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**Front cover:**  
The Recreation Ground  
by Ros Page

Stansted Mountfitchet Village Magazine

# The Link

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

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## EDITORIAL



This month's cover image captures the rich colours of autumn on display at the Recreation Ground. It also signals the end of an amazing summer of sunshine and blue skies, which provided the opportunity to take life easy in the wonderful outdoor spaces around the village. This is exactly what a few residents did one lovely day in August, see page 7. St John's Church is set to become a temporary cinema when it holds a special screening of the films *Paul*, *Apostle of Christ* and also *The Journey's End*; see pages 3 and 21 for details. By the way did you know that Grove Cottage runs a very unique Special Needs Nursery for young children? Find out more on page 13. With the temperature falling and winter approaching, it is time once again to protect yourself against Flu, details on page 17. Finally, did you know that English is a multi-cultural language? The *History of Spoken English* on page 19 provides a fascinating insight into its evolution.

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

By email (preferred) to [editor@stanstedlink.org.uk](mailto:editor@stanstedlink.org.uk) by **noon** on **9<sup>th</sup> October** for the November issue or by hand/post by noon on **7<sup>th</sup> October** to 7 Blythwood Gardens, Stansted CM24 8HG.

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

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## THOUGHT FOR THE MONTH

The Feast of our Church Patron, St Therese of Lisieux falls on 1<sup>st</sup> October. St Therese is a particularly inspiring rôle model for us because we can associate our lives with hers in two main areas. First, she experienced great personal difficulties throughout her life, but would not give in to the negative forces we all are challenged with. Rather, she found the courage and grace to choose to serve God in love. Secondly, she lived and worshipped God not as a great intellectual, but very simply in doing little things well in her own 'Little Way', and by offering all she did to God. Her love of flowers led to her calling herself 'God's Little Flower'.

Therese Martin was one of nine children born to Louis and Zelle Martin on 2<sup>nd</sup> January 1873, in Alençon, France. Five of her siblings did not live to see adulthood. Her mother died when she was only four

and she was brought up by her father and sisters. She had a difficult childhood as she was very sensitive and demanding, but on Christmas Eve 1886, she decided to turn her energies to the love of God, and at the age of 15 entered the Carmelite Convent in Lisieux. In her autobiography, *Story of a Soul*, she described her life as a "little way" of spiritual childhood. However, her spiritual journey was not without difficulty as she described periods of the 'dark night of the soul'. After a long and painful struggle against tuberculosis, she died on 30<sup>th</sup> September 1897, aged 24; but she told those around her, "I am not dying, but passing into eternal life". Because of her simple example of love and service, Pope John Paul II made her a *Doctor of the Church* in 1997.

David Morson  
St Therese of Lisieux Catholic Church

## ROMAN CATHOLIC

### St Therese of Lisieux

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

**Priest** Father John Garrett

**Office** Tel: 814349  
Email: [stansted@dioceseofbrentwood.org](mailto:stansted@dioceseofbrentwood.org)

**Masses** Saturday 6.00pm  
Sunday 10.00am  
Holy Days of Obligation see St Theresa's website  
Tue, Wed, Thu, Fri 9.30am

**Confessions**  
Saturday 10.00am  
and by appointment

**Baptisms** By appointment



## C.A.M.E.O

(Come and Meet Each Other)

We meet at 7.00pm on the third Tuesday of the month at Stansted Day Centre, Chapel Hill. The cost is £1 per session and includes an evening topic, and fellowship over tea/coffee and biscuits. In August the CAMEO group gathered for a quiz night, welcoming new members and testing the old grey matter. The evening was enjoyed by all and thanks to the clever co-ordinators.

