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**Front cover:**  
Pia Young and Granddaughter  
Selina  
Taken by UK Skydiving

Stansted Mountfitchet Village Magazine

# The Link

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

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The Link is produced by Stansted Mountfitchet Magazine Community Interest Company and supported by local churches, businesses and the Parish Council. It is delivered free to over 3000 homes and businesses in Stansted. Further copies may be purchased for £1 each or £11.00 per year, plus postage. Each edition is also available on our website.

## EDITORIAL



Back in April I asked the question, **When was the last time you gave up something valuable to help someone else?** *Thought for the Month* reminds us, we all have something we can give on page 2. Our cover photograph this month, captures the moment just before 77-year old Pia Young and her granddaughter Selina, boldly brush aside their fears to embark on a 15,000 feet skydive, with the aim of raising £1000 in aid of four worthy charities. Pia and her granddaughter are an inspiration to all of us; show them your support by reading their story on page 29. Stansted Surgery has a new Practice Manager in place; find out about some of the exciting changes that will be taking place at the Practice in the coming months on page 11. Set your children's imagination running wild with the story of *Antonia and the Great-Breasted Gobbler* on page 25. With subsidies for school transport now removed, Citizens' Advice Bureau offers guidance to those families facing significant fare increases to get their children to school, on page 35.

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**CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent separately (jpeg).**

By email (preferred) to [editor@stanstedlink.org.uk](mailto:editor@stanstedlink.org.uk) by **noon** on **11<sup>th</sup> September** for the October issue or by hand/post by noon on **8<sup>th</sup> September** to 7 Blythwood Gardens, Stansted CM24 8HG.

**DISCLAIMER** Opinions in The Link reflect those of the authors and contributors. Publication (on paper or electronically) of articles, advertisements or product/services information does not constitute endorsement by The Link nor is any culpability accepted for work undertaken by advertisers.

**Stansted network** is compiled by Stansted Mountfitchet Parish Council. Stansted Link is printed by CZ Design and Print.

## THOUGHT FOR THE MONTH

Jesus said "It is more blessed to give than receive" – but most small children would disagree! As children we are just excited to open our presents at Christmas and on birthdays, but as adults we often get the most pleasure from seeing children or others unwrapping the gifts we have carefully chosen for them – even if they didn't cost a lot to provide. J K Rowling, Bill Gates, Warren Buffet and a number of other very wealthy people seem to agree with the principle too. Some of them have pledged to give away half of their wealth over their lifetime, to help others in need;

J K Rowling famously took herself off the Forbes Billionaires list by giving away a large proportion of her wealth to charity. Biographies of famous entrepreneurs such as Jim Collins or Timothy Ferris (and others of *Dragon's Den* fame) reveal that many wealthy people have concluded that the most enjoyable and worthwhile thing they can do with their money ... is to give it away!



Ros Page  
Stansted Family Church



**Contact:** Howard and Ros Page  
Tel: 810813

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

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

Our @27 meetings are normally held on alternate Tuesdays, 12<sup>th</sup> and 26<sup>th</sup> September 7.30pm coffee for 7.45pm start. @27 is a house-church or homegroup-style meeting with modern worship music, a Bible-based *thought for the day*, discussion, prayer and more. If you are looking for Christians with a contemporary outlook, a desire to grow in our faith and a vision to benefit our community, why not get in touch? All welcome - you do not have to be a member of Family Church, or any church, to attend. If you would like to join a prayer walk, or have a prayer-request, please contact us. We also run a children's group for 7 to 11-year olds, called **Investigators** on Fridays from 6.15pm to 7.45pm, which is affiliated with Churches Together in Stansted.



Howard and Ros Page  
Tel: 810813  
Email: [contactsanfam@yahoo.com](mailto:contactsanfam@yahoo.com)

### From the Registers

#### July

##### Wedding

29<sup>th</sup> John Edward Nicholas Bone and  
Jennifer May Park

There were no baptisms or funerals  
In July.

**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: [stjohns.church@btinternet.com](mailto:stjohns.church@btinternet.com)  
Website: [www.stanstedstjohns.btik.com](http://www.stanstedstjohns.btik.com)

**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 (2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sundays)  
9.30am Family Communion (1<sup>st</sup> Sunday)

##### Tuesday

9.15am St John's Tots

##### Wednesday

9.00am Morning Prayer  
10.00am Holy Communion

##### Thursday

10.30am-noon The Coffee Pot

##### 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.

## ST JOHN'S 300 CLUB

Many congratulations to the winners of the July draw:

£200	No 76	Margaret Hill
£100	No 45	William Kent
£50	No 28	Edmund Wilkinson
£25	No 58	Majel Elsom

The draw for September will be held on Sunday 24<sup>th</sup> September in St John's Church following the 9.30am service.

Numbers are still available for anyone who may wish to join at a cost of £2 per month per number. Please contact me for an application form if you would like to be in with a chance of winning whilst helping to support the work of St John's Church.



Ann Lee  
Tel: 813310



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

**Minister** Rev'd Roy Fowler  
Tel: 814809  
[minister@stanstedfreechurch.org.uk](mailto:minister@stanstedfreechurch.org.uk)

**Lettings** Marion and Mike Dyer  
Tel 814059  
[lettings@stanstedfreechurch.org.uk](mailto:lettings@stanstedfreechurch.org.uk)

### Preachers for September

3 <sup>rd</sup>	10.30am	Nicola Grieves – New Directions
10 <sup>th</sup>	10.30am	Rev'd Gill Hulme
17 <sup>th</sup>	10.30am	Karen Quelch - Harvest
24 <sup>th</sup>	10.30am	Rev'd Roy Fowler – Communion

## 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)

**Clerk** Jane Mitchell  
Tel: 503024  
Email: [sjane.mitchell@ntlworld.com](mailto:sjane.mitchell@ntlworld.com)

**Lettings** Richenda Whitehead  
Tel: 07773 603618  
Email: [richendajw@live.com](mailto:richendajw@live.com)

**Meeting for Worship** Sunday, 10.30am every week

**Light Group** (Guided Meditation) 10.30am-12 noon 9<sup>th</sup> September. The 'Experiment with Light' is a process that helps people deepen their spiritual lives by discovering what it means to 'wait in the Light' as early Quakers did.  
**All are welcome to attend.**

## ROMAN CATHOLIC

### St Therese of Lisieux

High Lane, Stansted CM24 8LQ  
[www.sttheresastansted.org](http://www.sttheresastansted.org)

**Priest** Father John Garrett

**Office** Tel: 816889  
Email: [stansted@dioceseofbrentwood.org](mailto:stansted@dioceseofbrentwood.org)

**Masses** Saturday 6.00pm  
Sunday 10.00am  
Holy Days of Obligation 8.00am and 7.30pm  
Tue, Wed, Thu, Fri 9.30am

**Confessions**  
Saturday 10.00am  
and by appointment

**Baptisms** By appointment



### Village Harvest Supper Sunday 29<sup>th</sup> October 5.30pm

Please note the slightly earlier start time for this year. There will be a fish, chicken or veggie burger supper followed by light entertainment by the churches. More details in next month's Link.



Helen Baker  
Tel: 814865



## GROVE COTTAGE FESTIVAL OF FLAVOUR

Sunday 17<sup>th</sup> September 11.00am-5.00pm on Swarder's Field, Bishop's Stortford. Entry £4, children free. Food, bar, crafts, live band, talks and presentations. To book a stall please email: [sue@mencapgrovecottage.org](mailto:sue@mencapgrovecottage.org).

### LINK ADVERTISING

We are now finalising the adverts for our new printing year and there are a few spaces left

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

or if you do not have Internet access  
call Marion on 814059

## FRIENDS OF ST MARY'S CHURCH



On Friday 28<sup>th</sup> July St Mary's church was transformed into a magical theatre space to host the *thisismytheatre* group who performed a one act play of 'Macbeth' for us. What an amazing night we had! I am thrilled to tell you that the director of the company has agreed to return on 8<sup>th</sup> December to perform Charles Dickens ... 'A Christmas Carol'. I am sure that this will be a very popular event so I urge

you to get your tickets early to avoid disappointment.

On 29<sup>th</sup> and 30<sup>th</sup> July we held our tea party weekend. It was all great fun; there were stalls with homemade jams and preserves, handicrafts, superb cakes, fashions, tombola, raffles, bookstalls; there were games and face painting for the children and even a massage chair! Sadly nobody managed to guess the mystery in the cake. So, if you had a nibble and a guess you were all wrong! The jar of sweets was won by a little girl called Chloe who was only one away. The total number in the jar was 329.



We were entertained by The Stansted Strummers who had our feet tapping and heads and bodies bobbing as we listened to the ukulele band. They were persuaded to do several encores. Heather and Calvin Horner gave an informative presentation on roses and showed us just how we should prune our rose bushes. So we now all know just where we are going wrong! On Sunday we were entertained to a great selection of swing music by 20cvox and had a jolly good singalong. We also had an exhibition of Zulu war artefacts and our local historian was in attendance to answer questions. Lots of cakes were devoured and washed down with ample tea and wine and a really good time was had by all. My sincere thanks to all stall holders, helpers, performers and presenters who made this event such a huge success. Without you this could not have happened! Thank you to everyone who came; for those who didn't make it - you missed a treat! Next time ...

Our next event at St Mary's Church is **Heritage Weekend** on **9<sup>th</sup> and 10<sup>th</sup> September** where we can look forward to the *Blue Skies Big Band* who will be playing and singing for us on Sunday 10<sup>th</sup> 4.00pm-6.00pm. Tickets £7 in advance available from Goldings or from me, or £8 on the door. The church is open 2.00pm-6.00pm each day and there will be two different fact-finding treasure hunts: one aimed at adults and older children and the other a simple one for the little ones.

Back by popular demand: our 'Pew Top Sale' will be back on 1<sup>st</sup> October 1.00pm-5.00pm. To sell on a pew top please contact me (£5 a pew) or just come down and bag yourself a bargain!



Lynda Dale  
Chairman

Tel: 07716 099474

Email: lynnydale@hotmail.com



## C.A.M.E.O (Come and Meet Each Other)

The Salvation Army CAMEO group meets at 7.00pm on the 3<sup>rd</sup> Tuesday of the month at Stansted Day and Community Centre, Chapel Hill. The cost is £1 per session and includes an evening speaker and fellowship over tea/coffee and biscuits to finish. In July the



CAMEO group was held at the home of a lady who is a friend to the corps. The reason for this was to enjoy a strawberry tea. The weather was lovely as were the scones, strawberries and homemade shortbread. There was plenty of time to eat and enjoy one another's company.

On 19<sup>th</sup> September we have Rev'd Mandy Brown of Holy Trinity coming to share the work of the Winter Night Shelter which has

been running now in Bishop's Stortford for two years. We look forward to welcoming her and discussing what are the aims and experience of the shelter. The Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavillion, Castle Gardens, Bishop's Stortford) if you would rather join us for worship. We stay for tea and coffee fellowship after the meeting and then a Sunday school runs from 12.00pm for our younger members. We have several other groups which we would be happy to tell you about if you would like to contact us. We hope to see you soon.



Lieutenant Megan Lowe  
Tel: 507464

Email: megan.lowe@salvationarmy.org.uk

## HILL CHILLI

**Friday 8<sup>th</sup> September 7.00pm-10.00pm 'Sonia's Place', 31 Chapel Hill** in aid of St John's Church Hall Funds. Tickets £10 from 815282 or 816407. Vegetarian option on request. Lovely food and good company.





