, Thursday and Saturday

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.
Tuesday	
9.00am St John's Tots	
Wednesday	
9.00am Morning Prayer	
10.00am Holy Communion	
Monday-Thursday and Saturday	
5.00pm Evening Prayer	

From the Registers

February

Funerals

10th	Sylvia Pinner, age 70
16th	Lesley Ann Good, age 61
24th	Donald Philip Snelling, age 85
26th	William Arnold Jones, age 88

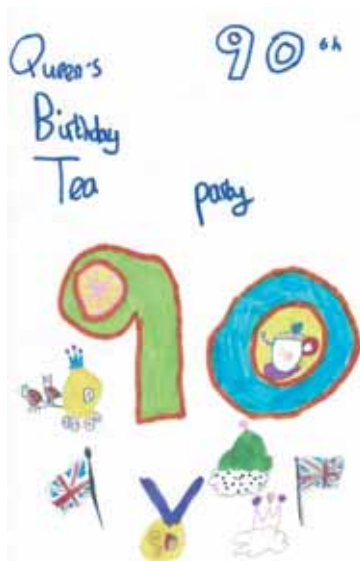
FARNHAM CHURCH BLUEBELL WALK

Sunday 10th April 11.00am from Thrifts Farm (five miles) or 12 noon from Hazel End Farm (one mile). Entry £3, family £10. Contact Barbara on 776168 or Di on 771071.



FRONT COVER COMPETITION

For the Queen's 90th birthday, we thought having a specially designed cover to celebrate would be a great idea! We asked Sue Pollard, leader of the 1st Stansted Brownies, to encourage the brownies with the task. We had a number of fantastic entries and it was difficult narrowing down the winner and runners up. Honey Braulik designed the winning picture shown on the cover of this month's Link.



Runner up Matilda Gladen



3rd Grace Churchman

Congratulations Brownies - a job very well done!



STANSTED MOUNTFITCHET WINDMILL

Our first coffee morning of 2016 was well attended and was a great success. We sold many Windmill souvenirs and the raffle was very well supported. At our AGM, Derek Honour, who with Ted Pretty, has been Co-Chairman for the past 12 years has retired from that office. Tudor Owen has been elected as our new Chairman and Ted will become Vice-Chairman. In recognition of his sterling service to the Mill Derek has been made Honorary Vice-President. Our Minutes Secretary, Chris Tann, will be unable to continue in this role due to family commitments. We will very much miss her. Thank you Chris for all your help. We now desperately need someone to take on this role. I am sure there must be someone in our village who could spare a couple of hours to attend our Committee meetings four or five times a year to help us, for after all the Windmill belongs to us all! If you can help please give me a ring; I will be so pleased to hear from you.

The Windmill will be open on Sunday 3rd April, Sunday 1st May and Bank Holiday Monday 2nd May 1.30pm-5.30pm. At our openings on 1st and 2nd May we will be having a sale of good quality books and pictures outside the Mill. Please come along and get a bargain. Our admission charges have remained the same for the last 12 years and the time has now come for them to be slightly increased to adults £2.00, children aged 5-16 will remain at 50p with children under five years free.



Molly Clark
Co-trustee
Tel: 816768



The Huw Johnson Club restarted on Thursday 25th February with a games evening. We have also had a curling competition (with Sarah as the ultimate champion) and celebrated Andrew and Joanne's birthdays with a disco and party, which was great fun with lots of dancing. On our first evening back, we were delighted to welcome some of the members from the Stansted Mountfitchet Seniors Group as our special guests, who very generously presented us with a cheque for £370. We are very grateful and will look forward to spending it over the coming year. It is so lovely to receive such generous support from the local community. We have a few weeks off for Easter, but are looking forward to a crafts night, a keep fit session and a quiz over the next few Thursdays.

We are looking for new volunteers – from helpers on the night to drivers and bus-escorts – so if you would like to help out, or to come along and join in, please do give me a call. We are a great place to do Duke of Edinburgh placements, if you are aged 15+! Just a reminder, if you would like to support Ellen Brooks, a volunteer at the Huw Johnson Club for over 20 years, in her efforts to run the London Marathon in April in aid of the club, please log on to <http://uk.virginmoneygiving.com/EllenBrooksLondonMarathon> or contact me. For more information, please contact Sandra Embleton on 812627 or myself.



Katharine Collis
Tel: 461270
Email: kat_collis@hotmail.com



Green Waste Skip Dates

Lower Street Car Park
Sundays 12.30 - 4.30 pm

Note change of time

Apr 3rd & 17th
May 1st, 15th & 29th



Stansted Millers

Stansted Windmill Open Days

1.30 - 5.30 pm

Sunday 3rd April

Sun 1st & Bank Hol 2nd May

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Farnham Bluebell Walk

Sunday 10th April

11.00am Thrifts Farm (5 miles)

12.00pm Hazel End Farm (1 mile)

Parking at both venues

through woods not normally open to the public

Refreshments ~ Dogs Welcome

Entry £3, family £10 (church funds)

Tel Barbara 776168 or Di 771071

WHAT'S ON IN APRIL

3	Sun	Windmill Open	1.30 - 5.30 pm
		Green Waste Skips	Lower Street 12.30 - 4.30 pm
5	Tue	Stansted Seniors Group	Day Centre 1.30 - 3.30 pm
		Stansted is Well Read	Dog & Duck 8 pm
6	Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
7	Thu	Stansted History Society	Day Centre 8 pm
8	Fri	Bowling Enrolment Evening	Bowls Club from 7 pm
10	Sun	Farnham Bluebell Walk	Thrifts Farm 11 am Hazel End noon
10 & 24	Sun	Family Café	Day Centre 10 - 11.30 am
11	Mon	Link copy due in today	before 12 noon
		Ladies Night	Tennis Club from 7 pm
14	Thu	WI	Day Centre 7.45 pm
16	Sat	U3A Seminar	Free Church Hall 9.30 am - 12.30 pm
		Farmers' market	Ugley Village Hall 10 am - noon
		Manuden Singers Concert	St Mary's Manuden 7.30 pm
17	Sun	Green Waste Skips	Lower Street 12.30 - 4.30 pm
20	Wed	Ugley WI	Ugley Village Hall 2.15 pm
21	Thu	Stansted U3A	St John's Hall 1.15 pm
23	Sat	S W Symphony Orchestra	Saffron Hall 7.30 pm
24	Sun	Plant and Book Sale	Littlebury Church 2.30 - 5 pm
26	Tue	Hearing Help	Day Centre 2 - 4 pm

To advertise your May event on this page tel 814059 or
email events@stanstedlink.org.uk by 11th April
Inclusion subject to editorial decision & availability of space



Saturday Seminar

"Why Do I Live the Way I am Living?"
by David Morson

How the way we live is underpinned by social processes

9.30 am - 12.30 pm Sat 16th April
Stansted Free Church Hall

Tickets £4 members, £5 non-members
from Alan tel 07790 213510

Email: stanstedseminars@gmail.com
Limited places - advance booking only

UGLEY FARMERS' MARKET

10 am - noon Sat 16th April
Ugley Village Hall

Meat ~ Poultry ~ Fish ~ Eggs ~ Oils
Vinegars ~ Fruit & Veg ~ Bread
Home Baking ~ Cakes ~ Chocolates
Skincare ~ Crafts

Refreshments with cake and bacon rolls

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Bach Ascension Cantata &
Brandenburg no 3

Haydn Maria Theresa Mass

7.30 pm Sun 16th April

St Mary's Church, Manuden

Tickets £10 adults, £5 students

Tel Fiona 812157 or at the door

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FREE Introductory Sessions

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Mon 2nd - Fri 6th 6.00 pm

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All Welcome

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Mark Gurden MSc (Chiro), DC, PhD

Marcel Morelli MSc (Chiro), DC.

And Associates

Registered Doctors of Chiropractic

STANSTED MOUNTFITCHET U3A

In February we had a tour around the four Inns of Court, the famous legal and educational hub for lawyers and barristers. Coffee was served in the magnificent panelled dining hall at Gray's Inn. We walked through winding backways and peaceful gardens to Lincoln's Inn and Staple Inn hearing of the connection with Shakespeare, Dickens and the areas used for contemporary film sets. Lunch was followed by visiting Temple Inn, another superb hall and The Royal Courts of Justice. A delightful day with an informative tour guide. A big thank you to Maggie and Jan for organising it.



The fascinating seminar by Richard Epworth *From Fire to Fibre* followed the development of optical fibre technology and its significant importance and application in our lives today - and it all began in the 1960s in Harlow!!! The picture shows part of the world's first optical fibre cable.



The next Saturday Seminar is on 16th April 9.30am-12.30pm and sees a welcome return for David Morson. He asks "Why Do I Live the Way I am Living?" exploring how the way that we live is underpinned by social processes. Tickets (£4 members, £5 non-members) from Alan on 07790 213510 or email: stanstedseminars@gmail.com.

The photography group is open for any new members to come along to the meetings at the Free Church Hall on the third Thursday of each month 7.30pm-9.00pm. Our objective is to try and improve abilities following a suggested monthly theme. Everything is tailored to the individual's own speed. We have members of all standards and with all types of camera. Just turn up at one of our meetings or call David Pyatt on 07802 506578.

The next monthly meeting is in St John's Hall on Thursday 21st April at 1.30pm. Membership renewal is available from 1.15pm. Payment by cheque £13.50. Margaret Rogers is the speaker. U3A contacts: Helen (Chair) 812945, Liz (Secretary) 813270.



Suzanne Parra



MAGNA CARTA PRIMARY ACADEMY



Burnt Mill Academy Trust is pleased to announce the appointment of Amy Dias, who will lead the school from September 2016, based in the Peter Kirk Centre for the first year, while new buildings are prepared ready for the full school opening in September 2017. Ms Dias is very excited to

have the privilege of being appointed head of the school. She is a firm believer that setting high expectations for oneself and those around you leads to success, evident in her own career where she has progressed through teacher and leadership roles, from being a newly qualified teacher, through to subject leader, assessment leader and assistant headteacher. Outstanding teaching and learning is at the core of everything she does as a teacher and leader; it is the teaching and the drive to provide outstanding education for all within the school and wider academy that make her determined to succeed. This determination has recently been recognised after she was nominated and won the Essex Teacher of the Year Award. Helena Mills, CEO of Burnt Mill Academy Trust says she is delighted to have appointed Ms Dias as Head of School for Magna Carta. She says that the Trust continues to encourage staff progress and it is an exciting time for Ms Dias to utilise her expertise from Cooks Spinney, her previous school, across the trust.