There will not be a meeting in October due to a fellowship holiday which runs from the corps but we will be back on **Tuesday 20<sup>th</sup> November** for a Christmas themed gathering. The Salvation Army also meets each Sunday morning at 10.30am in Markwell Pavillion, Castle Gardens, Bishop's Stortford and you would be welcome to join us for our Sunday service. We stay for tea and coffee fellowship after the meeting and a soup and roll lunch is held on the first Sunday of the month for anyone wishing to stay. 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: 01279 507464  
Email: [megan.lowe@salvationarmy.org.uk](mailto:megan.lowe@salvationarmy.org.uk)



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

**Minister** Rev'd Roy Fowler  
Tel: 814809  
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**Lettings** Marion and Mike Dyer  
Tel 814059  
Email: [lettings@stanstedfreechurch.org.uk](mailto:lettings@stanstedfreechurch.org.uk)

### Preachers for October

7 <sup>th</sup>	10.30am	Karen Quelch – New Directions
14 <sup>th</sup>	10.30am	Mike Render
21 <sup>st</sup>	10.30am	Rev'd Caroline Vodden
28 <sup>th</sup>	10.30am	Rev'd Roy Fowler – Communion





**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

**Curate:** Rev'd Helen Flack  
Tel: 01371 876145  
Email: revhelenstn@gmail.com

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

**Church Hall Bookings:** Barbora Dragoskova  
Tel (with answerphone): 815243  
Email: st.johns.church@btinternet.com

### St John's Diary

#### Sunday

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

#### Tuesday

9.15am St John's Tots

A monthly service of Holy Communion is held for residents in two Stansted care homes: on the first Wednesday (Hargrave House) and the second Tuesday (Mountfitchet House).

#### Wednesday

9.00am Morning Prayer  
10.00am Holy Communion

#### Thursday

10.30am-noon The Coffee Pot

#### Monday-Thursday and Saturday

5.00pm Evening Prayer

### New Curate

We warmly welcome Helen Flack, who was ordained deacon in Chelmsford Cathedral on 15<sup>th</sup> September and is our new curate.

### Harvest Thanksgiving

The Harvest Thanksgiving service will be Family Communion on **Sunday 7<sup>th</sup> October** from 9.30am. At the service we will be collecting for the *Churches Together in Stansted* Food Bank. A list of items suitable to be included in food parcels is in the Bulletin and on the table at the back of St John's.

### All Souls' Service Sunday 4<sup>th</sup> November at 5.00pm

This is a simple service in St John's Church (which anyone is welcome to attend), when the names of the departed are read out, both to show that their memory lives on in their family and friends, and to commend them to the care of God. There is an opportunity to light a candle as a way of praying when words fail. If you are attending the service and would like to add names to those being read out, please write them on the list at the back of the church, or contact the Church Office on 815243 or Email: st.johns.church@btinternet.com.

### New Noticeboard in the Memorial Gardens

St John's Church has installed a new notice board in the Memorial Gardens overlooking Chapel Hill. Following what seemed a very long wait, the board was put in place at the end of August. After the morning service on 2<sup>nd</sup> September, the choir and congregation of St John's gathered around the board, where Rector Paul Wilkin blessed and dedicated it.



The board has been purchased with a legacy from Marion Johnson, who was a faithful worshipper at St John's for many years. In his prayer of blessing Paul paid tribute to Marion for all she was, and all that she did for the church and the village.

### Film showing in St John's Church

We will be showing the film *Paul, Apostle of Christ*, starring Jim Caviezel, James Faulkner and Olivier Martinez, on **Sunday 7<sup>th</sup> October** at 6.00pm in St John's Church. This 198 film is 107 minutes long; it tells the story of how Paul (Faulkner) who goes from being the most infamous persecutor of Christians to Christ's most influential apostle, is spending his last days in a dark and bleak prison cell awaiting execution by Emperor Nero. Luke (Caviezel), his friend and physician, risks his life when he ventures into Rome to visit him. Everyone is welcome to attend. No charge will be made. Tea and coffee available. Bring your own popcorn if you wish!

Kathy West  
PCC Secretary

## From St John's Registers

### August

#### Baptisms

5 <sup>th</sup>	Lucas Hardy Imogen Hardy
12 <sup>th</sup>	Chace Thomas-Smith
26 <sup>th</sup>	Jack Long

#### Wedding

18 <sup>th</sup>	Christopher William Bennet and Ashleigh Rose Jones
------------------	---

#### Funeral

2 <sup>nd</sup>	Barbara Eileen Mercer, age 88 - at St Mary's followed by burial in the churchyard
-----------------	--

## FRIENDS OF ST MARY'S CHURCH

Once again *thisismytheatre* brought live theatre to St Mary's Church, performing their interpretation of Oscar Wilde's *The Importance of Being Earnest* on 16<sup>th</sup> August. The show was well attended and we look forward to the next visit from this young theatre group on **Friday 7<sup>th</sup> December** for Dickens' *A Christmas Carol*. This is a performance not to be missed.



