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Editor:

Ken Whyne
01279 816084
editor@stanstedlink.org.uk

Advertising:

Mike and Marion Dyer
01279 814059
adverts@stanstedlink.org.uk

Distribution Queries:

David Horton
01279 813680
distribution@stanstedlink.org.uk

Treasurer:

Alan Wheeler
01279 813745
accounts@stanstedlink.org.uk

Directors:

Malcolm Lloyd (Chairman)
Yvonne Ayres
Susan Bone
Catherine Dean
Marion Dyer
Mike Dyer
Sarah Ludlow-Elston
Elizabeth Oakley
Dick Pollard

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



Birth flower for March, the colourful daffodil, is a symbol of hope and warmer days to come. The European wild daffodil is known as the 'Lent Lily' and it signals a period for personal reflection and the preparation for the celebration of Easter. A programme of Lent and Easter services by the churches is set out on page 2, where you can also find out about the *Women's World Day of Prayer*. David Ayres needs your support on page 7 as he bravely attempts to run the London Marathon in aid of the *Stroke Association*. Meanwhile, the pupils of Bentfield Primary School glean a little wisdom from some very 'wise' birds on page 14. You can have your say at the next Annual Parish Council Meeting; see the agenda on page 21. *Stansted Patient Participation Group* would like to hear from you on page 29. Did you know Stansted Airport's new college is set to 'take-off' in September? Find out more on page 31. Finally, let us all honour our Mothers on page 39.

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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 by noon on 9th March for the April issue or by hand/post by noon on 7th March to 7 Blythwood Gardens, Stansted CM24 8HG.

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

THOUGHT FOR THE MONTH

Like many of you, we have bird feeders in our garden. Sometimes there are plenty of birds feeding. Other times there are none. Some birds pause at the feeders and eat for a while. Others rush in and grab a seed and fly off. Some even scavenge on the ground below. All are getting nourishment.

Many Christians use the weeks leading up to Easter, celebrated on 1st April this year, as a time of spiritual nourishment. They take time to feed the inner core of their being. Some are able to give a lot of time to their nourishment by joining a study group, studying privately, or undertaking special devotions. I myself am using a series of meditations based on works of art. Others may try to cultivate some self-discipline. The vicar on *The Archers* is giving up moaning.

A moment of reflection in a busy life can help us consider how we live. There is quite a lot of interest at present in reflecting on how beneficial or harmful our lifestyle is to the welfare of the planet. I think that all of us can benefit from seeking to nourish ourselves spiritually.

Christians see this time of spiritual nourishment as a means of reflecting on their life before God. We ask God to help us to live in closer harmony with God, with each other and with the world. We believe that we are helped in this by Jesus Christ, who lived his own life in harmony with God and who gives us his Spirit to encourage us to live in harmony with God. By meditating on Jesus' own journey with God, we find inspiration for our own journey with God.



Roy Fowler
Minister, Stansted Free Church

LENT AND EASTER SERVICES

ST THERESA'S

Stations of the Cross Fridays 7.30pm
Palm Sunday 25th March 10.00am Mass
Maundy Thursday 29th March 8.00pm Mass
Good Friday 30th March
10.00am Children's Service
3.00pm Liturgy of the Passion
Holy Saturday 31st March
10.00am Confessions
8.00pm Easter Vigil
Easter Sunday 1st April 10.00am Mass

ST JOHN'S

Palm Sunday 25th March
8.00am Holy Communion
9.25am Procession and Eucharist
Wednesday 28th March 10.00am Holy Communion
Maundy Thursday 29th March 8.00pm Holy Communion followed by watch until midnight
Good Friday 30th March
2.00pm Liturgy of the Cross at St Mary's, Birchanger
6.00pm *Lift High the Cross* choral reflection led by the choir
Easter Sunday 1st April
8.00am Holy Communion
9.30am Sung Eucharist and First Communion

SOCIETY OF FRIENDS

Palm Sunday 25th March 10.30am Meeting
Easter Sunday 1st April 10.30am Meeting

FREE CHURCH

Palm Sunday 25th March Rev'd Roy Fowler
Good Friday 30th March 10.30am Rev'd Stuart Veitch
Easter Sunday 1st April 9.30am (note time)
Rev'd Roy Fowler - Easter Communion



WOMEN'S WORLD DAY OF PRAYER



It's not just for women! Every year the women of one country plan a special service which then takes place all around the world on the first Friday in March. This year's event has been arranged by the women of Suriname, a small country on the north coast of South America. Typically Women's World Day of Prayer (WWDP) events include some music, costumes and objects relating to the 'host' country, and these are combined with global themes - this year's theme is about how we look after our planet. This special service is ecumenical and we look forward to welcoming women and men from any church, as well as anyone who does not necessarily attend church - everyone is welcome.

This year our local WWDP event will be at St Theresa's Catholic Church in High Lane on **Friday 2nd March**. We will start at 1.30pm to ensure everyone will be finished in good time for those who need to pick up children from school. Tea and coffee will be served at the end of the service. Please contact me if you would like more information.

Stella Skingle
Email: stellaskingle652@gmail.com

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

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

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

Church Hall Bookings: Ray Smith
 Tel or text: 07920 000940
 Email: stjohns.hallbookings@gmail.com

St John's Diary

Sunday

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

From St John's Registers

January

Funerals

4th John Gordon Summers, age 85 - at
 Cam Valley
 8th Alan Raymond Taylor, age 72 - service
 at St John's followed by cremation at
 Parndon Wood
 17th Alan Russell Clark 'Stan', age 74 -
 service at St John's followed by cremation
 at Cam Valley

GOOD FRIDAY AT ST JOHN'S

It has become a Good Friday tradition for the Church Choir of St John's to lead a meditation in words and music on the Passion of our Lord Jesus Christ. This year's service is entitled *Lift High the Cross*, and is based around words from St John's Gospel. The service will include hymns for congregation, readings and choir anthems. Everyone is welcome to join us at 6.00pm in St John's Church on Good Friday, 30th March.

Kathy West
 St John's Church

On the evening of Sunday 4th February St John's Church hosted an important service led by the Bishop of Colchester with the assistance of the Archdeacon of Stansted. At this service the Dunmow and Stansted Deanery was commissioned as a Mission and Ministry Unit. The purpose of this commissioning is that the churches in the Deanery should work together to carry out their mission rather than focus on their individual parishes.



This joyful occasion was made even more special by the gathering together of the Church choirs from the Deanery and the support of musicians from across the Deanery.



Rev'd Paul Wilkin
 Rector

ST JOHN'S 300 CLUB

Congratulations to the winners of the January draw:

£100 No 145 Stuart Ayres
 £50 No 123 Ann Conroy
 £25 No 4 Linda and Tony Gurr

The draw for March will be held on **Sunday 25th March** 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



Contact: Howard and Ros Page
Tel: 810813
Email: contactstanfam@yahoo.com

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

Our @27 meetings are normally held on alternate Tuesdays - 7.30pm coffee for 7.45pm start. This month we will be moving at least one of our meetings and sometimes coordinating with the CTS Lent Course, reverting to the normal pattern in April. If you are planning to come to @27 for the first time this month, please contact us directly for venues and timings as there may be some variations nearer the time. @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.



Ros Page

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill
Stansted CM24 8AE
www.saffronquakers.org.uk/stanstedhtml

Clerk Jane Mitchell
Tel: 503024
Email: sjane.mitchell@ntlworld.com

Lettings Richenda Whitehead
Tel: 07773 603618
Email: richendajw@live.com

Meeting for Worship Sunday, 10.30am every week

Light Group 10.30am-12 noon 10th March.
(Guided The 'Experiment with Light' is a process
Meditation) that helps people deepen their spiritual
lives by discovering what it means to
'wait in the Light' as early Quakers did.



SHALOM

We are not meeting in March or April as we are supporting the Churches Together in Stansted Lent Groups which are being held at St Theresa's Church Centre on Tuesdays 6th, 13th and 20th March from 7.30pm-9.00pm.



Marion Dyer
Tel: 814059

ROMAN CATHOLIC

St Therese of Lisieux

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

Priest Father John Garrett

Office Tel: 816889
Email: stansted@dioceseofbrentwood.org

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

Confessions
Saturday 10.00am
and by appointment

Baptisms By appointment



STANSTED FREE CHURCH
Methodist / URC
Chapel Hill, Stansted CM24 8AG
www.stanstedfreechurch.org.uk

Minister Rev'd Roy Fowler
Tel: 814809
Email: minister@stanstedfreechurch.org.uk

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

Preachers for March

4th 10.30am Rev'd Stuart Veitch - New Directions
11th 10.30am Jerry Heyhoe
18th 10.30am Rev'd Gill Hulme - Communion
25th 10.30am Rev'd Roy Fowler
30th 10.30am Rev'd Stuart Veitch - Good Friday



ST MARY'S CHURCH AGM

I am pleased to invite you all to our AGM which will be held at The Stansted Day Centre on **Friday 23rd March** at 7.00pm. This will be followed at 7.30pm by the popular quiz evening with a half time break for a fish and chip supper. To help with catering please could we have food orders by 18th March? On offer we have cod, haddock, chicken or a vegetarian option - all with chips! Please bring your own drinks and glasses. Cost for supper and quiz evening is £8.50. You can order supper by contacting Ray Rogers on 814200 or email: rayrogers2@talktalk.net or Lynda on 07716 099474, email: lynnydale@hotmail.com. We hope you will attend and make up a table. May the best brains win - there will be a prize for the winners. We will also have a raffle and lots of exciting news!



Lynda Dale
Chairman
Tel: 07716 099474



7 pm Sat 3rd March
St John's Church

Rutter, Chilcott, Sting, Snow Patrol, Enya

£10 Adults, £6 Child & Students

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(Mon, Wed, Fri 9 am - noon) or from

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Coffee Morning

10 am - noon Wed 7th Mar

Day Centre

Entry £2.50 incl refreshments

AGM with Wine & Nibbles

7.30 for 8 pm Fri 9th Mar

Day Centre ~ Followed by Quiz



7.30 pm Sat 10th March

St John's Church

Chenyin Li (piano)

Rachmaninov ~ Beethoven ~ Stravinsky

Tickets: Adults £15, Over 60s & Students £12, Under 18s free from Absolute Travel, Nockolds, B S; Sonia Levy 815282; or on the door

WHAT'S ON IN MARCH

- | | | |
|-------------|-----|-------------------------------|
| 1 | Thu | Local History Society |
| 2 | Fri | Business Forum Breakfast |
| | | Women's World Day of Prayer |
| 3 | Sat | Harmonaires Concert |
| 6 | Tue | Stansted is Well Read |
| 7 | Wed | Windmill Coffee Morning |
| | | Mountfitchet Garden Club |
| 8 | Thu | Stansted W I |
| 9 | Fri | Link copy due in today |
| | | Windmill AGM and Quiz |
| 10 Sat & 25 | Sun | Stansted Family Café |
| 10 | Sat | music@stansted |
| | | Rotary Quiz |
| 13 | Tue | RSPB |
| 14 | Wed | W I Tea Party |
| 15 | Thu | Stansted U3A |
| 17 | Sat | Fundraising for The Marathon |
| | | B Stortford Choral Society |
| 20 | Tue | Patient Participation Group |
| | | CAMEO |
| 21 | Wed | Ugley W I |
| | | Annual Parish Meeting |
| 22 | Thu | Volunteers' Open day |
| 23 | Fri | St Mary's Friends AGM & Quiz |
| 24 | Sat | St Clare Quiz |
| | | Saffron Walden Choral Society |
| | | Cambridge Chorale |
| 26 Mon & 28 | Wed | The Place Easter Crafts |
| 27 | Tue | Hearing Help |
| | | Inner Wheel |
| 30 | Fri | Messy Church |

