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**Front cover:**  
Harvester at Walpole Farm

Stansted Mountfitchet Village Magazine

# The Link

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

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by noon on 11<sup>th</sup> August for the September issue  
or by hand to:  
7 Blythwood Gardens,  
Stansted CM24 8HG  
by noon on 8<sup>th</sup> August for the September issue

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## EDITORIAL

The month of August is named in honour of Roman Emperor Augustus Caesar, because it is claimed many important events in his life occurred around this time of year. It is also an important time of year for most of us. The peak of the holiday season, we are afforded a little respite to briefly step off the treadmill of daily life and spend precious quality time with family, friends and loved ones. Apart from the Christmas period, August is probably the only time of year when we get time to stop, reflect and appreciate this incredible world in which we all live. Thought for the Month on page 2 highlights the story of an elderly lady by the name of Vera and encourages us to ask ourselves the question "Who is my neighbour?" Read the tragic story of local estate agent, Shaun Whiter (page 13) who is left with life-threatening injuries after a road accident, in which the driver of the other car callously fails to stop!

Stansted, let us reassure Shaun and his family that we are a caring community and we care about what has happened to him.

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**Stansted network** is compiled by Stansted Mountfitchet Parish Council.

## THOUGHT FOR THE MONTH

Vera was an elderly lady who lived in a terraced house near the football ground in my hometown of Luton. When she had moved into the house she'd been a young, newly married woman but her husband was killed in the Second World War and she had no children. Following the war, the area around where she lived began to change. The old families moved out and new families moved in. Nobody seemed to stay very long in the area (except Vera) and in the early 1970s many people came to the area after escaping from the Bangladesh war. One man, who had lost his entire family in that terrible conflict, moved in next to Vera. He was lonely, and so was she, and so he adopted her as his 'Ma'. For 20 years he looked after her as if she were his mother. I met him when I went to visit him with the Vicar who took her funeral (yes, this is a true story). He was griefstricken at the loss of the 'Ma' he had come to love. He was a Muslim, but he arranged a Christian funeral for her. He had come to this country as a refugee, an asylum seeker, an immigrant; and he came with an open and generous heart.

Jesus once told a story we call the Good Samaritan. You can read it in the tenth chapter of the Gospel according to Saint Luke. A man had asked him, "Who is my neighbour?" The story was told to demonstrate that the one who so many hated and distrusted was the one who could be a neighbour. So let me ask you, who was a neighbour to Vera? And who is your neighbour too?



Paul Wilkin  
Rector of St John's Church



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<b>Lettings</b>	Marion and Mike Dyer Tel 814059 <a href="mailto:lettings@stanstedfreechurch.org.uk">lettings@stanstedfreechurch.org.uk</a>

<b>Preachers for August</b>
7 <sup>th</sup> 10.30am Julie Finbow - New Directions
14 <sup>th</sup> 10.30am Mike Render
21 <sup>st</sup> 10.30am Christine Heyhoe
28 <sup>th</sup> 10.30am Rev'd Roy Fowler - Communion



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

### Food Bank

A huge thank you to everyone who donates food for the benefit of Stansted Food Bank and to Tesco and The Co-op for providing donation boxes in their stores on Cambridge Road. However, please note that at the present time, donations from the box in Tesco are going to a national foodbank initiative which Tesco are currently supporting, not the Stansted Food Bank. Over the past few months we have helped at least one needy family every week, and the demand is likely to increase over the school holidays when children are no longer able to have a midday meal provided at school. We work closely with the Citizens Advice Bureau and Spangles Children's Centre to ensure that the donations are used to help those in most need.

### Village Harvest Supper

Our annual supper and entertainment will be held at 6.00pm on Saturday 16<sup>th</sup> October in St John's Hall. More information in next month's Link.

Francine Cope

## THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill  
Stansted CM24 8AE  
[www.saffronquakers.org.uk/stanstedhtml](http://www.saffronquakers.org.uk/stanstedhtml)

<b>Clerk</b>	Jane Mitchell Tel: 503024 <a href="mailto:sjane.mitchell@ntlworld.com">Email: sjane.mitchell@ntlworld.com</a>
<b>Lettings</b>	Richenda Whitehead Tel: 07773 603618 <a href="mailto:richendajw@live.com">Email: richendajw@live.com</a>
<b>Meeting for Worship</b>	Sunday, 10.30am every week
<b>Light Group</b>	10.30am-11.30am 10 <sup>th</sup> September. This is a guided meditation for personal enlightenment. You are warmly invited to attend.

## ROMAN CATHOLIC

### St Therese of Lisieux

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[www.sttheresastansted.org](http://www.sttheresastansted.org)

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



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

**Contact** Howard and Ros Page

Tel: 810813

**Email** [contactstanstedfam@yahoo.com](mailto:contactstanstedfam@yahoo.com)

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

Most of our groups and community projects close down for the month of August, to give our volunteers a well-earned break, and because many families will be away for all or some part of the school holidays, or busy doing different things. A huge **thank you** to everyone who has supported projects like the Family Café and Investigators with their time this year. To some much-appreciated volunteers who have left or are leaving the area soon to pursue new educational opportunities or employment, we also wish you every blessing in the future.

@27 will be meeting more informally in August, so dates will be discussed amongst those who normally attend. We will publish new dates from the September edition of The Link. We take this opportunity to wish all families and individuals a really blessed summer with times for refreshment and rest. See you in September!



**All enquiries:** The Church Office, St John's Hall, St John's Road, Stansted CM24 8JP  
Tel: 815243  
Office hours: 9.00am-12 noon Mon, Wed, Fri  
Email: [st.johns.church@btinternet.com](mailto:st.johns.church@btinternet.com)  
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**Rector:** Rev'd Paul Wilkin

Tel: 812203

Email: [stansted.rector@gmail.com](mailto:stansted.rector@gmail.com)

**Director of Music:** Anne Brooks  
Email: [anne.brooks22@yahoo.co.uk](mailto:anne.brooks22@yahoo.co.uk)

**Church Hall Bookings:** Simon Wilson  
Tel or text: 07582 856689  
Email: [stjohns.hallbookings@gmail.com](mailto:stjohns.hallbookings@gmail.com)

### St John's Diary

#### Sunday

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

#### Monday-Tuesday, Thursday and Saturday

- 8.30am Morning Prayer

#### Tuesday

- 9.15am St John's Tots

#### Wednesday

- 9.00am Morning Prayer
- 10.00am Holy Communion

#### Thursday

- The Coffee Pot 10.30am-noon

#### Monday-Thursday and Saturday

- 5.00pm Evening Prayer

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

## THE SALVATION ARMY



### CAMEO (Come and Meet Each Other)

In June Lieutenant-Colonels Alan and Val Hart spoke about their time serving in Ireland. They showed pictures, told stories and answered questions. Everyone enjoyed what they shared, particularly the home-made Irish bread and shortbread that Val had prepared. The Salvation Army Bishop's Stortford Corps CAMEO group meets in the Day Centre on the third Tuesday of the month 7.30pm-9.00pm for ten months of the year. Annual subscription to cover hall hire and speakers is £10.00, but occasional attendees are also welcome for £1 per visit. The evening usually takes the format of arrival and welcome, then a visiting speaker or activity, followed by a time of fellowship over tea/coffee and biscuits. Our next meeting is on Tuesday 16<sup>th</sup> August, when we shall be having a visiting speaker from the Alzheimer's Society. Everyone welcome.



Photo: Alan Hart

## THE CRAFTON ROOM

### Stansted Day and Community Centre

Unfortunately the photograph of our tea party commemorating the Queen's 90<sup>th</sup> birthday was too late to go in last month's edition. As you can see, everyone had a great time waving their flags!



Over the last few weeks I am sure you have noticed the building works that have started on the library site next door in preparation for the much anticipated Hub. Please be assured that while the works take place we will be open for business as usual, and the parking space at the front of our building for dropping and picking up will still be accessible. Inside the Crafton Room there have been exciting changes. I am delighted to report that the make-over has been completed, thanks in large part to Trevor Lloyd from the Parish Council who secured funding for us from various agencies; we have been redecorated, have an automatic door, new blinds, replaced all the chairs and have purchased new tablewear to complete our fresh new image. I would like to invite you to join us for a celebration luncheon on Friday 26<sup>th</sup> August 12 noon for 12.30pm, to see for yourselves what a fantastic facility we have here. I am sure this free event will be popular so please book your place early to avoid disappointment; this can be done over the phone, email or by popping in to see myself or Jo. We look forward to seeing you, and a warm welcome awaits you. Please note we will no longer be holding Fish and Chip Fridays but keep your eyes peeled, as we will be advertising upcoming specials very soon.



Julie Beck  
Manager  
Tel: 815091  
Email: juliebeck1989@gmail.com

## GARDENING TIPS

To keep seasonal displays of colour going on your plants: many, especially summer bedding, will benefit from regular dead heading (removing dead flower heads) and light feeding with a tomato fertiliser. Hopefully we will have some warm dry weather. A disease that can rear its head in dry periods is powdery mildew (a white powdery coating to the leaves and stems), common on plants like berberis. You can reduce the risk by ensuring plants have good access to water and covering the soil with a good layer of mulch to help conserve the moisture that is already there. Reducing aphid infestations can also help as they carry the fungal spores around with them from plant to plant.

Think about giving your hedges, especially conifer hedges, their penultimate cut of the season by lightly trimming the

sides and top as appropriate. Colchicums (autumn crocus) appear in nurseries and garden centres this month for planting out to continue the garden colour into autumn. If you put down a new lawn by turf or seed this summer, help it through any prolonged dry spells by raising the height of cut a notch (but still cut regularly), and provide a good soak once a week in the evening or morning. Start to switch to an autumn fertiliser for your lawns as this will start to toughen the sward up ready for the next winter. Early apples and pears will start to ripen for picking later this month; they tend not to store particularly well, so enjoy the harvest straight away. Whilst on the subject of fruit, if you have any early fruiting raspberries (July), take out the old canes that have fruited this summer down to the base to allow room for next year's canes to prosper.

Paul the Gardener



## 1<sup>ST</sup> STANSTED HUSKIES

We are coming towards the end of our summer term and as always we have been getting out and about as much as possible. The Paul Ring Academy kindly took our cubs for a golf session at the Elsenham Golf Centre. We have been 'bumbling' at the Harlow outdoors centre dressing up in wet suits and throwing ourselves into the river - leaders included. We have been learning campfire skills and practising our campfire songs and celebrated 100 years of cubs with an action packed day in Hatfield Heath. Our centenary day celebrated the different activities that cub scouts had done through history - we made whistles out of wood, cooked dampers, slid down the slip and slide and learnt how to build a canon and fire a 'rocket' among other things. We have just come back from our first camp of the year in Mersea Island where 21 huskies along with 70 other cubs took part in various challenges and for the first time in 32 years won the cross country trophy! Yay well done! We went to the beach to make sculptures – our picture shows the scout badge and H for huskies made on the beach out of pebbles and seaweed.