Adam Smith
Burnt Mill Academy Trust



STANSTED FOOTBALL CLUB

We have now reached the final month of our current season with still plenty to play for as we look to finish the season in the top half of the table for the second successive year. Hopefully by the time you read this, we will have played in and won our first major final in over five years - which, given the turmoil we faced with managerial changes during the first half of the season, shows great testament to the amount of work and effort our Manager Mark Ashford and Assistant Dave Roach have put in to establish a group of young talented players who are certainly gaining excellent coaching and tactical awareness. The close season could be very interesting as plans are bedded in for next season. With only one remaining scheduled home league fixture in April, our grateful thanks must go to our two ground staff Brian Garrett and Eric Foster who have worked tirelessly to maintain the pitch, thus completing all our 20 home fixtures per the League schedule. In comparison, given the wet winter, a number of teams in our League have only played between 10 and 14 games. Thanks guys! Fortunately our last home game will be a tasty local derby encounter against Sawbridgeworth, who recently gained the upper hand over us, so the team will be up for a bit of sweet revenge; plenty of support would be much appreciated:

9th April 3.00pm v Sawbridgeworth ESL Premier Division



Tom Williams
Secretary
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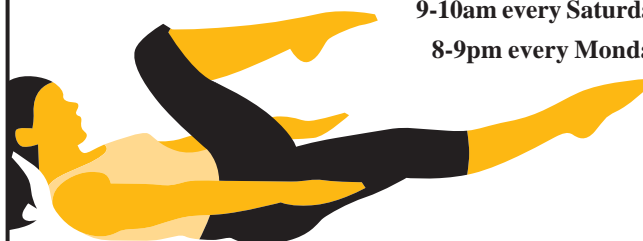
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QUIZ

In The Lap of the Gods

Find the Greek or Roman God or Goddess hidden in these clues. Good luck!

1. Scuba diving in church? I'll drink to that (7)
2. Donnadoni scored a beauty (6)
3. She'll join the A A then, a wise move (6)
4. Sheila spilled chlorine on his tendon (8)
5. Dating agency – wear a rose (4)
6. America – Russia relations reach melt down (6)
7. Catch a vermin, wisely (7)
8. Use I-pod when you listen with mother, it's complex (7)
9. Sure, hop to the underworld to find the wife - don't forget the Lute (7)
10. It's clear he's strong enough to sit a dozen exams (8)
11. The maids were a touch golden (5)
12. Fruit & Nut Atlas wanted was just out of reach (8)
13. Oxygen with ferrous metal will craft a big hunter (5)
14. Flier pages us about equine verse (7)
15. Troy and Rome dare to doubt her beauty (9)
16. He needs arms to fight (4)
17. Loving cup I'd drink from (5)
18. She's absent too much to phone peers (10)
19. She's hopeful of a pardon; hope she'll open the box (7)
20. I've heard it all BEFORE, before! befo., be...., b..... (4)

Answers below

Roger Wardle

LINK EDITOR VACANCY

After five years in post, our current Editor is standing down for family reasons. The role is to oversee the production of the magazine, and includes the following:

- 1 Prepare the editorial
- 2 In the week preceding copy deadline (12 noon on 11th of the month), check incoming electronic copy and begin editing process with the editorial team
- 3 Within 24 hours of copy deadline, meet with the editorial team to agree copy to be included, and where necessary, edit/discard/defer copy
- 4 If necessary, source additional copy to fill the magazine
- 5 Within 48 hours of copy deadline (excluding weekends) meet with the production team to hand over finalised copy (electronic and paper) and select items for highlighting on the front cover
- 6 Check the final production team drafts, including the Village Events page, before they are sent to the printer (usually on 17th of the month).

The magazine is produced by a small team of volunteers, working to tight time schedules, with the busiest time for the editor being from 9th to 16th of each month. Please apply by email: chairman@stanstedlink.org.uk or telephone 812235.

FOND MEMORIES

As someone born in Stansted I have fond memories of the village where I grew up. I started my working life at The London and Stansted Furnishing Company, which was a large store (now demolished) on the Cambridge Road with several different departments including one that dealt with removals. Further along the road was Green's Stores, housed in what is still known as Green's Buildings. I can remember some wonderful characters that worked there, not least being Mr Neeves who ran the men's outfitting department. If he had not got what you required he could always, 'get it for you'. I recall being approached by him saying he 'had just the thing for me' – a hacking jacket! In a moment of madness I bought some very garish socks from him, an unusual stock item, which caused me a lot of grief. When rolling the cricket pitch at Newport Free Grammar School (now called the Joyce Frankland Academy) I had to roll up my trousers revealing the brightly coloured socks for all to 'admire'.



Photo courtesy of Paul Embleton

Another character was Philip Camp in the meat department, and I remember lengthy discussions with him on which half to pick on a purchase that required cutting into two pieces. Miss Olive Tunbridge was the cashier at Green's Stores. She sat in a little booth where the money for purchases was 'pinged' to her along a system of wires in a small container. She would remove the cash and put the receipt and any change due into the container and 'ping' it back to the sales assistant. Miss Tunbridge was also the organist and choir mistress at the Congregational Church (now Stansted Free Church) where Norman Adams manned the pump for the organ, which was situated in the congregation (the pump that is!). I deviate from the subject and mention my sadness in learning of the death of John Rodgers who was a good friend when growing up. We had some very good times. More fond memories!

Richard Pollard

17 Cupid	2 Adonis	3 Athena	4 Achilles
13 Orion	6 Icarus	7 Minerva	8 Oedipus
9 Orpheus	10 Heracles	11 Midas	12 Tantalus
14 Pegasus	15 Andromeda	16 Mars	20 Echo
18 Persephone	19 Pandora		

QUIZ ANSWERS

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STANSTED HALL & ELSENHAM CRICKET CLUB

The Club is delighted that our two main sponsors, Sworder's Fine Art Auctioneers and Nockold's Solicitors, have decided to support us in 2016. Numerous other companies support us through advertising and with ball sponsorship, also hugely appreciated. We are still looking for cricketers and non-playing members who may want to contribute within the Club. Our search this season is for boys and girls aged six and upwards who enjoy cricket. Coaching has already begun indoors and we begin outside mid-April at the SHG. After last season's promotion to Division 2, the 1st XI starts with a home fixture against South Loughton on 30th April. The Sunday fixture list is full and the four-day tour to Norfolk is arranged. The juniors will be playing in the Bardfield League, West Essex League as well as the Essex Matchplay. This means that we will be fielding teams at U10, U12, U13, U15, and U16. If you feel you would like to play in any of these age groups please contact me. Juniors joining us receive Club water bottles and the offer of a trip to Lords to visit the museum and much more, including a cricket camp in August.

We will be organising cricket days for two disabled groups later in the season. Recently, we made a connection with a school in Hout Bay, South Africa. The school teaches children aged two to six, mainly from a local township. While Xhosa is their native language, they learn English by the time they leave, enabling them to enter the South African school system. Education is just part of the answer to problems in South Africa and the club hopes to help, albeit in a small way. So come on all – the sun is shining, the weather is warming up, let's get stuck into the summer.



David Brown
Tel: 831011
Email: david1.r.brown@gmail.com



Now also open on Mondays

We are delighted to announce that we are now open every Monday, Wednesday and Friday (except bank holidays) from 9.30am-12.30pm. **The Place on the Hill** is a free drop-in held at and organised by Stansted Free Church, Chapel Hill. Imagine sinking into a comfy sofa or armchair, sipping a free cup of Fairtrade ground coffee ... The Place offers this and more ... a selection of teas, soft drinks, light refreshments, fresh fruit, good company, free internet, computers, a place to 'chill out' and escape the telephone, plenty of space for the children to play with the toys and run around, books to read and borrow, plus a quiet area with comfy seating for chatting and making new friends. Whether you are unemployed, working or retired, a parent, carer, or grandparent, do come and join us – all ages are welcome.



Mike and Marion Dyer
Tel: 814059
Email: theplace@stanstedfreechurch.org.uk



STANSTED MOUNTFITCHET
LOCAL HISTORY SOCIETY

Our February meeting was a presentation by Tony Morton from the Essex Wildlife trust on Uttlesford Woodlands. The Trust has nine visitor centres, 87 reserves, has 1100 events over a year and is responsible for two nature parks with 33,351 members. Tony started the evening by explaining to us what exactly is woodland and ancient woodland, explaining that all woodland is managed, with the earliest evidence of this dating back to 5000 BC at the sweet track in Somerset where coppice poles have been found. We were shown ancient and modern maps outlining the decline in our woodland in the Uttlesford area and how the woods change over time to help the farming community. He went into the management of woodlands, identifying some of the flora and fauna found in our woods, including what is scarce and protected such as the great butterfly orchid and the oxlip both native to this local area. Tony talked to us about the threat of ash dieback and how this could be as devastating as the Dutch elm disease in the 80s and how the increasing deer population is causing so much damage to our woods and rare flora; the need for fencing is becoming more widespread. Finally Tony recommended a good book for further information: *The history of the countryside* by Oliver Rackham.



The next meeting, which I would recommend for anyone who may be interested in London history, is *London under the streets* by Colin Oakes, a professional London guide who is quite a character. The meeting is on 7th April 8.00pm at the Day Centre (behind the Library at the top of Chapel Hill). Two hours of entertainment with a cuppa and biscuits - all for two pounds! Everyone welcome.



Steve Leaney
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Recently we built a giant marble run as well as finding out about how people got their news a long time ago, and having a go at being town criers! We watched a cartoon of the Easter story in a series of episodes leading up to the Easter holidays and made chocolate 'nests' for Easter.



As well as the usual mix of stories, games, and other activities we will be starting a round-the-world theme this month, exploring games, creative activities and crafts from different continents. There are still a couple of spaces available for the Summer Term and any children aged 7-10 (with some flexibility for confident 6-year-olds) are welcome to come and try out Investigators. Please contact me in advance if your child would like to come along. We re-start on Friday 15th April. Investigators is run by a team from Churches Together in Stansted, including some parents. More dates on www.stanstedfamilychurch.com/whats-on.



Ros Page
Tel 810813
Email: contactstanfam@yahoo.com



Summer Fayre Saturday 2nd July noon-5.00pm

We are now busy organising the Fayre in Station Road. This is a very special event for us as it gives local businesses and stallholders a chance to showcase what they do and to sell their wares. We invite potential stallholders to contact us. This year we are really pleased that we can offer you a table and gazebo which will be set up ready when you arrive. All you will need to do is to turn up on the day! It is a really good family day with lots to do and to eat and drink and we also have fantastic entertainment.