- | |
|----------------------------------|
| Day Centre 7.45 for 8 pm |
| Linden House 7 for 7.30 am |
| St Theresa's Church 1.30 pm |
| St John's Church 7 pm |
| Dog and Duck 8 pm |
| Day Centre 10 am - noon |
| Day Centre 7.30 for 8 pm |
| Day Centre 7.45 pm |
| before 12 noon |
| Day Centre 7.30 for 8 pm |
| Day Centre 10 - 11.30 am |
| St John's Church 7.30 pm |
| Charis Centre, B S 7.30 pm |
| B S Community Centre 7.30 pm |
| Day Centre 2.30 pm |
| St John's Hall 1.30 pm |
| 49 St John's 10.30 am - 4.30 pm |
| B S Methodist Church 7.30 pm |
| Stansted Surgery 10 - 11.30 am |
| Day Centre 7 pm |
| Ugley Village Hall 2.15 pm |
| Day Centre 8 pm |
| Easton Lodge 10.30 am - 2.30 pm |
| Day Centre 7 pm |
| Day Centre 7 for 7.30 pm |
| Saffron Hall 7.30 pm |
| St Michael's Church, B S 7.30 pm |
| Free Church 10 - 11 am |
| Day Centre 2 - 4 pm |
| Day Centre 7.30 pm |
| St John's Hall 3.30 - 5 pm |



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7.30 pm Sat 17th March

B Stortford Methodist Church

Chilcott ~ Whiteacre ~ Elgar

Tickets: Adults £15, Over 60s £13, Children & Students free, from Tourist information Centre, B Stortford www.singwithbscs.org.uk or on the door
Collection for B Stortford Night Shelter



Easter Crafts

10 - 11 am

Mon 26th & Wed 28th Mar
Stansted Free Church

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3.30 - 5 pm Good Friday 30th Mar

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www.stanstedchurches.com/messychurch



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CAMBRIDGECHORALE

7.30 pm Sat 24th March

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Tormis *Four Estonian Lullabies*

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Mozart *Eine Kleine Nachtmusik*

Wheeler *I Sing and Ever Shall*

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S W Tourist 01799 524002

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7 for 7.30 pm Sat 24th Mar

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Email: carolineebore@gmail.com

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

The Salvation Army CAMEO group meets at 7.00pm on the 3rd 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 January the CAMEO group shared in a Burns Night celebration and were very happy to welcome new friends. The evening was complete with haggis, a kilt and good Scottish poetry. Lieutenant Colonels Alan and Val Hart led the evening sharing the history of the event and also personal experiences from their time in Scotland.

The meeting on 20th March is planned to be a Passover celebration; again an evening of fellowship, learning about the Jewish Passover festival with the opportunity to sample some of the foods. The Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavilion, Castle Gardens, Bishop's Stortford) and you would be welcome to join us for our Sunday service. We stay for tea and coffee after the meeting and a Sunday school runs from 12.00pm for our younger members. We have several other groups and events which we would be happy to tell you about.

We hope to see you soon.



Lieutenant Megan Lowe
Tel: 507464

Email: megan.lowe@salvationarmy.org.uk

DAVID'S RUNNING THE LONDON MARATHON!

www.justgiving.com/fundraising/daveayres

Our son David, now living in Saffron Walden with his wife and two children, will be running the London Marathon this year for the very first time, on behalf of the Stroke Association. You may remember David as *that nice boy* who used to work in Stansted Boots. He has to raise £2,000 and we are holding a fundraising event for him on **Saturday 17th March** at 49 St John's Road from 10.30am-4.30pm; entry £1 (includes bottomless coffee, teapot and biscuits). There will be second-hand books, bric-a-brac, craft items, delicious homemade cakes and jams for sale plus tombola and a fantastic raffle. Please drop in any time after 10.30am on the day. You can be guaranteed a warm welcome, a decent cuppa, and a chance to win something to take home with you. For more information please contact us. If you can't make it on 17th March but want to support David you can still make a donation on the website.



Sandra and Keith Ayres
Tel: 814471
Email: sandra@ayres.co.uk



www.stclarehospice.org.uk/event/st-clare-10k-2018

Runners are called to limber up for St Clare 10k!

St Clare Hospice is holding its annual 10k race on **Sunday, 8th April**. This popular event, on the roads of Hastingwood and through the beautiful Essex countryside, has been a fixture in local running club calendars for over 20 years and last year raised £8,000 - a target which St Clare is hoping to beat this year! Starting and finishing at the hospice, this event is suitable for all abilities - whether new to running, or a regular club runner looking for a new Personal Best. The course is also suitable for wheelchair athletes. St Clare Challenges and Events Fundraiser, Emma Broadbent, said: "The route is UK Athletics affiliated and chip-timed - so it offers the perfect opportunity to get a new PB at the start of the running season." Emma added that teams from Harlow Running Club, Bishop's Stortford Running Club, Ware Joggers and Herts Phoenix Athletics Club took part in 2017. "Last year's winner, Thomas Grimes from Orion Harriers, completed the race in a very competitive time of 33:54 which we are hoping can be matched this year," said Emma.

Trophies are up for grabs in the following categories: male, female, seniors, juniors and wheelchair athletes. Medals will be awarded to all runners.



Advanced registration costs £12 or £15 on the day (£10 or £13 for affiliated runners). The deadline for advanced sign-ups is Monday 2nd April. The registration desk will be open at 9.30am on the day, with the race starting at 10.30am. The event is open to people aged 15 and above. For more information, or to register, visit our website. Alternatively, please call the St Clare Challenge and Events Team on 773754.

Rebecca Hedges
Communications Manager
Tel: 773752

Email: Rebecca.Hedges@stclarehospice.org.uk



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Nature Notes

Daffodils & Dementia

At this bleak time of year spirits can be lifted by seeing bright yellow daffodils; they are all around us, in the home and in the garden. They bring a great feeling of hope that winter is almost over. Often known as the Lent Lily, they are closely connected to Mothering Sunday, Easter and St David's Day.



Daffodils are more than just a pretty flower, they contain Galantamine, a substance also found in snowdrops, which is used to alleviate Alzheimer's. The first industrial process of Galantamine was started in 1958 in Bulgaria by Professor Dimitar Paskov. In recent years Welsh sheep farmer Kevin Stephens turned to farming daffodils, after his friend Professor Trevor Walker realised that Alzheimer's could be treated by extracting Galantamine from daffodil bulbs. Now they are grown in vast fields at the high altitude of the Black Mountains in Wales, where the climate helps the plant to produce a greater amount of Galantamine. The drug industry pays £600 per ton of daffodil bulbs, and ten tons are needed to make one kilogram of Galantamine. More sheep farmers are taking up the daffodil challenge, and it is good for the Welsh economy. Prof. Walker is quoted as saying "The compound that we're getting from the daffodils will help slow the development of Alzheimer's disease"; he also said "There is a very good chance that some patients could be kept out of care homes for years". Quoting William Wordsworth:

"For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils".

Bee's Daughter

QUIZ TOPICS WANTED

As a regular quiz-setter for the Link, I am looking for suggestions of topics for future quizzes. Please contact me with your ideas and I will see what I can do! Thank you.

Cliff Gilbert
Tel: 814291

Email: cliffgilbert496@btinternet.com



UGLEY WOMEN'S INSTITUTE

It was a case of *Call the Midwife* at our January meeting but fortunately her professional skills weren't required on this occasion. Patricia Young, a retired midwife, came to entertain us with her anecdotes of her *Life with the stork*. A great raconteuse, she made a chilly January afternoon fly by with her amusing anecdotes. She did however, remind us that not every mother had a happy experience and bearing this in mind she had established the Princess Alexandra Bereavement Service. At the end of her talk she judged our competition for the bonniest baby photo. A great start to our programme for 2018!

Our next meeting will be held on **Wednesday 21st March** at 2.15pm in Ugley Village Hall when some of our members organise the afternoon, to give the usual Committee the afternoon off. The speaker and the subject are kept a closely guarded secret! Visitors are still very welcome.

Andrea Fitt
Tel: 815922



STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted

At the next meeting on 15th March, the speaker is Vic Botterill. The intriguing title is 'If Only I'd Said'. We have another Saturday Seminar on 17th March when local genealogist Peter Calver, of *Lost Cousins* will be talking about Genetic Genealogy, looking at the science, practicalities and potential rewards to be gained from this subject. This seminar is sold out, but it gives a flavour of the type of events that we hold.

At the AGM in May, several members of the Committee step down, having served three years or more. Nomination forms, to apply for these posts, are already in circulation. Please consider nominating someone you think would be able to fill one of these posts, or indeed yourself! It is vital for these key positions to be filled, for the viability of Stansted U3A to be maintained. The vacancies are: Chairman, Vice Chair, Secretary, Publicity Officer and Technical Help. Due to ongoing website problems we have now joined the free Third Age Trust's own central website host provider. We will be responsible for the content of the website, but they will provide the host 'platform'. Our new website has all the information you need about groups, events and contacts, and we will be editing it over the coming weeks and months to improve the look and content. We welcome news from groups and if you are a Group Leader, please look at your group's page on the new site and email any changes to stanstedu3awebmaster@gmail.com. Especially welcome would be photos of the castle, windmill and any of the picturesque old houses and pubs, as well as maybe a flavour of our rural setting.

Contact details: Stansted Mountfitchet U3A, c/o Stansted Free Church, Chapel Hill, Stansted CM24 8AG. Tel: Helen (Chair) 9812945 or Liz (Secretary) 813270 email: stanstedu3a@gmail.com.



Suzanne Parra

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HUW JOHNSON CLUB

The Huw Johnson Club is a social group for adults with learning disabilities; if you would like to come along – as a volunteer or as a member – please get in touch via the contact details below. We had a fabulous time at our New Year party held in February. We were very fortunate to have the Inner Wheel of Bishop's Stortford host the party for over 50 of our members and volunteers. They provided an amazing party, with lots of pizza and party food, and they also arranged for students from Hockerill Anglo-European College and Herts and Essex High School to come along and run a disco for us. We all had a great time and basically danced all night! Thank you so much to everyone involved for such generous support and for giving up your Friday evenings to make ours so much fun.

Over the next few weeks we have a number of exciting activities to look forward to, from Bingo and games nights, to pub trips and fish-and-chips suppers. Please do get in touch – we would love to hear from you.



Katharine Collis
Tel: 07759 157620

Email: kat_collis@hotmail.com

A CAPTIVATING NIGHT AT THE SOCIAL CLUB

Stansted Social Club was the place to be on Saturday 27th January; it was a night of iconic rhythms and hypnotic reggae beats, performed by the popular **Innerheart** band. From Desmond Decker's *Israelites* to Bob Marley and the Wailers' *Don't worry about a thing*, so good was the quality of the music delivered live on stage by the band, it had a vibrant Social Club audience rocking for an entertaining 2½ hours. Combined with a tasty chilli prepared by members of the Club's Committee (in the Club's impressive new kitchen) and a warm friendly atmosphere, this was truly a night to savour. The enjoyment of this captivating night of entertainment was summarised when a member of the audience offered to pay the band to perform one final song just as they were preparing to leave the stage at the end of a compelling rendition of Bob Marley's iconic *One Love* message. They were joined by the lead singer's children.



Photo: Dave Bucknell

This was my first visit to a music event hosted by Stansted Mountfitchet Social Club - I am very much looking forward to my next visit.



Ken Whyne

STANSTED SOCIAL CLUB

We hope that some of you were able to enjoy breakfast during the trial opening of our new kitchen. We are now reviewing our opening hours and staffing requirements, and whilst we implement these changes the kitchen will be temporarily closed. Rest assured though, we are fully focused and look forward to re-opening and seeing you all in the near future. A second snooker table has now been restored to match state and we are planning to do some minor refurbishment in the snooker room, including giving the place a new coat of paint. Membership renewal is due by 1st April so please make sure you have your card with you to have it updated. The cost of renewing your membership is just £20 and new members are more than welcome. To join you need to pay a non-refundable administration fee of £5 and if you are accepted as a member you pay the annual fee. We are exploring options to offer online renewals. If this facility is available for the current renewal window, we will post the information on our Facebook page and website.