**COMMUNITY CHOIR**  
**Charity Concert**  
 Sat 2nd Sept 4.30 pm  
 Herts & Essex School  
*Pop, rock, soul and jazz spanning 60 years*  
 Adults £10, Under 18s £5  
 Tickets from Chris 07903 009569  
*Proceeds from Refreshments and Raffle to Isabel Hospice*



*Stansted Windmill*  
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 1.30 - 5.30 pm  
 \* \* \*  
**St Mary's Church Teas**  
 Sun 3rd Sept 2 - 5 pm  
*Come and see this beautiful church*  
  
 Church open daily 9 am - 4 pm



**Fri 8th Sept**  
**7 - 10 pm**  
**'Sonia's Place' 31 Chapel Hill**  
 Tickets £10  
 Vegetarian option on request  
 Tel 815282 or 816407  
*Lovely Food ~ Good Company*  
 In aid of St John's Church Hall

**WHAT'S ON IN SEPTEMBER**

2 Sat	Herts & Soul Concert	Herts & Essex School 4.30 pm
3 & 17 Sun	Skips	Lower St Car Park 12.30 - 4.30 pm
3 Sun	Windmill Open	1.30 - 5.30 pm
	St Mary's Church Open	2 - 5 pm
5 Tue	Stansted is Well Read	Dog and Duck 8 pm
6 Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
7 Thu	Local History Society	Day Centre 8 pm
8 Fri	Hill Chilli	31 Chapel Hill 7 - 10 pm
9 Sat & 10 Sun	Heritage Weekend	St Mary's Church 2 - 6 pm
11 Mon	<b>Link copy due in today</b>	<b>before 12 noon</b>
	Ladies' Night	Tennis Club 7 pm
12 Tue	RSPB	B S Community Centre 7.30 pm
14 Thu	Stansted W I	Day Centre 7.45 pm
16 Sat	Farmers' Market	Ugley Village Hall 10 am - noon
17 Sun	Festival of Flavour	Sworders' Field, B S 11 am - 5 pm
	Gardens Open and Apple Day	Easton Lodge 11.30 am - 4.30 pm
19 Tue	CAMEO	Day Centre 7 pm
20 Wed	Ugley W I	Ugley Village Hall 2.15 pm
21 Thu	Stansted U3A	St John's Hall 1.30 pm
23 Sat	Garden Club Outing	Meet Day Centre 8.30 am
	Stansted Family Café	St Mary's School 10 - 11.30 am
26 Tue	Hearing Help	Day Centre 2 - 4 pm
	Inner Wheel	Day Centre 7.30 pm
29 Fri	Macmillan Coffee Morning	Old Lane Hse, Church Rd 10.30 am
30 Sat	U3A Seminar	Free Church Hall 9.30 am
	Shoebbox Quiz	St Theresa's 7 for 7.30 pm



**Friends of St Mary's Church**  
**Heritage Weekend**  
**Sat 9th & Sun 10th Sep**  
 2 - 6 pm each day  
 Treasure Hunts for Adults & Children  
**Blue Skies Big Band**  
**Sun 10th Sep 4 - 6 pm**  
*Tickets £7 from Goldings, £8 on the door*

**UGLEY FARMERS' MARKET**  
**Sat 16th Sep 10 am - noon**  
 Ugley Village Hall  

  
*Meat ~ Poultry ~ Fish ~ Eggs*  
*Honey ~ Preserves ~ Chocolates*  
*Fruit & Veg ~ Bread ~ Cakes*  
*Plants ~ Cards ~ Ceramics*  
*Skincare ~ Knitting & Needlework*  
 Refreshments with cake and bacon rolls  
**Free Parking ~ All Welcome**



**Saturday Seminar**  
**Gut Feelings**  
 Nutrition and the Unhappy Mind  
 by Kimberley Wilson  
**9.30 am - 12.30 pm Sat 30th Sep**  
**Stansted Free Church Hall**  
 Tickets £4 members, £5 non-members  
 from Alan tel 0781 727 5563  
 Email: stanstedseminars@gmail.com



**Quiz Night**  
**Sat 30th Sept 7 for 7.30 pm**  
**St Theresa's Parish Centre**  
 Tickets £8 payable on the night  
**Bring your own food, drink and glass**  
 Come on your own  
 or as part of a team of 8-10  
*Raising funds to cover transportation costs for the shoeboxes*



**Festival of Flavour**  
**Sun 17th Sep 11 am - 5 pm**  
**Sworders' Field, B Stortford**  
 Food & Drink Stalls ~ Bar  
 Craft Marquee ~ Live Band  
 Talks and Presentations  
 Entry Adults £4, children free  
*In aid of Grove Cottage ~ All Welcome*

**Macmillan Cancer Support**  
**Come & Join the**  
**Fri 29th Sept**  
**from 10.30 am**  
  
 Old Lane House, Church Road  
 Raffle ~ Cake Stall  
 All Welcome ☎ 813172



**Mountfitchet Garden Club**  
**COACH OUTING**  
 Furzelea Garden in Danbury  
 and RHS Hyde Hall  
**Sat 23rd Sep**  
 Depart from Day Centre at 8.30 am  
 Cost £18 - open to all  
 Call 07919 478144 to book



**APPLE DAY**  
**Sunday 17th Sept**  
 11.30 am - 5 pm  
 (last entry 4.30 pm)  
**B Stortford Ukelele Band**  
 Adults £4 Under 16s Free  
 Bacon rolls until 2.15 pm  
 Hot drinks and homemade cake all day  
 All Welcome Tel: 01371 876979



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Our Air Cadet squadron participates in various camps both locally and further afield - and sometimes abroad. We take part in inter-squadron competitions combining problem-solving skills, outdoor survival techniques, shooting and team-building. We compete in a variety of sports and this can progress to representing the squadron at national level.



Fancy joining us? We have some vacancies due to cadets moving on to university and work and welcome both boys and girls aged from 12 years (in Year 8) to age 17. We meet on Monday and Thursday evenings and are based at the airport. Email us to find out more and see our Facebook page (search 494 squadron Stansted).

Rachel Alexander  
Email: [oc.494@aircadets.org](mailto:oc.494@aircadets.org)

## Stansted Family Café

now on Foresthall Park too!

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

We are pleased to announce that some of our cafés will now take place at St Mary's Primary School, on Forest Hall Park, as well as at the Day Centre, Crafton Green. Stansted Family Café is a regular free community event, held from 10.00am to 11.30am on a Saturday or a Sunday morning (see website for dates). Our first event of the new term will be on Saturday 23<sup>rd</sup> September, 10am-11.30am at St Mary's School. At both venues we have craft activities for children up to 11-years old, toys and games for all ages, great coffee (cappuccino, latte, etc) for the adults, plus a range of cakes and healthy snacks for everyone - all in a uniquely family-friendly café environment, where children can be children, and adults can relax. Spend time not money at Stansted Family Café - everyone welcome!



Ros & Howard Page  
Tel: 818083



Investigators is a group for 7 to 11-year old children held at the Free Church Hall on Fridays, from 6.15pm - 7.45pm. Each Friday we meet for a mixture of games, Bible stories, challenges, creative activities and other items suggested by the children's interests. Past creative activities have involved making and using puppets, making up our own plays, building 'castles' (big enough for each group to stand inside!) and creating a giant marble run. There is a lovely friendly atmosphere - with boys and girls of all ages integrating well together, encouraging one another and having lots of fun!

With some of our older children moving up to secondary school in September, we now have space for a few new children. Places will be allocated on a first-come, first-served basis. Although most children attending are 7+ we do accept confident 6-year-olds, especially siblings, as we know many do not want to wait until their 7<sup>th</sup> birthday to join in the fun! Some children at Investigators attend a church, or a church school, but most do not, and everyone is welcome. All leaders are DBS checked and have appropriate safeguarding training etc. If your child would like to try out Investigators in **September (starting Friday 15<sup>th</sup>)**, or you would like more information, please contact me by email (in the first instance) as soon as possible.



Ros Page  
Tel: 810813  
Email: [rospagemusic@yahoo.com](mailto:rospagemusic@yahoo.com)



We had a very busy summer term at Birchanger Nursery; as well as having our annual sports day and picnic, we visited Linton Zoo, we also had our leavers' concert which was lovely to watch; however, we were all very sad to be saying goodbye to the older children - we wish them all the best for their new start in primary school. For the last half of the summer term our school leavers were offered an extended session, giving them a chance to get used to a longer school day. The children moving across to Birchanger School also had the opportunity to visit the school several times, they even got to enjoy lunch in the school dining room! Our Forest School sessions run on a weekly basis in all weathers, helping the children to experience the different seasons in the wood. It has been wonderful to see them grow in confidence and self-esteem in the freedom of the woodland setting. These sessions will continue in September. The younger children will be introduced to Forest School at the willow dome in the school grounds helping them to get used to the outdoor environment and the Forest School rules. We would like to welcome back our current children along with all of our new children and parents to our new look classroom. The staff are looking forward to seeing the children in their new groups which will enable the staff to work with the children to create more age-appropriate activities.

If you are interested in a place at our setting please contact us via email or give us a call.

Clair Rava  
Tel: 810800  
Email: [admin@birchangenursery.org](mailto:admin@birchangenursery.org)

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## HEALTH AND WELLBEING

### TOGETHER IN SOUND - MUSIC THERAPY FOR PEOPLE WITH DEMENTIA

Saffron Hall and Anglia Ruskin University are pleased to be working in partnership to provide the opportunity for people living with dementia and their carers to attend a 10-week music therapy group. Dementia affects 47 million people worldwide, and the numbers locally are estimated to almost double by 2030. The health condition is marked by a progressive and irreversible decline in cognitive functioning, affecting day-to-day life and health. There is a growing body of fascinating evidence to show that music has a proven ability to unlock communication pathways for people living with dementia, even for those with advanced forms of the disease. Music therapy is a psychosocial, mainly non-verbal intervention. Familiar songs, rhythms, co-improvisation and predictable music help memory, communication, and relationships. Taking part in music therapy with carers and family can instil confidence, increase resilience, and help social communication, awareness and a sense of pride and achievement. Music therapy is different from sing-alongs or listening to music on headphones.

**Together in Sound** music therapy groups aim to bring the power of music to those living with dementia. We'll focus on joint music-making and listening with a goal of supporting communication, relationships, and increasing quality of life through a collaborative group process. There will be opportunities to sing, play and listen to live music together, with weekly sessions led by music therapists and visiting professional musicians from Saffron Hall. The groups will conclude with an informal sharing and celebration with friends and family toward the end of the 10 weeks. If you are interested in participating we ask that you book for a Taster Session where you will meet the team and decide together if the group is right for you. Places will then be offered. Please note that we expect the autumn groups to be oversubscribed, but we will be running more groups in the spring.

#### Important dates for your diary

Friday 22<sup>nd</sup> September – Taster Sessions

Friday 6<sup>th</sup> October – Weekly Together in Sound groups commence

Friday 8<sup>th</sup> December – Informal celebration at Saffron Hall

The taster and weekly sessions will take place at The Salvation Army Hall, Abbey Lane, Saffron Walden CB10 1AG. The sessions are free of charge to all participants. If you wish to take part please either email or phone to request an application form. All applications must be received no later than **4<sup>th</sup> September**.

Sue Sylvester-Bradley  
Tel: 01799 588545

Email: [togetherinsound@saffronhall.com](mailto:togetherinsound@saffronhall.com)



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

#### My Care Record live across Princess Alexandra Hospital

People in west Essex and east and north Hertfordshire are now benefiting from more efficient, joined-up care. *My Care Record* allows clinicians at The Princess Alexandra Hospital NHS Trust in Harlow to view a patient's medical history over a secure network. Initially the system was piloted in Accident and Emergency but has now been rolled-out across the whole hospital. *My Care Record* delivers a more productive service, ensuring that there is more clinical time spent on patients, fewer tests, more accurate prescriptions and safe and secure decision-making. It provides health and care professionals access to view information and patients are asked for their permission before any records are viewed.