The Summer Tea Party took place at St Mary's on 19<sup>th</sup> August. Tea, cakes and even wine were available. The Stansted Mountfitchet Strummers provided the accompaniment to the event, playing some well-known songs, and causing dancing in the aisles!



Kate Birbeck set up a display of exhibits relating to the Zulu wars. Her many years' research into the subject has resulted in Kate writing a biography of Alan Gardner, a hero of the Zulu wars who had strong local connections with the Stansted area. Kate's book, *Rifle and Spear with the Zulu* is available from [www.alangardnerbook.com](http://www.alangardnerbook.com). The proceeds from the Summer Tea Party amounted to £290 and this will be donated to the Churches Conservation Trust. St Mary's Open Sunday is on **7<sup>th</sup> October** 2.00pm-5.00pm. The church will be open for tours and refreshments. Entry is free, but donations welcome.

Tony Graver

## THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill  
Stansted CM24 8AE

[www.saffronquakers.org.uk/stanstedhtml](http://www.saffronquakers.org.uk/stanstedhtml)

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

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

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

**Light Group** 10.30am-12 noon 13<sup>th</sup> October. The  
(Guided 'Experiment with Light' is a process that  
Meditation) helps people deepen their spiritual lives  
by discovering what it means to 'wait in  
the Light' as early Quakers did.

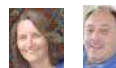


**Contact:** Howard and Ros Page  
Tel: 810813

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

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

Our **@27** meetings are normally held on alternate Tuesdays; 7.30pm coffee for 7.45pm start. This month we will be meeting on Tuesday 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> October. **@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 are 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 and Howard Page



SHALOM

Our next meeting is on Monday 8<sup>th</sup> October at 7 Blythwood Gardens when Margaret Silvester will be playing some more of Phyllis Harrison's memoirs which she recorded for the History Society. Phyllis was a very active member of Shalom until recent years. Our informal coffee and chat *At Home* is on Monday 22<sup>nd</sup> October at 62 St John's Road. Both meetings start at 8.00pm. All are welcome.



Marion Dyer  
Tel: 814059





### Stansted U3A Singers

*Fill my Heart with Song*

**Sat 6th Oct 7.30 pm**

**St John's Church**

Adults £8 Under 14s £4  
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\* \* \*

**St Mary's Open Day**

**2 - 5 pm Sun 7th Oct**

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## WHAT'S ON IN OCTOBER

2	Tue	Stansted is Well Read	Dog and Duck 8 pm
3	Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
4	Thu	Local History Society	Day Centre 8 pm
5	Fri	Business Forum	Linden House 7 for 7.30 am
6 Sat & 28 Sun		Stansted Family Café	Day Centre 10 - 11.30 am
6	Sat	U3A Singers' Concert	St John's Church 7.30 pm
7	Sun	Grove Cott Dog Walk & Show	Southern Country Park 11 am
		Windmill Open	1.30 - 5.30 pm
		St Mary's Church Open	2 - 5 pm
7 & 21 Sun		Garden Waste Skips	Lower St Car Park 12.30 - 4.30 pm
8	Mon	Shalom	7 Blythwood Gardens 8 pm
9	Tue	<b>Link copy due in today</b>	<b>before 12 noon</b>
10	Wed	Red Cross Gift Fair	Parklands, Quendon 10 am - 3.30 pm
11	Thu	Stansted WI	Day Centre 7.30 pm
12	Fri	Lib Dem Quiz	Day Centre 7 for 7.30 pm
14	Sun	Open Day	Easton Lodge 11.30 am - 5 pm
		Messy Church	St Mary's School 3.30 - 5 pm
		music@stansted	St John's Church 6 pm
17	Wed	Ugley WI	Ugley Village Hall 2.15 pm
18	Thu	Stansted U3A	St John's Hall 1.30 for 2 pm
20	Sat	U3A Seminar	Free Church Hall 9.30 am
22 Mon, 24 Wed, 26 Fri		The Place Harvest	Free Church 10 - 11.30 am
22	Mon	Shalom At Home	62 St John's Road 8 pm
23	Tue	Hearing Help	Day Centre 2 - 4 pm
		Inner Wheel	Day Centre 7.30 pm
27	Sat	U3A Square Dance	Manuden Comm Centre 7.30 for 8 pm
28	Sun	Village Harvest Supper	St Teresa's Parish Centre 6 pm