**An opportunity:** we have a significant number of cubs on our waiting list, enough to start a third pack – if you feel up for an adventure as a leader and want to give many children the great chance of getting involved with scouting please get in touch. We are also looking for young leaders – if you are aged between 14 and 16 and would like to help out at cubs please get in touch. If you are working towards your D of E this will count as your volunteering challenge. We meet on Thursday nights 7.00pm-8.30pm.

Anthea Thomas  
Tel: 07801 038224

## St John's Tots

Every Tue 9.15 - 11 am  
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## The Coffee Pot

Every Thurs 10.30 am - noon  
St John's Church, St John's Rd  
Come and enjoy good company and free coffee and cake  
Alone or not, everyone's welcome at the Coffee Pot  
A Community venture organised by St John's Church

## WHAT'S ON IN AUGUST

<b>Every Tue</b>	St John's Tots
<b>Every Thu</b>	The Coffee Pot
<b>Every Mon, Wed, Fri</b>	The Place on the Hill
2 Tue	Stansted Seniors Group
3 Wed	Mountfitchet Garden Club
6 Sat	Stansted Football FA Cup
7 Sun	Windmill Open
8 Mon	Ladies' Night
<b>11 Thu</b>	<b>Link copy due in today</b> Spangles Picnic WI
14 & 28 Sun	Skips
14 Sun	St Mary's Friends Music Event
16 Tue	CAMEO
18 Thu	Stansted U3A
20 Sat	Captain's Charity Open Day
21 Sun	Open Day
23 Tue	Hearing Help
25 Thu	Spangles Summer Party
26 Fri	Day Centre Celebration Lunch
28/29 Sun/Mon	Windmill Open
29 Mon	Windmill Fête

St John's Church	9.15 - 11 am
St John's Church	10.30 am - noon
Free Church	9.30 am - 12.30 pm
Day Centre	1.30 - 3.30 pm
Day Centre	7.30 for 8 pm
Hoddesdon Town	3 pm
	1.30 - 5.30 pm
Tennis Club	7 pm
<b>before 12 noon</b>	
Recreation Grnd	11.30 am - 1 pm
Day Centre	7.45 pm
Lower Street	12.30 - 4.30 pm
St Mary's Church	2 - 4.30 pm
Day Centre	7.30 - 9.30 pm
St John's Hall	1.30 pm
Bowling Club	2.30 pm
Easton Lodge	11.30 am - 5 pm
Day Centre	2 - 4 pm
Spangles Centre	10 - 11.30 am
Day Centre	12 for 12.30 pm
	1.30 - 5.30 pm
	2 - 5 pm

To advertise **your event** here tel 814059 email events@stanstedlink.org.uk  
Inclusion subject to editorial decision & availability of space

## CELEBRATION LUNCH

12 for 12.30 pm Fri 26th Aug  
Day Centre, Crafton Green

Come and see the recent refurbishments at the Day Centre

This is a *free* event but advance booking is required  
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## OPEN DAY

Sunday 21st Aug

11.30 am – 5 pm (last entry 4 pm)  
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## Friends of St Mary's Church Music Event

**2 - 4.30 pm**

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## UGLEY FARMERS' MARKET

**10 am - noon Sat 20th Aug**  
Ugley Village Hall

Meat ~ Poultry ~ Fish ~ Eggs  
Bread ~ Home Baking ~ Chocolates  
Preserves ~ Fruit & Veg ~ Plants  
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Registered Doctors of Chiropractic

## STANSTED MOUNTFITCHET U3A

[www.stanstedu3a.org](http://www.stanstedu3a.org)

The Bus Pass trip on Wednesday 22<sup>nd</sup> June was to Southend and we were fortunate that the sun shone when we arrived and continued to stay with us on and off the whole day. We spent time looking round the Shopping Centre and then enjoying a lovely fish and chip lunch. The pier railway is undergoing repairs at the moment, so we walked to the end, which is just over a mile. The Lifeboat Station is right at the end of the pier where we had a good view of both sides of the estuary. A good connection from Southend and Stansted Bus Station meant the journey was under an hour and a half. Many thanks to Jenny Wraith for organising.



The **monthly meeting** is on Thursday 18<sup>th</sup> August at 1.30pm. As it is holiday season there will be tea and a quiz for members. The next **Saturday Seminar** is on Saturday 5<sup>th</sup> September 9.30am-12.30pm in the Free Church Hall. Led by David Morson, *From World War to Cold War 1945 -1989* will cover controversies over definitions, origins, main events and conclusions of the Cold War period, from the Iron Curtain to the fall of the Berlin Wall. Tickets £4 members, £5 non-members from Alan on 07790 213510, email: stanstedseminars@gmail.com.

**Contacts:** Helen (Chair) 812945, Liz (Secretary) 813270, email: stanstedu3a@live.co.uk.



Suzanne Parra

## DID YOU KNOW THAT ...



Eastern Counties Railway 1836-1862  
*Motto: Shame to whosoever would think badly of it.*

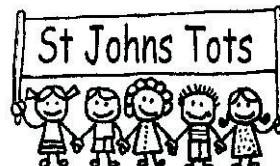
A fortnight after the railway line and Stansted station opened in July 1845, the ECR Directors wrote to King the station clerk, threatening him with dismissal if the irregularity of his returns did not show required improvements. Within six months King was again in trouble; the Chairman and Law Clerk held an investigation into an accident at Stansted, considered to be King's fault. Drunk at the time, he failed to send signals along the line, as was his job. The Directors

resolved to prosecute King with the utmost rigour of the law. One month later King petitioned the Traffic Committee at Shoreditch but was not reinstated.

Mr Nibloe succeeded King as Station Master; he was also discharged from the company's service in September 1847 for an irregularity in sending in his returns. It may not be a coincidence that his successor, George Neville shared a surname with Lord Braybrooke at Audley End, a Company Director. George was born at Yelding, Kent, and lived in St John's Wood before coming to Stansted. He was called to the Officers Committee in 1851 with Goods Guard Smith, for their failure to observe the company rules. The guard was cautioned to be more attentive and Neville was informed to be more expeditious in clearing the line for the passenger train. Neville's salary was increased by £5 to £70 pa, still some £10 to £15 less than for a similar station. By 1855 he was again summoned to the Officer's Committee, after absenting himself from the station for a day and travelling to and from Lea Bridge, without leave or a pass for the journey; he was fined the cost of a return ticket. As his son George was also station clerk, perhaps they thought nobody would notice. Fortunate not to be dismissed on that occasion, Neville returned to Shoreditch in May 1857 for irregularities in the station books, which included a deficit of £23 8s 5d. He had 14 days to repay the deficiency, or be removed from Stansted. He remained until 1862, when demoted to Ashwell, there dismissed.

*Source: Public Records Kew*

Ralph Phillips



We meet in St John's Church 9.15am-11.00am every Tuesday, **including during school holidays**. Everyone caring for babies and young children is most welcome - mums, dads, grandparents and other carers. The children enjoy the space and a wide variety of toys and the adults enjoy a cup of tea or coffee and the company of other adults!



We have a very short informal celebration which includes a birthday candle, a bible story and several songs and we usually finish with the wiggle song – and, if you don't know what that is, come and find out; it's great fun. Do come and join us – we love meeting new people. For more information contact Margaret Hill on 812273 or Francine Cope on 814562.

Katy Dockerill

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## THE HUNDRED PARISHES SOCIETY

Successive generations of humans have modified the appearance of the landscape through the creation of fields, enclosed parks, roads and settlements of varying sizes while leaving areas of woodland here and there. In his recent talk to Society members, Tony Morton told us about woodlands in and around the Hundred Parishes, many of which are Essex Wildlife Trust nature reserves. He explained the special features of such flower-rich ancient woodlands and discussed the traditional management techniques required to maintain them. During the 18<sup>th</sup> century those with extensive estates developed a passion for large scale landscape improvement and 2016 marks the tercentenary of the birth of Lancelot *Capability* Brown. He is remembered for his involvement in over 170 parks across the country, many of which still survive.

An astute project manager, he was nicknamed *Capability* because he would convince his clients that their estate had capability for improvement. He had an effective team of contractors who were able to implement his recommendations, many requiring reconfiguration of lakes and substantial plantings of trees. Brown's skill was to reshape these parks and gardens from formal geometric plots into more natural pastoral scenes, creating the vision of the English countryside we know today. His local commissions included the wonderful grounds at Audley End House. Brown was also involved at Hatfield Forest, which is well worth a visit at any time of the year. This August, to help commemorate Brown's actual birthday, there is the added attraction of 18<sup>th</sup> century themed teas!

We are fortunate that the local area also includes some wonderful private gardens which are holding open days in the coming month. Details of these and other opportunities for days out can be found on the What's On page of our website: [www.hundredparishes.org.uk](http://www.hundredparishes.org.uk). Finally, in a recent 100 Parishes article it was reported that the footpath between Alsa Wood and Elsenham was blocked by construction work. This path has now been re-opened.

Tricia Moxey

Trustee

Tel: 01277 364522

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## MAGNA CARTA EMBROIDERY



The Stansted embroidery will feature in *Magna Carta*, the new exhibition at Saffron Walden Museum from Saturday 16<sup>th</sup> July until Sunday 15<sup>th</sup> January 2017. It is a touring exhibition from Braintree District Museum and Castle Hedingham Parish Council which was designed to commemorate the 800<sup>th</sup> anniversary of Magna Carta and its links to mediaeval Essex. Alongside replica items, such as King John's seal, a facsimile of the Magna Carta, and a lifesize model of Robert de Vere in his chainmail armour, you can see mediaeval objects from Saffron Walden Museum's archaeological collections.



You can also learn about the language of Magna Carta at an interactive sound station and make your own charter and seal to take home with you. The museum is open Tuesday-Saturday 10.00am-5.00pm, Sundays and Bank Holidays, 2.00pm-5.00pm (closing at 4.30pm November-February). For more information about visiting the museum, please see the [www.saffronwaldenmuseum.org](http://www.saffronwaldenmuseum.org) or call 01799 510333.

Leila Riddell

## FRIENDS OF ST MARY'S CHURCH



### Music Event Sunday 14<sup>th</sup> August 2.00pm-4.30pm

You are invited to a Music Event featuring live and recorded music, plus some selected music from the past St Mary's Church Choir. Refreshments will be on sale, but entry is free.

### Thank you

On behalf of the Committee of St Mary's Church, special thanks must be awarded to Sandra Ayres for raising £450 by holding a coffee morning at her home in St John's Road in aid of the Friends. Homemade jams, chutneys, and cakes were on sale. Visitors also enjoyed the second-hand book stall, tombola, bric-a-brac and a craft stall, not forgetting a raffle. The coffee morning was attended by many friends and visitors on what was a rainy morning. Our thanks also go to all those people who helped make the morning such a success.