We are delighted to maintain our links with our local schools which are very important to us: St Mary's and Bentfield primary schools and Forest Hall School. We will again sponsor prizes for art work and creative writing and this year the project will be about the Queen's 90th birthday and her reign. The prize giving will be at 3.00pm on the stage at the Summer Fayre. So come along and support all our pupils and students who will do brilliant work. Last year we published all their work in a booklet and distributed them to schools and proud parents, and we will do the same this year. To book your stall contact Peter James on 813318 or email: peter.james@murdochpropertyshop.co.uk.



Iris Evans



www.rainbowpreschool-stansted.co.uk

It is with great pleasure to announce that following our Ofsted inspection on 12th February, we have retained our 'Outstanding' rating. The pre-school has worked tirelessly since the last inspection in 2012 to maintain that status. We have a great team of dedicated staff and committee volunteers at the pre-school and I am thrilled that all the hard work and dedication has paid off. We would also like to thank the parents for their contribution to the report and for their continued support and co-operation. The children, however, were busy creating Mother's Day gift boxes and bracelets. They also created Easter nests and cards and all enjoyed an Easter egg hunt. Preparations are underway for the Queen's 90th Birthday celebrations in May.

Rainbow Fun Day 15th May 12.00pm-3.30pm

This year's event will be held at the St Mary's Primary School, Hampton Road. Stall pitches are available price £15, contact the pre-school for details. Come along and:

- Meet a Minion
- Enjoy the Bouncy Castles and Rides
- Have a go at Hooking a Duck or getting the Ball in a Bucket and lots more
- Stroll around the wide range of fun stalls, including Essex Air Ambulance
- Watch and enjoy various displays
- Purchase succulent burgers from the BBQ followed by a cool refreshing drink from the bar

And lots more!

Rainbow Pre-School takes children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website. You need to put your child's name down now, however young to ensure a place. Contact Gill Pursglove the Pre-School Administrator on 814242 or email: admin@rainbowpreschool.net. Places for September 2016 are filling up fast!

Clair Rava
Parent/Committee Member

LOVE TO LINE DANCE

Mention line dancing and most people have a mental picture of look-alike cowboys, thumbs hooked in belt loops strutting their stuff to hillbilly music yelling "Yee ha". That may well have been the case when the dance craze first swept over here from the USA, but it has all changed now.

Being British we soon stopped imitating our American cousins - adopting different styles of dress and dancing and widening the range of music. Today we dance to anything from Adele to Elvis Presley, and Pavorotti to Zorba the Greek. The choreography is more challenging too, making it even more of a mental workout as well as a physical one. (Routines devised by the Chinese choreographers are particularly difficult to get the hang of!)



How it should be done

When I walked into my first line dance class just under 20 years ago and discovered I was not alone in not knowing my right from my left, I knew I had found my niche. I have always loved moving to music (I hesitate to call it dancing!) and have tried other types of dance, but line dancing is perfect. Making mistakes is no big deal (there is no partner to moan at you for going wrong), and you can go to classes and social events on your own without feeling awkward. I go away for line dancing weekends where as well as learning some new routines, having fun and eating chocolate are of equal importance. What is there not to love?



Such fun when it all goes wrong

Line dancing is such an enjoyable and sociable pastime. It is also suitable for anyone - young, old, male, female, with two left feet or even two right feet. There is a range of classes available locally, from beginners to advanced. If you are tempted to try one and want to fit in straight away, I would recommend leaving the Stetson and cowboy shirt at home.



Yvonne Ayres

If you have an enjoyable hobby or pastime that you are passionate about, write about it (maximum 300 words) and submit by email: editor@stanstedlink.org.uk or by hand: 7 Blythwood Gardens. Photographs are also welcome. Details of deadlines on page 1.

STANSTED EVENING WOMEN'S INSTITUTE



Our Speaker in February, Graham Bendall, lives in Witham and comes from a background of gamekeeping - his father, grandfather and he all being gamekeepers. He is still practising and has been self-employed since 1998. To carry on the tradition he is proud to have one of his three sons acting as a gamekeeper on the Althorp Estate in Northamptonshire. Graham described a very happy childhood, learning the art of beating, attending shoots, dealing with poachers and living the open-air life. He remembers loading for Suzi Quatro on a shoot! He told us that he himself does not 'do' technology, but gamekeepers these days do have to use computers. Traps are now banned, but crows are controlled with cages. They can be very vicious and destructive. Foxes are a greater nuisance these days as they have become urbanised and are multiplying fast; the only way to keep the numbers down is by shooting. Apparently hunting never did kill many foxes.

There are increasing numbers of women training to be gamekeepers; but there are only about 5,000 gamekeepers in the UK now, whereas there used to be 23,000. In his early days he used to walk everywhere, but now vehicles are used. Young people are trained in colleges, not on the job as he was. The shooting season begins in September and finishes on 1st February. Birds are looked after in the spring-time to protect them from predators. His son did clay pigeon shooting as a GCSE! He was such an enthusiastic speaker and so obviously a man happy in his way of a life, and we really enjoyed his memories.

A trip along the river Cam has been arranged for 2nd June, with a cream tea on board the boat. We have started a group to meet occasionally on Friday afternoons to do various crafts. Some of our members, as well as other friends of mine, have been knitting squares and so far this year I have made up five blankets which will be sent out to Eastern Europe. Thanks to all who have helped in this - it makes us feel we are not wasting time when watching the telly! Our April meeting is on Thursday 14th in the Day Centre at 7.45pm. The speaker is Helen Baron: Pottery - with a demonstration.



Judy Colliver
Tel: 812470

Walks for April and May

Sunday 10th April 5/6 miles 10.00am Twyford Lock C/Pk, Pig Lane, BS G/Ref: TL493193. SatNav: CM22 7PA

Saturday 23rd April 5/6 miles 10.00am Cricketers Arms, Rickling Green. G/Ref: TL509299. SatNav: CB11 3YG

Sunday 8th May 5/6 miles 10.00am Nr Phone Box, Bury Green, G/Ref: TL451212. SatNav: SG112EY

Saturday 21st May 5/6 miles 10.00am B. Stortford Tesco C/Pk Top left, G/Ref: TL471218. SatNav: CM23 4DD

This walk commences at the out-of-town Stortford Tesco car park off the A120 junction with Great Hadham Road. Follow the normal Tesco car park signs and on reaching the actual Car Park just keep to the left (i.e. drive straight ahead, don't go right) and drive to the far end where we will all be parked - perversely, this is actually, the south eastern corner, but known by BSDFA as the 'top left'. By membership request we now have a couple of Saturday walks included in our Programme, and some summer evening walks in June and July - take a look at the website!

By the time you read this we will have held our AGM at which there is programmed a talk on the Bishop's Stortford Southern Country Park. This new park runs alongside St James Way and is a really brilliant area for the shorter walk at only 3.66 km and where you don't really meet mud. The Car Park is situated on Thorley Lane East, so do not turn into Church Lane. There is also roadside parking at Moor Hall Lane, off St James Way. Sorry, no satnav post codes for either. Well we have had some really muddy walks through January, February and early March, so very well done everyone for 'keeping-up'. Enjoy your boots!



Daphne Wallace-Jarvis
Publicity Officer

Email: secretary@walksaroundstortford.org.uk

THE ROYAL BRITISH LEGION



Poppy Appeal 2015

The Stansted and District total has now reached £17,925.22 - a magnificent total. Thanks to all concerned. Work on organising the 2016 appeal will be starting shortly and, as mentioned in the February Link, I am seeking some help with the Stansted Village Collections. Sarah Murdoch and her husband have done an excellent job over the last five years but have had to give up due to work commitments. Stansted, like all our villages, has grown hugely over the past few years, and would benefit from more than one co-ordinator. The task involves commitment from September to mid-November. The Poppy Appeal supports all service men and women who have been injured during their service to this country, and also assists the bereaved families. If you can assist please do contact me to discuss the work involved without any commitment at this stage.

John L Segar
Honorary Poppy Appeal Organiser
Tel: 813289

A DIFFERENT VIEW

How well do you know Stansted? Can you work out from whereabouts in the village this photo was taken?



Answer on page 29

A POEM FROM THE VET

I usually write these articles to tell you about the latest developments in the veterinary world, or at least in our little part of North Essex, but I hope you don't mind that this month I share with you some particularly exciting personal news. Some of you may know that in my 'spare' time I write poetry and have had some published in magazines and anthologies. Last November I won an international poetry competition run by Mslexia magazine and by the time you read this, my first poetry book will have been published! It is called *The Dogs That Chase Bicycle Wheels* and is available from the publishers, Seren Books, Heffers in Cambridge and the surgery. Many of the poems are about my experiences as a veterinary surgeon or the animals I treat and others about family and the secrets we keep. Below is one of the animal poems:

GRUNTING UP*

Who would have thought that these great slab-sided beasts
who fall to their knees and slump belly up,
would sing this rhythmic, grunting lullaby?

Weight drops from back and loins but
swollen, undulating glands seem added on,
like a full frill at the bottom of a skirt.

The piglets rush to their particular nipple
and plug on, tongues curling, eyes closed,
chubby fingers, lined up, reaching.

And then she begins. This low throbbing,
this song to the milk flow,
this crooning hymn.

* *Grunting up* is the name given to the noise a sow makes when her piglets are sucking. I hope you do not mind the personal indulgence. I am working on a stand at Crufts next week, and I am sure I will have some interesting insights into the world of showing to share with you next month.



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Nature Notes

Dandelion *Taraxacum officinale*

The dandelion needs no introduction. From childhood it was known as a 'clock' by which to tell the time, and when we had counted to four, most of the white seeded parachutes had sailed into the blue yonder. This mechanism allows the dandelion to grow almost anywhere, and it does. It is not a friend of the gardener, as its greedy tap root takes three times as much iron out of the soil as other plants, and in return exhales ethylene gas; best made into compost for more deserving plants. This plant is nutrient rich containing more Vitamins C and A than any other vegetable or fruit,



and of much value as a medicinal plant. The common nickname 'pee the bed' tells us that this plant has been known as a diuretic, and is still used for this purpose. Recently Steve Brill was arrested, handcuffed, fingerprinted and charged with criminal mischief for picking a dandelion in Central Park, New York. He was let off as he had eaten the evidence. Brill has capitalised on this, and used the incident to promote healthy eating, and using plants as medicine.