## BritishRedCross AUTUMN GIFT FAIR

**Wed 10th October**

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## Stansted & District Liberal Democrats

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## Square Dance

**Sat 27th Oct 7.30 for 8 pm**  
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and chips supper)**

**Email: stanstedu3a@gmail.com**

**Please book in advance**

**Bring your own drinks & nibbles**



## Village Harvest Supper & Entertainment

**Fish/Chicken/Veggie & Chips**

**6 - 8.30 pm Sun 28th Oct**

**St Theresa's Parish Centre**

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**Tickets: Adults £7 schoolchildren £5**

**From 814865, 813579 or 812457**

**Bring your own drink & glass**

**All welcome but tickets MUST be  
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**www.stanstedchurches.com/messychurch**



## The Place on the Hill

### Harvest Specials

**10 - 11.30 am**

**Mon 22nd Wed 24th Fri 26th Oct**

**Stansted Free Church**

**Craft Activities & Shoe Box Packing**

**All ages welcome - No charge  
Come on one or all days**



## UGLEY FARMERS' MARKET

**Saturday 20th Oct**

**10 am - noon**

**Ugley Village Hall**

*Meat ~ Poultry ~ Fish ~ Eggs  
Honey ~ Preserves ~ Fruit & Veg  
Fresh Pasta ~ Bread ~ Cakes  
Ceramics ~ Plants ~ Cards*

*Knitting & Needlework ~ Skincare  
Refreshments with cake and bacon rolls*

**Free Parking ~ All Welcome**



**6 pm Sun 14th Oct**

**St John's Church**

**Bishop's Stortford Sinfonia**

**Mozart ~ Beethoven ~ Richard Strauss**

*Tickets: adults £15, over 60s &  
students £12, under 18s free from  
www.bishopstortfordsinfonia.com*

*Absolute Travel, Nockolds B S  
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*Photograph: Ray Woodcock*



### HOSPICE CARE WEEK

We would be delighted if your readers could show their support for Hospice Care Week (8<sup>th</sup>-14<sup>th</sup> October) and take time to learn more about hospice care in their local community and the support offered by St Clare Hospice. Every year St Clare Hospice offers care and support to over 1,200 people with a life-limiting or terminal illness across West Essex and East Herts. This support is tailored to each person, helping them to live life as fully as possible, while also offering support to their friends and family.

The theme for Hospice Care Week this year is *I heart my Hospice* and we are keen to show just how varied and surprising St Clare's work can be, and just why people feel such affection towards their local hospice. Everything that St Clare Hospice does is only possible because of the dedication of our skilled staff, hundreds of volunteers and thousands of supporters. We invite people to show their support on social media during Hospice Care Week, and to share their thoughts and experiences of hospice care using the hashtag **#IHeartMyHospice**. For more information visit [www.hospicecareweek.org.uk](http://www.hospicecareweek.org.uk) or [www.stclarehospice.org.uk](http://www.stclarehospice.org.uk). If you would like to speak to our team to find out how we can help, please call us on 773700.