The Innerheart Band made a fantastic return to the Club in late January (see opposite)! We will try and get them back as soon as we can. In March we have entertainment every Saturday night, starting with **The Looters** on the 3rd. It is their first appearance at the Club so head on down and enjoy some classic rhythm and blues, rock 'n' roll, soul and classic pop. On the 10th we have **Retro**, the 17th **The Ghias**, the 24th **FUBAR** and we round off the month on the 31st with our old friends **Goat Patrol**. We also have bingo every Tuesday with eyes down at 8.00pm!

Andrew Sharpe
Email: stanstedclub@gmail.com



Stansted
Cricket
Club

We await details of our 1st XI's fixtures in the Herts & Essex League. (As some HECL clubs have XIs who play at a higher level in senior leagues, we have to wait for the senior fixtures to be published before the HECL fixtures can be compiled.) Our CCA fixtures have been published and our 2nd XI's 14 matches will take place between Saturday 5th May and Saturday 25th August. The Club has booked net sessions at the HECC Sport Cricket Centre, Tharbies Farm, Rook End, High Wych, Sawbridgeworth, CM21 0LL from 9.00pm-11.00pm every Tuesday evening until 10th April.

The Club's AGM has been arranged for **Thursday 8th March 7.30pm for 8.00pm at Stansted Football Club. All current and potential players are welcome.** The Club would like to invite anyone interested in scoring on a regular basis 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

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STANSTED MESSY CHURCH

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At our January event, everyone enjoyed a variety of crafts which related to our theme of *God always Loves Us*. There was also a celebration time on the same theme, followed by tea.



Good Friday Special 30th March 3.30pm St John's Hall

Please note this is a different venue as St Mary's School will be closed for the Easter holidays. As usual there will be a variety of craft activities linked to a theme that we also explore with songs, stories and games. Instead of our usual tea, we will be having drinks, hot cross buns and cakes. We particularly welcome families with children aged under 12; however, older children are also welcome as long as they come with an adult.



Marion Dyer
Tel: 814059



An energetic and active start to 2018 for Hedgehog Class! The children have been busy, busy, busy this half term and have taken a trip learning about Mexico. They have been learning about where Mexico is: continents, oceans, Mexican poetry, traditions and even Mexican Art Work of the Sun and Moon. In **Science** we have been learning about animals and humans and the basic needs for survival. The children have carried out investigations and made their own homes for animals so that they are able to have their basic needs met. Our **Talk 4 Writing** has encouraged drama, speaking and listening and some fantastic writing. We have used the imitation and innovation stages of *Talk 4 Writing* to write our own versions of *The Magic Porridge Pot*, *Mexican Poetry* and *The Polar Express*. The children have loved the innovation stage to use their own ideas and apply these to a familiar style of writing. In **Religious Education**, we have been learning about special places such as school and Christian Churches. The children have also created their own stained-glass windows and understand that these windows tell stories from the bible. **Physical Education** is one of our favourite times of the week; this term all children in Badgers have been lucky enough to take part in *Forest School* with

Mrs Miles, Mrs Russell and Mrs Austin. The children made some great snowmen out of materials from the woods and these made great Christmas decorations.

Our new topic will be *Village Life - Our Village*. We will be looking at our local environment and taking some trips to see some of the features in the local area, as well as a trip to Hyde Hall to discover different plants and trees. Let's hope the weather stays mild for us as we head into Spring Term Two.

Claire Berry
Headteacher
Tel: 812362



www.magnacarta.essex.sch.uk

Not content with watching their new school being built, youngsters rolled up their sleeves and took on their own building challenge. Pupils at Magna Carta Primary Academy regularly visit the site of their new school building to watch it take shape. Building firm Morgan Sindall is working closely with the school to ensure the children are able to take all educational benefits from the process. Helen Clements, from Morgan Sindall, spent a day with pupils, challenging them to build a wooden school model. Children in Reception and Year 1, the only year groups at the new school so far, took it in turns to don their hard hats, protective glasses and hi-vis jackets to construct a mini structure. Mrs Clements said: "Wherever we have projects under way, it is my role to make sure we are engaging with our communities. We will have more site visits with the children in the coming months, so they can see the process of the build from start to finish." After the practical session, pupils completed a workbook looking at various aspects of building.



Sophia Tanner, Receptionist, said: "This is about making sure the children are involved in what is going on. We take them over to the site regularly. Morgan Sindall is the company building our school, so it's nice for workshops like this to take place." The school is due to move in to the building, next door to its temporary home, in September.

Kelly Clark
Making Words Work
Tel: 01245 237751 or 07979 811580

At Bentfield Primary School the classes are fully immersed in their themed learning for the spring term. In the Early Years Foundation Stage, the nursery pupils are learning about nursery rhymes and fairy stories whilst the reception class are looking at winter and the cold outside. In Year 1 they are studying traditional tales and in Year 2 they are basing their work around *The Owl who was Afraid of the Dark*. As part of this topic they were recently visited by a selection of different owls that spent the morning in the hall with the pupils. They learnt lots of facts from their keepers and had the opportunity to hold and have photos with the owls.



It always pleases me to see what a dedicated and passionate PTA we have at Bentfield. They hold a plethora of events throughout the school year which include the Christmas and May Fairs, Music in the Park, discos, the Easter egg hunt, bingo night and quiz night. On **Saturday 3rd March** there is also a fund-raising event at Stansted Football Club featuring local band *The Jjars*. For the foreseeable future we are raising money for a large project: the resurfacing and enhancement of the school playground. The aim is to make a safer and more inviting playground area which will include a better surface to play on, with markings and other features to increase the opportunities for play and physical activity. I have always been a firm believer in schools working closely with the local community; if you would like to support our PTA in any way, or if we, as a school, can assist with local projects, please feel free to get in touch.

David Rogers
Headteacher
Tel: 813626

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We are 20 years old! 494 Squadron was formed in February 1998 and we celebrated with an Anniversary Party at the Squadron. Later in the year, a Formal Dinner will be held with all past and present air cadets invited.



We have lots to look forward to this year. Already in the diary are numerous shooting evenings including L98 rifle shooting for the older cadets. Several of our cadets are doing Bronze and Silver Duke of Edinburgh awards so lots of camping weekends away are scheduled. There are volunteering activities planned including helping at the Race for Life event in Epping - look out for us if you are participating! In addition, we are looking forward to a big inter-squadron event called the Falklands Competition which involves a whole weekend of indoor and outdoor activities: participating as a team, cooking for ourselves, camping and testing ourselves against nature, the elements and other cadets. Usually, great fun is had by all! We hope to send two cadets to Ramstein Camp in Germany and we have one cadet representing us at Camp USA. We plan to take part in the athletics event for Essex Wing, as well as rock climbing, canoeing, mountain biking, scuba diving and high rope activities. This is a lot to fit in! We will be doing more Radio hamming this year, having won the Exercise Blue Ham radio event last November. We can work on individual projects on topics of our choice and practise our drill.

There really is something for everyone at Air Cadets and if you would like to join us then we welcome both girls and boys from age 12 (in year 8) through to age 17. Get in touch via our Facebook page (search Stansted Air Cadets).

Rachel Alexander
Email : Rachel.alexander@btinternet.com



Easter Craft Specials

Come and join in our Easter Crafts on Monday 26th and Wednesday 28th March. The Place will be open as usual from 9.30am, with planned activities for all ages between 10.00am and 11.00am.

The Place on the Hill is a free drop-in held at and organised by Stansted Free Church, Chapel Hill, and is open every Monday, Wednesday and Friday 9.30am-12.30pm. Do come and join us - all ages are welcome.



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

FOREST HALL SCHOOL



Harry Potter Night

Hunting for beasts and making dragons' eggs were on the timetable for an unusual school day. **Harry Potter Book Night** on 1st February saw schools, libraries and book stores up and down the country celebrate the 20th anniversary of the popular book series by JK Rowling. At Forest Hall School, students from all year groups as well as local primary school pupils indulged in everything Hogwarts for an evening. The theme for the evening, sponsored by the PTA, was **Fantastic Beasts**, with stalls set up offering: face-painting, potions, make your own dragon egg crafts, table quidditch, sweets, a book stall by Sawbridgewords and refreshments including butter beer and Year 8 students' Hagrid's rock cakes. Students were given a Marauder's Map of activities, and a Fantastic Beast hunt following clues around the hall and library. Floating candles and Platform 9¾ added to the magic of the evening.



Sarah Wedgbrow, Librarian and English teacher, said: "This is the second year we have organised this event and we're already planning to make next year bigger and better! It's always great fun to see so many fans of the books come together to promote a love of reading." Best costume went to Sam Corbett, Year 7, who dressed as Aragog, Hagrid's spider friend who lives in the Forbidden Forest.

Kelly Clark
Making Words Work
Tel: 01245 237751 or 07979 811580

STORT VALLEY ROTARY QUIZ NIGHT

Saturday 10th March 7.30 pm Charis Centre, Water Lane, Bishop's Stortford in aid of Bishop's Stortford Food Bank, Life Education and Herts Musical Memories. Tickets £10 including a ploughman's from Derek Crowther on 832580 or email: john.crowther2@ntlworld.com. **Book your table now** (maximum eight people per team - if you are fewer please book anyway as we are often able to make up tables).

Martin Budzinski

ENTERTAINMENT AT LITTLEBURY VILLAGE HALL

An evening's entertainment by Colin Sell (from Radio 4's *I'm Sorry I haven't a Clue*) will take place on **Saturday 10th March** at 7.30pm. Refreshments available. Tickets £12 available from Saffron Walden TIC, or Susan Amiss tel 01799 513869 email: susan.amiss7@gmail.com. Proceeds to Friends of Holy Trinity Church, Littlebury.

Janice Rust

TO JOG OR NOT TO JOG?

Jogger's workout: got Fitbit, got earphones, got *Eye of the Tiger* on repeat, got the dog, let's go!



Dog's work out: sniff, wee, sniff, another wee, chase next door's cat, retire hurt, sniff nonchalantly, follow the pheasant trail, wee again, time to go home and nap.

Hmmm, bit of a problem here ... it is undoubtedly a wonderful thing if you are a jogger to share that experience with your dog as well as simultaneously crossing off the daily exercise task; however sometimes we forget that our aims and enjoyment may not necessarily be the same! Of course, dogs love to go for a walk and they love to run but the majority of dog breeds are designed for short bursts of activity followed by stretches of sniffing and generally investigating their surroundings. Some might say that not allowing them to do that is not allowing them to indulge in their natural behaviour. I think there are several factors to consider before you start taking your dog running with you:

1. Is it old enough? Dogs' bones don't stop growing until they are 12 months old and their joints will not be properly stable for the first six to seven months. So the advice is to exercise gently until a dog is over six-seven months and not to exercise for long sustained periods without rest until the dog's bones have finished growing. If you do, you risk causing permanent damage both immediately and in later life.
2. Is your dog the right breed? Only a few breeds are designed for long steady runs eg Labradors, Vizlas, Huskies, and Border Collies. Most are designed for short bursts of speed and some aren't designed to run for very long at all, eg Pugs, and French and English Bulldogs; some of them have trouble breathing at rest!
3. Is your dog overweight, unfit, or elderly? We wouldn't start running if we were any of these so don't make your dog.
4. Does your dog have an underlying medical condition? If so, check with your vet before you start running.
5. What's the weather like? Dogs can suffer on prolonged runs if the weather is too hot or too cold.

Most of all, **Pay Attention to your Dog:** has it started to limp? Is it breathing heavily? Is its tail down and does it want to stop and have a wee or a sniff? And the golden rule is: never, ever, yank your dog along when it stops. If you have any concerns or questions, do talk to one of our vets; we'll be only too happy to advise on suitability of a canine jogging partner.



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What a busy half term we have had, looking at *People Who Help us*. The children have enjoyed writing letters to their families and a visit from a postman. They have also looked at how the police can help keep them safe and had an interesting visit from both a police lady and man. They finished the half-term by looking at how they can be healthy with a paramedic visiting them taking their heartbeats and bandaging them up.