Deborah Fielding, Chief Executive of NHS West Essex Clinical Commissioning Group said: "This is a huge step forward in delivering a better quality of care for our patients. Gaining access to a patient's GP record is the first step in providing truly integrated care and has laid the foundations for the way we deliver services in the future. Interoperability is one of the priorities of the Sustainability and Transformation Plans and we are really proud to be driving this forward."

Dr Andy Morris, Chief Medical Officer at the Princess Alexandra Hospital said: "Having *My Care Record* is a huge benefit to clinicians in the hospital as it will help reduce the time taken to diagnose and treat our patients. We are always looking at new ways to lighten the pressure placed on our staff and this is an excellent example of how we can work together across the health system to achieve these goals while providing better care for our patients".

Dr Nicky Williams, a Hertfordshire GP and deputy clinical Chair of East and North Hertfordshire Clinical Commissioning Group said: "By securely accessing up-to-date information about patients during consultations, hospital clinicians can make well-informed decisions, avoiding delays and unnecessary, expensive and invasive tests. *My Care Record* should also save valuable time for GP practice staff who currently have to deal with individual calls, emails and faxed requests for information from our hospital-based colleagues."

Plans are ongoing to widen *My Care Record* to include other hospitals in the next few months. To find out more, see our dedicated website with information and frequently asked questions.

For more information about plans to create *A Healthier Future* for Hertfordshire and West Essex and to give your views, please visit [www.healthierfuture.org.uk](http://www.healthierfuture.org.uk).

West Essex Clinical Commissioning Group  
Tel: 01992 566140  
Email: [weccg.comms@nhs.net](mailto:weccg.comms@nhs.net)



#### HERTS AND SOUL CHOIR

Saturday 2<sup>nd</sup> September 4.30pm at Herts and Essex School. Uplifting pop, rock, soul and jazz spanning 60 years. Tickets £10, under 18s £5, from Chris on 07903 009569. Proceeds from refreshments and raffle for Isabel Hospice.

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## HEALTH AND WELLBEING

### HUM YOUR WAY TO A FREE THROAT LIFT!

1. Put your fingers either side of your windpipe.
2. Hum on one note loudly.
3. Breathe in through your nose and not your mouth.
4. Hum for 3 minutes, increasing the time to 20 minutes.

Humming is a simple exercise with huge benefits.

- Aim to feel a strong vibration on both sides of the windpipe. One side is often weaker than the other; encourage the weak side to get vibrating too.
- Hold your head and neck like a swan, not like a turkey – hence the free throat lift.



- Humming stimulates the deep neck muscles which weaken when the head migrates forwards; this leads to headaches, neck and shoulder aches - and stooping. Humming well brings the head back and gets those weak muscles back into action.
- Humming also stimulates the vagus nerve which runs down by the windpipe. This nerve is a hot topic in neurology; it communicates everything inside us with the insular lobe of the brain – the mindfulness lobe: in any MRI scan, this is the most active part of the brain, the happier it is, the happier we are.
- Humming well stimulates the thyroid gland, which lives up around the top of the throat.
- It encourages nasal breathing: breathing through the mouth is incredibly aging, don't do it! Mouth breathing puts the tongue on the floor of the mouth, but it should rest on the roof of the mouth; the brainstem works better if it does so – and this means better communication between the brain and the body.
- Finally, humming can really improve your breathing: as you hum away, the abs slowly flatten and your ribcage reduces diameter; breathe in and the ribs and waist expand, shoulders stay down.
- Singing is terrifically good for you too; for the neighbours, questionable.

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### WHAT'S NEW AT THE SURGERY?


I would like to introduce myself – I am the new Practice Manager at The Stansted Surgery. I have great plans for our surgery, and would like to extend a thank you to our loyal *Patient Participation Group*, and our wider patient base, for their support. Here are some of the recent innovations:

1. We have introduced MJOG – a text messaging reminder system, which offers many benefits to patients, and the surgery. MJOG will send confirmations when appointments are booked, and a reminder 24 hours ahead of appointments. MJOG is interactive - patients will be able to text back if they wish to cancel their appointment. MJOG also offers the surgery the opportunity to communicate with patients in bulk, offering the surgery huge savings in postage costs. The success of MJOG depends on how accurate our patient mobile phone records are, so please keep your information up to date. Patients do have the option to opt out of receiving text messages from us, and if you wish to do so, please get in touch.
2. We are recruiting for new GPs, to stop our reliance on locums. GP recruitment is incredibly challenging at the moment, and this is a problem throughout the UK, but we will not give up!
3. Inspiring the next generation: We are pleased to announce that we will be offering aspiring school students, who wish to pursue a career in medicine, nursing or pharmacy, opportunities for relevant work experience at our surgery, getting them one step closer to a successful university application.
4. From around mid-September, we will have a phleboto-mist in post, so we can offer patients more in-house blood tests.

Get ready!

Flu jabs arrive mid-September, and we encourage all our eligible patients to have one. Eligible patients include: all patients aged 65 years and over, pregnant ladies, patients over the age of 6 months with chronic respiratory disease, heart, kidney or liver disease, neurological disease, Immunosuppression, and asplenia or dysfunction of the spleen.

Teresa Buglass  
Practice Manager  
Email: [teresabuglass@nhs.net](mailto:teresabuglass@nhs.net)

**ST JOHN'S CHRISTMAS MARKET**

Saturday 18<sup>th</sup> November noon-3.00pm in St John's Church. We would really appreciate your support. Christmas Stalls; Gifts; Books; Toiletries; Tombola; Grand Raffle; Hot and Cold Refreshments; Home Made Cakes and preserves and Mulled Wine . Free entrance. New Stallholders welcome so please contact Richard Lenton 813208 or Ray Smith 813270 if you are interested.

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## STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

The bus pass group travelled to Maldon and after lunch took another bus journey to Tollesbury. After walking to the marina to see the three listed sail lofts, used originally by the fishing fleet, but later by Edwardian owners of luxurious yachts, they returned to Maldon for tea and cake at Mrs Salisbury's Tea Room. On 2<sup>nd</sup> August the Committee hosted a lunch for all group leaders, as grateful recognition for all their hard work and commitment. We have 31 flourishing groups, but Doreen Heals is anxious to hear from anyone who has ideas or suggestions for more. Contact:

stanstedgroups@gmail.com. Alan Wise, psychologist and psychotherapist spoke at the July meeting about the extensive subject of mental health touching on the causes and methods of treatment. On 28<sup>th</sup> July the Stansted Strummers played two half hour sets of songs to enthusiastic audiences at the Friends of St Mary's Tea Party Weekend to help raise funds towards the upkeep of the church.



Steve Lester will talk about Auctions at the next meeting on Thursday 21<sup>st</sup> September at 1.30pm. Our next **Saturday seminar** is on 30<sup>th</sup> September at 9.30am in the Free Church Hall. Kimberley Wilson will present 'Gut feelings – nutrition and the unhappy mind'. She is a psychologist and nutrition advisor who has been researching the connections between what we eat and good mental health generally. We look forward to an interesting and informative session that may help some of us tackle issues in the lives of our families. Tickets are £4 members, £5 non-members from Alan on 07817 275563 (note new number) or email: stanstedseminars@gmail.com. Stansted U3A Singers present 'What a Wonderful World' led by Musical Director Isobel Bradshaw in St John's Church on Saturday 7<sup>th</sup> October at 7.30pm. Tickets: adult £7 (child under 14 £3.50), which includes glass of wine/soft drink and light refreshments. **U3A contact details** Email: stanstedu3a@live.co.uk or call Helen (Chair) 812945, Liz (Secretary) 813270.



Suzanne Parra

## UPDATE ON CASTLE MALTINGS AND OUR PHARMACY

The penultimate piece of the puzzle is now in place; in Castle Maltings we now have our GP surgery, an NHS dentist, a pharmacy and a medium size supermarket in the same building. The new pharmacy and dentist supplement the existing dental and pharmacy services in the village. This new facility was described as a real need in the centre of our village by UDC's commissioned survey published five years ago. When I started the campaign for a new health centre in November 2007, I had a vision which has now become a reality; we have a true Health Centre with all our primary health care needs in one building. The NHS is also now working on which additional community health services will operate from the centre.

### Prescriptions

Although Stansted Pharmacy has not yet received confirmation that it has a licence to dispense NHS prescriptions through its licensed branch in London, you can still deposit your prescription and collect your medicines from the pharmacy. Ms Kemi Badenoch, the new MP for the Saffron Walden constituency, is helping to unravel the issues around this matter; District Councillor Terry Farthing and our Parish Council also support the need for Stansted Pharmacy to have this licence. If you have a new prescription from the surgery or dentist you can leave that prescription with the pharmacy of your choice and they will advise you when it will be available for collection. If you have a regular need for medicines, you can change to the pharmacy of your choice; it's surprisingly easy, I've done it with guidance from Stansted Pharmacy. If you have any doubts talk with the pharmacists; they are there to help you.

Ray Woodcock

Tel: 816468

Email: raymond.woodcock@btinternet.com

## STANSTED VOLUNTEERING NETWORK

**Do you want to volunteer locally or is your organisation looking for volunteers?**

If you are a teenager or an adult (of any age) looking to volunteer locally, you may want to know about a new Facebook group called **Stansted Volunteering Network** (just search the name on Facebook). Organisations can post volunteer opportunities, and individuals can look for opportunities or make a post explaining what they are looking for. The group has only recently been launched and more opportunities will be added, so please join and set up to receive notifications, or check back over the next few months. Please note that we are just putting people in touch – all organisations and individuals should do their own checks before entering into any agreement. If you already volunteer, perhaps you could post something about why you find volunteering so worthwhile and enjoyable – help encourage others to think about giving their time too.



Ros Page  
Stansted Volunteering Network  
StanstedCAN

## STANSTED EVENING WI



Hats and dresses came out for our July Meeting when we celebrated the 100<sup>th</sup> Anniversary of the WI Essex Federation. With approximately 9,000 members in 216 Institutes, we are the largest Federation in the country. The very first Institute in Britain was formed in 1915 in Llanfairpwllgwyngyll (pronounced beautifully by my Welsh-speaking son-in-law), a small town in Wales. Thereafter the movement spread very quickly across the country. Institutes in Ugley and Manuden were amongst the very first in Essex. The yearly subscription was set up in 1915 at 2/- (10p) which made it affordable to most people. So it was possible for the wealthier ladies to actually mix with their servants and shopkeepers on the same level. I bet the 'lower order' didn't get the job of President. We had a good evening, playing games inside and outside as the weather was dry; enjoying scones, strawberries and cream, cakes and Pimms, as well as tea and coffee. Afterwards there was singing – choruses from songs circa 1917, led by members of the U3A choir, which includes some of our WI members.

I attended the WI County Show 'Diverse Essex' held at Hatfield Peverel, where amongst the exhibits was an entirely knitted replica of Braintree Town Centre. It is amazing, the church is complete with a congregation of little knitted people. There was a hat stall of beautiful hand-made hats, each of them different: just right for summer weddings.



There are some very talented members of the WI in Essex. Our next meeting is on 14<sup>th</sup> September at 7.45pm in the Day Centre. The Speaker is Lyn Garner and the subject 'Herts Hogline'. Visitors welcome.



Judy Colliver

## STANSTED IS WELL READ

The next meeting of our book club will be on Tuesday 5<sup>th</sup> September at 8.00pm in the Dog and Duck in Lower Street, where we will be discussing '*How to Be a Woman*' by Caitlin Moran. Apparently, there has never been a better time to be a woman: we have the vote and we haven't been burnt as witches since 1727; however, a few nagging questions do remain ... which are answered in the author's humorous style in this part memoir and part rant. Please join us, and don't worry if you haven't read the book as we find plenty of other things to talk about!