Sally Argent  
Secretary  
Tel: 812418

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Tel: 01279 814052/Email: [ugleyvillagehall@gmail.com](mailto:ugleyvillagehall@gmail.com)

## FIVE ACRES STREET PARTY

The Queen's 90<sup>th</sup> birthday was looming, and a small number of our ladies decided that we should celebrate with a street party (as we did to celebrate Her Majesty's Diamond Jubilee). Leslie and John Shrives offered their garden to hold the event - a quintessential tea party. All attendees agreed to take some food, and everyone was asked to wear red, white and blue!



As the photo shows, a great time was had. Very sadly, as with the Diamond Jubilee, it didn't just rain - the heavens opened. Nonetheless, a great time was had, and we proudly celebrated our longest serving monarch's birthday. Long may she continue to reign over us.

Malcolm Lloyd

## THIS MONTH'S RECIPE



### Red Onion Marmalade

Perfect to accompany cheese and crusty French bread in a ploughman's for those al fresco lunches. Served hot, it goes well with beef, chicken or sausages from the barbecue.

#### Ingredients

3 large red onions  
175ml red wine vinegar  
175ml red wine  
125g brown sugar (all demerara or half demerara and half golden caster)  
3 tablespoons oil

#### Method

Heat oil in a large pan  
Chop onions finely  
Fry onions until soft - not browned  
Mix the vinegar, wine and sugar in a jug and pour this onto the onions  
Cook on a medium heat for one hour – do not cover  
After one hour turn up the heat to evaporate most of the liquid  
When cool this will keep in the fridge for up to three days.



Molly Clark  
Tel: 816768

## AN ITCHY PROBLEM!

I thought most things had happened to me in the consulting room - I've been hugged, presented with flowers, asked to examine someone's ankle because 'the doctor hasn't a clue' and asked if I could see a mind-reading cat's aura (I couldn't in case you were wondering ...) - but this week I had a lady scream and run out of the door! What was the terrible thing I did? I found a flea on a dog. For some people, as in the case of this lady, it is one of the worst things that can happen, but I did explain (once I'd coaxed her back through the door) that it does not mean your pet is dirty or unclean, as every self-respecting cat or dog will have fleas at some point in their lives. Fleas are tiny little brown insects about 2-3mm long and they make your pet bite and scratch and can cause skin infections and allergies. Fleas can also transmit tapeworms and even cause anaemia, and here's the scary bit: an adult flea can lay 50 eggs a day and up to 1500 eggs in her lifetime and the life cycle of the flea can be as short as three weeks in warm weather. That's a lot of fleas! You can tell if your pet has fleas by regularly checking its coat. It is not always easy to see the fleas themselves but you might see the flea dirts (black specks which are dried blood excreted by the adult flea). One good way of checking is by putting a piece of wet white paper or kitchen roll next to your pet and rubbing its coat over it. If black specks appear which then slowly turn red, these are flea dirts. There is a bewildering array of flea treatments on the market and it can be difficult to know what works. Always get preparations from your vet, not pet shop or supermarket as vets can sell products that are more effective, and can give advice about your particular situation. Most preparations come as drops you put on your pet's neck, which spread over the body. Gone are the days of chasing your cat around the kitchen, can of flea spray in one hand, gas mask in the other! There are also palatable chews and injections. No need to be embarrassed, scared or scream and run away from the vet as it generally makes them nervous too. Any one scratching yet?



Ilse Pedler  
Mercer and Hughes  
Veterinary Surgeons



During the school holidays we shall be having our **Art for All** every Wednesday and Friday 10.00am-12.30pm. This is for **adults** as well as **children**, so why not come along, try your hand and get some tips from our resident artist? If you do not want to paint then just come for free refreshments and a chat, and log on to our free wifi. We are open every Monday, Wednesday and Friday (except bank holidays) from 9.30am-12.30pm. Good company, computers, space for the children to play with toys and run around, plus a quiet area with comfy seating; and if you fancy keeping your mind active, we have a jigsaw 'on the go' which anyone is welcome to add pieces to! We are in the foyer of Stansted Free Church at the bottom of Chapel Hill (near Millways). Everyone welcome.



Marion and Mike Dyer  
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## APPEAL FOR SHAUN WHITER

On the evening of 1<sup>st</sup> July, Shaun Whiter, office manager of David Lee Estate Agents, went to help his friend change a flat tyre. Tragically, Shaun was involved in a life-changing accident which resulted in him having both his legs amputated to save his life, whilst the driver callously fled the scene. Shaun is due to marry his fiancée, Charlotte in July 2017 and has showed an incredible attitude to his recovery, whilst also showing ambition of competing in the 2020 Paralympics. Shaun's family have set up a **Just Giving** page and the aim is to raise money to provide Shaun with the aftercare and highest quality, specialised equipment he desperately needs when he returns home. If you would like to help towards Shaun's recovery please go to <https://crowdfunding.justgiving.com/Shaun-Whiter> where you can donate. Alternatively the David Lee office in Cambridge Road, Stansted has a collection box. Shaun has raised thousands for a plethora of charities. He is a very fit young man, and a keen footballer, and often participates in triathlons; two years to the day of the accident, he cycled from London to Paris in 24 hours for charity. Thank you.

David Kirby  
David Lee Estate Agents  
Tel: 816473

## LINKS QUIZ

What links:

1. 1600 Pennsylvania Avenue; Dover; Yorkshire; a Wilkie Collins novel.
2. A white tailed deer; a wooden puppet; a girl with a wicked stepmother; a flying elephant
3. Brunch; avionics; camcorder; moped; smog
4. Cobber; digger; drongo; galah; larrikin
5. Cabinet; diplomat; Eve; Sussex pond
6. Vivian Leigh; Julie Christie; Sabu; Michael Bates; Saeed Jaffrey
7. James I; Charles I; Charles II; James II; Anne
8. Queen Victoria Monument and Admiralty Arch
9. Gimlett; Tom Collins; Pink Lady; White Lady
10. Blanket; feather; cross; chain
11. Bucephalus; Copenhagen; Marengo; Burmese
12. Brian; Ermintrude; Dylan; Florence; Mr McHenry
13. Thames; Forth; Shannon; Tyne; Irish Sea
14. Cook; Fitzroy; Bligh; Scott
15. America; Tonight; Cool; Maria
16. Angel; Tulega; Three Sisters; Olo'upena; Yumbilla
17. Elizabeth Fry; Charles Darwin; Adam Smith; James Watt
18. La Traviata; Moulin Rouge; Sarah Bernhardt; Tea
19. Elizabeth Taylor; Mickey Rooney; Larry King; Lana Turner
20. Emma Watson; Christian Bale; Elijah Wood; Scarlett Johansson; Jodie Foster.

Compiled by Cliff Gilbert. Answers on page 15.

## THE COFFEE POT



The Coffee Pot at St John's Church in St John's Road, off Chapel Hill, has now been open for three months. We serve free tea/coffee and home-made cakes every Thursday morning between 10.30am and noon. We are pleased that we now have quite a few regular Coffee Potters, but it would be great to have a few more customers.



Someone recently said that she didn't like to call in because she is not a church member. We just want to make it clear that, although it is run by members of St John's congregation, The Coffee Pot is open to everyone. Come and enjoy being waited on!

Kathy West  
Tel: 816293



## THE CHILDREN'S SOCIETY

Founded by a Sunday school teacher, Edward Rudolph, The Children's Society is a national charity which has been working for over a century to help children and young people when they are at their most vulnerable and have nowhere left to turn. It has always been at the forefront of pioneering change for children and is determined to give every child in this country the greatest possible chance in life. Last year it worked with 34,000 vulnerable children by tackling child poverty and neglect head-on in a variety of ways - from helping families trapped in debt, and helping child runaways and young carers, to stopping child sexual exploitation. If you think this is a charity you would like to support, give me a call and I can supply you with a collecting box. We already have 23 box holders in Stansted, and in the last year we have sent nearly £400 to help the Society in its work. In addition to collecting boxes we also raise money at our annual Christingle Service at St John's Church.



Katy Dockerill  
Tel: 812997  
Email: [viewpoints@btinternet.com](mailto:viewpoints@btinternet.com)

# STANSTED IN BLOOM 2016

Some of this Year's Winners



*Photographs by John Hudson*



## MANUDEN GUIDES

The last week in June was a very busy one for Manuden's Guide unit. It began with Issy Murdoch and Millie Beck going to Hautbois Guide Activity Centre to take part in a weekend adventure to complete their Baden-Powell Challenge Award - the highest you can achieve as a Guide. There was a range of activities to challenge the girls, including water activities, obstacle courses and geo-caching. On Tuesday, we all went to Redrick Lakes for a canoeing session, run by Whoosh Explore. Everyone had a great time paddling a long way down the river, taking part in a few silly games and ending up choosing to capsize in the lake, getting extremely wet!



On Thursday evening there was a very different adventure at the Queen's Theatre, Hornchurch where two of our girls, Mabel South and Millie Beck performed in front of a large audience: Mabel played the guitar and sang *Riptide*, whilst Millie sang *People Help the People*, to rapturous applause, making us feel really proud. The evening was arranged by Girlguiding Essex West to present Jack Petchey awards to girls who had been recommended by their units to recognise and reward commitment to Guiding; so another proud moment, when Issy Murdoch received her award. The end of the week saw another change of scene as a group of us went off to London for the Big Gig at Wembley SSE Arena: a pop concert exclusively for members of Girlguiding. There was a full programme of artists with the amazing Fleur East opening the show and with Jess Glynne headlining to provide an incredible climax to a great afternoon.



So, hopefully, you can see what a varied time we have at Manuden Guides. We currently have a few spaces if you would like to give it a try – please contact me. For more information visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk).



Glynis Prothero  
Tel: 814145  
Email: [glynisprothero@aol.com](mailto:glynisprothero@aol.com)

## LINKS QUIZ - ANSWERS

1. White: W House, W cliffs, W rose, Woman in W
2. Disney feature films: Bambi, Pinocchio, Snow White, Dumbo
3. Portmanteau words: breakfast and lunch, camera and recorder, motor and pedal, smoke and fog
4. Australian slang for a man: cobber is a mate, digger is a Aussie soldier, drongo and galah are fools, larrikin is a hooligan
5. Puddings
6. All born in India
7. The British Stuart monarchs
8. The Mall
9. Gin cocktails
10. Basic embroidery stitches
11. Horses ridden by: Alexander the Great, The Duke of Wellington, Napoleon, The Queen
12. Characters from Magic Roundabout
13. Shipping weather forecast areas
14. Famous captains
15. Songs from West Side Story
16. World's tallest waterfalls: Angel – Venezuela, Tulega – South Africa, Three sisters – Peru, Olo'upena - Hawaii, USA, Yumbilia - Peru
17. Appear on the current 5, 10, 20 and 50 pound notes
18. Camellias: Based on La Dame aux Camelias by Alexandre Dumas, fils., Camile her most famous role, tea comes from C sinensis.
19. They each married eight times
20. Child film stars: EW Harry Potter, aged 9, CB Empire of the Sun, aged 13, Elijah W Back to the Future II, aged 8, SJ North, aged 9, JF Taxi Driver, aged 14.