We will be holding an **Open Day on Saturday 28th April 10.00am-12 noon** when we look forward to welcoming and showing all prospective parents and their children our nursery. You will have an opportunity to meet the staff and find out how we can ensure your child has the best start to their early education. If you are interested in a place at our setting please contact us via our website or give us a call. We currently have spaces available now and for September for children from 2½ years.

Karen Reilly
Manager
Tel: 01279 810800



www.rainbowpreschool-stansted.co.uk

Everyone has returned refreshed from the break ready for more exciting activities. This half term kicked off with Chinese New Year celebrations, and the children trying Chinese food and making musical instruments. All the children will be continuing to practise their numbers by the use of number rhymes with visual aids plus creating Mother's Day gifts and cards. The Explorers have enjoyed exploring the dark den with tactile light up toys and torches.

Before the half term break everyone made bird feeders and have been watching which birds come down to feed, and recording the results on our survey sheet. The Adventurers will be compiling the results to see which bird is the most popular visitor. Please look out for our fundraising advertisements for our *Stay and play with trains* sessions and *Flower Demo* workshop being led by our resident florist to the stars!

Rainbow Pre-School takes children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website for details. You need to put your child's name down now, however young, to ensure a place.

Gill Pursglove
Administrator
Tel: 814242

Email: admin@rainbowpreschool.net

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Kaboom! And already we are half way through the academic year. Our lucky Year 5 cohort recently went on two incredible school trips. The first was our traditional visit to **Dinosnores** at the Natural History Museum in London. The evening was full to the brim of fun educational activities, varying from an entertaining talk on the Octopus species to designing your own t-shirt, before *lights out* at midnight, whereupon everyone bedded down in sleeping bags overlooking the Museum's 25.2 metre blue whale skeleton. The morning session consisted of a live show from the Animal Man, who brought with him various mammals and reptiles before we delivered our tired but happy children back to school late morning.



The second event for Year 5 took place just over a week later. We joined 7,500 other primary school choir members to perform in the **Young Voices concert** at the O2. The children had been practising the songs since November; the songs ranged from a cartoon medley to Toto's Africa. After a fairly lengthy rehearsal at the O2, the parents and other audience members filed in at 7.00pm and, suddenly, the vast arena was full and it was Showtime. The sound of literally thousands of young voices singing in harmony and total unison was bewitching, and even though it was another very long day, it was totally worth it. Special thanks to Mrs Maginn for Dinosnores and Mrs Rose for Young Voices, plus the other members of staff who attended both events.

Sporting news: We have taken part in various district sporting events this half term, including swimming, dodgeball (where we made it to the Essex final!) and indoor athletics. In the most recent athletics meet up, St Mary's Upper Key Stage Two came 2nd overall in their category. Well done to all participants.

Matthew Curzon
Acting Headteacher
Tel: 812212

Email: admin@st-marys-stansted.essex.sch.uk

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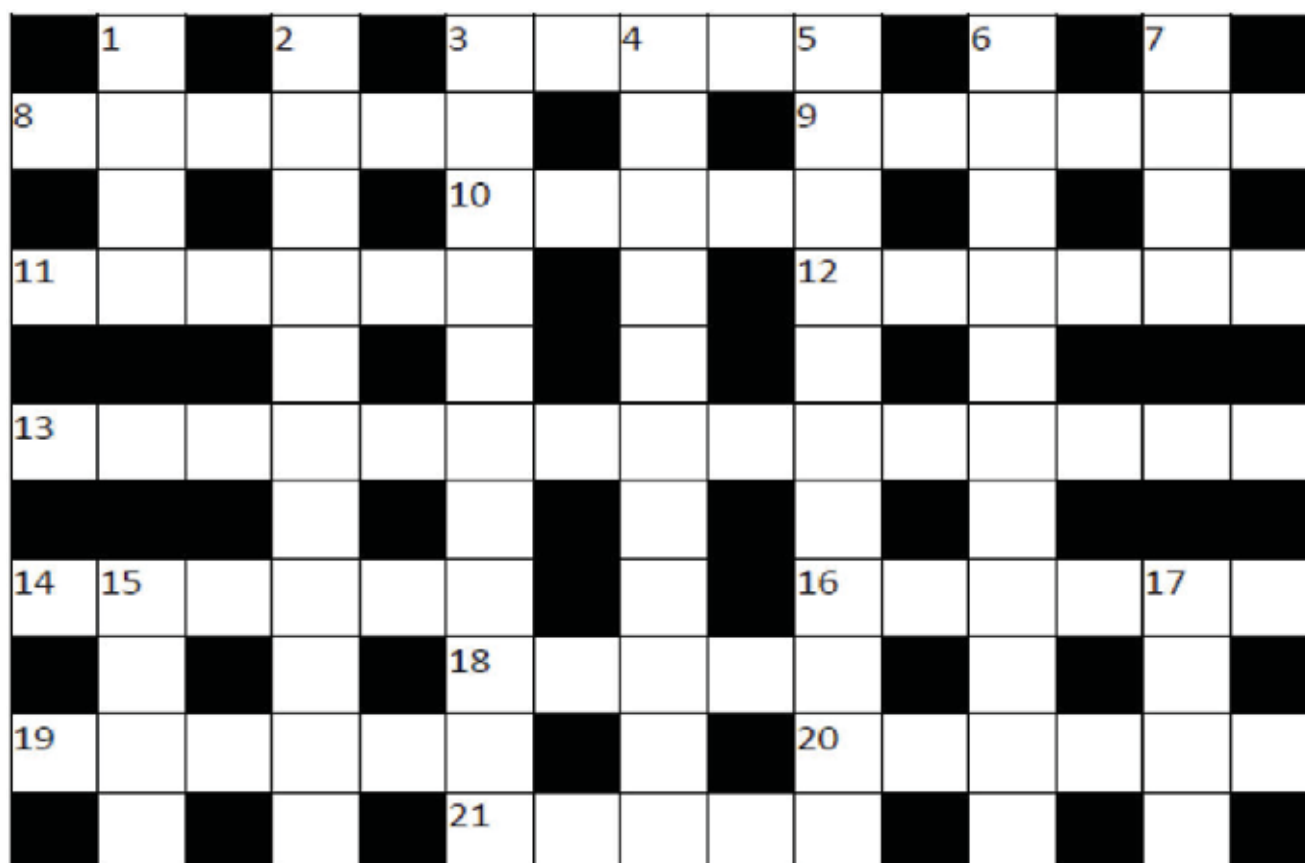
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FUN AND GAMES PUZZLE TIME



Compiled by Roger Wardle. Answers on page 43

ACROSS

3. Funny man or children's weekly (5)
8. 18th C architectural period (6)
9. I get Beach Boys hit (6)
10. Normal, run of the mill (5)
11. Opera for mechanics? (6)
12. Say this when posing for a photograph (6)
13. Court band clean energy when both sides are in equilibrium (7,8)
14. Capital of Greece (6)
16. One who buys and sells, e.g. Del boy (6)
18. Start of a song (5)
19. Motive, cause (6)
20. User of books and words (6)
21. 60s pop group with the Davies brothers (5)

DOWN

1. Song by 21 about a girl (4)
2. Oh that everyone might be blessed with this mental facility! (6,5)
3. Put screw head lower (11)
4. Royal name or local curry house (11)
5. Little gadgets that do sums (11)
6. Aussie soap (4,3,4)
7. Responsibility of son used to be great (4)
15. Layer, row (4)
17. Female sheep (4)

RIVERS QUIZ

Which flows through these towns and cities?

1. London (6)
2. Liverpool (6)
3. Nottingham (5)
4. Bath (4)
5. Leeds (4)
6. Preston (6)
7. Chester (3)
8. Leicester (4)
9. Worcester (6)
10. Sheffield (3)
11. Rochester (6)
12. Middlesbrough (4)
13. Bedford (5,4)
14. Sunderland (4)
15. Peterborough (4)
16. Derby (7)
17. Hertford (3)
18. Truro (3)
19. Ipswich (5)
20. Norwich (6)
21. Exeter (3)

Compiled by Cliff Gilbert. Answers on page 43

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ANNUAL PARISH UPDATE

ANNUAL PARISH MEETING
for

STANSTED MOUNTFITCHET

To be held at

The Day Centre, 72 Chapel Hill
Stansted Mountfitchet, Essex

on WEDNESDAY 21st MARCH 2018 at 8.00pm

AGENDA

- 1 To receive apologies for absence
- 2 To receive the minutes of the meeting held on 22nd March 2017
- 3 To receive the Parish Council's audited accounts to 31st March 2017
- 4 To receive the Parish Council's Financial Review
- 5 Chairman's Report
- 6 To receive a report on Neighbourhood Watch
- 7 To be shown a short video from our twinning partners - Rungis
- 8 Open Forum
- 9 Refreshments

Tea and coffee will be served in the foyer.

NOTE

The Parish Meeting may, by law, discuss all parish affairs and pass resolutions about them. Such resolutions are not binding upon the Parish Council, but members usually consider them at their next available meeting and consider what action, if any, to take.

Anyone wishing to speak under the Open Forum must state their name and use the microphones provided. Please try not to repeat topics already discussed. The meeting will close at 10pm at the latest.

Ruth A Clifford
Clerk to the Council

STANSTED MOUNTFITCHET PARISH COUNCIL - FINANCIAL REPORT FOR ANNUAL PARISH MEETING MARCH 2018

REVENUE INCOME AND EXPENDITURE

Year ended 31 March		2015	2016	2017	2017	2018	2019	
		Actual	Actual	Budget	Actual	Budget	Budget	
Item								
1	Village Maintenance and Cleaning	63,693	61,214	84,423	55,733	91,059	93,741	A
2	Recreation and Play Areas	1,184	515	2,699	2,271	2,199	1,199	
3	Street Lighting	9,897	17,976	17,584	12,755	17,584	17,584	B
4	Administration and Office Costs	77,527	83,876	99,762	110,017	109,331	115,084	C
5	Members Expenses and Training	568	526	1,000	354	850	850	
6	Discretionary projects	-5,801	7,210	5,500	11,415	8,962	8,700	D
7	Christmas Fayre	-468	1,206	0	1,265	0	0	E
8	Day Centre	-2,018	8,065	2,380	5,734	1,521	1,390	F
9	Windmill	1,720	4,000	4,000	4,000	4,000	4,000	
10	Crafton Green rental income	-13,000	-13,000	-18,500	-25,166	-23,750	-3,050	G
11	Crafton Green Car Park	-7,606	-7,205	-3,927	-7,478	-6,385	-5,735	H
12	Capital projects	-8,953	27,967	15,750	17,252	-2,250	7,750	I
Total net expenditure		£ 116,743	£192,350	£210,671	£188,152	£203,121	£241,513	
13	Council Tax Precept	£ 212,000	£217,000	£222,000	£222,000	£255,000	£260,000	
	Average per Band D	£66	£66	£68	£68	£80	£82	
Net surplus or (deficit)		£95,257	£24,650	£11,329	£33,84	£51,879	£18,487	

BALANCE SHEET at 31st March		2015	2016	2017
		Actual	Actual	Actual
	Bank, cash and investments	277,445	265,045	291,538
	Due to Council	<u>48,112</u>	<u>89,695</u>	<u>73,365</u>
	Total current assets	325,557	354,740	364,903
	Less: Owed by Council	10,623	14,996	56,964
Total net assets		£ 314,934	£339,744	£307,939
These assets represent . . .				
	Reserves for specific projects	166,379	192,897	226,096
	Accumulated general reserve	148,555	146,847	81,843
		£314,934	£339,744	£307,939

EXPLANATIONS OF WHAT IS INCLUDED IN THE FIGURES

- 1 Environmental staff costs plus grasscutting, gardening, maintenance litter and garden waste skips.
- 2 Maintenance of all play areas less rents from tennis and bowls clubs.
- 3 Lighting maintenance and energy costs. Includes an amount towards mandatory testing.
- 4 All costs related to the administration of the Parish Council.
- 5 Parish councillors' expenses and training.
- 6 Includes CCTV, Bonfire night, Parish Grants (1% of precept) and part-funding of the Youth Centre.
- 8 In 2015/16 UDC renewed our grant, for a further three years, at £11,600 pa plus inflation.
- 10 Rents from clinic and library.
- 11 50% of income from Crafton Green car park (UDC retains 50%) less business rates.
- 12 Includes contribution to unadopted roads, lighting and IT but not new community building
- 13 Element of Council Tax collected by Uttlesford specifically for Stansted, inclusive of LCTS grant (ended 17-18).
- 2018 Budget for 2018 differs from that published last year due to mid-year reviews

*** NOTES REGARDING MAJOR VARIATIONS BETWEEN BUDGET AND ACTUAL FIGURES FOR 2017**

- Note A Savings on gardening contract (due to early termination) and part year without 2 staff.
- Note B Lower than budgeted maintenance costs.
- Note C Higher than budgeted professional fees, IT maintenance. Salaries were under budget due to part year without one member of office staff.
- Note D Youth Centre expenditure is funded from revenue and allocated reserve so not over revenue budget.
- Note E Christmas lighting, not a market.
- Note F Higher maintenance costs and included purchase of new automatic front door.
- Note G Higher total of costs reclaimed from Clinic.
- Note H Budget was cautious but increased use of car park raised the income level.
- Note I Figures for new community building not included here as not funded from revenue budget.