Anne Watson,  
Tel: 898693

Email: stanstediswellread@gmail.com



www.mountfitchetgardenclub.co.uk

### August Meeting

Despite the unseasonal weather during the afternoon, by the time members gathered at Piercewebbs in Clavering the weather had improved and an enjoyable time was spent wandering around the gardens. In the sheltered walled garden there is a pond and lovely herbaceous borders with unusual hydrangeas and other flowering shrubs. A gate in the wall leads into the vegetable garden with raised beds and onto the rose garden. Members were told that the 'enclosed gardens' made the areas feel very peaceful and how the stillness enhances the scents of the flowers and roses in the summer. A ha-ha defines the end of the formal garden but there is an uninterrupted view over the countryside where there is a landscaped field walk. Whilst enjoying Mrs William-Powlett's hospitality, members were told about how the garden has evolved since she moved to Clavering.

### September Meeting

This meeting will be on Wednesday 6<sup>th</sup> September, back at the Day Centre adjacent to the Chapel Hill car park – our guest speaker is Mr Darren Lerigo. His talk is entitled 'Diluted – the importance of water'.

### Members' photographic competition

A photograph of 'Water in the Garden' - this can be anything from a lake in a country estate to a garden pond or bubbling fountain. One entry per member.

### September Coach Outing

Seats still available – see Village Diary for details.

Everyone is welcome to our meetings – membership is available, or come as a day visitor at £2.50. Refreshments are available prior to the meeting. Doors open 7.30pm for 8.00pm start.

Maralyn Harris

Chairman

Tel: 07919 478144



## HUW JOHNSON CLUB

Our members and helpers enjoyed a lovely Summer picnic at the Ropkins' house in early August. We were very lucky with the weather - torrential rain fell on the days either side, but we were blessed with sunshine and even had to apply sun cream on the day of our picnic! Thanks to Hannah and Chris for such a lovely afternoon – it was really great for all of us to spend the afternoon together.

We have our bowling trip to look forward to in September before the resumption of our Thursday evening meetings on 21<sup>st</sup> September. If you would like to learn more about the Huw Johnson Club or are interested in coming along or helping out (as a helper, a car/bus driver or as a bus escort) please do get in touch with either myself or Sandra (812627) – we would love to hear from you!



Katharine Collis  
Tel: 461270



## RSPB STORT VALLEY LOCAL GROUP

Our new year commences on **Tuesday 12<sup>th</sup> September** with a talk on conservation heritage by Conor Jameson at Bishop's Park Community Centre, Lancaster Way, Bishop's Park, Bishop's Stortford (next to Tesco) at 7.30pm. Conor has worked for the RSPB for 25 years. He has published several books and is an entertaining presenter. He will explore the history of Victorian author and campaigner W H Hudson, his contribution to conservation and the RSPB's cause, and his lasting effect, the benefits of which can be felt today. Entry is £3.00 for Stort Valley members, £5.00 for visitors.



Our next walk on Sunday 10<sup>th</sup> September is at Cavenham Heath and Lackford Lakes. Location: Meet at Waitrose car park, Bishop's Stortford at 8.00am. If you prefer to meet there do let Lee know. Bring along a packed lunch. For more information contact Lee Jaques on 07454 801894.

Sheila Bowles  
Tel: 814973

## EXPLORE CAMBRIDGE'S COLLEGES

Take a walk around the Colleges to support local charities

**Sunday 10<sup>th</sup> September**

Bridge the Gap gives walkers the unique opportunity to visit seven of Cambridge's historic Colleges and gardens on the 2017 route, which this year features Downing College, Corpus Christi, St Catharine's College, St John's College, Jesus College, Christ's College and Emmanuel College. With 15 years of history and more than 20,000 people taking part since it began, this ever-popular event is once again raising much needed money for two local charities Arthur Rank Hospice Charity and Romsey Mill. Entry is £18 per person in advance; £20 on the day, subject to availability. With up to four children free per paying adult, this is a very small fee for what is guaranteed to be a fun day for all members of the family. There are also corporate rates available for groups of 10 or more, enabling businesses to offer team building, or a staff social at really attractive prices.

Participants can register online at [arhc.org.uk/bridgethegap](http://arhc.org.uk/bridgethegap) or by picking up a registration form at any branch of The Cambridge Building Society. The event will start from Parker's Piece, with the first tranche of walkers setting off at 9.30am and the last by 10.30am, providing early or slightly later risers the ability to enjoy the wheelchair and pushchair friendly route, which covers a distance of around five miles.

Leanne Simons  
PR Officer, The Cambridge Building Society  
Tel: 01223 727653  
Email: [LSimons@CambridgeBS.Co.UK](mailto:LSimons@CambridgeBS.Co.UK)



## UGLEY WOMEN'S INSTITUTE

Posh frocks and hats were the order of the day as we celebrated the 100<sup>th</sup> anniversary of The Essex Federation of Women's Institutes. Members and guests arrived in the hall to find beautifully decorated tables and flower arrangements in the WI colours. The official business was kept to a minimum as we celebrated this landmark occasion in the company of Mrs Mabel Fawcett Dodds and cast - all members of 'Not Going Quietly'. They gave us, as their programme announced, a chance to eavesdrop on a rehearsal for a radio play, and very entertaining it was too. A radio play based on the celebrated but essentially secret diaries of Mabel Fawcett Dodds.

The entertainment over, our members and guests including Mrs Fawcett Dodds and her assistants, enjoyed a delicious afternoon tea with dainty sandwiches and cakes including a special anniversary cake and a glass of prosecco and fruit punch; a lovely way to celebrate a milestone in our history. Michelle Turner will be the speaker at our September meeting to be held in Ugley Village Hall on Wednesday 20<sup>th</sup> September at 2.15pm. Her subject will be the art of dyeing, using natural dyes. Why not come along - you would be most welcome!

Andrea Fitt  
Tel: 815922



## INNER WHEEL CLUB OF BISHOP'S STORTFORD

We held our AGM in June at The Chequers Pub, Ugley, when good food, good friends and good fellowship were enjoyed. Outgoing President Kate Muskett was thanked for a good year and was presented with a 'President' Clematis and gift vouchers. Jenny Savage was appointed as President for 2017-18. Her chosen charities for the year are Portland Road Contact Centre and Bishop's Stortford Night Shelter. Our July meeting was a knit and natter evening when we caught up with news of the Club visit to Hadham Forge and lunch at Hopleys. We now look forward to an interesting year ahead.

I hope to keep you up to date with our activities via this wonderful publication. The Club meets at Stansted Day Centre on the 4<sup>th</sup> Tuesday of every month at 7.30pm except August and December, so our next meeting is on 26<sup>th</sup> September when our speaker is Angela Weeks from Portland Child Contact Centre. New members are always welcome. Please contact me or Barbara Morrison 814152 for more information.

June Milne  
Club Correspondent  
Tel : 01371 875370  
Email: [june.milne@ymail.com](mailto:june.milne@ymail.com)

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

Ancient woods, like Birchanger Wood, have been around for many hundreds of years and develop their own eco-systems, each with unique features; for example, relatively undisturbed soils and communities of plants and animals that depend on the stable conditions which ancient woodland provides. Ancient deciduous woodland covers very little of England and is therefore a valuable and rare resource. Birchanger Wood can be visited all year as it has wide all-weather paths, but it is spectacular in certain seasons and an absolute delight to visit. In Spring the Wood has glorious displays of spring flowers - carpets of white wood anemones, bursts of English blue-bells, and golden saxifrage; in Autumn there are amazing and abundant varieties of fungi, generated from soil which has lain in place undisturbed for many years, and from dead fallen trees which have been deliberately left to rot to provide habitats for insects and both food and cover for wildlife.

In the past Birchanger Wood was well coppiced - tree growth cut back to the base stool, and left to re-grow. The new shoots arise from dormant buds, and occur owing to a change in plant hormone levels following removal of the main tree stem. The diameter of the wood achieved by coppicing depends upon the frequency of the coppicing, and the type of tree. The strongest trees are ash, hazel, oak, sweet chestnut, and lime whilst the weakest include beech, wild cherry and poplar.

The wood obtained was of manageable size and easy to transport as it could easily be carried off site and used for all manner of tasks, including kindling (faggots), building ('wattle and daub' plaster), furniture, weaving, stock fencing, hedging, river-control, stakes and gardening rods for beans, peas etc., and for all manner of general repairs. A



typical crop from one acre (0.4 hectare) of good hazel coppice would have yielded around 10,000 rods which was enough to produce about 300 sheep hurdles, 5,000 pea sticks, 250 bean rods, thatching wood, stakes and other material. In the 18<sup>th</sup> and 19<sup>th</sup> centuries coppiced wood was also used to provide industrial charcoal for the smelting of iron, and the bark was soaked and softened to extract tanning compounds. However, by the mid-20<sup>th</sup> century coppicing was in rapid decline and many coppice woods were replanted with conifers, or simply neglected.



Daphne Wallace-Jarvis  
Email : [secretary@birchangerwoodtrust.org](mailto:secretary@birchangerwoodtrust.org)



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

## SUNDAY WALKS: all Leaving at 10.00am - 5/6 miles

We recommence:

**3<sup>rd</sup> September Stanstead Abbots Car Park** (entrance is off the main street) GridRef: TL384119. Postcode SG12 8AG

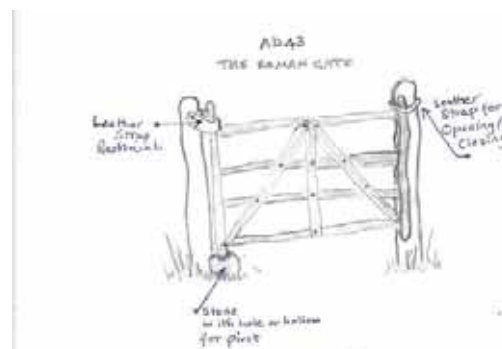
**17<sup>th</sup> September Hatfield Heath Car Park** - Behind the Chip Shop GridRef: TL524150. Postcode CM22 7EB

**1<sup>st</sup> October Braughing - Axe & Compass** GridRef: TL397252. Postcode SG11 2QR

**15<sup>th</sup> October Manuden Church** - park on the roadside GridRef: TL491266. Postcode CM23 1DF

Gates, or hurdles, originated when there became a need to enclose areas to plant crops, retain/feed/protect livestock, or in medieval times to denote ownership. This meant that land had to first be cleared of large stones and boulders, trees, water, and the like, in order to identify the enclosure. Field boundaries were marked by these stones etc. Early gates were constructed from wooden poles with woven hurdles of hazel or willow. They were often supplemented by steps constructed from the discarded stones, to climb over and into the new 'fields'. Where trees were scarce, the 'gateways' were usually filled with smaller stones that were removed when stock needed to be moved in or out.

The Romans, in AD 43, introduced the first swinging gate - the vertical side of the 'gate' was lodged at its bottom, in a hole in a base stone whilst the vertical side at the top of the gate was restrained by a leather strap, to a separate vertical post fixed adjacent to the holed base stone. Still with me? Later these hinges were all made of metal. Alternatives were sliding wooden gates, lifting wooden gates and hanging wooden gates, of all sizes and constructions. And you think today it is less complicated? Well, we still have swinging gates often topped with barbed wire or nasty pointy-things, horizontal sliding bar gates, tassel gates, lych gates, walls with steps in, barriers which have a special squared area that let our dogs through, and then a whole load of 'new' things called 'stiles' of which there are 'Heinz 57' varieties, and latterly, the upmarket (and much better) kissing gate, and bridges. Walking is simple? So, I'll leave you with my drawing of the Roman Gate. Join Us. Walk With Us.



Daphne Wallace-Jarvis  
Bishop's Stortford and District Footpaths Association,  
Publicity Officer  
Email: [dwwjwj.444@gmail.com](mailto:dwwjwj.444@gmail.com)



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# Stansted Network

## NEWS FROM YOUR LOCAL COUNCILS

### BIENVENUE À RUNGIS!

Our village recently welcomed a delegation from the small town of Rungis in France who had approached the Parish Council with an exciting proposal to form a town-twinning agreement. They had spent three years researching a suitable twinning partner and concluded that Stansted Mountfitchet fitted the bill exactly. Several members of the Rungis council made a visit to the UK and met with a number of residents and councillors here to discuss their proposals. This would involve forming closer relationships and exchanges with local schools, local businesses and families over the coming years. As soon as they arrived in the village, they fell in love with Stansted straight away and were impressed by the history and character of the village.