Sarah Thompson  
Chief Executive  
St Clare Hospice



### THE PLACE ON THE HILL

We had a very busy summer and it was good to see some of the older children who are normally at school when we operate during term time. During October we invite anyone to bring along items for the **Christmas Shoeboxes** (see separate article for details). Our **Harvest Specials** are on **Monday 22<sup>nd</sup>, Wednesday 24<sup>th</sup> and Friday 26<sup>th</sup> October 10.00am-noon**. *The Place* will be open as usual from 9.30am, with planned activities between 10.00am and 11.30am. There will be an opportunity to 'be creative' connected to the theme of Harvest, and for the older children and adults there may be an opportunity to pack some of the shoeboxes mentioned above. Some of craftwork made will be the focus for a short time of reflection about creation and why we celebrate Harvest.

The Place on the Hill is a free drop-in held at and organised by Stansted Free Church, Chapel Hill, which is open every Monday, Wednesday and Friday 9.30am-12.30pm. Do come and join us - all ages are welcome. There is WiFi and use of computers, plus free refreshments and comfortable seating. For more information please contact us.

Marion and Mike Dyer  
Tel: 814059

Email: [theplace@stanstedfreechurch.org.uk](mailto:theplace@stanstedfreechurch.org.uk)







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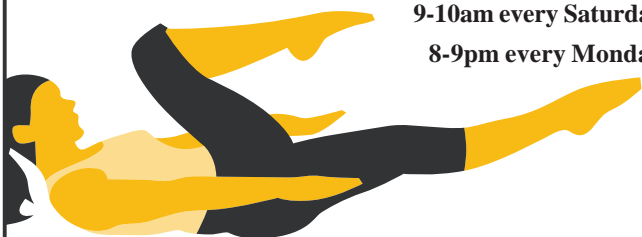
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## A FULL HOUSE FOR A FULL SYMPHONY ORCHESTRA!

The Bishop's Stortford Sinfonia was only founded in 2015 and has already proved a huge success in its home town and beyond. On **Sunday 14<sup>th</sup> October** at 6.00pm, this vibrant new orchestra comes to St John's Church under its highly experienced conductor, Rebecca Miller. This will be a first for *music@stansted*. The Sinfonia will be performing two symphonies: Mozart's energetic No 31 the *Paris*, written at the height of his powers while visiting that city, and Beethoven's No 2, full of youthful exuberance and humour. Between them, in contrast, we will hear one of Richard Strauss's last works, his silken Oboe Concerto, by soloist Malcom Messiter. We hope to have a *full house* for this exciting concert and tickets can be bought online at: [www.bishopstortfordsinfonia.com](http://www.bishopstortfordsinfonia.com) and from our usual outlets: Absolute Travel on Chapel Hill, Nockolds Solicitors in Market Square, Bishop's Stortford and from Sonia Levy at 31 Chapel Hill (phone 815282). Advance purchase is strongly recommended, although a limited number of tickets may be available on the door. Tickets: adults £15, concessions £12, under-18s free.



### Future concerts

Concert dates for this season are **Sunday 25<sup>th</sup> November** 3.00pm (Nicholas Mogg, baritone, and James Coleman, piano); **Sunday 27<sup>th</sup> January** 3.00pm (O Duo, percussion) and **Saturday 16<sup>th</sup> March** 7.30pm (Benyounes String Quartet). All concerts take place in St John's Church. If you would like a Season Ticket in advance for the four concerts, you can download a payment form from the membership page of our website, and send it with your cheque (payable to Music at Stansted) to the Membership Secretary, c/o 25 Chantry Road, Bishop's Stortford CM23 2SD; we will do the rest.

Alan Corbishley



## AUTUMN GIFT FAIR

**Wednesday 10<sup>th</sup> October 10.00am-3.30pm**

Parklands, Quendon Hall CB11 3XN. Entrance £5.00 including tea/coffee and biscuits. Lunches available. Lots of interesting stalls, including many new ones.