The dandelion features in the diet of many European folk, and is often found on their market stalls, a fact not wasted on the New York Parks Department a century ago. They allowed women and children from the Portuguese and Italian communities to gather leaves, dig out roots and collect the flowers. The flowers would be turned into beer or wine, leaves for salads, and the roots dried, roasted and ground to make a coffee substitute. "The clock is running. Make the most of today. Time waits for no man. Yesterday is history, tomorrow is a mystery. Today is a gift. That's why it is called the present." *Alice Morse Earle.*

Bees Daughter

St Mary's C E Foundation Primary School



We have made speaking and communication a development focus for this year, as one of a number of approaches to support higher achievement in writing, pupils' confidence and engagement in their learning. One approach, introduced by our Y1 teacher, Stephanie Difrancesco, is 'No Pens Wednesday'. Some Wednesdays of each term are identified for a day of learning without using the written word. Teachers have the freedom to plan a creative and exciting day when the children use speaking, drama and art, plus technologies such as photography and sound recordings to communicate their learning. This has proved effective in adding variety into the curriculum and supporting writing. In fact, in the Foundation Stage the children have become so keen to write they are smuggling paper and pens into their activities!

To begin the second half of the term we have had Performing Arts Week. The whole school enjoyed a week which covered music, dance, poetry and the theatre. Activities included a Play in a Day for Key Stage 1 and Foundation Stage; an author visit for KS2; a West End in Schools performer came to give dance workshops to KS2, music days for all phases, Poetry Slam and a Talent Show. We also held our fourth annual dance competition. The latest from the allotments: now spring is here we can get more digging and planting underway. Meanwhile the veg already planted are surviving and growing steadily. We are also very appreciative of our new pond liner, donated and fitted by H2O. Our old one developed a leak, but it did give us an opportunity to clean the pond and restock. The chickens are in fine health and are laying well. If you are new to the area and wish to visit the school, please email: admin@st-marys-stansted.essex.sch.uk or call 812212 for an appointment.

Christine Tonkins
Headteacher

PTFA Music Quiz

Friday 13th May 7.30pm. Tickets £10 (including food) from the school office tel 812212. Bring your own drink.



www.alzheimers.org.uk/localinformation

Two new Activity Groups

Keeping Active ... Together and *Active Minds* are two new activity groups which are held at the Dunmow Maltings. The first offers people with dementia an opportunity to engage in a range of physical activities, including indoor bowling, music and dance and seated exercises. *Active Minds* aims to engage people with mild to moderate dementia in activities including reminiscence discussions, musical exercises and games. Both groups offer an opportunity to socialise. Eighty-five percent of people with dementia say they struggle with isolation, loneliness and depression. The activity groups provide an atmosphere that aims to help people with dementia keep physically and mentally active as well as helping people express themselves. They can make a huge difference to people's sense of wellbeing. People can get involved in all sorts of activities and the groups enable people with dementia to meet others in a similar situation whilst also having fun and trying out new things. There are more than 82,000 people in the East of England with dementia, 24,000 of whom are in Essex and around 1,100 in Uttlesford, with this last figure estimated to be around 1,770 by 2025. With the right support people can live well with the condition for a number of years.

Both groups are on Mondays: *Keeping Active ... Together* 10.00am-12.30pm and *Active Minds* 1.00pm-3.30pm. People are invited to attend both groups and can bring along a packed lunch. Tea and coffee are provided. As well as activity groups, we offer other services including a weekly gardening group and a Carers Peer Support Service. Please note that the monthly Tuesday café at the Stansted Quaker Meeting House is no longer running. For more information about any of the above, please contact the Uttlesford Office on 01371 872519.

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

THE BUILT HERITAGE AND THE NEIGHBOURHOOD PLAN

As part of the Parish Council's background work on the Stansted Neighbourhood Development Plan we are looking at the local built historic environment, heritage assets (buildings and other structures) that are valued as distinctive elements of the local historic environment, and particularly the role of Local Heritage Lists. We are seeking your help with identifying such heritage assets and would welcome your suggestions of assets which could be added to a Local Heritage List so that strategic local planning properly takes account of the desirability of their conservation.

Stansted has grown over the centuries and is rich in historic character. Hence a large number of buildings and other structures are already Listed Buildings: numerous houses and cottages, as well as churches, public houses, barns, and of course the village windmill. Also listed are the Drinking Fountain and Mile Post on Cambridge Road, the War Memorial and various water pumps. There are also three Conservation Areas in the village: a large one covering much of Lower Street, Chapel Hill, the Recreation Ground area and Silver Street; plus two smaller ones in the Bentfield End Causeway and Bentfield Green areas.

However, there are no doubt a number of other buildings and structures which form part of the local identity and distinctiveness in the village's historic environment which are not Listed Buildings. These could be buildings such as houses, commercial premises or industrial buildings, and such structures as red telephone boxes, road signposts, flint walls, cast iron lamp-posts and much more.

Local Heritage Lists play an important part in building and reinforcing a sense of local identity and distinctiveness in the historic environment, helping to conserve and enhance local character. The process of listing in this way provides an opportunity for communities, in partnership with local authorities, to identify valued heritage assets, not already Listed Buildings but which may be in Conservation Areas, which they wish to protect at a local level. Local Heritage Lists provide additional protection alongside Listed Buildings, have no extra consent requirements but do help to influence planning decisions.

Are there any non-listed buildings and structures which you value as distinctive elements of the local historic environment as they reinforce a sense of local

identity and which by being conserved will enhance the local character? If so please let us know by emailing parishcouncil@stansted.net giving the name and location of the building or structure and why you feel it is worth conserving.

LOWER STREET PHONE BOX



The restoration work on our phone box is now complete and hopefully a defibrillator will be installed in the very near future. We are indebted to Mark Gerber who did a fantastic job in bringing the kiosk back to its former glory and to the Rotary Club for their financial support.

The iconic red phone boxes are certainly part of the built heritage and are a key part of many of the best street scenes in the country but in the age of the

mobile phone there is a risk that they will slowly disappear so we are pleased that our phone box will be around for future generations to enjoy.

We haven't got room for a history of the British phone box but suffice to say ours is a K6 model and if you want to know more there is a fascinating website to explore at www.the-telephone-box.co.uk.

FLORAL DISPLAYS AND GRASS CUTTING

The gardening and grass cutting contracts recently came up for renewal which was an opportune time to review the service we provide through our contractors. We get very few complaints about our grass cutting and we have even had a few compliments so, having completed the tendering process we were happy to renew the contract with the company we have used for a number of years. Three bids were considered in detail for the gardening contract and after careful consideration it was decided to award the contract to CGM Landscapes. They have considerable experience in working for local authorities and come with very good references so we are looking forward to some impressive floral displays which will be well looked after through the season.

TREE ISSUES

The Parish Council is responsible for most of the trees which grow on the open spaces around the village. A comprehensive survey of all our trees was carried out in 2014 and this classified trees according to their condition and identified trees that needed some kind of action from a tree surgeon. The contract for the second stage of the work identified has been awarded and the work will be carried out in the near future. Sadly, we are to lose a beech tree and a horse chestnut at the tennis club as they are diseased and the necessary consent for felling these has been granted.

POND WORKING PARTY

Sunday 1 May is the scheduled date for the volunteers to gather at the pond for a spring working party. As we write the water level in the pond is very high which may restrict what we are able to do but we will be there so please join us at 10.00 am and celebrate May Day with a bit of hard graft. We can supply some protective clothing but it would be a good idea to wear your wellies or even waders if you have them.

STANSTED IN BLOOM

This year Stansted in Bloom will be judged on Saturday 18th June and the presentation of prizes will take place on Saturday 2nd July. As it will be the Queen's 90th Birthday this year, we thought that a Royal theme would be appropriate. Rich colours, such as gold, red, purple, etc. would enhance any display, and the display itself could suggest a royal theme in its shape and design. More information concerning the competition will be in the next issue of The Link and we hope that many residents and businesses will enter this year and make the village look really splendid in this special year for our Queen.

VILLAGE MAPS

A number of A1 size street maps are being displayed around the village. These are the result of a joint effort between the Parish Council and the Business Forum which we hope will facilitate visitors exploring the village and hopefully using more of the businesses in the village. A3 and A4 maps are available free of charge from the Council Office in Crafton Green.

UTTLESFORD GARDEN WASTE COLLECTION SERVICE

Households subscribing to the service can take advantage of fortnightly collections of their garden waste from their homes between April 2016 and March 2017 for a fee of £40 – the equivalent of just under £2 per collection. Information leaflets, which show what can and cannot be put in the bin, will be delivered with the new bins. A letter will also be issued giving details of the collection week and day, along with a collection calendar. For the majority of residents the collection

day for the garden waste bins will be different from the current collection day for the other bins – so people do need to read their information pack carefully.

To subscribe, contact the Council's Customer Service Centre on 01799 510510.

If you decide not to subscribe or your green bin becomes full you can make use of the green skip service which operates on alternate Sundays from Lower Street car park.

TRANSPORT

The new timetables for the 7/7A and 306 beginning on 11th April can be found on page 25.

STREET PARTIES TO CELEBRATE THE QUEEN'S 90TH BIRTHDAY

Street parties are a great part of British life and an opportunity for communities to come together to celebrate national occasions. Thousands of street parties took place for the Queen's Diamond Jubilee in 2012, and over 7 million people got together for The Big Lunch in June 2015.

On the 12th June 2016, the Queen will celebrate her 90th Birthday. Communities up and down the country will be organising street parties and it would be wonderful if we could have a number of street parties in Stansted. You may recall that David Cameron warned local councils "not to interfere" and use red tape to make it difficult to have street parties to celebrate the royal wedding. The Parish Council certainly wouldn't want to upset Mr Cameron and we are very keen to encourage residents to get together with their neighbours and organise a street party on Sunday 12 June. We are not advocating parties on Cambridge Road, Chapel Hill or Lower Street but there are plenty of cul-de-sacs and green spaces where a party could be held. It would be fantastic to see parties on Bentfield Green, the Recreation Ground, Mountfitchet Green and Rochford Square as well as in side roads around the village.

The government publish a guide to organising a street party which you can download from <https://www.gov.uk/government/publications/your-guide-to-organising-a-street-party>.