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### MasterChef event is 'sizzling success'

MasterChef finalist, Saira Hamilton, held a foodie fundraising event for her local Charity of the Year - raising over £2,800. The Sawbridgeworth resident, who starred on BBC One's MasterChef in 2013 and appeared as a judge on the 2016 series, held a pop-up restaurant on 17<sup>th</sup> June at Manuden Village Hall where over 100 diners attended and enjoyed Saira's award-winning Bengali cuisine which certainly lived up to expectations!



We cannot thank Saira enough for hosting this exclusive culinary event for us and are excited to be working with her throughout the year on other fundraising initiatives. Saira loves to share her food with the local community and commented that she felt privileged to be able to support St Clare by hosting the event.

### Family Fundraising

A family have fundraised over £11,000 in a series of cycling and running feats of endurance following the death of their husband and father. Lucinda Rhodes completed the London Marathon in April and has gone on to raise over £7,000 for the charity which cared for her husband Shane. Shane and Lucinda's son, Ruari was motivated to undertake a challenge in memory of his father, and along with his brother-in-law Neil Laird and a group of friends, cycled from London to Paris in under 24 hours in June.



For more information about how you can take on a challenge for the hospice, visit [www.stclarehospice.org.uk/get-involved/challenges](http://www.stclarehospice.org.uk/get-involved/challenges).

### Midnight Walk Saturday 2<sup>nd</sup> July

Luminous pink, yellow and orange outfits set the streets of Harlow aglow at the neon-themed event as walkers of all ages came together to support the biggest fundraiser in the charity's calendar. This year's event was run in partnership with local law firm, Barnes and Partners, who entered a team of 16 walkers – including the firm's founding partner Nigel Barnes. Following a DJ set from Su Harrison, breakfast presenter on Heart Radio, and lively warm-up dance routines from PureGym and Clubbercise, the procession of walkers set off at 11.00pm, following either a 5k or 10k circuit through the streets of Harlow. A huge thank you goes to everyone who took part, not forgetting the volunteers and marshals who helped ensure the night was a success, and the many local businesses who supported us. It really was a fantastic night and so moving to hold a minute's silence in memory of those loved ones we have lost, and to watch the sea of yellow St Clare shirts winding its way up the main street. Groups came from across West Essex and East Herts to take part in the Midnight Walk. It is hoped that the event will have raised £60,000 once all sponsorship money has been collected – enough to fund the Inpatient Unit at St Clare for two weeks.

Rebecca Hedges  
Communications Officer  
Tel: 773752



STANSTED MOUNTFITCHET  
LOCAL HISTORY SOCIETY

### Programme of Speakers 2016-17

- 1<sup>st</sup> September: Tony Kirby *Tides of Fortune* - the rise and fall of seaside resorts 1700-2016
- 6<sup>th</sup> October: John Vigar *The Churches Conservation Trust - work on Redundant Churches*
- 3<sup>rd</sup> November: Martyn Lockwood. *Zeppelins over Essex - Zeppelin raids 1914-18*
- 1<sup>st</sup> December: Presentation by Peter Sanders and Paul Embleton to celebrate the publishing of Stansted's history book *On the Beaten Track - the History of Stansted 2017*
- 5<sup>th</sup> January: *Members Evening* - 4-5 members giving short presentations
- 2<sup>nd</sup> February: Roger Barrett *Art and Artists of Stansted* - including the story of Violet Bartlett of The Thatch, Grove Hill
- 2<sup>nd</sup> March: Tony Earle *London Underground from Inception to Modern times* - includes a light-hearted quiz
- 6<sup>th</sup> April: Carolyn Wingfield, *Lost and found* - treasure and other finds acquired by Saffron Walden Museum
- 4<sup>th</sup> May: AGM followed by a quiz

Meetings are held in the Crafton Green Day Centre, off Chapel Hill at 8.00pm. Member's subscriptions are £8 for the year and £2 for Day Members. Refreshments are provided. We look forward to seeing you this coming season, and extend a warm welcome to all newcomers.



Stephen Leaney  
Tel: 647177

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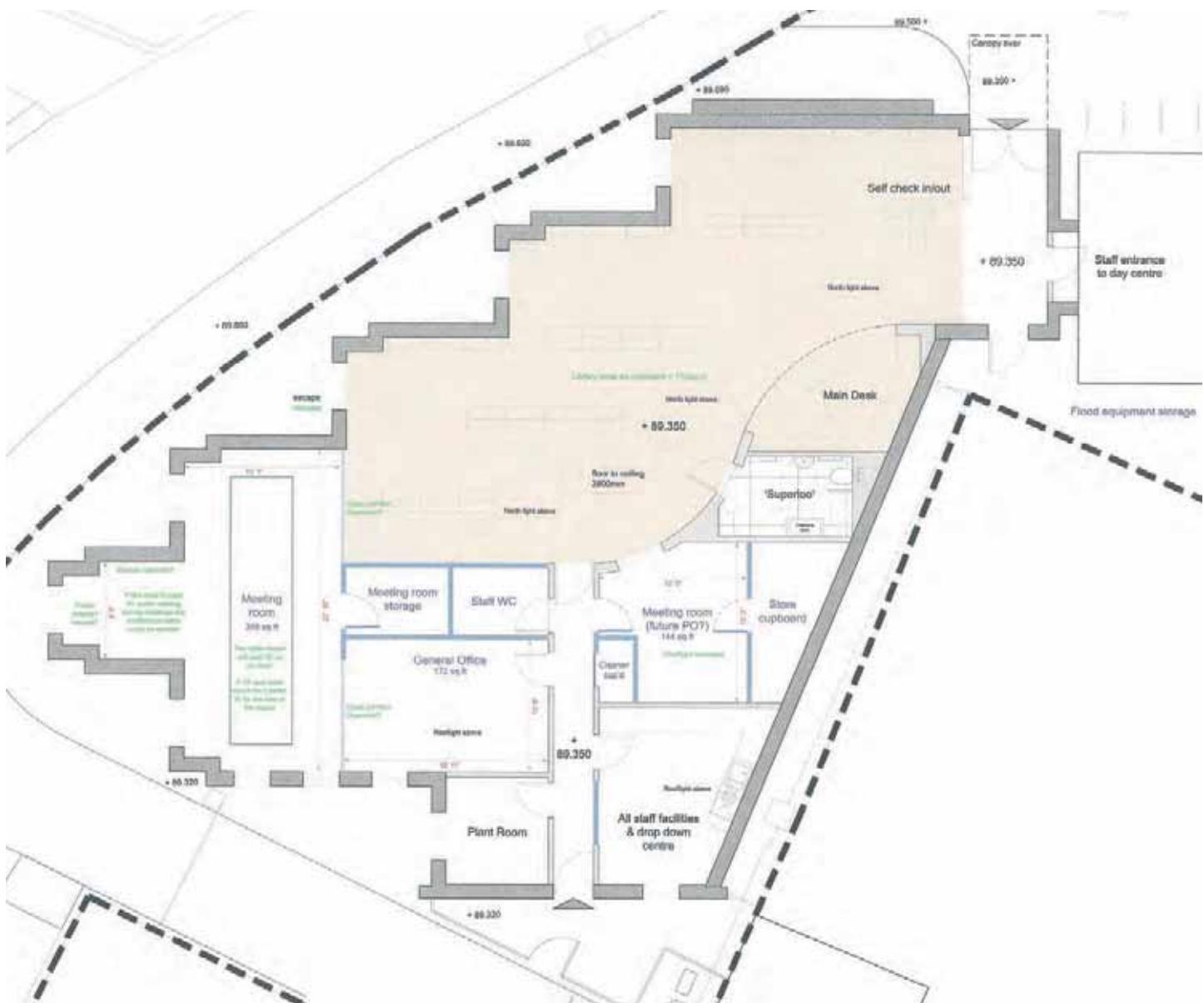
# Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

## NEW COMMUNITY HUB



After a long period of consultation and planning, our new Community Hub Building has finally moved from the drawing board to the construction site and the builders have started work at Crafton Green. The plan below shows how the space will be allocated. On a day to day basis most of the space will be taken up with library services but all the shelving is mobile and can be pushed to one side to create a space that can be used for meetings and other village events. All being well construction work will be completed by April 2017 (see page 22 for temporary library arrangements).



## CHRISTMAS PLANS

By the time you read this it is likely that the first Christmas cards will be on display in Clinton's, and Absolute Travel will be promoting winter breaks to see Santa in Lapland. The Parish Council has also started to think about the festive season.

There have been a number of meetings about the Christmas market which we have organised for the last three years. After careful consideration it has been decided that we will not be holding a market this year. The main issue was the number of events being held locally which was making it difficult to attract stall holders and would have impacted on potential shoppers. The construction work at Crafton Green would have made accessing the only practical site we have for the market very problematic.

We are pleased to report that the Hilton Group has made a long term commitment to sponsor a Christmas Tree which will be located near to the Castle Maltings development in Lower Street. We are also exploring the possibility of having a tree on the Green opposite The Dog and Duck. There is a further possibility that we will have some kind of lighting display on the fountain on Cambridge Road.

## STANSTED IN BLOOM

Our photograph shows Stansted in Bloom organiser, Valerie Trundle with Chair of Open Spaces, Councillor Sam Dunn and all this year's winners who were presented with their prizes at a ceremony at the Day Centre.



There are photographs of some of the winning entries on page 14. The full list of prize winners was as follows.

### Contemporary Back Garden

1st Prize: David Mallyon

2nd Prize: Jennifer Wraith

### Traditional Back Garden

1st Prize: Edward Pretty

## Front Garden

1st Prize: Jennifer Wraith

2nd Prize: The Barton Family

### Garden Area-Organisation Category

1st Prize: Stansted Tennis Club

### Communal Area

1st Prize: David Mallyon

### Tubs and Hanging Baskets

### Business Category

1st Prize: Rose and Crown

Commended: The Cock Public House

### Residents Category

1st Prize: Alison Brown

The judges and organisers were really impressed by the standard of this year's entrants, but are disappointed that more of our residents, who have really impressive gardens that help make Stansted such an attractive place to live, don't enter the competition.

## DAY CENTRE DONATIONS

As part of the Day Centre 'make over' the varied collection of pictures that have been donated over the years that used to adorn the walls have been replaced with historic prints of the village in contemporary frames to create a slightly more modern look. We would like to give the residents who donated the original pictures the chance to reclaim them, so please contact the Parish Council Office if this applies to you. We also have a piano which cannot be used in its current state and would cost too much to repair. If you know who donated this please let us know.