Ruth Clifford, our Parish Clerk and Maureen Caton, Chair of the Parish Council then made a reciprocal visit earlier this month along with Peter James and Martin Budzinski as representatives of Stansted Business Forum and Sully Sautron, a French teacher from Forest Hall School. They are photographed here with the Mayor of Rungis, Cllr. Raymond Charresson, Cllr Patricia Korchef-Lambert and Jessica Topor, the Rungis International Affairs officer.



Our delegates were impressed with the hospitality and friendliness of the people they met and their enthusiasm for establishing a twinning arrangement was infectious. They concluded that a town-twinning arrangement would be an excellent development and provide opportunities for everyone in the village, especially those hoping to improve their French!

Rungis has many similarities to Stansted Mountfitchet in that it is quite close to Orly Airport and just outside Paris. There is a technical institute supporting the airport, similar to the new college being established at Stansted Airport, as well as a secondary school and two

primary schools. The village dates back to 1124 and there is a similar-sized population to that of our village. However, Rungis has a real claim to fame as it hosts the largest food market in the whole of France.



If you would like to find out more about the town, then go to their website at <http://www.rungis.fr>

### What do you think of the proposal?

The cost of pursuing such a scheme would be fairly small but does require the enthusiasm of the local community. We would like you to tell us what you think of the proposal to twin with Rungis. Ideally, please complete our online survey at: <https://www.surveymonkey.co.uk/r/W99WFLQ>

Alternatively, write to the Parish Council stating whether you think the idea is worth pursuing and your reasons:

Town Twinning Survey  
Stansted Mountfitchet Parish Council  
Crafton Green, Stansted CM24 8AQ

Email: [parishcouncil@stansted.net](mailto:parishcouncil@stansted.net)

### MEMORIAL GARDENS

The hard landscaping work in the Memorial Gardens was completed by the end of July. Hopefully by the time you read this the grass will have regrown and the gardens will be looking at their best with the new planting offsetting the the new layout.

The next stage of planned work in the Memorial Gardens is to do some restoration work on the War Memorial. Our appeal to residents to sponsor a name on the memorial got some support and we have had generous donations from commercial sponsors so we are well on our way to raising the funds needed to get the memorial cleaned and all the names redefined in time for next year's centenary of the end of WWI.



Our photograph above shows Church Warden Michael Howes with Trevor Lloyd from the Parish Council and Keith Honour from D H Honour and Son who did all the landscaping work.



Christian French took this excellent photograph of the War Memorial illuminated by the new floodlight. We are working with the conservation officer at Uttlesford District Council on a plan to carry out restoration work on the memorial. Our appeal fund has benefitted from some significant contributions from Bloor Homes and Russell Property.

### VILLAGE POND

An ecologist from Affinity Water has identified an invasive weed from New Zealand which we need to deal with. Its Latin name is *Crassula Helmsi* but it is also known as New Zealand Pygmyweed or Australian Swamp Stonecrop. The weed can grow very quickly and has the potential to cause significant environmental damage to the pond.

The Open Spaces Committee has accepted an offer from the owners of Hole Farm to spray the pond with an approved herbicide in order to try and eradicate the problem. Although the treatment poses no health issues, we will post warning signs when spraying is scheduled to take place.

In order to minimise the risk of spreading *Crassula* to any other waterways, we will not be holding any pond working group activities until we are certain the weed has been eradicated and we urge residents not to enter the pond or walk over areas that have dried out.

### NEW BENCHES

In addition to the new benches in the Memorial Gardens we now have a new bench outside the Day Centre. The bench was donated by Cllr Geoffrey Sell and his brother Chris in memory of their parents, Ken and Jane Sell who lived in the village for many years and were active in many aspects of village life. Our picture shows Geoffrey with other members of their family, Day Centre Manager Julie Beck along with Day Centre customers and volunteers.



We also have a new bench in the cemetery donated by Richard Shervington in memory of his wife, Inga.

The bench that had to be removed from Windmill Fields has now been replaced with a more robust bench relocated from the Memorial Gardens.

### MP TO MEET WITH PARISH COUNCIL LEADERS



Our recently elected MP, Kemi Badenoch, has accepted an invitation to meet with Parish Councillors who will brief her on the issues that the village faces. Following the meeting she will have lunch with some of our more senior residents in the Day Centre.

Kemi has yet to confirm her surgery dates but as soon as she does we will publish details in *The Link* and on our website and Facebook pages. Meanwhile you can contact Kemi at House of Commons, London SW1A 0AA telephone 0207 219 1943 or email: [kemi.badenoch.mp@parliament.uk](mailto:kemi.badenoch.mp@parliament.uk)

## PLAY AREAS - TELL US WHAT YOU THINK

We are fortunate to have a number of play areas in the village which are in good order and serve the needs of our younger children very well. Apart from the MUGA (multi use games area) on the Mountfitchet Estate, provision for older children leaves something to be desired and it is frustrating that we lack the space in the village to provide much opportunity for older children to be active and socialise.

Two possibilities which have been suggested and which we think are feasible, are a basketball ring with practice shooting area and outdoor table tennis tables. These could be located at the Bentfield play area and on The Recreation Ground. Foresthall Park play areas could also be considered once ownership is finally transferred to the Parish Council.

If you have any ideas on these proposals or any views as to how the play areas can be improved please email [trevor.lloyd@stansted.net](mailto:trevor.lloyd@stansted.net)

## NEWS FROM THE DISTRICT

### Cllr Terry Farthing writes

#### Decisions Day

I must admit, many district council meetings are similar to watching paint dry. So it was refreshing to go to Uttlesford's full council meeting on Tuesday (July 25) when key decisions were made for the benefit of the community instead of seeing them kicked further down the track as so often happens.

#### Carver Barracks

After four years of discussion and delay, the council has pledged £500,000 towards the much-needed sports centre at Carver Barracks. Supported by a further £700,000 from the Armed Forces, the facilities will include a running track and all-weather pitch which will be fantastic assets for the district and will cost a fraction of the estimated £12 million required to build elsewhere. It's a win-win for Uttlesford as the site will be maintained and managed by the MoD at no cost to the council.

Speaking to an insider about the future of the barracks, I gather it shouldn't close in 2030 as suggested. However, should it close we have secured a pro-rata refund over the next fourteen years and the site will be safeguarded for the community.

## Science Park

As you may know, London Stansted Airport is owned by the Manchester Airports Group (MAG) which consists of 10 metropolitan councils and an Australian pension fund which share the profits. At long last, Uttlesford District Council is following a similar path by forming a company, Aspire, which has purchased a 50% stake in the Great Chesterford Science Park. Investments are vital to help bridge the gap in funding caused by the cuts to our central government grant. I am proud to be part of a council which is pro-active about solving its funding shortfall, and I firmly believe going forward that this venture will pay great dividends to enable the council to carry out its operations without the need to make cuts.

## Foresthall Park

Together with my fellow councillors, I supported using Section 106 money from the Foresthall Park development to help fund a Parish Council office and library. This is better than having monies sitting around in the bank for years to no benefit of anyone. The Parish has agreed to replace this money and build a fund specifically for the good of residents of Foresthall which I will try to ensure happens in a timely manner.

Myself and Cllr Thom Goddard are also trying to put pressure on Essex County Council to paint yellow lines to stop inconsiderate parking which has forced bin lorries and emergency vehicles to drive over verges and even gardens at certain pinch points.

## Stansted Pharmacy

Discussions continue about the new Stansted pharmacy. I spoke with Professor Ashok Soni and although things have been made difficult for him to operate at times, he is now operational. I would urge residents to pay a visit, where they will be greeted by friendly and knowledgeable staff. We are fortunate to have a pharmacy in that part of the village and I believe this is proving to be a great asset.

## London Stansted Airport

Regarding the airport's bid to increase passengers, I sit on the airport advisory panel and understand the concerns. I hear from both sides: NIMBYs and conspiracy theorists on one side, along with others who say many areas would give their right arm for a major source of employment on their doorstep; but the council's job is to take an objective view. Some may say that considering our funding challenges, the airport could prove to be the goose that lays the golden eggs.

## The Local Plan

The draft local plan is now out to consultation. All interested parties should ensure they have their say. The council is committed to acting where practicable on addressing the public's concerns. The deadline is 5.00 pm on Monday 4<sup>th</sup> September. The quickest and easiest way to read the draft plan and provide feedback is via the website

[www.uttlesford.gov.uk/draftplan2017](http://www.uttlesford.gov.uk/draftplan2017)

## DATES OF PARISH COUNCIL MEETINGS

### September

6 Open Spaces  
20 Full Council

### October

9 Civil Protection  
11 Full Council  
18 Open Spaces  
25 Highways 7.00 pm F & GP 8.00 pm

## CONTACT DETAILS

Clerk - Ruth Clifford.

Assistant to the Parish Clerk-Trevor Lloyd

Administration Assistant-Emma Philbrick

Email: [parishcouncil@stansted.net](mailto:parishcouncil@stansted.net)

Phone/fax: 01279 813214 10.00 am - 1.00 pm

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

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Valerie Trundle	813433 <a href="mailto:Prtvrt@btinternet.com">Prtvrt@btinternet.com</a>
Daphne Wallace-Jarvis	812259 <a href="mailto:dwjjwj.444@gmail.com">dwjjwj.444@gmail.com</a>

## UTTLESFORD DISTRICT COUNCIL MEMBERS

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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>

As we go to press there is one vacancy on the Parish-Council

## 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

Kemi Badenoch MP contact details:

By post at House of Commons, London, SW1A 0AA,

By telephone on 0207 219 1943

By email at [kemi.badenoch.mp@parliament.uk](mailto:kemi.badenoch.mp@parliament.uk)

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Valerie Trundle - 813433 Joy Thomas - 813871

## STANSTED LIBRARY OPENING HOURS

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Monday	10.00 am - 4.00 pm	Mobile Library
Wednesday	1.00 pm - 6.00 pm	Day Centre - Click&Collect Service
Saturday	10.00 am - 4.00 pm	Mobile Library

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)

## DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Parkinson's UK	Vivian Falk, Chairman
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk
Arts Club	Michelle Wray Tel: 07528 317907 Email: michelle.wrayj@gmail.com	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Beavers Age 6-8	Wayne Browning Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rainbows	Sue Pollard Tel: 813734
Bowls Club	Doreen Scraggs, Hon Secretary Tel: 815036 Email: doreenscraggs@talktalk.net	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Wednesday)	Susan Scott Tel: 810955	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
CAB	Tel: 08444 775986	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Corkers Netball	Lisa Menzella Tel: 07827 988732	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Cub Scouts Age 8-10½	Roger Musgrove Tel: 07736 616665/01799 543466	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
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Explorer Scouts	Fintan Lambe Tel: 817937	Stansted Supers Handball Club	Ollly Pocknell Tel: 07875 391701
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Tennis Club	Chris Hollis Tel: 319155 Email: chris.hollis2@btinternet.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Thornbury Badminton Club	Marion or Shirley Tel: 869896 or 815871
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	U3A	Helen, Chair Tel: 812945
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Helpline	Tel: 07704 553727	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
History Society	Peter Brown, Chairman Tel: 812816	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Youth Centre	Linda Barnes Tel: 07947 548051
Inner Wheel Club	Kate Muskett, President Tel: 850228	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.)	
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com		
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill)	Molly Clark Tel: 816768		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		

### BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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



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## CHILDREN'S STORY

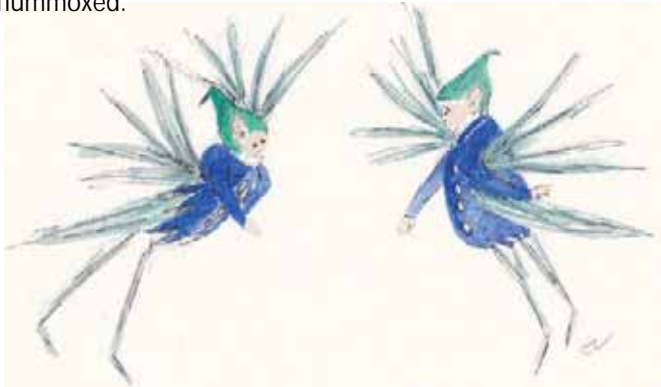
### Antonia and the Great-Breasted Gobbler

Antonia would much rather be sitting inside with her tablet but has been ordered out of the Palace by her mother, the Fairy Queen for some fresh air and exercise. Flying around outside is so-o-o boring, not to mention tiring. Feeling a draught beneath her wings, she ignored the golden rule 'never trust the wind' and let the autumn breeze take her wherever it chose.