The guide states 'Street parties are simple to organise' but they won't happen unless someone takes the initiative and starts talking to their neighbours so why not identify a few neighbours who are party animals, invite them round for a coffee and start planning.

Parish Chairman, Maureen Caton is keen to drop in on as many parties as possible so please let us have the details of any events you are planning and make sure you have a few gluten free sausage rolls available.



CLEAN FOR THE QUEEN

The Parish Council signed up to support the national Clean for the Queen campaign day on Saturday 5 March. The aim of the event was "to inspire a million people to take action and enjoy a few hours together litter-picking to make the places where we live more beautiful. For her and for us all, we want to attack the blight of litter and reclaim our beautiful countryside, our fabulous cities, our world-class parks, our wonderful beaches and waterways." Despite some fairly inclement weather over thirty villagers turned out to litter pick and they were joined by a group of Air Cadets who took on the job of cleaning the Knight' signs on Cambridge Road, and staff from McDonald's at Stansted airport who cleaned litter bins and bus shelters. May thanks to all our volunteers as well as to Churchill's for once again providing meal vouchers for all the volunteers and Tesco for supplying cleaning materials.



Three generations of the Richards family prepare for action.



Great work from the Air Cadets



Dist Cllr Terry Farthing with the volunteers from McDonald's who supported our litter pick

NEWS FROM UTTLESFORD DISTRICT COUNCIL

From Cllr Terry Farthing, Uttlesford District Council The Local Plan Update

The results of the Call for Sites were published shortly before Christmas – these are the sites that have been put forward for development by their owners. The results are available to view on Uttlesford's website at www.uttlesford.gov.uk/callforsites. There is also a very useful interactive map.

A number of sites have been put forward by their owners. It is important to emphasise that just because the owner believes a site is suitable for development does not mean that Uttlesford will share this view. However, we are now in for a period of considerable uncertainty while each of the sites put forward is assessed by planners.

There will be a further consultation in November-December 2016 on the Local Plan (this will include details of the sites that have been selected for development). The Local Plan will then be submitted in March 2017, with the public examination by the Inspector in August-September 2017. We are in for a long and fraught year, with lots of uncertainty. I will do my best to keep you informed of progress.

Simon Howell Reported Uttlesford's Finances

As the member responsible for Finance he has been kept busy in recent weeks preparing Uttlesford's budget for the new financial year, starting on 1st April 2016. He has also been preparing something called the 'Medium Term Financial Strategy' which tries to map how our finances will look over the next 5 years. The Chancellor's Autumn Statement and subsequent announcements by the Government have made the task particularly challenging this year. There has been a general change in the way district councils are financed – though for local residents the one constant remains Council Tax. In particular, the Government has announced a major reduction in our core source of finance from Central Government – the so-called 'New Homes Bonus'. Uttlesford has been identified as the Council in the whole of England that is likely to be the worst affected by this change.

The budget for the new financial year (2016/17) looks to be fine, and the position in 2017/18 will be manageable. Put bluntly, thereafter, we face some real challenges and putting together a balanced budget is beginning to feel like one of those party games that just gets more difficult each year. We are going to

have to be smarter about how we deliver our services and more imaginative about how we can generate more income from the assets we own. However, we are determined to do everything we can to protect local services and to ensure that Uttlesford remains the lowest cost district council in Essex.

Fly Tipping and Litter

Like you, I am thoroughly depressed by the amount of rubbish that litters the roads across the district. I drive a lot for work and, on balance, I think that Uttlesford is not as bad as many other areas. Nevertheless, it is a real problem. Uttlesford currently spends about £300,000 a year on picking up other people's litter (apparently, in the UK we spend £1 billion of taxpayers' money every year clearing up litter). There seem to have been a growing number of instances of fly-tipping in the area in recent weeks – all of which I am pleased to say were promptly cleared by Uttlesford.

Please report any fly tipping or littering you come across to Uttlesford waste and recycling department on 01799 510341 and if you are aware of the culprit's details or vehicle registration numbers of people witnessed littering or fly tipping please call Uttlesford Enforcement who will actively pursue individuals through the courts and enforce fines.

Let's all try to work together to ensure our district is kept clean and tidy, an area that we can all enjoy.

DATES OF PARISH COUNCIL MEETINGS

April

6th Finance and General Purposes
13th Windmill (7.00 pm) Full Council (8.00 pm)

CONTACT DETAILS

Clerk - Ruth Clifford. Admin Assist - Anne Court
Assistant to the Parish Clerk-Trevor Lloyd
Email: parishcouncil@stansted.net
Phone/fax: 01279 813214 10.00am - 1.00pm
www.stansted.net

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MEMBER OF PARLIAMENT

The Rt Hon Sir Alan Haselhurst MP
0207 219 5214 Fax 0207 219 5600
alan.haselhurst.mp@parliament.uk

POLICE - PC Hannah Griffiths Non-emergency 101

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Valerie Trundle - 813433 Joy Thomas - 813871

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DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

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Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Parkinson's UK	Vivian Falk, Chairman
Beavers	Wayne Browning	Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk
Age 6-8	Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Bowls Club	Doreen Scraggs, Hon Secretary Tel: 815036 Email: doreenscraggs@talktalk.net	Rainbows	Sue Pollard Tel: 813734
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Rotary Club	Jan Durkin 01799 516186 Email: jandurkin94@gmail.com
Brownies (Wednesday)	Sue Pollard Tel: 813734	Royal British Legion	John Segar Tel: 813289
CAB	Tel: 08444 775986	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Corkers Netball	Lisa Menzella Tel: 07827 988732	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Cub Scouts Age 8-10½	Roger Musgrove Tel: 07736 616665/01799 543466	Stansted Football Club	Tom Williams Tel: 07921 403842
Day Centre	Tel: 815091	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david.r.brown1@btinternet.com
Explorer Scouts	Fintan Lambe Tel: 817937	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Friends of St Mary's Church	Audrey Rodgers Tel: 812162	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Tennis Club	Daphne Lunn Tel: 817574 Email: drlunn@gmail.com
Grove Cottage	David Scott Tel: 656085	Thornbury Badminton Club	Marion or Shirley Tel: 869896 or 815871
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	U3A	Helen, Chair Tel: 812945
Helpline	Tel: 07704 553727	Women's Institute (Stansted)	Judy Colliver, President Tel: 812470
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Inner Wheel Club	June Milne, President Tel: 01371 875370 Email: june.milne@ymail.com	Youth Centre	Linda Barnes Tel: 07947 548051
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com		
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill)	Molly Clarke Tel: 816768		
Mountfitchet Club	John Robinson Tel: 812755		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		

Note: This list will be updated as and when we learn of any changes. If you would like the details of your organisation to be added please let us know. (Contact details on page 1.)

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

If you would like to mark any occasion that is special to you or someone you know, by announcing it in the Link, please email a short message together with your name address and telephone number to: announcements@stanstedlink.org.uk or send the details to 7 Blythwood Gardens, Stansted CM24 8HG. Details must be submitted by the 8th of the month for publication the following month.

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BUS TIMETABLE CHANGES

The 7 and 7a bus times are changing from 11th April. The route has not changed but buses now run at irregular intervals throughout the day. The main fare stages are shown below, using information available at the time of going to print. Full details will be displayed at the main bus stops and on board the buses. For more information see www.traveline.info or call 0871 200 22 33.

Monday - Saturday	7	7	7	7a	7	7a	7	7a	7	7a	7	7a	7
BS Interchange	06:00	06:39	08:15	09:00	10:30	11:30	12:45	13:30	15:00	15:50	17:15	18:15	19:30
Herts & Essex Hosp	06:08	06:51	08:27	09:12	10:38	11:38	12:53	13:38	15:12	16:02	17:27	18:23	19:38
Birchanger	06:16	06:59	08:35	09:20	10:46	11:46	13:01	13:46	15:20	16:10	17:35	18:31	19:46
Bentfield Green				09:24		11:50		13:50		16:14		18:35	
Croasdaile Road				09:26		11:52		13:52		16:16		18:37	
Opp Bell & Feathers				09:28		11:54		13:54		16:18		18:39	
Chapel Hill	06:22	07:05	08:41	09:31	10:52	11:57	13:07	13:57	15:26	16:21	17:41	18:42	19:52
Maitland Road	06:26	07:09	08:45	09:35	10:56	12:01	13:11	14:01	15:30	16:25	17:45	18:46	19:56
Lower Street	06:28	07:11	08:47	09:37	10:58	12:03	13:13	14:03	15:32	16:27	17:47	18:48	19:58
Elsenham Station	06:34	07:17	08:53	09:43	11:04	12:09	13:19	14:09	15:38	16:33	17:53	18:54	20:04
Henham Church	06:39	07:22	08:58	09:48	11:09	12:14	13:24	14:14	15:43	16:38	17:58	18:59	20:09
Elsenham Crown	06:46	07:29	09:05	09:55	11:16	12:21	13:31	14:21	15:50	16:45	18:05	19:06	20:16
Stansted Airport	06:57	07:40	09:16	10:06	11:27	12:32	13:42	14:32	16:01	16:56	18:16	19:17	20:27

Monday - Saturday	7	7 Sch	7a	7	7a	7	7a	7	7a	7	7a	7
Stansted Airport	07:07		08:49	09:20	10:20	11:35	12:45	13:50	14:40	16:05	17:05	18:20
Elsenham Crown	07:18		09:00	09:31	10:31	11:46	12:56	14:01	14:51	16:16	17:16	18:31
Henham Church	07:25		09:07	09:38	10:38	11:53	13:03	14:08	14:58	16:23	17:23	18:38
Elsenham Station	07:30		09:12	09:43	10:43	11:58	13:08	14:13	15:03	16:28	17:28	18:43
Lower Street	07:36	07:52	09:18	09:49	10:49	12:04	13:14	14:19	15:09	16:34	17:34	18:49
Maitland Road	07:38	07:54	09:20	09:51	10:51	12:06	13:16	14:21	15:11	16:36	17:36	18:51
Chapel Hill	07:42	07:58	09:24	09:55	10:55	12:10	13:20	14:25	15:15	16:40	17:40	18:55
Bentfield Green			09:27		10:58		13:23		15:18		17:43	
Croasdaile Road			09:29		11:00		13:25		15:20		17:45	
Opp. Bell & Feathers			09:31		11:02		13:27		15:22		17:47	
Birchanger	07:48	08:04	09:34	10:01	11:05	12:16	13:30	14:31	15:25	16:46	17:50	19:01
Birchwood School		08:20										
Herts & Essex Hosp	07:55		09:41	10:08	11:12	12:23	13:37	14:38	15:32	16:53	17:57	19:08
BS Interchange	08:03		09:53	10:16	11:20	12:31	13:45	14:46	15:40	17:05	18:09	19:16