## VOLUNTEER INTERPRETERS NEEDED

Parlez-vous une langue étrangère?

Sprechen Sie eine Fremdsprache?

Czy poszczęduje się językiem obcym?

If you speak any of the languages above, then I apologise for the very dodgy translations which highlights the dangers of using an on-line dictionary. As part of the Parish Council Emergency Planning we would like to have a comprehensive list of residents who speak a foreign language and would be willing to act as a volunteer interpreter, if we ever had an emergency situation which required us to communicate with people who don't have a good grasp of English.

Please contact the Parish Council Office.

## **7/7a BUS SERVICE**

Valerie Trundle writes

The Transport meeting held in Henham on Thursday 30 June was well attended by Council members and Transport representatives, all supporting the campaign to keep this important service for village communities.

The problem arises because the running costs of the service now exceed the amount that Essex Transport can support, so the number of buses and drivers allocated to keep the service running may have to be reduced. The peak times will be maintained along with as many of the others as is possible. Your emails and letters were much appreciated and will be taken into account when considering the future running of the service. Keep your comments coming and please use the 7/7a bus route as much as you can over the next few months to show that we need all the timetabled services that are currently available to Stansted and the surrounding Villages.

The new 7/7a and 301 bus time tables are now available to collect from the Council Offices, Day Centre, and the Surgery.

## **MEMORIAL GARDENS**

Janet Hollis writes:

I think the Parish Council's proposed plans for the Memorial Gardens look magnificent (see July edition of The Link) and sincerely hope funds can be raised to implement them. The Memorial Gardens are so significant, particularly with the increased support and interest, particularly from the young, in Remembrance Sunday, Armistice Day on the 11th November and all other important anniversaries, such as the 100th anniversary of the Battle of the Somme.

I wish the Parish Council good luck with this project which, I think, is on the most beautiful and important piece of land in the village of Stansted Mountfitchet. For the last 13 years I have been organising the rota for the many volunteers who provide flowers for the two vases on the War Memorial between Easter and Remembrance Sunday. Inevitably through age, or people moving away, I lose volunteers so I am always glad to hear of people who may be interested in taking on just one week a year.

My telephone number is: 01279 812073

Email: [janhollis@btinternet.com](mailto:janhollis@btinternet.com)

If you would like to donate a bench to be located in the Memorial Gardens in memory of a loved one, or make some other kind of donation, please contact the Parish Council Office.

## **COMMUNITY ACHIEVEMENT AWARDS**

If you know someone who contributes significantly to the life of those in our village without financial gain, we would encourage you to put their name forward for a Community Achievement Award. Unfortunately you only have until Wednesday 27 July to do this because there are no other meetings before the closing date for nominations. You will need to look at the information on the Uttlesford District Council website for full details of the categories and nomination process.

## **NEWS FROM UTTLESFORD DISTRICT COUNCIL**

Cllr Alan Dean writes

The new chief executive, Dawn French, is beginning to make her mark on the council. We meet informally at least once a month to discuss things that might be improved and I am optimistic that the council is on track to becoming more focused on service to the public, including making better use of we district councillors who are meant to be the eyes and ears of the people who elected us. Miss French came to Stansted in May for a day's walkabout to get to know the village. She is keen that the council as a whole, including its elected members, gains a greater understanding of rural poverty and deprivation.

The Brexit vote in June has been seen by some analysts to have been influenced by some people who feel marginalized from much of society, whether because of poverty or for other reasons. That is a challenge to everyone, including our councils and our councillors to understand.

The ongoing saga of the future of the Cambridge Road site behind Tesco and the Co-op has entered a new phase following the dismissal of the second planning appeal. The District Council will consider whether it can help bring about a more acceptable scheme.

The end of June and most of July were loaded up with a series of meetings aiming to agree a broad strategy for the distribution of future housing and employment in the district. The pivotal decision that should be made by end July is whether or not to include the start of a new settlement within the Local Plan that runs until 2033; how many new homes will be assigned for a new settlement if one is accepted in principle and, therefore, how many will go in existing towns and villages.

I am pleased to report that all the council's new homes in Cannons Mead will have been completed in August after substantial delays for various reasons. Many people have already taken up residence in the new flats and bungalows. The whole area is expected to be landscaped and tidied up by September. This will be a big relief to the many existing residents who have had to put up with much disruption. We have had a very considerate contractor.

#### DATES OF PARISH COUNCIL MEETINGS

##### August

No Meetings

##### September

7th Open Spaces

21st Full Council

#### CONTACT DETAILS

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

#### PARISH COUNCIL MEMBERS

Maureen Caton (Chairman)	813914 <a href="mailto:m.caton@hotmail.co.uk">m.caton@hotmail.co.uk</a>
Mark Capell-Helm	815157 <a href="mailto:mawihtec@live.co.uk">mawihtec@live.co.uk</a>
Catherine Dean	813579 <a href="mailto:catherinemarydean@btinternet.com">catherinemarydean@btinternet.com</a>
Samantha Dunn	810859 <a href="mailto:cllrsamanthadunn@stansted.net">cllrsamanthadunn@stansted.net</a>
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John O'Brien	816772 <a href="mailto:johnedobrien@gmail.com">johnedobrien@gmail.com</a>
Rachel Rands	817413 <a href="mailto:rachelrands@btinternet.com">rachelrands@btinternet.com</a>
Frances Richards (Vice Chairman)	812748 <a href="mailto:frannie.richards@gmail.com">frannie.richards@gmail.com</a>
Juliet Richards	496531 <a href="mailto:julz_dot_com@yahoo.co.uk">julz_dot_com@yahoo.co.uk</a>
John Salmon	814789 <a href="mailto:dandsalmon@gmail.com">dandsalmon@gmail.com</a>
Geoffrey Sell	815925 <a href="mailto:sellgeoffrey@yahoo.co.uk">sellgeoffrey@yahoo.co.uk</a>
Daphne Wallace-Jarvis	812259 <a href="mailto:dwjjwj.444@gmail.com">dwjjwj.444@gmail.com</a>

#### UTTLESFORD DISTRICT COUNCIL MEMBERS

Alan Dean	813579 <a href="mailto:cllrdean@uttlesford.gov.uk">cllrdean@uttlesford.gov.uk</a>
Terry Farthing	661555 <a href="mailto:cllrfarthing@uttlesford.gov.uk">cllrfarthing@uttlesford.gov.uk</a>
Thom Goddard	01371 879122 <a href="mailto:cllrgoddard@uttlesford.gov.uk">cllrgoddard@uttlesford.gov.uk</a>
Geoffrey Sell	815925 <a href="mailto:cllrsell@uttlesford.gov.uk">cllrsell@uttlesford.gov.uk</a>

#### ESSEX COUNTY COUNCIL MEMBER

Ray Gooding	813103 <a href="mailto:cllr.ray.gooding@essexcc.gov.uk">cllr.ray.gooding@essexcc.gov.uk</a>
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#### MEMBER OF PARLIAMENT

The Rt Hon Sir Alan Haselhurst MP	0207 219 5214 Fax 0207 219 5600 <a href="mailto:alan.haselhurst.mp@parliament.uk">alan.haselhurst.mp@parliament.uk</a>
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#### NEIGHBOURHOOD WATCH

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

#### PARISH PUBLIC TRANSPORT REPRESENTATIVES

Valerie Trundle - 813433 Joy Thomas - 813871

#### STANSTED LIBRARY OPENING HOURS

##### Temporary service for our Stansted Library

Stansted Library will have a temporary home for the coming months, while work is undertaken to create a new community hub at Crafton Green.

During this period a mobile library will be available within the car-park adjacent to the site at the following regular times:

Week 1 - Week commencing Monday 1,15 & 29 August

Tuesday 10-1

Friday 10-4

Saturday 10-4

Week 2 - Week Commencing Monday 8 & 22 August

Tuesday 10-1

Wednesday 1-4

Thursday 1-4

Saturday 10-4

This pattern continues on a fortnightly basis. In addition a small collection of books will also be available in the Day Centre next door to the site during their opening times. For more information contact

[Jenny.Salisbury@essex.gov.uk](mailto:Jenny.Salisbury@essex.gov.uk) or  
[Anthea.Wearn@essex.gov.uk](mailto:Anthea.Wearn@essex.gov.uk)

The Baby and Toddler Time is suspended during construction work.

For Renewals and Enquiries tel: 0845 6037628

Email:[stansted.library@essex.gov.uk](mailto:stansted.library@essex.gov.uk)

## DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Neighbourhood Watch	Valerie Trundle Tel: 813433
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Parkinson's UK Uttlesford Support Group	Vivian Falk, Chairman Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk
Beavers Age 6-8	Wayne Browning 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	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.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	Keith Ayres Tel: 07768 023830	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	Tennis Club	Chris Hollis Tel: 319155 Email: chris.hollis2@btinternet.com
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Thornbury Badminton Club	Marion or Shirley Tel: 869896 or 815871
Helpline	Tel: 07704 553727	U3A	Helen, Chair Tel: 812945
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Inner Wheel Club	June Milne, President Tel: 01371 875370 Email: june.milne@ymail.com	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Youth Centre	Linda Barnes Tel: 07947 548051
Little Scrummers	Andrew Poyser Tel: 07738 591232	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.)	
Millers (Windmill)	Molly Clark Tel: 816768		
Mountfitchet Club	John Robinson Tel: 812755		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		

### 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

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# STANSTED BUSINESS FORUM

We are very proud of our links with the community and particularly with schools. Peter, myself, Andrew and Martin from the forum have been busy attending school assemblies at St Mary's, Bentfield and Forest Hall schools, presenting prizes for our Queen's 90th birthday competition. Millways donated three prizes for each school for art and two for creative writing. For us it was absolutely fabulous meeting the children and staff, particularly as one of the prize winners, Marco from Bentfield Green school also had the art work for his crown printed on the cover of the July edition of the Link magazine. We also printed and left booklets with all the prize winners in them at the schools for pupils and their parents. So a big thank you to all the schools and teachers who worked so hard to with their pupils and students to present work of such a high standard.



St Mary's School



Forest Hall School



Bentfield School

## Other News

Well we have had a busy time over the last month out and about promoting the forum and linking with the community. Peter James and Martin Budzinski attended a recent event at the Diamond Hangar Stansted to promote the business forum. They found the event very useful and were kept busy all day with enquiries about the Stansted Business Forum and the benefits of becoming a member. The Forum does not meet in August, so our next meeting will be on Friday 2nd September 7.00am for 7.30am. Please phone Peter James on 813318 if you would like to come and join us and to book your place.