She didn't hear the warning shouts from her two bodyguards, Biff and Boff, until it was too late. Antonia suddenly found herself falling into a very prickly bramble bush. The mischievous breeze danced up and away having dropped its passenger. The trainee bodyguards flew to the

Fairy Princess' aid, but being quite small, they just got themselves tangled up in the brambles too, which was no help at all. Antonia wriggled and screamed but that only made things worse. Biff and Boff managed to free themselves from the vicious thorns, and settled on the grass below to lick their wounds. Boff's smart new uniform had a great tear in it and he'd lost a shiny button. He'd be in big trouble with the Chief Elf - again. They both stared up at the miserable Princess. They'd only been instructed on how to protect her from those good for nothing Goblins, nasty Gnomes, and the fierce Furry Buzzballs. There had been no mention of bramble bushes during their training. They were flummoxed.



"I've got an idea," said Biff, and he flew up to the red-faced Princess. "If you please, your princess-ship," he whispered, "could you not use your magic wand to free yourself?" "Of course I can't, you stupid, elf. Don't you think I would have already used it by now if I could? Look." She held up a very crooked and battered wand. As she shook it, a piece fell off. Biff's shoulders drooped, and he turned his large brown eyes towards his mistress. "Don't just stare at me, DO something. Get me out of here." The Princess was now sobbing so loudly it made his wings quiver. He rushed back to Boff.

Suddenly the sky turned black as though a dark cloud blocked the sun. Gazing upwards the elves saw there was

no cloud. It was something far worse causing the blackness. Something much more dangerous. They huddled together ears twitching with fright. "For something so small, you're making quite a din," remarked Red the Great-Breasted Gobbler, as he glided to a halt just above the stranded Princess.



Antonia's wails stopped, and all colour drained from her face. His black eyes stared at her greedily; his sharp beak snapped open. It's well known that Red the Great-Breasted Gobbler is rather partial to snacks of fairy-wing sandwiches and elfin-ear crisps. In one swift movement he swooped over Antonia and gripping her tightly in his enormous claws, plucked her from the bushes. As he prepared to fly away, the terrified elves finally sprang in to action. Bravely Boff circled around the Gobbler's head making it impossible for Red to steer a straight course. Meanwhile Biff grappled with the monster's claws kicking and punching to loosen their grip on the terrified Princess. The Great-Breasted Gobbler turned one way and then another to rid himself of the irritating elves. But Biff and Boff fought on, determined to save their mistress.

The local elves and pixies gathered on the ground below, and watched the aerial battle with wide eyes. How could two small elves win against such a big monster? After a very long time the Great-Breasted Gobbler, suddenly dropped his prey and with an angry squawk flapped his huge wings and flew away. A great cheer went up from the crowd below, and the two jubilant bodyguards exchanged high fives. Antonia was in no mood to join the celebrations. With damaged wings, she fell to the ground with a thud, landing on her bottom in a tangle of tattered silvery cloth that was once her best gown. She had to be carried back to the Palace on a stretcher made of twigs. With her broken wand and face red and blotchy, the Fairy Princess was a sorry sight. News of the great battle had already reached the Palace, and the King and Queen rushed out to greet the bodyguards and to thank them for saving their daughter's life.

In a special ceremony, Biff and Boff are presented with gold medals for their bravery, and treated as heroes. But Antonia is scolded for breaking the first rule in the Fairy 'Elf and Safety Handbook, "Use your wings at all times - NEVER rely on the wind alone", and her pocket money is being withheld for a month to pay for a new wand and gown. There are times when being a Princess is no fun at all!

*Illustrated by Ei Valder*

Gwen Stuart



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## BEEKEEPING

The UN Food and Agriculture Organisation's online platform TECA, has recently released some unusual data that shows several countries' honey production appears to have increased, despite no corresponding growth in hive numbers. In Taiwan for example, honey production has increased by 196% between 2010 and 2014, despite only a 13% growth in the number of hives. Now, I am not a naturally suspicious person, but I would say there is something not quite right here; I can't imagine bee productivity has suddenly increased by such a massive scale!

TECA thinks the same, and is implementing a worldwide investigation. This followed signs that worldwide honey demand was rising, but prices were falling, an indication of oversupply to the market despite falling bee numbers in North America, Europe and Argentina. So where is this increasing production coming from? Mainly from Asian countries, especially China and Taiwan, but includes five other major Asian supplying countries. One can only hope the buyers in our supermarkets are aware of this, and don't buy honey from these countries. But hey, why not be sure, and buy your honey from members of the Bishop's Stortford Beekeepers Association – email me and we would be glad to supply you with our excellent local unadulterated honey from this year's crop.



John Dockerill

Chairman Bishop's Stortford Beekeepers Association  
Email: chair@stortfordbees.org.uk



## Nature Notes

### Our Recreation Ground

The Recreation Ground is an open public space maintained by the Parish Council. There is a memorial commemorating the donation of the land to the village by William Fuller Maitland in 1867. The reason I am writing about the recreation ground or 'The Rec' is that it is a space I see most days when walking the dogs, and on two occasions I have seen something quite special. The first was in spring 2009, when I witnessed a pair of cuckoos flying around the ground pairing up. One was calling the other whilst they flew together. They circled the area three times before leaving together. To see one cuckoo is rare, but to see a pair! The second event was in the autumn of 2011 when I witnessed a gathering of crows soaring over the children's area. The correct name for a gathering of crows is 'a murder' – and it was. Around ten crows soaring around the ground, just dropped out of the sky and attacked a flock of chattering starlings. The noise was quite something as the starlings tried to fight back. I have never heard of crows working as a team before.

The Recreation Ground is a good space to see wildlife; from foxes and hedgehogs at night-time to sightings in the day of low flying red kite and buzzards that soar at greater heights, to a darting glimpse of the sparrow hawk, travelling from one garden to another on its regular hunting path. As with most public places, we really do not take the time to just look around, watch and listen. We always seem to be in a rush, head down, missing what is going on all around us. Grab a coffee, sit on one of the benches and just watch others enjoying the facility whether they are animal or human.



Steve Leaney  
Tel: 647177

## GARDENING TIPS FOR SEPTEMBER

Keep deadheading dahlias, rudbeckias, heleniums and asters as well as summer bedding to keep the display going through until frosts arrive. Any gaps in your displays can be plugged with daffodil bulbs which should be available this month, ready for them to give a nice display next spring. Towards the end of the month lift and bring in any tender plants for overwintering eg cannas, and other plants which are susceptible to overnight temperatures in single figures.

Common problems that have been reported this summer included the dreaded buxus leaf caterpillar (described last month), and a lot of 'shotholing' (lots of small holes) of leaves on various varieties of viburnum. This is most likely to be caused by viburnum leaf beetles. Both adults and larvae like a good munch on our plants with a particular liking for our native *Viburnum tinus*. The young larvae feed together (often several to a leaf) beginning on the underside of tender, young, expanding viburnum leaves.



They often start with lower leaves, shotholing them to such an extent that only the midrib and major veins remain intact. If the infestation is heavy enough, the larvae will completely defoliate the shrub. Established bushes are tough enough to bounce back from this, but would appreciate your help by getting rid of as many of the bugs as you can. If you have suffered from these pests this year, be on the look out for them from April-June next year to be sure to get rid of as many as possible. If you do use chemicals, they are susceptible to various brands, but never use these when your viburnum or nearby plants are in flower, as you will kill bees and other useful pollinators too. Viburnum beetles overwinter as eggs that are deposited in the bark of stems in late summer, so a scan of the bark and removal of eggs could break the life cycle in your garden.

Paul the Gardener



The Place on the Hill is a free drop-in held at and organised by Stansted Free Church (at the bottom of Chapel Hill) which is open every **Monday, Wednesday and Friday** (except bank holidays) **9.30am-12.30pm**. Do come and join us - all ages are welcome. Refreshments, newspapers, company, free WiFi, computers, space for the children to play with toys and run around, plus a quiet area with comfy seating and a jig-saw which anyone is welcome to add pieces to! For more information or if you need transport, please contact us.



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## SKYDIVING AT 77 – WAY TO GO, PIA!

On 8<sup>th</sup> July, 77-year old Pia Young and her granddaughter Selina did something that most of us would never dream of doing – a skydive from 15,000 feet! Pia, a local for over 50 years, someone who's always embraced life with both arms, explains she wanted to do something 'different'. While keeping active and busy 'on call' for her 10 grandchildren, Pia enjoys experiences that remind people how young at heart she is. A year ago, a balloon ride from Blake's Barn was something she and her husband had to wait two years for. On the skydive, she wanted a fellow thrill seeker. Who better than the granddaughter she unexpectedly delivered 19 years ago? Pia and Selina have always shared a close bond. An assistant teacher, and unlike her extraordinarily fearless grandmother, Selina was very nervous about the jump. While it was the attraction of something new, Pia seized the opportunity to raise money for charities: Diabetes UK, Cancer Research UK, Dementia UK and Great Ormond Street Hospital for Sick Children.



Over the years, Pia has run various businesses. She owned an antiques shop in Hockerill for 12 years, then a special-occasion chauffeuring business for six years. At 15-years old, she was a 'poultry girl' – tending chickens on a farm. Having always worked and kept busy, Pia needs the stimulation of new and exciting challenges. Pia described the adrenaline rush after stepping out of the plane: "It was lovely! The only problem was that it felt like my shoes (trainers) were coming off in the wind!" Apart from having to adjust her breathing a bit, it was an exhilarating experience she'd gladly do again – at 90, she says! The parachuting staff relaxed Pia and Selina and despite a small technical issue interfering with a smooth landing, it all went remarkably well! So, what's next for Pia? She's considered a wing walk (strapped to a pole on top of a plane) but thinks a mountain walk in Snowdonia might be a safer option! Pia and Selina have raised nearly £1000 so far. If you admire Pia's remarkable courage and would like to make a donation, please visit [www.gofundme.com/ae8p7n-skydive-for-charity](http://www.gofundme.com/ae8p7n-skydive-for-charity).

Anna Nolan

## STANSTED IN BLOOM SPECIAL VIDEO



Congratulations to all of you keen hardworking gardeners, whose wonderfully tended gardens have been featured in a YouTube video uploaded by John Hudson. Enjoy the video via this link

<https://youtu.be/5oODj0thoBc>.

Editor



STANSTED MOUNTFITCHET  
LOCAL HISTORY SOCIETY

### Programme of Speakers for 2017/18

**7<sup>th</sup> September:** Tim Turner – 'Country House sales from past Sworders Auctions'.

**5<sup>th</sup> October:** Ray Franklin - 'Elsenham Jam Factory, a History'.

**2<sup>nd</sup> November:** Peter Sanders, Toby Lyons and Elizabeth Ashton 'Watermill Farm, the Watercress beds and the Wild Flower Meadows'.