The 306 School Bus times are also changing

Schooldays	306		306
Bentfield Green	07:54	B S London Road	15:40
Croasdaile Road	07:56	B S St Mary's School	15:50
Bell & Feathers	08:01	B S Bridge Street	15:53
Birchwood School	08:08	Dunmow Road Herts & Essex School	15:58
Dunmow Road Herts & Essex School	08:12	Birchwood School	16:01
B S Interchange	08:16	Bell & Feathers	16:10
B S London Road	08:21	Croasdaile Road	16:12
B S St Mary's School	08:29	Bentfield Green	16:14



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www.farnham-school.org

Children, mothers and grandparents enjoyed the annual Mothers' Day picnic in the hall, with delicious sandwiches and cookies made by the children and cakes supplied by the parents. One of the things children and parents appreciate most about this small rural school is the family atmosphere. Every child had a parent or grandparent at the picnic and we all enjoyed the strong sense of community. Willow Class have been looking at the important topic of money in their maths work, working on solving money problems and understanding the value of money, sowing the seeds of personal financial responsibility for when they are older. Horse Chestnut Class has been concentrating on some of the trickier aspects of maths, including fractions and decimals. The children have also been busy in their literacy and topic work, with the younger children studying instructions and lists and learning about bossy words, and the older class continuing their Talk4Writing programme through the story of Monkey See, Monkey Do. All the children have been keeping active with various sports events. Y6 enjoyed competing in the tag rugby tournament at Carver Barracks. Y3 and Y4 are looking forward to the upcoming athletics tournaments and Y2 is expecting to have a lot of fun at the dance festival to be held at Rickling, our federation partner school. Farnham is a small school open to children resident in Essex and Hertfordshire. For more information call school reception on 771339 or see our website.

Katherine Aiken
Friends of Farnham



**STANSTED
BOWLING
CLUB**

Enrolment Evening Friday 8th April from 7.00pm
Bring a plate buffet - a chance for members to catch up with one another before the start of the season; this is also extended to all those who would like to come and have a look around the Clubhouse and green. Bring your friends; the more the merrier!

Opening of the Green President v Captain Day Saturday 23rd April at 2.30pm. Visitors welcome so come along and watch us trying to get our woods up the green at this first inter club competition of the season.

April Fixtures

Saturday 23rd 2.30pm President v Captain
Saturday 30th 2.30pm Perrin Rose Bowl – Club Competition

Bowling for beginners 10.00-4.00pm starting on Sunday 1st May and then every evening that week from 6.00pm. Please come along and have a go - you will be made very welcome. For further information required please contact me.

Doreen Scraggs
Hon Secretary
Tel: 815036 or 07812 483178
Email: doreenscraggs@talktalk.net



www.mountfitchetgardenclub.co.uk

Growing for the Flower Arranger All Year Round was the title of Maïke Windhorst's recent talk. Although she had grown plants commercially for the florist trade for many years, it was only when she started making table posies for the local WI market stall that she turned to her own garden for inspiration. She explained that by choosing the right plants/shrubs to grow it was easy to have home-grown flower arrangements throughout the year. Using a slide talk covering each month of the year, members were given ideas of what shrubs, bulbs and plants to grow and how they could be displayed. To give everyone an idea of what is available at this time of year, a selection of freshly cut flowers and foliage from her garden, which is on clay, was on display. By growing plants throughout the summer which can be dried, colour can be achieved in the winter months. Although most people think of making Christmas wreaths, members were shown slides of autumn and winter wreaths using dried flowers.

AGM and Mini Spring Show

Wednesday 6th April. Doors open for exhibitors at 6.30pm and all exhibits to be displayed by 7.45pm. The AGM will start at 8.00pm and the results of the show will be announced at the end of the evening. Everyone welcome.

Maralyn Harris
Chairman
Tel: 07919 478144



1ST STANSTED CUBS

Huskies have been busy. On 3rd March, we had a visit from Sensei Dan, who provided some expert tuition on some very tricky karate manoeuvres. The Cubs loved his visit and learning new skills.



On 10th March, we went to Tesco in Dunmow for the Farm to Fork trail – where the cubs learned about foods from harvesting to shelf and about healthy eating. It was a fun-filled night and we learned lots!

If you are interested in joining the Cubs, please contact Roger Musgrove on 01799 543466 or 07736 616665.

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ST GEORGE'S DAY

Saturday 23rd April

St George seems an odd choice for the patron saint of England as he wasn't actually English. He was born in Turkey in the 3rd century, and the most famous legend about him slaying a



dragon only became popular in the 12th century, long after his death. According to the most common version of the legend all the action took place in Libya, where a ferocious dragon was terrorising the country by demanding the daily sacrifice of a young maiden. When all the young girls had been killed except the King of Egypt's daughter, the

King promised her hand in marriage to the knight who could save the princess from being sacrificed by slaying the dragon. Despite falling from his horse after breaking his spear on the dragon's scales, St George was the knight who finally killed the huge beast by bravely attacking it from the ground with his sword.

St George's Day has been recognised in some way since the early 15th century when it was a major feast and national holiday in England on a par with Christmas. But the tradition of celebrating St George's Day waned at the end of the 18th century after the union of England and Scotland. Now there is a growing reaction to the recent indifference to St George's Day and 23rd April is reappearing on the calendar as a date to celebrate all things traditionally English – especially food and drink – and the St George's Cross flag is a more common sight. There have been calls to replace St George as patron saint of England with someone who has closer connections to the country. Suggested alternatives have included Edmund the Martyr, Cuthbert of Lindisfarne or St Alban. (St Edmund was the patron saint of England but was displaced by George some 400 years ago.) Given the current popularity of the name George, my money's on the Turk remaining as our patron saint for a few years yet! Happy St George's Day.

Yvonne Ayres

Stansted Tennis Club



www.stanstedtennisclub.co.uk

Annual General Meeting Sunday 21st February

Fifteen members attended and the new committee for 2016/17 was elected.

Ladies' Night

Monday 11th April from 7.00pm. All lady members (especially new ones) are welcome to come along and play.

Hospital Cup competition

The sign-up sheets for this inter-club knockout tournament are now up on the Clubhouse noticeboard. Interested members have until 15th April to sign up.

Club singles ladders

Sign-up sheets are now up on the Clubhouse noticeboard for men's singles, ladies singles and junior singles.

Tennis balls

£1 for a tube of four from Jan Hollis at 105 Cambridge Road.

Contacts

Jon Budd (Secretary) 647020. Daphne Lunnon (Chairman) 817574. For more information please visit our website.



Chris Hollis

DID YOU KNOW?

Prior to the National Health Service the nation's wellbeing was largely undertaken by a number of Friendly Societies, the principal organisations locally being The Ancient Order of Shepherds and The Ancient Order of Foresters. It was recognised that by paying a few pence a week into a common fund, they would be able to offer sick pay and funeral grants when needed. Shepherds Friendly Society was formed in Ashton-under-Lyne, Lancashire on Christmas Day 1826. The branches of this order were distinguished by their use of the term 'Sanctuary' to describe their meeting place. Associated with the Ancient Order of Foresters, there was one Sanctuary of Shepherds in every district of Foresters. A few members wore a Masonic-style apron, carrying the standard or a shepherd's crook; some officers held poles with a representation of an owl (knowledge), a palm, a globe and other symbols.



The Foresters Friendly Society was founded in 1834 although its origins go back to 1745. They considered it was their duty to assist their fellow men that fell into need "as they walked through the forests of life". This 'need' arose mostly through breadwinners' illness and death, which left families distressed and often destitute. In Stansted both Societies owned groups of cottages in West Road, Upgrove Hill, Millside, and Bentfield Lower Green, opposite the Rose and Crown. Nationally the Shepherds presented two lifeboats to the RNLI in the 1800s, while in 1864 The Foresters set up the UK's first voluntary Lifeboat Fund.

George Oakshott MA, the vicar of Stansted was greatly taken by the Friendly Societies, and was initiated into both the Foresters and the Shepherds in 1903. He spoke of the Easter Monday parade with full regalia in which he hoped to march stating, "he would like to see every 'Brother' who is in the choir, wearing his sash over his surplice, as he intended to wear his. The church service was at 11.00am. The parade would leave their Sanctuary/Lodge, the Barley Mow, Chapel Hill at 10.30 prompt".

Ralph Phillips

*Sources: Parish Magazine March 1903 and Wikipedia.
Photograph by Alan Bowles*

A DIFFERENT VIEW ANSWER

A view of the crane working on the new Health Centre in Lower Street, taken from Burnells Way.

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Five gold runners put best foot forward for St Clare!

This year St Clare Hospice's five exclusive Gold Bond London Marathon places have been awarded to a team that includes four intrepid runners embarking on their first ever marathon! On 24th April John Ford, Harry Fishpool, Paul Barker and Lucinda Rhodes will each be taking on the huge personal challenge of running 26.2 miles for the first time. They will be joined by Giles Arbery who will be running his fourth marathon, and together will be raising much-needed funds for the Hospice in Hastingwood. The fantastic five were selected from a host of applicants who were all vying for a place representing the Hospice at the world famous marathon through the capital. Each of their lives has been touched by the care St Clare provides and they will be representing the many hundreds of families supported every year. John Ford, who is running the marathon in memory of his parents who both passed away at St Clare, said that it is the thought of the care his mum and dad received that will spur him on to the finish line. John feels that the staff and volunteers at St Clare are inspirational and the reason he is confident he will be able to complete the miles. To sponsor John visit

www.uk.virginmoneygiving.com and search for John's page. If you have been inspired to take up a challenge for St Clare contact our Challenge Events fundraiser, Jade Clarke on 773756 or email: jade.clarke@stclarehospice.org.uk.



Open Gardens Weekend 25th and 26th June

Tickets now on sale from Dani De'ath on 773738 or email: dani@stclarehospice.org.uk.

Rebecca Hedges
Communications Officer

STANSTED IS WELL READ

The next meeting is on Tuesday 5th April 8.00pm at the Dog and Duck in Lower Street, where we will be discussing *A Year of Marvellous Ways* by Sarah Winman. You are very welcome to join us and do not worry if you have not read the book as we find plenty of other things to talk about!