## STANSTED FOOTBALL CLUB

[www.pitchero.com/clubs/stanstedfc2011](http://www.pitchero.com/clubs/stanstedfc2011)

After a month of pre-season work-outs, coaching and friendly matches, the 2016-17 season kicks off at the beginning of August with our first competitive fixture which is an FA Cup Extra Preliminary Round tie away on the 6<sup>th</sup> (kick off 3.00pm) at Hoddesdon Town, who compete in the Spartan South Midlands League. The game will be a tough fixture as our opponents are a very strong outfit who are consistently in the top half of their league. However, our Manager Mark Ashford has now assembled additional qualified FA Coaches and added more experienced players to the squad so is very confident that we can overcome this first hurdle. Our league campaign will, as normal, begin with a series of away fixtures as our agreement with the cricket club does not allow us access to the pitch until September.

Work on the upgrade to the floodlights, including the installation of a new mast and storage buildings will be completed in August. Despite the amount of heavy building plant that has been going across the ground over the summer the pitch has withstood all this activity and is looking in good condition for the new season. Our thanks go to the Sports Association for financing the purchase of seed, fertiliser and top soil. Our new Reserve side is slowly gearing up to their new season; again players over the age of sixteen are welcome to come along to our training sessions, there are plenty of upcoming fixtures where you can impress the management team and maybe push for first team selection. For all the up-to-date news on the team please see our website or <https://twitter.com/fcstansted> <https://en-gb.facebook.com/stansted.fc.9>

Tom Williams  
Tel: 07921 403842



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Gemma Martin RAFVR(T)  
Officer Commanding

## STANSTED HALL & ELSENHAM CRICKET CLUB

The Annual two-day cricket camp is on 16<sup>th</sup> and 17<sup>th</sup> August. Fun for all - members (£30) and non-members (£35) are welcome. Qualified coaches organise activities from 10.00am-3.00pm. Please contact me if you are interested in attending.

Senior cricket is going well with 1<sup>st</sup> and 2<sup>nd</sup> XIs in the top three of Divisions 2 and 6. The juniors are getting a lot of league cricket, weather permitting. All teams are competitive in their respective leagues. The Club has a busy few weeks ahead so let us hope that the sun starts to shine again.



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



## BEEKEEPING

This month my topic will be what bees produce: honey, pollen (bee) bread, royal jelly, beeswax and propolis.

**Honey** is made from the nectar of the flowers that bees visit. Each bee will visit only one type of plant on each flight from the hive, so if there is an abundance of a particular plant, the honey will smell and taste of that plant eg heather. The bees start making honey from enzymes as soon as they start back to the hive. When placed in the honeycomb, the bees flap their wings to reduce its moisture content to about 18%, where it will not ferment. Once reached, the honeycomb is capped with wax and stored as food for the mature bees in winter. During its lifetime of six weeks, each bee produces a maximum of half a teaspoon of honey, so just work out how many bees have worked to make your pound of honey! Whilst collecting nectar, pollen sticks to their legs, which they mix with nectar and their saliva to produce **bee bread** which they carry in pollen baskets on their legs. It is stored in honeycomb on return to the hive and used as food for the larvae. However, all larvae are fed on **royal jelly** (a creamy substance produced in the glands of bees) for their first three days before going on to bee bread. Only those small number of larvae chosen to be raised as new queens will stay on royal jelly until maturity.

**Honeycomb** is made from beeswax, which is made by mature bees in their glands; they must eat 10 parts of honey to produce one part of beeswax, and jointly fly 150,000 miles to produce 1lb of wax. Wax requires 35°C to remain useable, so the hive is kept at this temperature, summer and winter. In summer the bees flap their wings to air condition the hive and in winter will 'shiver' to maintain its temperature. Finally, **propolis**, a sticky substance made by bees from resin, balm, wax, essential oils, pollen and minerals. It is a highly effective disinfectant, and the bees cover every surface with it, including using it to fill gaps. This ensures the hive does not develop any bacteriological growth in the ideal conditions for this to happen (35° heat and 90% humidity). This means both natural honey and honeycomb are not only safe to eat but have many beneficial properties. This is a brief summary of the wonder of bees as a multi-tasking, multifunctional creature working in perfect harmony to ensure the continued survival of its colony – building it, feeding it, sustaining its population and ensuring its hygiene.



John Dockerill  
Email: training@stortfordbees.org.uk



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## May Ball

Two hundred and seventy guests were welcomed to Volac Park on 27<sup>th</sup> May, as Cambridge Rugby Union Football Club raised £4975.50 for the Hospice. The May Ball Committee were keen to mark a successful 2015/16 season during which they secured the National League 2S title and subsequently reinstated the event after a six year hiatus.

## Arthur Bear's First Birthday

On 21<sup>st</sup> June the charity's mascot, Arthur Bear, celebrated his first birthday in the day therapy lounge, with guests including Hospice staff, volunteers, patients, visitors, his friends and sponsors from Quy Mill Hotel. The cuddly 6ft bear reflected on highlights of the last 12 months which included attending his first ever collection at Sainsbury's Coldham's Lane, visiting patients on the ward on Christmas Eve to sing carols and dressing up in top coat and tails for Afternoon Tea at Quy Mill.



Arthur Bear had a fabulous birthday cake courtesy of Quy Mill Hotel. He is inviting people to become a Jam Jar Superstar! Simply email your name and address to [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk) and he will send you a sheet of stickers and instructions on how you can help raise funds for the Hospice. For more information about Arthur Bear, or to invite Arthur to your fundraiser call 01223 723115 or visit [www.arhc.org.uk/arhc-arthur-bear.asp](http://www.arhc.org.uk/arhc-arthur-bear.asp).

## Campaign Video

Cambridge is the setting for the Hospice's new awareness campaign, **Team Arthur**. The city provides a vibrant backdrop and colourful protagonists for the new campaign video, featuring a diverse cast of Cambridge names, including Stephen Hawking, the Rosie Hospital and St Catherine's College. The joint initiative with video agency Somersault (who has donated their fee to the charity) aims to extend awareness of the special nature of the Cambridgeshire Hospice's care. It can be viewed on YouTube at <https://youtu.be/tpXZ8N1v5Uk>. We hope that viewers will be inspired to donate to the new hospice appeal. Visit [www.teamarthur.org](http://www.teamarthur.org) to find out how to get involved.

Dawn Easby  
PR and Communications Officer

We celebrated the Queen's 90<sup>th</sup> birthday in style at our June meeting. Our speaker, Rosemary Wheeler spoke on the subject of 'Hats galore'. She explained that the word hat was coined by the Elizabethans; before that time hats were known as *head dress*. She modelled a number of hats from her vast collection telling us that she had acquired a love of hats from her mother, and she fondly recalled her first grown-up hat worn on Easter Day. She still buys a new hat for Easter, buying most of them from a shop in Burnham Market which has over 5,000 in stock to choose from, and has the Duchess of Cambridge as a customer! In fact three of Rosemary's hats had royal connections - two of them had been worn at Buckingham Palace garden parties and the other was modelled on one worn by the Queen for her Silver Jubilee celebrations back in 1977. As befited the occasion our members wore their best hats, some of which were specially designed for the occasion. Rosemary judged our competition for the best hat and we rounded off a special afternoon with a delicious tea prepared by the Committee, including a glass of champagne for the royal toast. We have a group meeting in August so our next monthly meeting, which will also have a royal theme, is on Wednesday 21<sup>st</sup> September at 2.15pm in Ugley Village Hall when Gary Fisher will be speaking on the 'Queens of Henry VIII'. Please come and join us - visitors are always most welcome!

Andrea Fitt  
Tel: 815922



**STANSTED MOUNTFITCHET WINDMILL**

In the last month we had visits from a lovely party of young people who were staying at Gorsefield. We then had a group of students from Forest Hall School who came as part of their 'Help in the Community' project and our thanks go to them for it transpired they were very helpful indeed in weeding the footpath approach to the Windmill, cleaning windows, and were very adept with the vacuum cleaner. Our main event of the year is the annual Windmill Fête on Bank Holiday Monday 29<sup>th</sup> August 2.00pm-5.00pm and is fast approaching. We have a few places left for traders so to avoid disappointment anyone interested in booking a stall should contact me sooner rather than later! The Fête will have something for everyone; many games for children including our now famous Teddy Parachuting. Bring a teddy or another soft toy and watch it parachute off the Windmill. The cake stall is always popular. If you can bake please bring us a cake to help swell our funds. We would also welcome any unwanted gifts for the tombola. This year we are hoping the weather will be kinder to us than the last two years! However, should it again transpire to be unfavourable we hope to be in St John's Church Hall, so do please come along and support us.

### Windmill Open Days 1.30pm-5.30pm

Sundays 7<sup>th</sup> and 28<sup>th</sup> August; Bank Holiday Monday 29<sup>th</sup> August (with Fête); Sunday 4<sup>th</sup> September.



Molly Clark  
Co-Trustee  
Tel: 816768

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**Stansted  
Cricket  
Club**

Our congratulations go to Matt Abbotson, who got married recently. The Club has taken delivery of the new flat sheet cover. Extra security has been installed following a break-in overnight on 19<sup>th</sup>-20<sup>th</sup> June. After eleven rounds of league matches the 1<sup>st</sup> XI are now 4<sup>th</sup> in Division 1 with five wins, and the 2<sup>nd</sup> XI are still bottom of Division 4 with a single win. The Sunday XI have had three wins, one draw and four defeats. The delayed 2015 HECL Cup Final against Matching Green will now take place on Sunday 24<sup>th</sup> July at Birchanger CC. In the 2016 Cup the Club will play Hatfield Heath in the semi-final (date and location to be confirmed). Notable individual batting performances to date include:- C Kirby (139, 58 no), J Baker (101), M Cope (91), C Allen (73, 72), J Ayres (69 no), M Allen (64), J Monk (61), M Burgoine (60), J Subramaniam (60), and R Naylor (52). On the bowling side M Cope took an astonishing 6-17 against Hatfield Heath! Home fixtures for August are:

Sat 6<sup>th</sup> 1.30pm 1<sup>st</sup> XI v Birchanger I  
 Sun 7<sup>th</sup> 2.00pm Sun XI v Woodford Green  
 Sat 13<sup>th</sup> 1.30pm XI v High Beach  
 Sun 14<sup>th</sup> 2.00pm XI v Chrishall  
 Sat 20<sup>th</sup> 1.30pm XI v Theydon Bois I  
 Sun 21<sup>st</sup> 2.00pm Sun XI v TBC  
 Sat 27<sup>th</sup> 1.30pm 2<sup>nd</sup> XI v High Roding II  
 Sun 28<sup>th</sup> 1.30pm Sun XI v Thorley

The Club would like to invite anyone interested in scoring 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  
 Tel: 812509  
 Email: dchedge49@gmail.com



**STANSTED  
BOWLING  
CLUB**

**Havers Park (Kent Cup):** After the second leg at Havers Park on Sunday 3<sup>rd</sup> July, the cup was won by Stansted.