Christine Stiles  
Tel: 813172



## RHODES ARTS COMPLEX – OCTOBER LISTINGS

www.rhodesbishopsstortford.org.uk

### At thestage Stortford

Wednesday 3<sup>rd</sup> 7.30pm *Not About Heroes*  
Saturday 6<sup>th</sup> 7.30pm *Sounds of Philadelphia and Motown featuring Roy G Hemmings*  
Tuesday 9<sup>th</sup> 8.00pm *An Evening with Pat Jennings*  
Friday 12<sup>th</sup> 8.00pm *T.Rextasy*  
Saturday 13<sup>th</sup> 8.00pm *Whitney: Queen of the Night*  
Friday 19<sup>th</sup> 8.00pm *Forbidden Nights*  
Saturday 20<sup>th</sup> 7.30pm *Message in a Bottle: A Tribute to Sting and The Police*  
Saturday 20<sup>th</sup> 7.30pm *Morgan & West's Parlour Tricks*  
Monday 22<sup>nd</sup> 6.30pm *Ballet Theatre UK Presents Beauty and the Beast*  
Wednesday 24<sup>th</sup> 7.30pm *Not Lady Chatterley's Lover*  
Thursday 25<sup>th</sup> 8.00pm *Gregg Wallace: It Doesn't Get Any Tougher Than This*  
Friday 26<sup>th</sup> 8.00pm *The Thinking Drinkers Pub Crawl (18+)*  
Saturday 27<sup>th</sup> 7.30pm *Rock and Roll Revolution: The Bluejays*  
Monday 29<sup>th</sup> 2.00pm *Mark Thompson's Spectacular Science Show*  
Tuesday 30<sup>th</sup> 2.00pm *Morgan & West's Utterly Spiffing Spectacular Magic Show For Kids*

### At thescreen Stortford

Monday 1<sup>st</sup> 2.00pm *The Children Act (12A)*  
Monday 1<sup>st</sup> 7.30pm, Tuesday 2<sup>nd</sup>, 2.00pm *The Heiresses (12A)*  
Thursday 4<sup>th</sup> 7.15pm *The Winter's Tale – Live from Shakespeare's Globe (12A)*  
Monday 8<sup>th</sup> 2.00pm, 7.30pm *Cold War (15)*  
Sunday 14<sup>th</sup> 2.00pm *The Big Bad Fox and Other Stories (dubbed) (U)*  
Monday 15<sup>th</sup> 7.15pm *Royal Ballet Live: Mayerling (12A)*  
Tuesday 23<sup>rd</sup> 2.00pm *Testament of Youth (WW1 Season) (PG)*  
Tuesday 23<sup>rd</sup> 7.30pm *War Horse (WW1 Season) (PG)*  
Saturday 27<sup>th</sup> 11.00am *Maya the Bee: The Honey Games (U)*  
Sunday 28<sup>th</sup> 5.00pm *ROH Live: Die Walküre (12A)*  
Wednesday 31<sup>st</sup> 9.00pm *The Exorcist (18)*

### At themuseum Stortford

Saturday 6<sup>th</sup> 11.00am *Free Museum Tour*  
Wednesday 10<sup>th</sup> 1.30pm *Story Time at the Museum*  
Saturday 13<sup>th</sup> 11.00am *Famous Stortfordians Walk*  
Monday 29<sup>th</sup>, Tuesday 30<sup>th</sup>, Wednesday 31<sup>st</sup> 10.00am *Halloween Trail*  
Monday 29<sup>th</sup>, Tuesday 30<sup>th</sup>, Wednesday 31<sup>st</sup> 11.00am *Make Your Own Halloween Lantern*  
Wednesday 31<sup>st</sup> 7.00pm *Ghost Walk*

To book tickets please visit our website, or call us.

Elizabeth Murphy  
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Email: [rhodesartscomplex.co.uk](mailto:rhodesartscomplex.co.uk)



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[www.rainbowpreschool-stansted.co.uk](http://www.rainbowpreschool-stansted.co.uk)

A big welcome back to all our rising 4s; they have all settled back very well. We would also like to welcome all the new children who will be joining Pre-school over the coming weeks. Last but not least welcome to the four fish which have also joined Rainbow; they seem very happy and settled!



We have started the school year with lots of free play, helping the new children to settle in and make new friendships and enabling the staff to get to know them and their parents. Our main themes will be autumn and festivals, to include a Harvest Service with Rev'd Paul, and then going to visit the residents of Norman Court to distribute their harvest baskets. To raise funds, we are having a *Happy School Bag* collection on **Monday 5<sup>th</sup> November**. If you have any clothes, shoes or soft toys which you no longer require we would be happy to receive them.