FINANCIAL REPORT

Council tax (parish share) in 2018/19 will rise by 3% with a similar increase anticipated in 2019/20. These numbers are in line with earlier indications.

Net spending trends are discussed below:

2017/18 - A return to full staffing levels and the new gardening contract have increased costs but, with the clinic lease continuing for longer than budgeted and the higher precept, a substantial surplus of about £52,000 is anticipated and will help to offset the increased costs of the new community building.

2018/19 - Net expenditure is estimated at £242,000. The increase reflects several factors:

- A return to full staffing costs and changed job specification
- A new and higher priced gardening contract
- Clinic is assumed to terminate lease by end 2017 causing a net loss of income and added costs which together total £22,000.
- A contribution to part funding a PCSO

A surplus of about £18,000 is anticipated.

2019/20 - Net expenditure is anticipated to be £248,000 leading to a surplus of about £19,000. This figure could rise significantly if Crafton Green House can be made cost neutral or income is generated following the departure of the clinic, along with a continuation of the grant by UDC towards the cost of the youth service.

Trend in free reserves

	Mar-17	Mar -18	Mar-19	Mar-20
Free Reserve(£'000)	82	74	92	111

A transfer of £50,000 into the reserve for the Crafton Green Project , largely offset by the surplus generated during the year explains the fall in the year to March 2018.

Crafton Green Project

After the extended delay, work on site will recommence in Spring 2018 and should be completed by late Summer 2018. The cost of the building contract has increased by £81,000 reflecting inflation increases while the buyout of the easement rights coupled with costs was £173,000. These substantial increases have been funded from the Section 106 Community Fund and the reserves of the Council. The Parish Council has resolved to rebuild the S.106 Fund and any viable scheme coming forward for Foresthall Park will be considered on its merits.

Precept and Council Tax

	2015/16	2016/17	2017/18	2018/19(e)	2019/20(e)
Precept (£'000)	217	222	255	260	268
Council Tax (Band D) £	66.4	67.9	79.9	82.33	84.80
% change	0.9	2.3	17.7	3.0	3.0

Over the two years to March 2019, UDC has eliminated the LTCS grant to parishes at a cost to Stansted of £13,000 spread over the two years.

Peter Jones

Chairman of Finance and General Purposes

CHAIRMAN'S REPORT FOR ANNUAL PARISH MEETING REPORT 2018

The last year has seen the developments at Cambridge Rd, Walpole Farm and Elms Farm start to take shape. These have brought significant highways and flooding issues that have been urgent priority agenda items for the Council – culminating in a multi -agency meeting to look at the issues of flooding with developers, the Environment Agency, Essex Highways and the Lead Local Flood Authority, with an outcome that the EA will ensure all possible outcomes, including natural flood management options, are explored with our flood group before the publication of the final report in the Summer of this year. The maintenance issues raised e.g. blocked gullies and sluice gate are being followed up by Essex Highways and the Environment Agency. Thanks must go to our Flood group members and those parishioners who regularly clear the trash screen and culvert.

The Parish Council has registered a number of complaints with Essex Highways in respect of the scheduling of emergency utility works and road closures as there seemed to be no planning on the impact of the number of closures occurring at the same time. Meanwhile we are still chasing the safety audit to be undertaken on the roundabout at the bottom of Chapel Hill and the installation of the pedestrian crossing on Cambridge Rd (at the time of writing scheduled for March 2018). There is no firm progress on the Lower Street crossing, or any follow up on our request for a strategic review of the highway network.

We have set up a project group of interested parties from the Business Forum and the Parish Council to steer the work and outcomes of the partnership with Rungis in France, to promote cultural and educational exchange, as well as promoting business opportunities between our communities. We hope to cement a long term relationship with a formal twinning ceremony both here in Stansted and in Rungis (hopefully in late spring/early summer this year). A copy of the Charter is displayed in the Foyer and we have a short introduction to our counterparts in Rungis to share with you now.

We are working with Uttlesford Council for Voluntary Service to support and promote the good work and practice of our Youth Club provision, which is jointly funded with UDC, to ensure we continue to provide an efficient, effective and safe service in times of changing policy and practice in the care and support of young people. Thank you to Linda Barnes for her invaluable work with our young people.

The Day Centre has a new manager and a new cook has started. Thank you to Julie for her years of hard work in promoting the centre.

Unfortunately the Pharmacy at Castle Maltings lost the appeal to provide a service in the South of the village. The Parish Council will continue to support this provision and has communicated to the West Essex Clinical Commissioning Group that there is an urgent need for a review of the Pharmaceutical Needs Assessment for West Essex – as population numbers have changed dramatically and Stansted is becoming the meat in the sandwich between Elsenham and East Herts.

UDC are proposing to 50% fund the recruitment of a PCSO to clusters of villages. Elsenham are in principle agreeing to part fund @25% of the remaining cost and we await the response of Henham. The agreement is for the first year only at this stage and we will review the outcomes before deciding on future funding for future years.

By the time you read this report, work on our new community building at Crafton Green will have recommenced and we look forward to opening the doors to our new library, offices and meeting rooms later in 2018. One legal issue remains which precludes further discussion on the topic.

This year will be the centenary of the end of World War 1 and we hope to mark this occasion with a special Remembrance Service in the Memorial Gardens, with the names of those who served re-engraved on the memorial. Thank you to staff and sponsors for making the refurbishments in the garden and to the memorial possible.

The Parish Council are also working with the landowner at Elms Farm, and it is hoped that the allotments will be available to rent later this year. Interested parishioners should contact the office. Forest Hall Open space is now the responsibility of the Parish Council and contracts have been proposed for the grass cutting etc.

Thank you to our office staff and Clerk for their work in keeping the infrastructure of the parish ticking over and our staff who work to keep the external environment clean, tidy and well maintained. We are very lucky to have such a committed and conscientious group. Thank you too to my fellow councillors.

Maureen Caton
Parish Council Chairman



Bishop's Stortford Choral Society will be singing songs by Chilcott, Whitacre and Elgar on **Saturday 17th March** at 7.30pm in the Methodist Church, South Street, Bishop's Stortford. The eclectic programme has been put together and directed by Richard Brain, the Choral Society's young ambitious music director. Tickets: adults £15, over 60s £13, students and under 16s free, from the Society's website, Bishop's Stortford Tourist Information, Market Square, or on the door. The Choral Society raises funds for the Holy Trinity Winter Night Shelter, and will be holding a raffle at this concert to support the Shelter's valuable work. Under Richard Brain's direction the society is gaining in strength and tackling a very varied programme – it will be Mendelssohn's *Elijah* in the summer. New members are welcome to join us throughout the year at our Thursday 7.45pm rehearsals in the Water Lane United Reformed Church.

Jill Goldsmith
Committee Member, Publicity



www.cambridgechorale.org.uk

Songs of Contemplation: Music for Lent

In anticipation of Holy Week, the acclaimed group Cambridge Chorale present a programme of music to reflect the Lenten atmosphere. This will take place on **Saturday 24th March** 7.30pm St Michael's Church, Bishop's Stortford. The programme includes Gesualdo's powerful *Tenebrae Responsories for Holy Saturday* alongside James Macmillan's beautiful setting of the *Miserere* text and Tormis' *Four Estonian Lullabies*. Tickets: £15 adults, £13 concessions, £6 children and students from our website or call 01223 300085. There is £1 discount for advance booking.

Claire Gale



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Join Amici Cantate on **Saturday 24th March** at 7.00pm for an evening of choral music spanning nearly 500 years; from Palestrina through spirituals and musical theatre to contemporary works by Lauridsen, Jenkins, Gjeilo and more! This concert is to raise money for Christian Aid, as part of the Churches Together Lent Events, and the St Andrews Building Fund. The venue is St Andrew's Church, Hertford SG14 1HZ. Tickets: Adults £12, under 16s £6, Family ticket (2 adults and two children under 16) £25 from 506773 or www.ticketsource.co.uk/amicicantate.

Ali Thompson
Publicity Officer
Tel: 816188 or 07866 580110
Email: tickets@amicicantate.org.uk

Wide Open Spaces

The Harmonaires Choir, with Musical Director Josie Cowley (MEd Cantab) is returning to Stansted. Enjoy the stunning harmonies of one of the region's most engaging choirs in a choral concert entitled *Wide Open Spaces*, which includes outstanding and uplifting music featuring Rutter, Chilcott, Gjeilo, Snowpatrol, Sting and Enya. This will take place on **Saturday 3rd March** at 7.00pm in St John's Church. It is a fundraising concert for St John's Church Hall, and there will be a bar and raffle. Tickets: adults £10, students £6 available from the Church Office (Monday, Wednesday and Friday mornings) tel 815243 or from our website.



About the Choir

Formed in 2014, The Harmonaires Choir is an auditioned soprano, alto, tenor, bass (SATB) choir. With no requirement to read music, we have an inclusive atmosphere with the aim of producing stunning, quality performances throughout the year. A choir for people who enjoy singing a vast breadth of work from sacred to secular pieces, well-known classics to new living composers' works. Singing rock, pop, musical theatre, soul, gospel and more, our vision has always been that if you lead the audience on a musical journey, there is no reason why *Elgar* and *Take That* cannot feature in the same concert. We perform at least four concerts a year, supporting local charities as we go. Last year we were thrilled to help Isabel Hospice raise over £8,000 through our *Voices for Hospices* concert at Haileybury College, Hertford. Our next event in May is performing in the International Choral Festival at The Musicians' Church in London.

Liz Jennings
Tel: 813270



MANUDEN SINGERS

Manuden Singers Spring Concert, celebrating Easter and the Royal Wedding, is on **Sunday 22nd April** at 7.30pm in Manuden Church. Programme to include JS Bach's joyous and exuberant *Easter Oratorio*, Handel's *Wedding Anthem for a Royal Prince*, and Mozart's *Ave Verum Corpus* and *Vespers*. Tickets: adults £10, children £5 from 812157 and on the door. All proceeds to the local Samaritans.

Ian Priest



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Our current season will end on a high note when Chenyin Li will be giving a piano recital in St John's at 7.30pm on **Saturday 10th March**. Chinese born Chenyin is well known locally since she teaches at Bishop's Stortford College and



has performed for us in Stansted before. In reviews she has been described as "a gritty, fiery and athletic pianist, backed by a strong technique arsenal" and "brings her own individual interpretation which invests the music with new life". Her programme will include Rachmaninov's Preludes in C sharp minor, D major, C minor, G minor and B flat major. She will also be playing one of Beethoven's masterpieces, his *Waldstein* sonata; three

movements from *Petrushka* by Stravinsky, as well as three traditional Chinese song transcriptions. We expect this to be a very popular concert. Tickets: adults £15, concessions £12, children under 18 free available from Absolute Travel, Chapel Hill; Nockolds, Bishop's Stortford; Sonia Levy tel 815282 and at the door on the night. Check our website for general information.