**A Team:** Congratulations on winning your last eight matches.

**B Team:** Played eight and won four.

**Seniors:** Second in League at the moment, won quite a few lately. One game to re-arrange with Saffron Walden.

**Ladies Monday night League:** We are equal 3<sup>rd</sup> place as we go to press, well done.

**Ladies Friendlies:** All played within good team spirit.

**Bert Grub:** (Club Competition) very close game, overall winner was Peter Short.

**August Home Fixtures:**

Saturday 13<sup>th</sup> 2.30pm Stebbing

Saturday 20<sup>th</sup> 2.30pm Captain's Day (Support 4 sight – Sponsorship Day). This is an open day and everyone is welcome. Come along and see the green and what we do.

Wednesday 31<sup>st</sup> 5.30pm Clavering

You are more than welcome to come and watch any of the above home games.

Doreen Scraggs, Hon Secretary  
 Tel: 815036 or 07812 483178

Email: doreenscraggs@talktalk.net

**Stansted Tennis Club**



www.stanstedtennisclub.co.uk

**Adult/Child Tournament**

Six pairs competed in this annual event, which was successfully reinstated last year. After the two round-robin groups had battled it out for points in the opening round, the knockout stage saw some fiercely contested family contests. The final was won by last year's runners up, the mother and son pairing of Ginette and Tom Basten. They beat father and son, John and Adam Nichol 6-1 to lift the trophy.



**Stansted in Bloom**

The Tennis Club was delighted to win 1st prize in the Organisation section for Stansted in Bloom. Thanks to all our members, who planted, watered and weeded over the last couple of months.

**Ladies' Night**

Monday 8<sup>th</sup> August from 7.00pm. All lady members (especially new ones) are welcome to come along and play.

**Wilby Tournament**

This popular adult doubles tournament will take place on Sunday 14<sup>th</sup> August, starting at 1.30pm. Members are encouraged to sign up on the clubhouse noticeboard if they would like to play.

**Essex Small Clubs One Day Tournament**

This annual event will take place on Sunday 28<sup>th</sup> August, starting at 12 noon. The Club is hoping to field a team for this event, which will consist of a ladies' doubles pair, a men's doubles pair and a mixed doubles pair.

**Club Tournament and Hospital Cup**

Please could all members who are still involved in either of these competitions ensure they have arranged and played their matches by the relevant play-by dates.

**Tennis balls**

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

**Contacts**

Jon Budd (Secretary) 647020, Chris Hollis (Acting Chairman) 319155. For more about information, visit our website.



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



Taking advantage of the long summer evenings, our June meeting was an enjoyable visit to the garden at *Spencers* in the village of Great Yeldham. Built in 1760 on the site of an earlier Tudor manor house, the estate comprises 100 acres of woodland, grazing and garden, and was bought for Lady Anne Spencer. Granddaughter to the 1<sup>st</sup> Duke of Marlborough and an ancestor of Princess Diana, she was the first offspring of the joining of the Churchill and Spencer families. Another famous resident was Lord 'Rab' Butler and the 'true blue' delphiniums grown in the walled garden bear his name. On arrival members were met and given a short tour by the current owner and were then left to wander around the gardens at ease. During the tour we were shown *The Potting Shed* - this is not the usual potting shed! Built in Georgian times, it is brick built, with a steep roof inside a parapet wall. Between the roof and wall is a gully which directs rainfall into the building. The whole of the first floor is an enormous water tank holding thousands of gallons of rainwater. Building historians from all over the country come to visit it. In the walled garden the timber framed greenhouse shown below also dates back to 1760 and is said to be the oldest greenhouse in Essex. To maintain it, all glass in one panel has to be removed whilst a new frame is made and is then re-putted into place. The panes of glass are very small and are very thin and fragile.



The herbaceous borders are full colour with swathes of roses, beds of delphiniums, lilies and foxgloves, pathways draped with hardy geraniums and lavender, and pergolas covered with climbers. There is also a woodland walk along the bank of the River Colne. Around the house specialist trees have been planted - the tulip tree and magnolia (with 10-12" flowers) were in bloom and the foxglove tree (paulownia) in bud.



Although over for this year (flowers mid-May), a wisteria grows up tall yew trees and the mauve flowers tumble down like a waterfall.

**Next Meeting** Wednesday 3<sup>rd</sup> August Day Centre  
*Soil, Sweat and Tears* by Brian Carline. Doors open 7.30pm for 8.00pm start. Refreshments prior to meeting. Membership available. **Members Rose Bowl Competition** Title A *Summer Rose*, a single rose (any variety, any colour) in a small vase. One entry per member.

Maralyn Harris  
 Tel: 07919 478144



[www.facebook.com/spangles2](http://www.facebook.com/spangles2)

We have lots of things going on at Spangles to keep you and your children entertained over the summer break. Our usual timetable is still running but in addition we have the following **free** special events :

**Thursday 28<sup>th</sup> July** 10.00am-11.30am Dear Zoo themed play session.



**Thursday 11<sup>th</sup> August** 11.30am-1.00pm picnic on the Recreation Ground - join us for a friendly meet and sports games. Bring your picnic and a teddy bear!

**Thursday 18<sup>th</sup> August** 10.00am-11.30am Under the Sea themed play session.

**Thursday 25<sup>th</sup> August** 10.00am-11.30am Summer Party – join us for a summer celebration of fun games, messy play and tasty snacks! These sessions are planned for children under five; however older siblings up to eight years are welcome to attend too. There is no need to book, just turn up and enjoy the fun!

If you are a dad or male carer with a child aged between 0-5 years, join us on Saturday 13<sup>th</sup> August 10.00am-11.30am for Just4Dads, a fun, free, stay- and-play session just for men and their little ones! Tea, bacon sandwiches and snacks for children available too. Just4Dads runs on the 2<sup>nd</sup> Saturday of each month.

On Tuesday 16<sup>th</sup> August we have a Weaning Workshop from 10.00am-noon. Just turn up and find out more about infant feeding and weaning your baby onto solids, including information about Baby Led Weaning. Bosom Buddies, breastfeeding support and advice, continues to run alongside our Baby Weighing Clinic on Wednesdays 1.30pm-3.15pm. Pop in and have a chat with our friendly peer support workers.

Is your two year old eligible for **free childcare**? Find out if your child could enjoy 15 hours a week with a childcare provider such as a pre-school, day nursery or childminder. You may qualify if your family is eligible for free school meals or receives certain benefits including Income Support, JSA, Child Tax Credits. Contact Spangles to find out more and to apply for funding for your child. Our current timetables can be found on our Facebook page –. We look forward to seeing you and your under 5s in Spangles soon!

Louise Hainsby  
 Tel: 812348  
 Email: [spangles@spurgeons.org](mailto:spangles@spurgeons.org)

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## ACT ONE ARTS BASE

I am David Richardson and between 9.30am and noon on Thursday 15th September I am swimming 2.5k (100 lengths) of Grange Paddocks pool in Bishop's Stortford. I have been involved with Act One Arts Base, a small charity based in Hertfordshire, since 2011. We run workshops in Ware and Watford, providing dance and other arts opportunities for everyone with a wide range of disabilities. Imagine coming into a room and seeing people having fun. Simultaneously you witness transformations through dance, what I call the "I can" principle – journeys from low self-esteem to confidence, from isolation to inclusion, support and friendship. Please plunge into your pockets. Help Act One keep dancing and showing "We Can". You can donate through [www.justgiving.com/fundraising/David-Richardson49](http://www.justgiving.com/fundraising/David-Richardson49). For further information please contact me. Thank you for your support!

David Richardson

Tel: 899157

Email: [dddhhrrr@gmail.com](mailto:dddhhrrr@gmail.com)

## ROTARY CLUB



### Good weather helps Rotary Stort Walk take-off

Attendance at the walk was substantially higher than last year, due partly to the good weather, but mainly to the addition of a third shorter circular walk out of Leventhorpe School, a quiz element for the younger participants and a photographic competition. Family and friends of the participants and other guests, including the Mayor of Sawbridgeworth, Councillor David Royle, joined for the climax in beautiful Pishiobury Park where we were regaled by a band, beer and burgers and, for the youngsters, a bouncy castle. Some participants used the walk as a platform to raise sponsorship for their own favoured charities and we hope they will let us know what they achieved. For the Club's part we hope to have made nearly £700 on the day which will be donated to the Essex and Herts Air Ambulance.



This is the second year the Stort Walk has been staged and it was led this year by the Rotary Club of Harlow Tye supported by the other District 5 clubs: Bishop's Stortford, Dunmow, Epping Forest, Harlow, Sawbridgeworth & District and Stort Valley. The event was launched last year and doubling participation this year is encouraging to those who think it could become an annual event.

Martin Budzinski

Tel: 07803 878961

Email: [martin@voucherpacks.com](mailto:martin@voucherpacks.com)

## VOLUNTEERING OPPORTUNITIES

[www.stanstedfamilycafe.org](http://www.stanstedfamilycafe.org)

### Volunteering Opportunities for Young People

If your son/daughter needs somewhere to do the required number of hours of community service for a **Duke of Edinburgh Award**, or for the **International Baccalaureate**, we may have an opportunity which they would enjoy. Activities at the Stansted Family Café are varied – from working on a team helping younger children with craft activities, to barista work (learning to use a professional coffee-making machine to make cappuccinos etc), setting up and clearing down the café, and basic hospitality/kitchen experience. Volunteers usually prefer to work mostly in the kitchen/coffee area, or with the children, but it is perfectly possible to do a mixture of both - or to try out both and then decide later. Most volunteers do a three-hour session once or twice a month.

No experience is required as any necessary training will be given. We are fully insured and after an informal interview and trial session, if everyone wants to go ahead, we can arrange DBS checks, safeguarding training etc where required. We are a local community project, and young volunteers will find themselves working on a team with older volunteers at all times, so no-one needs to work alone, and there is always someone to ask if you are unsure about something. Unlike most commercial organisations we are able to accommodate one or two volunteers per year under the age of 16, as well as 6<sup>th</sup> formers and students. Some of our previous young volunteers have found the experience helpful for getting a part-time job while studying later on, or as something useful to add to their CV or UCAS Personal Statement. We are always happy to provide references for anyone who has worked with us for a few months or more. Some of our volunteers have enjoyed the experience so much, they choose to continue long after their required community service hours have been completed!

### Volunteering Opportunities for Adults (18+) in Stansted

We can provide opportunities for adult volunteers at Stansted Family Café and we have other projects running, and more coming soon, which also provide different opportunities for volunteers. If you are over 18 and looking to volunteer we also have knowledge of other groups in Stansted who take on volunteers as well, so if the timings or specifics of what we can offer do not suit you we may be able to point you in the direction of a suitable opportunity. Please contact me for further information.