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](mailto:admin@rainbowpreschool.net)



**STANSTED & DISTRICT  
LIBERAL DEMOCRATS**

## LIBERAL DEMOCRATS QUIZ

You are invited to a quiz on Friday 12<sup>th</sup> October 7.00pm for 7.30pm at Stansted Day Centre. Entrance is £10 to include a ploughman's supper. There will be a bar and raffle. Teams of six or eight, but no need to have a team to take part. Please let me know if you are coming.

Catherine Dean  
Tel: 813579  
Email: [catherinemarydean@btinternet.com](mailto:catherinemarydean@btinternet.com)

## MAGNA CARTA PRIMARY



Children and parents packed up their former school to move into a brand-new building. To help the young pupils of Magna Carta Primary Academy to understand the transition from the school's former site to its new one next door, families were invited to help with moving day. Reception, Year 1 and Year 2 pupils collected books and other equipment from their old classrooms and carried them into their new base. Headteacher Marios Solomonides said: "We invited our families to come and take part in the move to help the young pupils to understand the old school is now empty and that this is where they will now come to school. Our families are so supportive; we had an incredible turnout. They care about not just their own children, but everyone else's children. They want good education for everyone".

Josh Curtis joins the school in Reception this year. His mum, Angela was keen for him to join the school because of its clubs before and after school. She said: "We both work in London, so that provision is a big thing for us." Reception pupil Aggy and sister Dotty Mansworth, moving into Year 2, also had a look around their new school building. Mum, Stacey said: "We could not be happier. It has been a fantastic start for Dotty at Magna Carta and we have the same hopes for Aggy; the children are excited." The school will hold an official opening ceremony later in the month.



Kelly Clark

Tel: 01245 237751 or 07979 811580

Email: [words@kellylouiseclark.co.uk](mailto:words@kellylouiseclark.co.uk)

## LOST PURSE

I recently lost a small mustard-coloured zip purse with some loose change in it. I would very much appreciate it returned to me as it has great sentimental value. Please contact me if you have any information. Thank you.

Eddie Laird

Tel: 07581 684022



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## WILL YOU BE WAGGING AND WALKING FOR GROVE COTTAGE?

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

On **Sunday 7<sup>th</sup> October** Grove Cottage will once again be holding our annual *Wag 'N' Walk* sponsored Dog Walk. The event will feature a doggy raffle, pet photography and dog agility and obedience sessions. There will also be a fun dog show with 10 different categories including waggiest tail, best dressed and dog of the day with prizes and certificates for the top three in each category. The route is family friendly with no roads to cross and with appropriate terrain for buggies and scooters. What's more, all doggy finishers will receive a bag of doggy treats courtesy of *Fin & Fur* and a dog lead courtesy of the main sponsor for the event, Knight Frank, whose Office Manager, Rosie Pratt, said of the event "We're big dog lovers, so supporting Grove Cottage's *Wag 'N' Walk* was a no-brainer for us! Grove Cottage is a fantastic charity to get behind helping people of all ages with learning disability, and we are proud to be a part of it".

The event is free to enter but participants are encouraged to raise sponsorship for the walk (a donation of £5 is recommended for those not wishing to raise sponsorship). Last year's top fundraiser raised over £300! To sign up for the event simply visit the Grove Cottage website or call the office.



### Bishop's Stortford Canoe Club

The fourth annual *'Come and Try Canoeing'* event held by Bishop's Stortford Canoe Club was a roaring success and raised £880 for Grove Cottage, the home of Mencap in Bishop's Stortford. The sun was beaming all day and crowds of people flocked to the River Stort to try out the sport. A record number of people took part in the event; it was so popular that all slots were fully booked by 2.00pm. Although most of the participants were children, some mums and dads had a go too. So much fun was had that participants even expressed an interest in taking canoeing up as a hobby. Angela Aldam, Secretary for Bishop's Stortford Canoe Club, said: "The Club was delighted to have been able to raise these funds for Grove Cottage. It was also a marvellous opportunity to give over 170 people a chance to enjoy what has sometimes been an underrated asset for the town: our river. I am so proud of all our volunteer coaches and

assistants who turned out to man this annual event; on top of everything else they do to keep our Club running all year round, inspired by their passion for the sport."