Alan Corbishley



MUSIC TO DELIGHT

Mozart: *C Minor Mass (Great)* and *Eine Kleine Nachtmusik*; Wheeler: *I Sing and Ever Shall*

On **Saturday 24th March** at 7.30pm in Saffron Hall, the Society is performing the *C Minor Mass*, composed by Mozart after he made a pact with heaven in response to his joy in marrying Constanza, who was a gifted soprano and sang the *Et incarnatus est* at its premiere in Salzburg on 26th October 1783. The mass is Mozart at his most inspired and demonstrates his virtuosity as a composer with some of the most moving and delightful settings for voice and orchestra. The Society is extremely pleased to be joined by the sopranos Susanna Fairbairn and Katie Trethewey, tenor Steve Cass and baritone Timothy Nelson; Chameleon Arts Orchestra, a regular partner with the Choral Society, completes the line-up. Both Susanna and Timothy sang recently in Saffron Hall with English Touring Opera. The musical energy and excitement will continue with the recently premiered choral showpiece, Wheeler's *I Sing and Ever Shall*. This is a joyous and exuberantly tuneful celebration of singing, with settings of poems from a range of poets including Emily Dickinson and Rabindranath Tagore, and includes some energetic dance movement inspired by Scottish Gaelic singing; truly a celebration of singing in all its many forms. Tickets are available from Saffron Walden Tourist Information tel 01799 524002, Saffron Hall tel 0845 548 7650 or online www.saffronhall.com.

John Luke

STANSTED MOUNTFITCHET EVENING WI

New Year greetings were the first thing on the agenda for our January meeting and preceded the singing of *Jerusalem*. Our institute continues with this tradition as this hymn has been sung for decades and was the original anthem chosen by our National WI early in their history as it was also the anthem of the suffragettes.

After the business of the meeting was dealt with, we welcomed our speaker for the evening: Richard Thomas, who took us on an illustrated tour of **The Stort Navigation** from its origins in three counties to Bishop's Stortford, then on to the point where the Stort meets the River Lea. As an introduction, Richard told us that in 1759, Thomas Adderley (landlord of the Crown Inn at Hockerill) succeeded in gaining an Act of Parliament to make the river Stort navigable to enable malt and barley to be transported more easily. The plan failed through lack of finance but in 1766 George Jackson, who was Judge Advocate of the Fleet and an MP, took the idea forward and saw to it that enough financiers were in place to make the project a reality. Much celebration followed the opening of the canal and it was declared that the town of Stortford was open to all the ports in the world. The Stort Navigation had a chequered financial history, eventually causing the bankruptcy of George Jackson's son. Our speaker then took us on a photographic journey along the course of the navigation and through the locks that are encountered along the way; many of the lock keepers' cottages proudly displayed a badge or door plaque bearing George Jackson's initials, some of which survive today. So now we all know how Jackson Square in Stortford got its name.

Our March meeting will be held in the Day Centre, Crafton Green, on **Thursday 8th March** at 7.30pm, when the talk will be entitled *Beautiful Barbados*. We would love any of you ladies reading this to join us. You will be made very welcome. And please bring your husbands and friends to our tea party on **Wednesday 14th March** at 2.30pm; Entry only £5, at the Day Centre. For more information please contact our President, Brenda Ryan, on 812725.

Jenny Wraith

PLASTIC MADNESS

With the current furore surrounding the harm plastic does to our environment and the need to cut back on its use, it's madness that repeat prescriptions issued at our local Boots pharmacy are now swathed in plastic instead of the usual paper bags. As I understand it, all repeat prescriptions are now dispensed at a central hub to ease the workload at branch level, and sealed in plastic to prevent any possibility of tampering en route back to the branch. Is this the policy for all Boots pharmacies nationally? If so I dread to think how much more plastic is being used - instead of less. It's true that the Boots here in Stansted is small and very busy but there must be other ways to relieve the pressures on staff that don't include dispensing repeat prescriptions from a central hub and necessitating the use of plastic. One obvious alternative would be to grant the appropriate licence to the new pharmacy in Castle Maltings, so that we have two dispensing chemists in the village. That would cut Boots' workload, make life easier for us patients and help the environment. Or is that too sensible?



Yvonne Ayres

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Don't let a pre-existing medical condition hold you back
Recovering from any medical condition can be exhausting, your energy levels drop and you can struggle with everyday routines. Exercise and getting involved in guided physical activity understandably may not be at the top of your priority list. We know what you are thinking "I can't do that – I'm recovering from a stroke!" Whether you've had a stroke, a broken limb, are recovering from cancer, have respiratory problems, diabetes and more, gentle exercise could have great benefits for your health and wellbeing.



Exercise Referral Schemes

At 1Life we encourage everyone to have a healthy lifestyle. If you are recovering from a medical condition, we would recommend you to talk to your GP or health professional about Exercise Referral Schemes. The goal of these schemes is to inspire current inactive patients, who are otherwise healthy, to participate in a series of supervised community-based exercise classes. They are run by a specialist team, who help people find a suitable way to get fit and healthy and overcome the concerns of exercise due to their medical condition.

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- Better sleep
- Feeling great

How do I get involved?

Contact your local GP or health professional and talk to them about the service. We are not able to accept self-referrals. Your condition must be stable at the time of referral – if you deteriorate during any activity you will be asked to revisit your GP for advice. All sessions are held at the following centres:

Mountfitchet Romeera Leisure Centre, Stansted
Lord Butler Leisure Centre, Saffron Walden
Great Dunmow Leisure Centre

Jade Law
General Manager
Tel: 648580

THE CHEESY SMILE

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1. Do a huge smile: cheekbones screwed up tight, teeth showing and lightly together, eyebrows raised up high and eyes open very wide
2. Swallow your spit, keeping your head completely still
3. The tongue should squeeze into the roof of the mouth to swallow
4. Repeat 3-5 times.

Sometimes the tongue does not quite reach the roof of the mouth as we swallow. Keep practising and eventually it will. Really scrunching up the face excites the facial nerve which also makes our spit, so keep the ridiculous grin going to make the next lot of spit. As well as improving pill swallowing abilities, the Cheesy Smile stimulates the brain stem, which is responsible for good posture, along with many other things. I was on a Z-Health course when this exercise was being taught and Dr Cobb had a young woman up as guinea pig. Her head was forward of her body line; she had three goes at the Cheesy Smile and said her tongue did not reach the roof of her mouth – but despite this, after her attempts, her head was sitting in a much better position. It was remarkable!

What have we to lose apart from our dignity?

Clare Harding
Z-Health Master Trainer
FB Flexible Strength Manuden
Tel: 816430



STANSTED PATIENT PARTICIPATION GROUP

We will be holding an open meeting on **Tuesday 20th March** from 10.00am at Stansted Surgery. We are interested in strengthening the understanding between patients and the Surgery and wish to ensure that patients' needs are considered in the development of the Surgery's systems.

If you too want to support these aims and feel you could contribute a couple of hours a month, we would love to hear from you. Please come along and talk to us. The meeting will only last 90 minutes. For further information please contact me.

Janice McDonald
Chair
Tel: 813226



L



10 am - noon Saturday 17th Feb
Ugley Village Hall

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We had a good meeting on 2nd February at Linden House, Stansted. **Will Allanson**, the Deputy Principal at Harlow College, gave us an interesting presentation on the new College being built near the runway at Stansted Airport. He told us how the College will grow and flourish in the years to come with the intended growth of the airport to 45 million passengers. Will also confirmed that the College will be looking to place graduates around the local area, with work placements which will encourage young people to *try before they buy*. **Jim Nicolson** talked about the world of sports personalities of yesteryear. He told us how he was bringing these legends to the Rhodes theatre and other theatres. Watch this space.



The success of this year's Christmas lunch at Linden House has prompted us to invest our time and effort in organising local events. We are therefore pleased to announce that James Garratt from HNE Media Services Ltd. is now the Stansted Business Forum Social Secretary. With his background in communications, events and presentation, James will help with the planning and promotion of events for the benefit of the members. These events will be in aid of **Support4 Sight**, our charity of the year, which helps and supports local blind and partially sighted people. Don't forget the quiz in aid of our charity at the Dog and Duck in Stansted on **Saturday 3rd March** at 8.00pm. Tickets are only £4 and the money is going to a very worthy cause. Our next business breakfast will be on **Friday 2nd March** at Linden House. Come along for networking and interesting speakers. Book your place by contacting Peter James on 813318 or email Peter.James@murdochsestateagents.co.uk.



Iris Evans
Treasurer

VILLAGE DIARY

You or your organisation may not be aware of the existence of the Village Diary, possibly because it used to be kept in the Library which has since been demolished. However, it has now been restored to the temporary Library and is available during the Library opening hours.

Please can we encourage everyone to use the Diary to enter the dates of village events. This avoids clashes of dates and the potential for three quizzes on one evening!

Janet Hollis

RECIPE OF THE MONTH

JANET'S

This was given to me by my friend, Janet. A quick and easy recipe very popular with children

Ingredients

4½oz / 130gm melted chocolate
2oz / 60gm butter
2 tablespoons treacle
8oz / 230gm digestive biscuits, crushed

Method

Line a swiss roll tin with foil
Mix all the ingredients together
Put mixture into tin
Cut into squares when set

Margaret Chastney

STANSTED DAY CENTRE

I would like to introduce myself: Angela Hall, the newly appointed Manager, replacing Julie Beck who was clearly much appreciated for all her work at the Day Centre. I would also like to introduce Stephanie Devine, our new cook, who joins much loved longtime cook Jo Halladey. Thank you, Jo, for all your support in enabling us both to settle in so easily.

My passion is health and wellbeing: mind, body and soul, promoting inner peace and happiness, whatever your age. The Day Centre welcomes the over 55s to come together on a Tuesday, Thursday and Friday to socialise over a home-made two-course mid-day meal for £5.50. Bookings are taken in advance and some help with transport may be available if needed. The environment is friendly and relaxed with a sparkling vibe as friends, old and new, enjoy each other's company. Stansted Day Centre is run by a committee of volunteer trustees. The Chairman, Catherine Dean, has kindly arranged a *Meet and Greet* afternoon to enable Steph and myself to be introduced to our dedicated team of volunteers who provide vital help during the lunchtime sessions. If anyone is interested in joining us, please contact me during office hours; Tuesday, Thursday and Friday 11.00am-2.00pm. Finally for now, I would like to say how pleased I am to have been given the opportunity to help the Stansted Day Centre continue to develop and prosper. I have been made to feel so very welcome and already consider myself part of the team.

"Allow time for your delicate roots to gently settle into the earth, enabling you to feel safe and secure".

Angela Hall

Tel: 815091 or 07900 688208

Email: stansteddaycentre@gmail.com

Goodbye to Julie - Correction

In last month's Link I reported that a song was written and performed for Julie by the Stansted Strummers Ukulele Group. This should have said the Mad Hatters Ukulele Group. Apologies for any confusion.



Catherine Dean
Chair, Management Committee

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Let's start with **Grillo**, a grape used to make Marsala in Sicily but, in good hands, gives lovely floral aromas and a Chablis-like crispness. Sainsbury's sell **Mondelli Grillo**, a bargain at £5.25. Another grape almost exclusive to the region is called **Fiano**. The **Surani Fiano 2016** from Majestic at £7.99, as part of a mixed six case, has lovely tropical fruit and citrus flavours. Finally, **Greco** of Greek origin; this white variety finds its maximum expression in Campania's volcanic soils as **Greco di Tufo wine**. **Greco Beneventano 2016** from Tesco's Finest Range at £9.00 has citrusy flavours and a zesty finish. The reds are powerful and fruity, especially the **Primitivo grape** from Puglia (known as Zinfandel in California). Waitrose has a **Paolo Leo Primitivo di Manduria 2015** at £10.99 which has a real punch of overripe red fruits. Another indigenous grape is **Aglianico**. This austere red grape (from the word *Hellenic*) was on the verge of extinction but today produces some of Italy's best wines. Tesco Finest Range has a **2015 Aglianico** at £9.00 which is dark, fragrant and smoky. A good food wine. Finally, the **Negroamaro grape**, grown throughout the Salento area in southern Puglia often blended with fruitier **Malvasia Nera** to produce a deeply coloured velvety sweet cherry flavoured wine. Majestic have **Vereto Salice Salentino 2013 Agricole Vallone** (a top grower) at £8.99 as part of a mixed six case, just the thing for those chilly evenings.