**7<sup>th</sup> December:** Mulled wine, mince pies (Quiz/fun evening).

**4<sup>th</sup> January:** 'Members Evening' (4-5 members) *please volunteer your short contribution*.

**1<sup>st</sup> February:** Ken McDonald 'The Hundred Parishes - an Introduction'.

**1<sup>st</sup> March:** Keith Lovell – 'Essex Village Signs'.

**5<sup>th</sup> April:** Speaker TBC. Title: 'Lord Gardner and his Family in Stansted'.

**3<sup>rd</sup> May:** AGM and a talk by Elphin Watkin: 'Essex Malt houses'.

All meetings will take place on Thursday evenings in the Crafton Green Centre, at 8.00pm. Members' subscriptions will be £8 for the year and £2 for Day Members, which includes refreshments. We look forward to extending a warm welcome to all of you.



Steve Leaney  
Tel: 647177

## STANSTED MOUNTFITCHET SOCIAL CLUB

[www.smsc.uk.com](http://www.smsc.uk.com)

There has been a lot going on at the Club, including the renovation of our kitchen facilities, which will enable us to provide improved catering options. Essential repairs have also been carried out on the roof and guttering. We will apprise you as to the progress of ongoing repairs. Good news for all snooker players in the village: one of our match tables has been levelled and recovered; we plan to make a purpose-built match room upstairs with the labour supplied free of charge by snooker players. August saw a number of events including the club members' outing to Great Yarmouth and a Treasure Chest winner! One lucky young lady won £800 - one of the many benefits of being a Social Club member. We also had an appearance by 'Freddie Mercury', 'Elton John' and 'Complete Madness!'. Sadly, as soon as our new flagpole went up in July, we had to lower the flag to commemorate the passing of Club member Fred Prior. Fred was a true gentleman and will be greatly missed.

September will see some special offers on drinks, so keep an eye on our website and Facebook page. We currently have *FUBAR* appearing on Saturday 2<sup>nd</sup>, *The Rockouts* on Sunday 17<sup>th</sup> and on Saturday 23<sup>rd</sup> we will be commemorating 40 years of punk rock! There are three bands lined up and we are working on other things for the day so please check on-line for further details of the event. Finally, there will be karaoke on Sunday 24<sup>th</sup>. Don't forget, we have prize bingo every Tuesday with eyes down at 8.00pm.

Andrew Sharpe  
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## VINTAGE SCOUTS

In 1999 a party of old boys decided to do as their forefathers had done and sit at the fountain to watch the traffic go by! This party of old gentlemen were ex-Scouts of the 1<sup>st</sup> Stansted Scout Group, who decided they would meet up every other year and have a reunion. They have been in the past to Felbrigg Hall, West Runton: all old camp sites. But now age is creeping up on them and the legs are getting weaker. They now meet in the Scout HQ to reminisce. This year they met on 12<sup>th</sup> July and spent the day being fed and watered by Mark, the Group Scout Leader of the Group and his assistant, and being entertained by the Mad Hatters Ukulele Group who played camp fire songs such as you have never heard before!

As you will see from the photo they are still a spritely lot of gentlemen. The total amount of Scouting they have put in over the years tots up to over 300 - not a bad record for old boys!



John Salmon  
Tel: 814789



### "Sing Bach, Mendelssohn and Chilcott with Bishops Stortford Choral Society this coming season"

From September 2017 to July 2018 Bishop's Stortford Choral Society will sing Bach's Mass in B minor, Mendelssohn's Elijah and some Elgar, Whitacre and Chilcott. The Choral Society is always open to new members and has its next open rehearsal on 14<sup>th</sup> September, at 8.00 pm at Water Lane United Reformed Church in Bishop's Stortford. The Choral Society is going from strength to strength under the Musical Direction of Richard Brain. It sang Handel's Dixit Dominus and Four Coronation Anthems with the Bishops Stortford Sinfonia at its July concert. Andrew Bruce, Head of Music at Bishops Stortford College, said he was impressed that the Choral Society had successfully tackled such a demanding repertoire. He said the choir's energy and enthusiastic delivery kept the audience on the edge of their seats to the last notes of the Dixit.

The Choral Society rehearses on Thursday evenings at the United Reform Church between September and July, performing three concerts a year. For more information go to: <http://www.singwithbscs.org.uk/>.

Jill Goldsmith

## SEPTEMBER FACTS AND TRADITIONS

### Birthstone: Sapphire - Flower: Aster

September is derived from the Latin word for seven, *septem*, it being originally the seventh of ten months on the old Roman calendar. The Anglo-Saxons called it *Gerstmonath* (barley month), as the barley crop was harvested then and made into barley brew, a very popular tipple. Amongst other things, September is the UK Childhood Cancer Awareness Month and it's also the time of year when children (and some adults – apparently Roald Dahl was a great fan) start collecting conkers. Other September traditions include:



**The Horn Dance** performed by men on the first Monday after 4<sup>th</sup> September in Abbots Bromley, Staffs. Some dancers hold masks with long reindeer horns attached on sticks, others dress as a hobby horse, Maid Marion, boy with a bow and arrow and a Fool. There is also a musician and a triangle player: strange but true. However, are the more recent introductions of 'International Talk like a Pirate Day' on the 19<sup>th</sup> or 'Ask a Stupid Question Day' on the 29<sup>th</sup> any less strange?



**Guldize**: Cornish for 'the feast of ricks' (grain stacks), was a vast feast held at the end of the wheat harvest, usually around the autumnal equinox on the 22<sup>nd</sup>. The ceremony of Crying The Neck took place before the feast, the neck being formed into a corn dolly, which presided over the celebrations. A corn dolly, made from the last sheaf of corn, was believed to hold the spirit of the corn goddess until the next spring sowing. Since 2008 a revived Guldize celebration has been held in Penzance and more recently other parts of Cornwall have also re-introduced the event.

**Michaelmas Day** on the 29<sup>th</sup> is traditionally the last day of the harvest season and is sometimes called Goose Day. (Goose Fairs are still held in some English Towns; the famous one in Nottingham still taking place in early October, but geese are no longer sold.) The day after Michaelmas agricultural labourers would go along to the nearest market town, with their tools, looking for work (hirings) for the coming year. A Mop Fair would follow the hirings.

Finally, did you know that in 1752 when Britain decided to change to the Gregorian calendar which we still use today, the 3<sup>rd</sup> September instantly became the 14<sup>th</sup>? Consequently, nothing happened in British history between 3<sup>rd</sup> and 13<sup>th</sup> September 1752. Useful fact for quizzers!!



Yvonne Ayres



### STANSTED & DISTRICT LIBERAL DEMOCRATS

You are invited to a **Quiz** on Saturday 21<sup>st</sup> October 7.00pm for 7.30pm at Stansted Day Centre, Chapel Hill. Entrance is £10 to include a ploughman's supper. Bar and raffle. Teams of six or eight, but no need to have a team established beforehand to take part. Please let me know if you are coming.



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



Trees are an essential part of what makes the landscape of the Hundred Parishes so distinctive, as silhouettes on the horizon or adding to the pleasing appearance of a garden, tree-lined street or churchyard. Trees enhance our lives, they frame a view, produce oxygen and give shelter from excessive sun or wind. They absorb carbon dioxide, help reduce flood risk and provide fuel and timber. Certain species furnish us with fruits or nuts and all support various forms of wildlife. In the year 1217, the Charter of the Forest recognised the importance of woodland when King Henry III re-established the right of free men to forage for food and to graze their animals.



The Woodland Trust is leading a project to highlight the importance of trees today through a new ten-point Charter for Trees, Woods and People. This is intended to guide UK policy and practice and will be launched on 6<sup>th</sup> November 2017, the 800<sup>th</sup> anniversary of the Charter of the Forest. I encourage you to review and, hopefully, sign up to the Charter via the website [www.treecharter.uk](http://www.treecharter.uk). Since 1217, our countryside has experienced many changes, driven by fluctuations in climate, the requirements of a rising population and economic necessity. 90% of the UK's current timber requirement is imported but some is produced in woods within the Hundred Parishes, some managed by the Woodland Trust or the Wildlife Trust and open to the public. The What's On page of the Hundred Parishes website includes opportunities to participate in woodland conservation activities. One way to appreciate trees is to take a leisurely walk in the local countryside. There are a number of suggested routes on our website, whilst Hatfield Forest, run by the National Trust, has some two square miles of ancient forest to explore.

Tricia Moxey  
Trustee  
Tel: 01277 364522



## STANSTED MUSIC CLUB SUMMER SOIRÉE

Saturday 8<sup>th</sup> July saw six talented young musicians from the local area gather to perform a wonderfully varied programme for the Stansted Music Club, their friends and families. The afternoon began with the youngest musician, Joe Lee, who gave an enchanting performance of Cui, Rachmaninov and Bazelaire. He produced a pleasingly lyrical tone from the cello and showed his potential for the future. Next was Sarah Chung who delighted us with a technically masterful performance. She played Liszt's *La Leggiereza* with lightness and dexterity and both Fauré *Nocturnes* and finally the playful *Jeunes filles au jardin* by Mompou. To end the first half, Robert Winup performed the first two movements of the beautiful Saint-Saens *Clarinet Sonata*, and finished impressively with the fireworks of Messager's *Solo de Concours*.

During the interval, a delicious supper was served and the Minx Collective played to us for over an hour of entertaining and very lively jazz music. The second half was opened by Maddie McCarthy, the sole vocalist of the concert, who showed off the versatility of her voice. She sang three pieces, a highlight of which was *I Can Do Better Than That* from Jason Robert Brown's *The Last Five Years*. Anyone who saw the performance would agree that Maddie has a future in musical theatre. Scott Hextall then gave a commanding performance of Beethoven's *Pathétique*, the dark and stormy nature of the sonata captivating the audience. He finished with Meitner's *Fairy Tales* Opus 20 No. 1 as an equally fiery close. The final performer of the evening was Miles Bruce-Jones. Miles gave an impressive rendition of Cimarosa's *Oboe Concerto* movements 1 and 4, but a real highlight of the evening was his performance of two pieces on the cor anglais; Vaughan William's *Studies in English Folksong No 4* and the beautiful *Divertissement* by Bozza. It is unusual to hear the cor anglais performed as a solo instrument and Miles left the audience wanting more!

The evening was a tribute to the hard work and dedication of these young people in reaching such a high standard of performance and was a joy for all who were lucky enough to hear it. The Stansted Music Club runs these events with ease and aplomb and it was, as always, a pleasure to be their guest.

Aphra Bruce-Jones

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With subsidies now removed from school bus services in Uttlesford, families not entitled to free transport may face significant fare increases from September 2017. For example, if paying by direct debit, the annual cost of travel from Clavering to Saffron Walden County High on Stephensons buses will rise from £598 to £875! Low income families and those families with extenuating circumstances may be entitled to help with the cost of transport; for more information contact Essex County Council. Post-16 students struggling with the cost of transport may find help from their school or college. Otherwise, organising a lift share with other local families could reduce costs; try advertising in your parish magazine or on local Facebook groups. If you are worried about money, Citizens Advice can help with budgeting concerns; call us to make an appointment.

Parents applying for new school places should read the current school transport policy carefully, as the ranking of choices may affect your entitlement to free transport. This is available on the Essex County Council website. There may also be bus service and schedule changes from September that have yet to be announced. For timetable and provider information check <http://www.travelinesoutheast.org.uk/> or contact bus companies directly before the start of term.

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

The persistent rain in July held off until the afternoon of our World War II open day, 23<sup>rd</sup> July, so visitors had time to see exhibits about the RAF, WRAF, Little Easton airfield, and other airfields in the wider area. They also enjoyed classic songs from the 'Perfect Vintage' as well as record quantities of bacon or cheese rolls and homemade cake.