Anne Watson
Tel: 898693

Email: stanstediswellread@gmail.com

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



The primary aim of the Hundred Parishes Society is to educate - to increase knowledge and appreciation of our area. We do not pretend to know it all or to be the only organisation spreading the word. We are very happy to publicise what others are doing, usually through the *What's On* page of our website, www.hundredparishes.org.uk. If your event does not already appear, please tell us about it.

Some parishes have local history societies, women's institutes, U3As or similar bodies, and they usually welcome visitors who may come for a specific talk. There are other, perhaps less formal, groups who meet to enjoy the mix of an interesting speaker and a chance to enjoy refreshment and a chat. We were pleased to learn of the success of one such group that started up during this past winter in Standon village hall. Speakers on varied local subjects attracted as many as 60 listeners, although no doubt they were also tempted by the social aspects of the gathering, not least the cakes! We are conscious that many places do not have such enterprising organisers, so the Society aims to fill part of the gap with its own programme of talks. They will be open to all and will appear on our *What's On* website. We will also be offering members a few guided walks, following the popularity of our first such venture last year; but please don't wait to be organised - now that Spring has arrived, our lovely countryside and fascinating towns and villages are looking forward to your visit! Do try one that you have not explored recently, ideally with a copy of the parish introduction and perhaps a walk route, both of which are available free from our website.

Ken McDonald
Secretary

Tel: 813226

Email: hundredparishes@btinternet.com



UGLEY WOMEN'S INSTITUTE

The Tennant family of Orford House was the subject of our February meeting; a subject brought very entertainingly to life by Margaret Silvester, one of our members. Margaret explained that her mother had been the cook at Orford House and that as a child she had heard many entertaining stories about the family from her mother - they seemed like characters from a fairy tale! In the space of just 45 minutes, which flew by all too quickly, Margaret regaled us with entertaining anecdotes about the family. Nancy Tennant, in particular, played a large part in village life and will be well remembered by many readers of this magazine. Margaret illustrated her talk with some very cleverly drawn sketches of the family, a photograph of her mother and copies of books published by members of the Tennant family. A very entertaining afternoon was rounded off with a good cup of tea. Other highlights on the horizon include a return visit in April from Rex Freeman and his accompanist with songs and readings celebrating our maritime history, and a talk on millinery in June when we shall also be enjoying a special afternoon tea to celebrate the Queen's 90th birthday. If this sounds like your cup of tea, come as a visitor and give us a try! You would be very welcome. Our next meeting is on Wednesday 20th April at 2.15pm in Ugley Village Hall.

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GARDENING TIPS FOR APRIL

Wildflower meadow areas are currently fashionable concepts in gardening. They are particularly beneficial for insects and the environment as well as being very colourful. So how do you do it? The important thing is that it actually requires a really poor scrubby soil, so if you have an area that other plants struggle to establish in, it could be ideal. It also needs to be an area that enjoys full sunlight. It is a relatively low cost way of introducing seasonal colour too. Prepare the area by killing off and removing any weeds and grass, then on a dry day lightly rake, and tread down the area to get rid of any hollows. Sow the seeds from your packet(s) sparingly, read the packet carefully for recommended sowing rates which will be much lower than you will be used to for grass seed. Mixing the seed evenly with dry sand is a useful technique to prevent you over sowing the seed; it'll also assist you to see that you cover the entire area evenly. Pests such as aphids will be attacking the young tips of your roses, warm spring rains bringing a tide of slugs and snails up from hibernation amongst others, so keep removing these invertebrate plant hooligans to reduce the amount of damage caused. Prune/clip as desired evergreen hedges and bushes such as photinia, laurel, bay, griselinia, eleagnus and yew. All these will recover well from hard pruning if they have become out of scale with their location.



Other shrubs such as fatsia, mahonia, viburnums and hebes do not appreciate quite such as hard pruning, so try to only refresh these by taking out or cutting back by about a third of the growth each year, and staggering the rejuvenation over the course of the next few years.

Paul the Gardener

MY WEIGHT MATTERS

Save Pounds and Lose Pounds at the Same Time!

Anglian Community Enterprise (ACE) is launching its free new-look highly successful 12-week weight management programme on Wednesday mornings in St Johns Hall. Established in 2010 and commissioned by Essex County Council, the programme has gone from strength to strength, last year helping 4,863 people across Essex lose weight and maintain a healthier lifestyle. The programme offers one-to-one support and advice, using approaches devised by dieticians, psychologists and exercise specialists as well as using cognitive behavioural techniques. Evidence supports this comprehensive approach as being the most successful for managing weight. Please note that you need to sign up in advance by calling 0800 022 4524 or via the ACE website, www.acelifestyle.org/weight-management.

Case study

Peter required an operation on his shoulder, but was told he could not have it until he lost some weight and reduced his BMI. He lost 17.9kg on the programme and will have his operation later this year. Peter identified that he needed to cut down what he was eating in between meals, reduce the amount of chocolate and crisps and increase his physical activity levels. He thinks it is a brilliant programme and really liked the one-to-one approach. He says he was given the information and it was up to him to use it. He knows he would not have got where he is without the programme

Alison Cook
Team Leader



Our 105 super new baby trees from the Woodland Trust will have been planted by the time you read this, weather permitting. Our woodland workers will also have to protect them during their early growing years as we have deer and rabbits and they just **love** to eat nice fresh young shoots, which is exactly what we hope our new trees will be putting out in the coming months! The strong winds have knocked over several of our shallower growing and weaker trees, both old and young, which will be attended to by our very hardworking and short-handed woodland team. Everything is happening together - it never rains but it pours! With our capricious weather and its interesting and varied 'mood swings', when will the wood's white wood anemones be popping-up and flowering this year?



Our rescue hedgehogs should be on their feet in April, so that is a good time to see one on a Saturday in their Unit in the Compound, which should have all the mud-alleviation groundwork laid and completed by then. This will aid movement of vehicles, equipment, the wood sales and people within the Compound. The area outside the gate at the top of the public path is not in the ownership of the Trust, and can be rather wet, slippery and boggy at times. Many of you will remember that there used to be a pond to the left of the public footpath from Heath Row (the Water Tower side), near this muddy area and the gate entrance into Birchanger Wood, and this used to collect surplus water. Sadly, the pond has been filled in with rubble and therefore does not now assist in draining the area.



Daphne Wallace-Jarvis
Email: secretary@birchangerwoodtrust.org



Saturday 23rd April 7.30pm Saffron Hall

Beethoven's tempestuous *Coriolan Overture*, wild and unconventional *Eroica Symphony*, and Mendelssohn's dazzling and ground-breaking *Violin Concerto*, all for £12 (concessions £10 and children free)! Tickets from: Saffron Walden Tourist tel 01799 524002, Saffron Hall tel 0845 548 7650, online www.saffronhall.com or on the door.



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If you have not already discovered us, then you are in for a very pleasant surprise. The Community Centre is a stunning new venue in Manuden, only five minutes from Stansted, comprising a beautiful vaulted hall with stage, additional meeting rooms, a fully equipped kitchen and bar and ample parking. We also enjoy fantastic sporting facilities: a floodlit Astro, three football pitches, a cricket ground, badminton and tennis courts. The hall is available for hire for a wide range of activities such as concerts, fundraisers and corporate events, and has proved to be a popular venue for children's parties with our £50 special offer. The hall can easily accommodate a bouncy castle. It is fully licensed and an approved venue for civil wedding ceremonies.



If you are looking to get fit for the summer, there are lots of classes and activities to suit all ages, from Zumba, Pilates, Karate and Reshape workouts to carpet bowls for those who prefer a gentler pastime. For young children, we have Owlets drop in playgroup on Friday mornings, or Wiggle Wiggle on Thursdays. For older children we have a street dance class after school on Tuesdays. We would be delighted to welcome you to any of our classes or activities or show you around. Details of events are on our website.

Chris Bailey
Tel: 817111

Email: info@mvcc.manuden.org.uk

MANUDEN SINGERS AND PLAYERS

Saturday 16th April 7.30pm St Mary's Church, Manuden. Our **Spring Concert** programme includes Bach's *Ascension Cantata*, a small and exciting masterpiece appropriate to the season of Ascensiontide; however, the major work will be Haydn's *Maria Theresa Mass* - like many of his late masses, composed in a spirit of hope and optimism, providing an attractive and uplifting setting of the traditional Mass. The players provide their own cheerful note with a performance of Bach's ever-popular *Brandenburg Concerto No 3*. Continuing our support for local causes, for which we have raised around £38,000, proceeds will go to the Coram Life Education Project, a new scheme to provide primary schools with education about the body, relationships and medicines; an attempt to deal with bullying, obesity, drugs and other concerns through early education. The project covers most Bishop's Stortford schools and funds are needed for the mobile classroom on which the project is based. Tickets: adults £10, children £5 from 812157 or on the door.



Ian Priest



INNER WHEEL CLUB OF BISHOP'S STORTFORD

In February, as part of our Club's *community service*, we hosted a Valentine's themed party for members of the Huw Johnson Club. St John's Hall was beautifully decorated with an array of red hearts, balloons and tables laid with a tempting assortment of sandwiches, cakes and other goodies! Entertainment was provided by Mr Jolly, the magician, who kept the audience amused and puzzled by his antics and the evening was greatly enjoyed by everyone.

At our February meeting, as a change from our usual speaker programme, we had two of our members talk about aspects of their lives. Margaret Webb, well known for her singing and musical talents, talked about how she enjoyed singing as a child, and was encouraged by a school teacher to take part in singing competitions and festivals which led to a lifetime of enjoyment in singing groups, local amateur dramatic performances, and as a soloist. Cynthia Friend gave a talk about the interesting time she spent in Yemen back in the early 80s, when her husband was posted there with his job. With their two children, they enjoyed wonderful hospitality from the local people, and learnt a lot about these tribal people and their customs. Although the heat was intense at times, and the terrain difficult for travelling, they managed to enjoy their alternative way of life and came home with many happy memories and mementoes. New members are warmly welcomed at our monthly meetings; further details from President June Milne on 01371 875370 or from me.