Paul Wilkinson
Email: Corkscrew_456@hotmail.co.uk

Stansted Tennis Club



www.stanstedtennisclub.co.uk

Membership

A reminder to all members that March is renewal month. Please note that if you renew by 31st March the discounted rate will apply. This discounted rate also applies to new members who are interested in joining the Club.

Ladies' Night

The next Ladies' Night will be from 7.00pm on Monday 12th March. All lady members are welcome to come along and play.

Used tennis balls

These can be purchased for £1 for a tube of four from Jan Hollis at 105 Cambridge Road.

Contacts

Jon Budd (Secretary) 647020, Chris Hollis (Chairman) 319155
If you would like to find out more about Stansted Tennis Club, please visit the website.



Chris Hollis



STANSTED MOUNTFITCHET

LOCAL HISTORY SOCIETY

Our meeting on 1st February was well attended for such a cold evening. Ken McDonald, the Chairman of The Hundred Parishes Society, gave us a presentation on the various aspects of the Hundred Parishes, with particular reference to the book which he will be publishing this year called **The Hundred Parishes - our heritage through the lens of a camera**.

The idea behind the society was first floated in 2009 by Saffron Walden historian and author David Heathcote. He was conscious of the exceptional depth and richness of heritage that we have. He was also aware of the urbanisation that has been happening all around and the danger that if it were to happen here, it could change forever the characteristics that have made this area so special. A small group of environmentalists and historians debated all sorts of ideas and met with lots of people and organisations, all of whom helped to shape David's broad vision into what became **The Hundred Parishes**. The idea is now promoted by The Hundred Parishes Society, which is a registered charity.



The boundaries of the parishes were drawn from the north, where there is wide open countryside; to the west, more sparse settlement and then larger towns; to the south, the pressure of London's overspill; and to the east, a gradual lessening of heritage intensity. Stansted is near the centre with all boundaries stretching approximately 20 miles from Stansted in any direction. Ken's presentation went on to show us some of the stunning photographs he has taken that are featured in the book, including the one (above) of the angels in the roof at Furneux Pelham church. Keep an eye out for the publication of the book.

Our next meeting is on Thursday 1st March, when Keith Lovell will be talking to us about village signs. Doors open at 7.45pm. All welcome at the Crafton Green Centre at the top of Chapel Hill. Entrance fee £2, which includes refreshments.



Steve Leaney
Tel: 647177

DON'T FORGET! The clocks go forward one hour from 1.00am on Sunday 25th March.



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RSPB STORT VALLEY LOCAL GROUP

www.rspb.org.uk/groups/stortvalley/events/

Our next monthly meeting on Tuesday 13th March will be a talk titled *Wildlife and Landscapes of the Brecks* by Alexander Bass at Bishop's Park Community Centre, Lancaster Way, Bishop's Park, Bishop's Stortford (next to Tesco) 7.30pm start. Areas to be covered include: Lynford Arboretum, Santon Downham, Thetford and Kings Forest plus the reserves of RSPB Lakenheath Fen, and Weeting Heath NWT. This is an area we may know only a little about and is not far away to visit! We will learn about the conservation history and wildlife rich habitats with examples of how the landscape here is so valuable to certain species of flora and fauna, especially due to grazing rabbits that shape this unique landscape. Alex is an extremely knowledgeable and entertaining speaker. He leads guided wildlife tours along the Suffolk coast to a range of sites; runs tours for Coastal Leisure Learning, based in North Suffolk, and tutors in bio-diversity. Entry is £3.00 for Stort Valley Members, £5.00 for visitors.



Our next walk on **Sunday 18th March** is at RSPB reserve Rainham Marshes. Meet at Bishop's Stortford Waitrose Car Park at 9.00am. This is one of those places which it is always worth going to, any time of year. One of very few ancient landscapes remaining in London, these medieval marshes right next to the River Thames were closed to the public for over 100 years and used as a military firing range. The RSPB acquired the site in 2000 and transformed it into an important place for nature. We can expect to see large flocks of wild ducks. Birds of prey and rare birds are regularly seen too. We should see Short-Eared Owls that often spend the winter here.

For more information contact Lee Jaques on 07454 801894.

Sheila Bowles
Tel: 814973



ST CLARE HOSPICE QUIZ NIGHT

Saturday 24th March 7.00pm for 7.30pm at the Day Centre. Tickets £8 to include ploughman's, available from me. Teams of six maximum. Bring your own drinks and nibbles.



Caroline Bore
Tel: 813938
Email: carolineebore@gmail.com

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 6th March** at 8.00pm in the Dog and Duck in Lower Street, where we will be discussing *The Gold Rimmed Spectacles* by Giorgio Bassani, a gripping and tragic study of how lives can be destroyed by those we consider our neighbours. This story of obsessive love in the insular Italian town of 1930s Ferrara is considered a modern classic and was the suggestion for February from *Read the Year* by Penguin Books. Please do 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



Mountfitchet Garden Club

www.mountfitchetgardenclub.co.uk

For the first meeting of 2018 the Club welcomed back Jacqueline Aviolet of Rosie's Garden Plants who spoke about *Growing Herbs – their culinary use and influence in culture*. She explained that our ancient ancestors were *grazers* and ate herbs to supplement their diet – if they ate the wrong thing they died, and so a *herb knowledge* was built up. Realising some herbs helped cure ailments over the years, *Physick Gardens* were founded. However, this knowledge and use of medicinal herbs was latterly looked upon differently - Monks and Nuns (the early doctors) were good people whereas the *Wise Women* of the villages were witches! The third use of herbs over the ages was for cosmetic use. The scent given off from leaves and flowers brought relief from everyday smells (pot pourri and lavender are two examples still used today) and dyes for cloth or skin (blue from woad or yellow from Sweet Cicely). Using the selection of herbs brought along for members to buy, she explained: (a) how best to grow them (b) where they originally came from (indigenous or introduced by invaders, by returning Crusaders, traders or plant hunters) and (c) anecdotes and stories involving them throughout history.

Next Meeting: Wednesday 7th March 7.30pm for 8.00pm. The speaker is Graham Pattison who will be telling us about *Mexico – A Land of Contrasts – plants and culture including archaeological sites*. Visitors are always welcome at our meetings, entry £2.50. Meetings are held at the Day Centre (adjacent to Library and Chapel Hill Car Park). Refreshments available prior to the meeting.

The Flower Arranging Tickets have arrived! An evening of *Fun and Flair with Flowers* with Gill McGregor on **Wednesday 25th April** 7.00pm for 7.30pm at Forest Hall School. Cost £8.00 (includes a complimentary glass of wine/juice). Tickets available from Linda 816250, Sheila 814973, Ewelina 813157 and me or via the Club website.

Maralyn Harris
Tel: 07919 478144



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THE FORGOTTEN GARDENS OF EASTON LODGE

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March is a time to enjoy daffodils! We are open for pre-arranged group visits, but mostly we have the joy of the daffodils to ourselves, as we prepare for the first main season Open Day on Sunday 22nd April. This year, we have designated **Thursday 22nd March** as a special open day for potential new volunteers to come and see what volunteering with us involves. If you are interested to find out how you might help, come along and meet some of our loyal group of volunteers, who between them have a wealth and variety of skills from their home life and wide-ranging jobs. Your enthusiasm is what we are looking for to help with the gardening, restoration projects, maintenance of the structures in the gardens, archive work, baking cakes and welcoming visitors on open days.



The volunteer open day will run from 10.30am to 2.30pm and will involve a tour of the Gardens and illustrative demonstrations of the tasks of the day. Come prepared for all weathers and a little light work. Please bring your own lunch – we will provide hot drinks and homemade cake. To register for the volunteer open day, leave us a message on 01371 876979 – we will not hold you to attending, but letting us know will tell us how much cake will be needed! For the latest news, more information about volunteering and visiting the gardens go to our website or find us on Facebook.

Jill Goldsmith
Treasurer and Publicity
Tel: 07947 183439



www.birchangerwoodtrust.org

The weather has been very unsettled so far this year. In March some bulbs should be nicely flowering, since they have been 'popping' up throughout February despite our transitory weather. Catkins have also been appearing on bushes in sheltered corners. Whatever the weather, look at it, venture out in it, enjoy it, use it or it will be gone. We have a wonderful variety of weathers, and spring may

arrive 'full out' in March, trifle with us, or simply hide until the last days of the month.

Weather in Birchanger Wood has its own microclimate brought about from the abundance and height of the trees comprising the Wood. Where the trees have been brought down by the winds, they are left to decay thereby creating micro havens for wood-dependent species of insects, and habitats for fungi which in turn break down the wood thereby creating nutrients to be returned to enrich the woodland floor. Although Birchanger Wood is a descendent from ancient woodland, it is now almost completely surrounded by an urban landscape, so its small and medium bird population is almost identical with those appearing in surrounding gardens. Even the green and great spotted woodpeckers (length 22-23cm) are seen frequently in local gardens, but look out for the small lesser spotted woodpecker (length 14-15cm); this is a less frequent garden visitor. Buzzards do nest in Birchanger Wood. They will be difficult to find in the Wood but in Spring, if they nest nearby, you will hear them calling one another whilst flying, and you will get excellent views of them out over the local fields winging in sweeping circles following the thermals to gain height, and then gliding along looking for prey. There is an excellent YouTube video which clearly shows the difference between the great spotted and lesser spotted woodpecker. *(Has anyone any photographs of the Wood please, that I may add to my monthly article? Thank you.)*



Daphne Wallace-Jarvis
Email: secretary@birchangerwoodtrust.org

INNER WHEEL CLUB OF BISHOP'S STORTFORD



The New Year got off to a good start on Tuesday 23rd January. Jackie Jordan, a volunteer from the charity **Mary's Meals**, told us how she got involved and showed us a very moving DVD *Generation Hope*. The aim of **Mary's Meals** is to provide children with one meal per day to enable them to attend school. This was and still is the dream of founder Magnus MacFarlane-Barrow, a very unassuming Scotsman. In 2002, 200 children were fed. Today the figure is 1.9m! It costs £13.90 to feed one child for a year. Financial support comes from around the world and for every £1 given 93p goes to feeding the children. There are very few staff members who receive payment. We at Inner Wheel (IW) have supported the Charity by packing new and second-hand backpacks with a T-shirt, shorts, flip flops, a towel and soap, toothbrush and tooth paste, and pencils and notebook for many years. To date we have packed 130 bags. The bags are shipped all over the world where there is a need. The first recipients are now teenagers starting out on their careers/training and the results will soon be available.

All IW Clubs belong to a District. We are in District 24 and on **Tuesday 27th March** we will welcome District Chair Celia to our meeting. The Club meets at Stansted Day Centre, on the 4th Tuesday of every month at 7.30pm, except August and December. Please ring me, or Barbara Morrison 814152 for more information. A warm welcome awaits you.

June Milne
Club Correspondent
Tel: 01371 875370

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MOTHERING SUNDAY

Mothering Sunday falls on the fourth Sunday of Lent, 11th March this year. Originally a time when people returned to their 'mother' church, the church of their baptism or where they attended as children, to a service on what was known in the 16th century as Laetare Sunday. Domestic servants (often children and young people) were given a day off to attend their 'mother' church, and visit families. The children would pick wild flowers to decorate the church or present to their mothers and they often took home gifts of



food or hand-me-down clothes from their employers; hence today's custom of visiting mothers with gifts on this day.