We hope for lovely weather for our *Apple Day* on 17<sup>th</sup> September, when we will be joined by Bishop's Stortford Ukulele Band, The East of England Apple and Orchards Association and Uttlesford Beekeepers. Various Apple activities are planned to take place in the walled kitchen garden, where the new fruit trees, grass and box hedging have flourished with all the rain. The gates will open as usual from 11.30am-4.30pm. Our next restoration jobs are to complete the paths with new tiles and to finish the box and lavender edges. Then we will be picking and jamming mulberries and damsons for our tombola stall. We are looking for more volunteers, due to increasing number of visitors. Contact us through our website, Facebook page, or call us on 01371 876979.

Jill Goldsmith

Tel: 07947 183439

Treasurer and Publicity

The Gardens of Easton Lodge Preservation Trust



### Quiz Night Saturday 30<sup>th</sup> September 7.00pm for 7.30pm

As many people will know, Churches Together in Stansted organise shoe boxes filled with Christmas gifts for children in deprived areas of the world. However, it costs £3 to transport each box so generously donated. To help offset this cost there will be a fundraising quiz in St Theresa's Parish Centre, High Lane. Please bring your own food, drink and glasses, as we wish all proceeds to go towards the transport costs. Tickets are £8, payable on the night, and there will be a raffle. Come as a team of 8-10, or come on your own and join a team on the night. *Something new:* there will be two quizmasters. I will be joined by Cliff Gilbert who has written quizzes for The Link. Please support this worthy cause.

Dave Morson

Tel: 850209

## MILLWAY CELEBRATING 45 YEARS

Millway Stationery Limited, which sells stationery, office supplies, arts, crafts, gifts, greeting cards, balloons and much more, are celebrating 45 years of business in Stansted. Starting in August 1972, Millway was a mail order business supplying churches and businesses across the UK with duplicating paper, ink and stencils. It was taken over by the Willis family in 1982 and there have been many changes since then. Mail order has continued, but more people are now visiting the store. Having remained at the same premises in Chapel Hill, for 45 years, Millway has developed into a shop with a huge range of varied products.

I have been with Millway since 1989 and have seen many changes over the years. We have gone from a warehouse to a lovely shop, offering a wide range of goods and services. We have had to diversify over the years. About 14 years ago we decided to start selling art and craft supplies which proved to be a success. We have moved into retail products to service the local community but still have our commercial and mail order side to the business. Our new website offers customers thousands of products available the next working day. We offer the people of Stansted and the surrounding villages and town a pleasant place to come to, with knowledgeable staff, all of whom have been at Millway for many years. To celebrate our 45<sup>th</sup> year in business in we are offering Stansted villagers 10% off their next purchase with the voucher below.

Sue Richardson

Director

### MILLWAY'S 45<sup>TH</sup> BIRTHDAY

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## Stansted Cricket Club

Many thanks to the Stansted Sports Association for funding additional floor tiling in the showers area. The Junior Club is also grateful for funding from Stansted Parish Council via the Section 106 building fund to buy new bats, batting gloves and lots of fielding aids. With two abandoned matches due to poor weather and a last-over defeat, the 1<sup>st</sup> XI still have just two wins and lie 9<sup>th</sup> in Division 1 after 14 rounds. The 2<sup>nd</sup> XI is still bottom of Division 4, with just one win. The Sunday XI only played one fixture, which saw an exciting last-over win over North Weald. Noteworthy batting performances this month include M Burgoine (72), B Sammons (78), P Devoti (69 no), D Sammons (64), R Naylor (54) and B Baker (53). The only home match in September is on Saturday 2<sup>nd</sup> September, when the 2<sup>nd</sup> XI play Takeley II from 1:30pm. (Our sincere thanks go to Stansted FC for allowing us to play in their season.)

The Club's hosting of the Davies Cup semi-final between Farnham and Matching Green on Tuesday 11<sup>th</sup> July and the HECL Cup Final between Takeley and Nazeing Common on Tuesday 18<sup>th</sup> July were both very successful. Good crowds saw two closely contested matches. Players wanting to join the Tour to La Manga in early October should contact Ben Sammons on 07852 510330. The Club would like to invite anyone interested in scoring next season 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

## STANSTED HALL & ELSENHAM CRICKET CLUB

Many senior league matches have been affected by rain recently. Both teams are in good league positions with the 1<sup>st</sup> XI in with a slim chance of promotion. Sunday matches have been less successful, but many of the juniors have performed well. The Norfolk tour was a success as we managed to play all three matches, which we lost! Over 1500 runs were scored so the bowlers had a torrid time. The junior section has finished for the season with the exception of the Bardfield League U15 final, which the Club has reached for the third year running. Thanks to coaches, managers, and parents for all the guidance that they have given to the youngsters this year. *All Stars* cricket has been good this season with the five-to eight-year olds showing some early promise. Seven of our current 1<sup>st</sup> XI have come through the junior ranks, so it shows how important this section is for the Club. Well done to Takeley CC and Farnham CC for winning the local T20 competitions. Semi Finals and Finals were well attended with very exciting matches. England defeated South Africa and we hope that they will now both beat West Indies and retain the Ashes in Australia. On the social front, the Club will be running a quiz on Saturday 21<sup>st</sup> October and will be having a Presentation Dinner/Dance on Saturday 9<sup>th</sup> December. If you would like to attend either event, please contact me.



David Brown  
Tel: 831011 or 07788 999663  
Email: david1.r.brown@gmail.com

## Stansted Tennis Club



www.stanstedtennisclub.co.uk

### Adult Social Tournament

Fourteen Club members participated in this adult social doubles tournament, which was held on Friday 21<sup>st</sup> July. The final was won by Lisa King and Fiona Pye, who beat Tudor Owen and Val Ashwood 6-1. The consolation draw was won by Adrian Olver and Sue Simpson. A bring and share lunch was enjoyed by the competitors after the tennis.



### Club Tournament

Finals' Day this year is on Sunday 10<sup>th</sup> September. Please feel free to come along and watch the tennis and enjoy some refreshments.

### Ladies' Night

11<sup>th</sup> September at 7.00pm. All lady members are welcome to come along and play.

### Hospital Cup Finals

Henham Tennis Club on Saturday 23<sup>rd</sup> September. At the time of writing, Stansted are still represented in three semi-finals. Please come along to watch and enjoy some high quality tennis!

### Cayless Chilli Tournament

This popular Adult Doubles Tournament will take place on Sunday 1<sup>st</sup> October, at 9.00am.

### Used tennis balls

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

### Contacts

Jon Budd (Secretary) 647020; Chris Hollis (Chairman) 319155. For more information about Stansted Tennis Club, please visit our website.



Chris Hollis

## MACMILLAN COFFEE MORNING

We will be holding our annual coffee morning in aid of Macmillan Cancer Support on Friday 29<sup>th</sup> September from 10.30am onwards at Old Lane House, Church Road, Stansted. Please come and support this worthwhile cause. There will be a raffle and cake stall. Everyone is welcome.



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## STANSTED SUPERS HANDBALL CLUB

The highlight of the Club's year came at the beginning of August when the Club took part in the Annual British Beach Handball Tournament in Poole, Dorset. This year the Club took 21 people including two men's teams and, for the first time in the Club's history, a women's team. The event is in its 5<sup>th</sup> year and teams from all over the UK, Ireland and Europe take part. The teams came up against those that had trained on sand for months and, while they were well beaten, they put on a good show with some fantastic individual flare. Bragging rights went to the Supers men's second team after they beat the Supers men's first team – with the help of ex-GB Handball player, Steve Hill, who in the past helped provide training at the start of the Club's life. The Supers were crowned Champions when Bran Radukic won the Bright and Tight Fancy Dress Competition at the Players' Party for his very daring Mr Motivator outfit. Not many can carry that off! The event is seen by the Club as the social event of the year and partake to enjoy the sun, a few beers and have a lot of laughs.



The Club trains on Wednesdays at the Romeera 8.00pm-9.00pm and is very keen to get more women involved in the coming season. We are holding a **women's only** taster session on Wednesday 30<sup>th</sup> August. The cost is £3 and is open to all from 16 years upwards.

Ali Bell

Email: [flawless1376@yahoo.com](mailto:flawless1376@yahoo.com)



**STANSTED  
BOWLING  
CLUB**

Congratulations to Alan Bore for winning the Bert Grub Club competition. On Sunday 6<sup>th</sup> August Stansted once again won the **Cowan Cup** – well done to all players. Please feel free to pop in to watch any of the games below, you will be made most welcome.

### September Home Weekend Friendlies

Sunday 2<sup>nd</sup> at 2.30pm Griffin

Saturday 9<sup>th</sup> at 2.30pm Clavering

Saturday 16<sup>th</sup> at 10.00am **Finals day**

Saturday 23<sup>rd</sup> at 2.30pm Last Bowl.

Helpers are needed for putting the green to bed. Please speak to John with regard to planned date. Many thanks. Don't forget once the outdoor season closes, Carpet Bowls will re-start on Tuesday afternoons from 2.00pm and Friday evenings from 7.30pm.

Doreen Scraggs

Hon Secretary

Tel: 815036 or 07812 483178

Email: [doreenscraggs@talktalk.net](mailto:doreenscraggs@talktalk.net)



## STANSTED FOOTBALL CLUB

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

We start our new season on the back of a couple of wins and a couple of defeats, one of which was in the FA Cup away at a very strong Redbridge side 1-3. However on the positive side, those who are playing at this level for the first time are finding that a good level of fitness is needed to compete, and our newly appointed Fitness Coach is putting the players through some testing schedules which should pay dividends. The Hargrave Park pitch is looking the best it has been in a number of years, due to the hard work of Brian Garrett and Eric Foster. Our first game is an intriguing FA Vase tie against Wodson Park who play in the Spartan South Midlands League. Our Reserve side is now taking shape with our new team manager Darren Gosnell. A long-term injury unfortunately forced Darren to give up playing football professionally, but having taken FA Coaching Courses he is now passing on some great in-depth knowledge to the young squad. The Club was pleased to donate three full adult kits in response to the County FA's appeal for unwanted playing kits, which are distributed to war-torn areas and help promote football as a way of bringing communities together.

### Upcoming home games in September:

Saturday 9 <sup>th</sup>	Wodson Park	FA Vase	3.00pm
Tuesday 12 <sup>th</sup>	Wadham Lodge	Senior Cup	7.45pm
Saturday 16 <sup>th</sup>	Woodford Town	League	3.00pm
Tuesday 19 <sup>th</sup>	Takeley	League	7.45pm
Saturday 23 <sup>rd</sup>	Wadham Lodge	League	3.00pm
Saturday 30 <sup>th</sup>	Waltham Abbey Res	Shield	2.00pm

For up-to-date news please see our website or

<https://twitter.com/fcstansted>

<https://en-gb.facebook.com/stansted.fc.9>



Tom Williams

Secretary

Tel: 07921 403842



**STANSTED  
MOUNTFITCHET  
WINDMILL**

Despite the gloomy weather forecast, I am pleased to say that our Afternoon Tea on 26<sup>th</sup> July was a success. Whilst the day started off very dull and rain threatened, when we came to serve the cream teas, visitors were able to sit outside and enjoy them. It was also pleasing to see children having fun running around, many of whom enjoyed the Tour of the Mill. Our open day on Sunday 6<sup>th</sup> August was also busy and again there were people visiting for the first time. That was a lovely sunny day so juice, tea and coffee were in great demand and a good number of souvenirs were sold. Please remember that mill goods are always available from me when the Mill is closed. The plants donated by John Salmon have given us some very generous donations towards the upkeep of the Mill - a big Thank You to John and to all our supporters. **Windmill Open: Sunday 3<sup>rd</sup> September at 1.30pm-5.30pm.**



Molly Clark

Co-Trustee

Tel: 816768

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