Brenda Cox
Tel: 812191

Email: brenda@coxco.demon.co.uk



*Stansted
Cricket
Club*

After nine matches the Club is fourth in Division 3B of the six-a-side HECC Sport Indoor Cricket League, having won three and lost six matches. Club nets from 11.00am-12.00pm on Sundays at Birchwood High School continue until Sunday 10th April. The club's AGM took place on Thursday 3rd March and a number of new people were elected to serve on the Committee. The HECC Spring Meeting is set for Monday 11th April. The make-up of the various divisions has now been finalised and Stansted CC will continue to have teams in Divisions 1 and 4. Two XIs from Wormley CC and an additional XI from Sawbridgeworth CC are joining the league. A couple of pre-season friendlies starting at 2.00pm have been arranged for Sunday 10th April at Ashdon and Saturday 23rd April at Little Munden. The league season starts on Saturday 30th April with the 1st XI away at Hatfield Heath and the 2nd XI home to Sawbridgeworth III. The Club would like to invite anyone interested in scoring next season on a regular basis to contact me. Adults wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge
Hon Secretary
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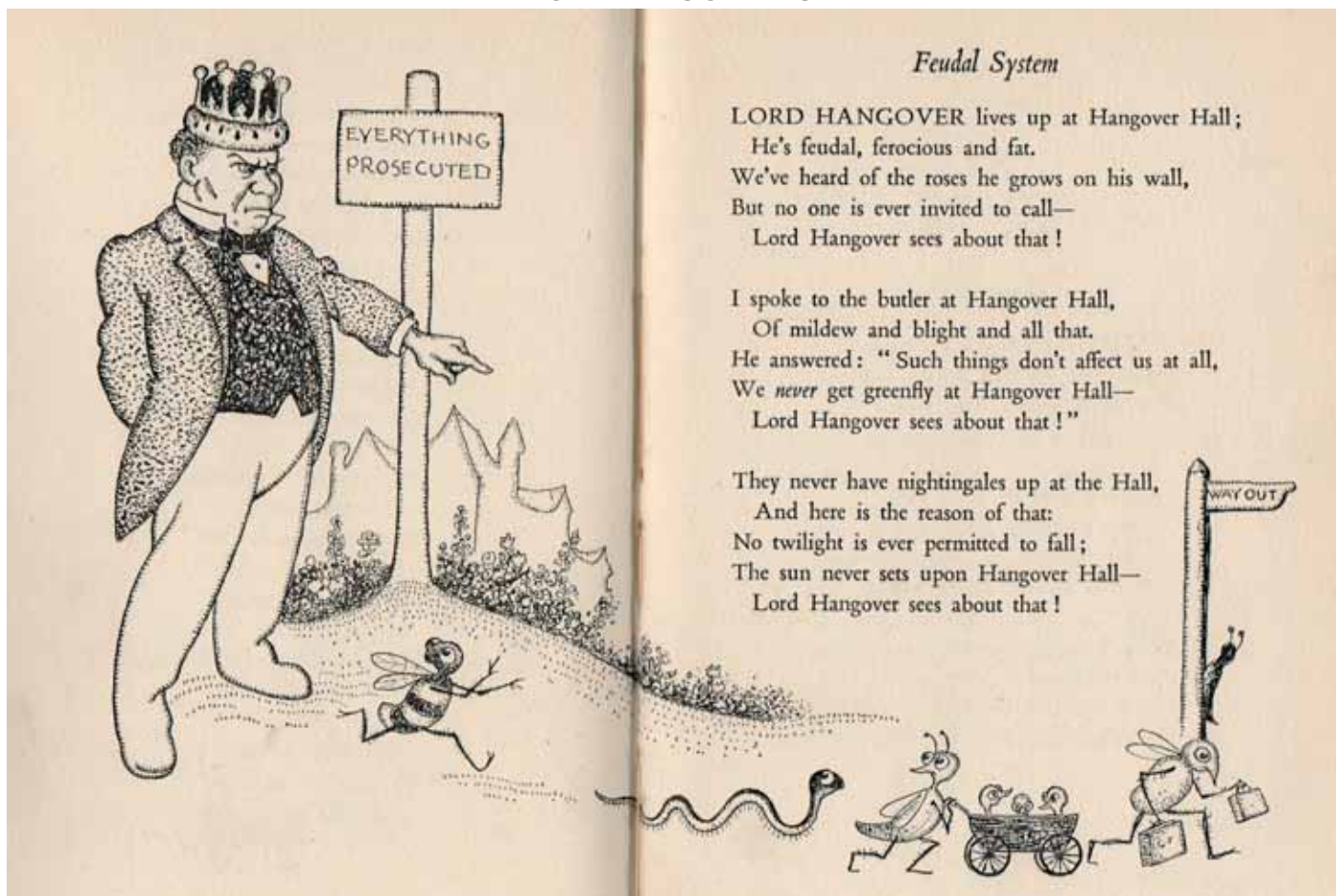
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FROM A BYGONE AGE



From a book of poems: *More Green Fingers (Another present for a good gardener)* Reginald Arkell
 Pictured by Eugene Hastain published in October 1938

Ralph Phillips



BEEKEEPING

For those of you who are regular readers, you will know I keep banging on about stopping the decline in pollinators, especially bees. Bishop's Stortford Beekeepers Association's major objective is to get more people interested in bees and getting the population of bee colonies on an increasing trend. In this context, I am pleased that the British Beekeepers Association at national level has taken another initiative which becomes 'live' from June 2016. The BBKA has launched a web site where farmers and spraying contractors can enter the details of the days they are going to spray their crops, so that nearby beekeepers can close their hive entrances for the day to avoid any damage from chemicals. The web is up-dated on a real time basis so if the dates change because of the weather, farmers can immediately up-date the information. It will also allow farmers to enter the chemicals they are using so the beekeeper can make judgements on what they wish to do to avoid bee colony damage. I will also remind readers that they can play their part in the Government's National Pollination Strategy by leaving one metre of their garden in a natural state, and planting with wild flowers to encourage pollinating insects. In fact, why not leave all your lawn in a natural state and watch sport on a Saturday afternoon, rather than cutting it!



John Dockerill
 Chairman Bishop's Stortford Beekeepers Association
 Email: training@stortfordbees.org.uk



Citizens Advice
 the charity for your community

On 1st April the new National Living Wage will become law. If you are an employee aged 25 years or over and are not in the first year of an apprenticeship you will be legally entitled to £7.20 per hour. You can find out if you are eligible using the simple calculator on www.livingwage.gov.uk. If you currently earn less than £7.20 per hour, you should see an increase in your pay automatically from April, so check your payslip. If you do not see the expected increase, speak to your employer. If you are an employer, you need to make sure that you will be paying your staff correctly from 1st April as there will be no 'grace period'. You can find all you need to know, including the new rates of pay at www.gov.uk. Data produced by the Office for National Statistics estimated that in 2014 there were 7,000 jobs in Uttlesford paying less than the minimum wage. We regularly see people who are struggling to manage their finances and who are living on exceedingly tight budgets. Although Uttlesford is seen as an affluent area, there are 1,500 children living in poverty and more than 2,700 households classed as being in 'fuel poverty'; the lack of affordable housing in our district also remains a major problem for those on low incomes. If you are unsure about how these changes will affect you, or you are worried about money, Uttlesford Citizens Advice can offer free, independent, confidential advice and support. Call us Monday-Friday between 9.30am and 3.30pm.

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NEW HEALTH CENTRE

Castle Maltings formerly Castle Lotus Garage

It all started for some of us during November 2007 when the NHS PCT proposed a health centre on a site at Foresthall Park. It took us about nine months to demonstrate to the NHS that the site was too small to satisfy their basic specification. Cutting a very long and arduous story short, the former Castle Lotus garage site was suggested which not only satisfied the NHS specification but ours also. We asked for a central village location, close to existing bus and rail transport and a car park. The health centre floor had to be sufficiently large to accommodate an increasing population not only in Stansted Mountfitchet but surrounding villages who were already being served by Stansted Surgery. Two other key elements of our specification were that the new health centre would satisfy the needs of the not so able and that the working environment would be much better for our health practitioners and surgery staff. All these elements of our specification have been satisfied but we have a bonus – it is a building we can all be proud of, it looks super and is compatible with the surrounding built heritage as was promised. During early March the scaffolding on the north side of the building was taken down, we can now begin to see the splendour of the design as seen in the photograph.



There is still a lot of work to be done but the target date for occupation is July. We can then say goodbye to Redlands which has served us well for about 50 years. On the ground floor will be a patisserie, NHS dentist, Co-op supermarket and hopefully an independent pharmacist. The health centre is on the first floor, then above that are the 14 apartments which will help pay for the health centre.

I will report more when the building is finished but if you see me in the village, please speak to me and let me know what you want from our new health centre.

Ray Woodcock
Tel: 816468

Email: raymond.woodcock@btinternet.com



HOLY TRINITY LITTLEBURY



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STANSTED SURGERY



Care Quality Commission

The CQC came to re-inspect our service on 10th February with a view to testing our compliance with the special measures requirements that were imposed back in November 2015, following the April 2015 inspection. We are pleased to say that this went very well and we had positive feedback at the end of the day from the inspectors. They acknowledged the progress we had made and promised to try and complete the report within 10 working days. This would then most likely have to go to the national panel which may take a little longer than expected. At the time of writing we have not had any formal response, but we remain optimistic about the outcome.

Changing the service we provide

As mentioned in the March Link, we are making changes to the clinic structure and appointment system, including:

- Making 50% of all appointments bookable on line. Please contact us if you do not have this. You can also get an app for your phone
- We shall be releasing more appointments on a Monday in advance of the day (ie the Friday before)
- Tuesday through to Thursday we shall be offering around 40% of appointments three or more days in advance
- More telephone triage (GP calling you before you actually get a face to face appointment) for on-the-day appointments. This may save you a trip to the surgery.

The new weekend service at Dunmow and Saffron Walden is working very well and our staff will be very happy to book you an appointment so that you do not have to wait through the weekend to be seen.

Barry Chandler
Practice Manager



SEASONAL RECIPE

Rhubarb, Rhubarb

In early April pale pink sticks of Yorkshire forced rhubarb are in the shops, and by the end of the month the ruby-red garden variety will be ready for picking. Pies, crumbles and cakes will be on menus. One of my favourite rhubarb recipes is very simple:

Cut the sticks in to 5cm pieces

Place in an oven-proof dish

Add sugar (rather a lot is needed to counteract the tartness – most recipes use half the weight of the fruit)

Drizzle over some orange juice

Cover the dish with foil

Cook in a moderate oven until the fruit is just tender (do not let it get mushy)

When it comes out of the oven add halved orange segments and leave to cool

Serve chilled on its own or with ice cream or crème fraîche.

Ginger is also good with rhubarb. Grate or cut it very fine and add to the rhubarb before cooking.



Catherine Dean
Tel: 813579

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