Mother's Day is quite a different secular event, but because in this country it's also celebrated on the fourth Sunday in Lent, the two celebrations have now been mixed up and become one. In most churches there will be a special Mothering Sunday service during which the children in the congregation are given a small bunch of spring flowers for their mothers. For some C of E churches it's the only day in Lent when marriages can be celebrated. People observing the Lenten fast (not eating sweet, rich foods or meat) were allowed a relaxation of their vows on Mothering Sunday. This gave rise to the day being sometimes referred to as Refreshment or Simnel Sunday. Simnel cake is a light fruit cake with a layer of marzipan in the middle and covering the top. Traditionally decorated with eleven balls of marzipan representing the disciples (Judas is not included!) and sugar violets, there are several theories about how the cake got its name. One is that it was named after Lambert Simnel who worked in the kitchens of Henry V11 of England; another explanation is that Simnel comes from the Latin word for fine, baking flour *simila*. My favourite is that man and wife, Simon and Nell, argued over whether the cake for Mothering Sunday should be baked or boiled and ended up doing both. So the cake was named after them both - Sim-Nell. Simples!!



Yvonne Ayres



STANSTED MOUNTFITCHET WINDMILL

I am pleased to say that we now have a date for our Coffee Morning which is **Wednesday 7th March** 10.00am-12 noon in the Day Centre, Crafton Green. There will be the usual stalls and a raffle. The entrance fee of £2.50 includes coffee, tea, squash, hot cross buns and biscuits. Our AGM will be held on **Friday 9th March** 7.30pm for 8.00pm, also in the Day Centre at Crafton Green. There will be wine and nibbles and also a short quiz. Entrance is free. Following the official business, I will have the Stewards Roster and I hope many of you will sign up for a stewarding duty. Our first Windmill openings are **Easter Sunday 1st April** and **Bank Holiday Monday 2nd April**, both from 1.30pm-5.30pm. As always, the children will receive a small Easter egg and a Windmill badge.



Molly Clark
Co-Trustee
Tel: 816768



www.walkaroundstortford.org.uk

Sunday Walks: all leaving at 10.00am 5/6 miles

4th March Hunsdon PO. Park on roadside but not right in front of the Post Office TL417140. Post code SG12 8NH

18th March Stansted Mountfitchet. Castle Car Park TL515248 Post code CM24 8LY (nearest)

8th April Bishop's Stortford, Nags Head PH, Dunmow Road. TL 500211. Post code CH23 5HP

22nd April Walk Leader Agreed - Place of start to be advised – refer to website.

Interesting Weather

Weather for our walks has been brilliant, but do be prepared for both mud and icy conditions. Walk Leaders do try to keep these to a minimum in the winter, by choosing paths rather than open ploughed fields but even ground which was frozen one day, can, with a small rise in temperature, or after overnight rain, become very sticky and muddy. On our Boxing Day walk through Birchanger a fallen tree was fully blocking a footpath; however, working together and using a fair bit of puff, we managed to lift it sideways sufficiently to be able to clamber around and over it. On our recent walk from Little Hallingbury another fallen tree would have forced us to abandon the walk and find an alternative route, had not our walk-leader checked the route the day before and then returned with saw and loppers to clear it away to the side - well done Paul.



The photograph (taken by Paul Elliot) shows the blocked path before the problem tree had been cut back. We have recently seen buzzards, red kites, and latterly a kestrel, some deer and a hare, and their footprints - a lovely sign that wild life is around us all the time and there are still some places not being built over!



Daphne Wallace-Jarvis
Publicity Officer
Email: dwjwj.444@gmail.com

CONGRATULATIONS

Congratulations to Jean and Brian Pallett of Birchanger who celebrate their Diamond Wedding Anniversary on 26th March. Brian has lived in Birchanger nearly all his life.



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STANSTED BOWLING CLUB

The Bowls season will soon be with us and we look forward to good fortunes at the Club. The all-important playing green is looking like it will be excellent again this year, with the ground crew working hard to ensure we have one of the best playing surfaces in the area.

If you watched the TV coverage of the 'Potters' Indoor Bowls Championships over the past few weeks you may have thought that you would like to give the outdoor version of the game a try. Well Stansted Bowling Club can help you with that. Put the following dates in your diary: Saturday 28th April and Sunday 29th April. These dates are open to all visitors to come along to the Clubhouse, see our facility and have a go at bowling on the green. We would only ask that you bring along flat shoes, as the ground crew get upset when heel marks are left on the playing surface. We can supply some woods for you to try, and there will even be some refreshments available. Members will be pleased to offer advice on what we do and how the game is played. If you want to see a game being played at the ground, then put **Saturday 21st April** in your diary. Plenty of friendly banter and good bowling to be seen between the President's team and the Captain's team. Please come along, the bar will be open. We do have a covered veranda overlooking the playing green, so if it does rain a little it will not go in your drink.

Peter Beattie
Hon Secretary
Tel: 07850 329192

Email: peterdavidbeattie@gmail.com



STANSTED FOOTBALL CLUB

A welcome turn round in results has now seen the Club positioned in mid table dispelling the possible threat of relegation. However, there are still plenty of points to play for and some testing opposition to compete against so our team managers are making sure the players remain focused over the remaining two months of the season. To underline the team's turnaround, our joint management team of Paul Pittuck and Mark Benterman won the award for Managers of the Month in January; their selection for the award was announced on East London Sports Radio by a poll of Essex Senior League enthusiasts who travel round the grounds watching many games. In fact, it turned out to be a double celebration for the Club because a fortnight later our Team Captain Ryan Ramsey won the award for Goal of the Month which came in the game against Redbridge.

Below are our fixtures at Hargrave Park for the month of March. All support is greatly appreciated by the players.

Saturday 3 rd	West Essex	League	KO 3.00pm
Saturday 24 th	Barkingside	League	KO 3.00pm
Saturday 31 st	Enfield 1893	League	KO 3.00pm



Tom Williams
Secretary
Tel: 07921 403842

STANSTED HALL & ELSENHAM CRICKET CLUB

www.shcc.hitscricket.com

My prediction of a victorious *Ashes* tour could not have been more wrong! However a significant improvement in the T50 matches did lift some of the gloom of the winter months. The good news is that the club had a very successful December and January. The Presentation evening in December was well attended and rather surprisingly yours truly received an award for being with the club for 60 years – maybe I should have awarded the club something for putting up with me!



The January quiz evening was attended by 210 quizzers and the club raised £2,480 – a record amount! However, we did get the same winners for the 5th time in a row but the others are getting closer. If you and a few mates fancy yourselves as potential quizzers we need to knock the successful team off their throne.

The cricket season begins on Saturday 14th April which is only a few weeks away. The Club is busy reaccrediting its Clubmark status and trying to raise funds for the pavilion at our Elsenham ground. We are also busy getting organised for *All Stars* cricket for five to eight-year olds. Local primary schools will be contacted about this by the Essex County Cricket Club. If you want to join the club in any capacity please contact me as below.



David Brown
Tel: 831011 or 07788 999663
Email: David1.r.brown@gmail.com

NEW STANSTED LOCAL HISTORY JOURNAL

The Stansted Mountfitchet Local History Society is proposing to publish a Journal devoted to the history of the village and its immediate neighbourhood. Each issue will be about 36 pages long, and will include articles by members of the Society or by others in the village. Ideally each article should be up to about 2,000 words long, no matter how short, with illustrations as appropriate; however the Journal's editors are prepared to consider articles that are longer. If you would like to submit an article for publication, get in touch; we would be pleased to give any advice and help that you may need. We look forward to hearing from you!

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DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Parkinson's UK	Vivian Falk, Chairman
Air Training Corps	Tel: 681559/661929	Uttlesford Support Group	Tel: 01799 513128
494 Squadron	Email: 494@aircadets.org		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
Beaver Scouts	Wayne Browning	Rainbows	Sue Pollard Tel: 813734
Age 6-8	Tel: 07976 441468 Email: mrwbrowning@googlemail.com	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	Scouts	Mike Byrne Tel: 812780
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	(age 10½ -14)	
Brownies (Wednesday)	Susan Scott Tel: 810955	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
CAB	Tel: 08444 775986	Spangles	Sarah Mason Tel: 812348
Corkers Netball	Lisa Menzella Tel: 07827 988732	Children's Centre	Email: smason2@spurgeons.org
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Cricket Club (adults)	David Hedge Tel: 812509	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
(juniors)	Keith Ayres Tel: 814471	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Cub Scouts	Steve Turrell	Stansted Football Club	Tom Williams Tel: 07921 403842
Age 8-10½	Tel: 07519 572642	Stansted Hall and	David Brown
Day Centre	Tel: 815091	Elsenham Cricket Club	Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Explorer Scouts	Vic Clarke Tel: 07903 413217	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Friends of St Mary's	Lynda Dale Tel: 07716 099474	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Church	Email: lynnydale@hotmail.com	Stansted Supers	Olly Pocknell
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Handball Club	Tel: 07875 391701
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	Tennis Club	Chris Hollis Tel: 319155 Email: chris.hollis2@btinternet.com
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	U3A	Helen, Chair Tel: 812945
Helpline	Tel: 07704 553727	Women's Institute	Brenda Ryan, President Tel: 812725
History Society	Peter Brown, Chairman Tel: 812816	(Stansted)	
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute	Dorothy Wallace, President Tel: 850215
Inner Wheel Club	Jenny Savage, President Tel: 656065	(Ugley)	
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Whoosh Explore	Helen and Peter Nash Tel: 817453
Little Scrummers	Andrew Poyser Tel: 07738 591232	Canoe Club	Linda Barnes Tel: 07947 548051
Millers (Windmill)	Molly Clark Tel: 816768	Youth Centre	
music@stansted -	Sonia Levy Tel: 815282		
classical concerts	Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		

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

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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

THE HUNDRED PARISHES SOCIETY - WINDMILLS

www.hundredparishes.org.uk

Probably the earliest European windmill was a **post mill**. This had one large upright post on which the main body of the mill balanced. The whole mill rotated on this post to face the wind. Next came the **tower mill** with a masonry body on which only the cap rotated. This allowed the main structure to be larger and taller. The **smock mill** came later and here the brick tower was replaced by a sloping, weather-boarded tower or *smock*. Again, only the cap rotated. **Great Chishill's** windmill is an **open trestle post mill**; it was built in 1819 using timbers from an earlier mill. We have some fine examples of windmills in the Hundred Parishes, most of which are carefully looked after by dedicated volunteers. In our village of **Stansted** stands a **Grade II five-storey tower mill** built in 1787 by Joseph Lindsell, and now a Scheduled Ancient Monument. There are others that no longer have sails. Several mills are open to the public from Easter; details can be found on the What's On page of our website.

Ken McDonald Tel: 813226



Ashdon has a **post mill** built in 1757 by a carpenter, William Haylock. The mill ceased working in 1912, and was gifted to the village in 2000.



Another **post mill** can be seen in **Finchingfield**. This has a single storey round house and was built in the mid-18th century.



Gibraltar Mill, Great Bardfield was built as an experimental tower mill with exceptionally massive walls, completed soon after the sieges of Gibraltar, 1704-5. It was not successful commercially, and converted to a cottage. It was converted back to a mill in 1754 and then back to a private dwelling in 1934.



Aythorpe Roding is the last remaining Post Mill, in Essex. Built around 1770, it stopped working commercially in the early 1930s, but was restored to working order in 1982. Although now privately owned it is maintained by Essex County Council and is sometimes open to the public

FUN AND GAMES PUZZLE TIME ANSWERS

CROSSWORD

Across

3. Comic 8. Rococo 9. Around 10. Usual 11. Carmen
12. Cheese 13. Counter Balanced 14. Athens
16. Trader 18. Intro 19. Reason 20. Reader 21. Kinks

Down

1. Lola 2. Common sense 3. Countersink
4. Mountbatten 5. Calculators 6. Home and away
7. Onus 15. Tier 17. Ewes

RIVERS

1. Thames 2. Mersea 3. Trent 4. Avon
5. Aire 6. Ribble 7. Dee 8. Soar 9. Severn
10. Don 11. Medway 12. Tees 13. Great Ouse
14. Wear 15. Nene 6. Derwent 17. Lea
18. Fal 19. Stour 20. Wensum 21. Exe

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