Ros Page

Tel: 810813

Email: [contactstanfam@yahoo.com](mailto:contactstanfam@yahoo.com)

## STORT INTERFAITH QUIZ

Saturday 24<sup>th</sup> September 7.00pm for 7.30pm in St John's Hall. Quizmaster David Morson. Bring your own drink and glasses. There will be a raffle and light refreshments. Teams of eight (approximately). Tickets £8 on the door or from me.

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Situated less than fifty miles north of Stansted, Ely is one of the smallest cities in the UK with a population of just over 15,000. Most famous for its magnificent 11<sup>th</sup> century cathedral, Ely offers a variety of experiences and tour activities for a memorable day out. The Great River Ouse which runs through the heart of the city is a great place to begin your day out - with a cruise on Ely's fenland cruiser the Liberty Bell. During the 30-minute fun cruise you are treated to on board commentary learning about the region's history and local wildlife.

If cruising is not for you, then why not take the *Ely Eel Trail*? This tour cleverly captures the life of an eel in five pieces of public art placed close to major points of interest and parks around the city. It's said that the city's name (Ely) is derived from the Isle of Eels when Ely was a place surrounded by water and marshland. The *Ely Eel Trail* begins fittingly at Oliver Cromwell's house, which doubles as an interactive tourist attraction and houses the tourist information office. Cromwell ruled the UK between 1653 and 1658. Legend has it his wife, Mrs Cromwell regularly used eels in her cooking. Copies of her eel recipes are available from the kitchen at the house. To help you find your way around, the *Ely Eel Trail* is marked by 70 eel engraved brass way markers. If you fancy a more organised experience, then Blue Badge Guides will take you on a knowledgeable tour around the historic buildings and medieval streets, leaving you with an authentic feeling of what life was like hundreds of years ago during and beyond the times of Cromwell. After an active day of exploration and fun, why not spend a relaxing couple of hours on Ely's lovely riverside area, where you will find plenty of places to eat, drink, relax, listen to music coming from nearby Jubilee Gardens and watch the activities on the river. During the months of July and August look out for the various fairs and music festivals that are held in the city. Ely may be a tranquil little city, but this little gem has plenty of interesting things going on to keep everyone happy.

Ken Whyne

**Special Offer: Entry to Oliver Cromwell House is normally £4.90 adult, £3.40 child, but Link readers can get 2 for 1 entry on production of the voucher opposite.**



[www.facebook.com/BirchangerNursery](http://www.facebook.com/BirchangerNursery)

The children took part in so many activities this summer term and especially enjoyed the culmination of the Olympics topic, cheering for each other on our super sunny sports day. We all took a trip to Daisy May's Farm to see piglets, hold chicks, feed goats and bottle feed lambs. The venue for our traditional end of year family outing was the Saffron Walden Museum where many children had their first look into a microscope and enjoyed digging for hidden treasures in the sand pit. Our older children performed their leavers concert on stage with music and songs that were very moving for us all to watch. We will miss them dearly and their families as they move on to their big schools but would like to wish them lots of luck.



In September *Forest School* (a national initiative) will be part of our normal funded sessions run by our fully qualified Forest School Leader, Jackie Roberts. We use a local wood just a short walk from the nursery where children get to experience many activities promoting independence, creativity, knowledge of the natural world, self-confidence and problem solving. It has been quite magical to see the transformation in the children in these areas with more visits to the woods. If you are interested, we have a few places for September; to apply during the August break please email us on [admin@birchangernursery.org](mailto:admin@birchangernursery.org). Birchanger Nursery is a highly respected local preschool in the grounds of, but separate from, Birchanger Primary School for children aged 2 to 5.

Nadine Lloyd  
Birchanger Nursery Committee

### Oliver Cromwell's House - 2 for 1 Entry

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## Nature Notes

### The Red Fox (*Vulpes Vulpes*)

The red fox is the most abundant species of *Vulpes* (fox). They currently live in most sections of the northern hemisphere, and are present in Australia, brought there by humans for fox hunting in the 1830s. Foxes are members of the dog (Canidae) family. A female fox is called a vixen, a male fox is called a dog fox or a tod, and baby foxes are called pups, kits or cubs. A group of foxes is called a skulk or



a leash and they live in a den that is normally a burrow underground, also known as an earth. Foxes have whiskers on their legs as well as around their faces, which they use to help them find their way around in the dark. Foxes are the only type of dog capable of retracting their claws and have vertical pupils just like those of cats; they can live up to 14 years old, although most rarely see two years. They have amazing hearing that can hear a watch ticking 40 yards away and use 28 different types of calls to communicate with each other. Fossils have been found that are around seven million years old, which make them one of the earliest Canidae (dog) in the world.



Foxes are mostly active at night, their eyes being specially adapted to night-time vision enabling them to roam their territory, foraging for whatever food is available. My parents often find eggs in their flower pots, carefully placed there by a fox to store for a later day. Foxes breed only once a year, in January or early February. Courting foxes can be heard barking or uttering unearthly screams. Next time you watch the TV series *Midsomer Murders*, listen to the background noises - they must have a huge fox problem!



Steve Leaney  
Tel: 647177



### HUW JOHNSON CLUB

The Club has been busy over the past few weeks, before we wind down for our summer break. Our Film Night was held, rather uniquely, in the church – thanks to Vic and Ray who helped set up all the equipment – and the dulcet tones of Pierce Brosnan singing in *Mama Mia* were enjoyed by all! We were very lucky with the weather for our Sports Night, held at the Lentons' house, with the sun making a last-minute appearance. It meant we were able to enjoy a circuit of different sport challenges before having an outdoor picnic. We also had a games evening, bowling competition and a treasure hunt, where teams were tasked with solving numerous clues – thankfully the sun came out for that too! We have our annual BBQ (catered by the Embletons) coming up to celebrate the end of term, and then we have a couple of months off before re-starting on Thursday 22<sup>nd</sup> September.

Our summer trip to Woburn Safari Park is on 3<sup>rd</sup> September – we have arranged for a coach to drive us around the park, as well as lunch – thanks to all those who have supported the Club over the past year which has meant we are able to provide the trip for everyone for free. A big thank you to everyone who put money in the collecting tins at the *Dog and Duck* pub on Lower Street – we have not had a chance to count it all yet, but they were very heavy! I will let you know the total next month. We are always looking for new members and helpers, so if you would like to help out or would like any more information about the Club, please contact Sandra Embleton (812627) or myself.

Katharine Collis

Tel: 461270



### THE FORGOTTEN GARDENS OF EASTON LODGE

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

Our open day on Sunday 21<sup>st</sup> August sees a special Pirate Trail for our younger visitors with quizzes and challenges; though, as ever, there will be plenty for everyone to enjoy. This is also the month when the Italian Garden is at its best and well worth a visit. There are guided tours at 12.30pm and 2.30pm which cover all aspects of the garden's history. There will be a selection of craft stalls, and for children there will be our usual range of craft and nature activities and there is plenty of space to run around - not to mention croquet on the lawn! Bacon rolls and cheese rolls will be on sale at Daisy's until 2.15pm with hot and cold drinks and delicious homemade cakes available until 4.30pm. We welcome people to bring their own picnics and now have picnic benches in the walled garden especially for visitors to use. Gates open at 11.30am and the gardens close at 5.00pm (last entry 4.00pm). Entrance is only £4 adults, children **free**, making it a very affordable day out, especially for families. Dog lovers are reminded that their pets are more than welcome as long as they are kept on a lead. For more information please call 01371 876979 (unattended but if you leave a message we will get back to you), or email: [enquiries@eastonlodge.co.uk](mailto:enquiries@eastonlodge.co.uk).

Helen Carter  
Trust Administrator

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<b>Building Services</b>	A C Wright Building Contractors Churchills General Builders D S Designs (Architects) Hibbs & Walsh (Architects) David Fortune (Builder)	36 36 IFC 36 OBC	<b>Interiors &amp; Gifts</b> <b>Jeweller</b> <b>Legal</b> <b>Leisure</b> <b>Motor Services</b>	Just Like Wendys John Wilson Lever & Co Solicitors Elsenham Golf Club D Bonney & Sons Conway Chauffeur Drive	36 10 18 IBC 28 IFC
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<b>Cleaning</b>	Nouvelle Carpentry & Building Clear Ovens Domestic Goddesses Ecaterina Domestic Cleaning Go-Jo Quality Cleaning Herts & Essex Carpet Cleaning Oven Bright	34 16 IBC 16 16 16 16	<b>Painting &amp; Decorating</b>	Ada Decorating Brown's Painting & Decorating CSC Plastering David Duncan Decorating Lesley Anne (Decorating) MWR Interiors Prime decor Ray on the Hill Shutes Painting & Decorating T F Plastering	32 32 34 32 32 32 32 32 32 34
<b>Community &amp; Care</b>	Hearing Help Helpline Mountfitchet House Care Home	12 16 26			
<b>Computing</b>	Stansted Social Club	22			
<b>Dance</b>	MCM Computer Services	10			
<b>Dental</b>	Graham School of Dance Mitchell School of Dance	8 8	<b>Personal Services</b>		
<b>Education &amp; Children</b>	Simply Teeth Whelby Dental	8 8			
<b>Electrical</b>	Jan Rickwood (Baby Massage) Music Lessons Rainbow Pre-School Tuition	12 10 18 10			
<b>Fam History</b>	Albury Electrical Services	30			
<b>Financial</b>	CK Electrical	30			
<b>Food</b>	Dean Mason Stansted Electric	34 30	<b>Pest Control</b>		
	Past Discoveries	18			
	Mansell & Co Accountants	IBC	<b>Photography</b>		
	Crimson 8 Chinese	IBC			
	Dog & Duck	24	<b>Pilates</b>		
	Lams Chinese Takeaway	24			
	Linden House	OBC	<b>Plumbing &amp; Heating</b>		
	Lower Street Brasserie	IBC			
	Mayflower Chinese	24			
	Sonargow Indian	24			
	The Bean House	24			
	The Cork House	24			
<b>Funeral Services</b>	Bishop's Stortford Cooperative	26			
<b>Furnishings</b>	Daniel Robinson & Sons	26	<b>Printing</b>		
<b>Garden Services</b>	Stort Blinds	IFC			
	Cox Farm & Forestry	38	<b>Property</b>		
	Crystal Clear Ponds	34			
	D Honour & Son (Landscapes)	OBC	<b>Maintenance &amp; Improvement</b>		
	Lawn Supremacy	38			
	Logs Logs Logs	38			
	Mowtivated	38			
	The Secret Gardener	38	<b>Retailers</b>		
	Tree Management Company	38			
	Uppercut Trees	38			
<b>Hairdressing</b>	Barnet Fayre	12	<b>Spiritualists</b>		
	Lino Thomas	OBC			
<b>Ironing</b>	Dunmow Ironing Parlour	34	<b>Travel</b>		
			<b>Will Writing</b>		

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