Grove Cottage is very grateful to the Canoe Club for their wonderful support; this money will help us to continue to provide activities for people of all ages with a learning disability. We could not continue to provide these services without support from the local community, so this donation really is so very much appreciated. The charity provides social and educational activities for people with learning disabilities to develop their potential, avoid social isolation by supporting lifelong friendships and to provide respite for their families.

Rosie Wren  
Fundraising Manager  
Tel: 651908

### Volunteer Recruitment Morning

Do you have some time that you would like to use in a rewarding and positive way? Have you ever thought about giving back to your local community? Would you like to meet new people or learn new skills? If you answer 'Yes' to any of the preceding questions, Grove Cottage would love to see you at their Volunteer Recruitment Morning on **Saturday 20<sup>th</sup> October** at the Charis Centre in Bishop's Stortford. The morning starts with refreshments at 10.30am then a presentation at 11.00am. This will be followed by an opportunity to discuss volunteer opportunities at Grove Cottage with members of staff and current volunteers. If you are unable to make the event but would like to learn more about volunteer opportunities at Grove Cottage, contact Sue at [volunteer@mencapgrovecottage.org](mailto:volunteer@mencapgrovecottage.org).

Sue Fishpool



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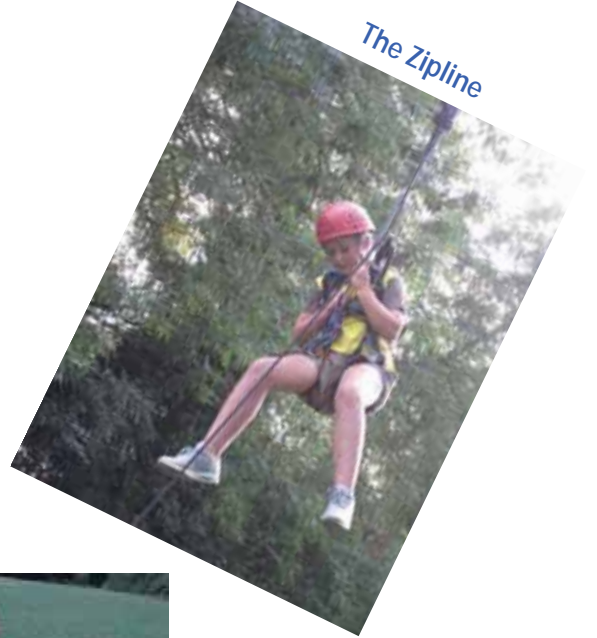
## MANUDEN BROWNIE AND GUIDE HOLIDAY

Our annual holiday to Chigwell Row Campsite was a great success. It worked well having older, more experienced girls alongside the younger ones, helping and encouraging them but having their own space too. As well as the usual favourite activities of water zorbing and climbing, we did the Nightline for the second time, and tried two new activities. One was The Cave, which consisted of a system of tunnels to crawl through, discovering surprises on the way: exciting but scary. The other was the Zipline, which only the older girls could try, which was very exhilarating and became their new favourite. There was also grass sledging and go-karting, as well as outdoor games, craft and cooking, plus lots of exploring the campsite and tree-climbing. A Guide event would not be complete without a campfire with very enthusiastic singing ending, of course, with toasting marshmallows to make s'mores.

The Cave



The Zipline



Brownies enjoying the games

Tree Climbing for everyone



Water Zorbing was great fun



We have some spaces in the Guide Unit which meets on Tuesdays 7.30pm-9.00pm at Manuden Community Centre. If you are interested in joining us, please contact me to arrange a visit.

Glynis Prothero  
Tel: 814145 or 07835 717942  
Email: [glynisprothero@aol.com](mailto:glynisprothero@aol.com)

## GROVE COTTAGE'S SPECIAL NEEDS NURSERY

Grove Cottage's Special Needs Nursery recently had a visit from Ofsted; the inspectors gave the facility a rating of 'Good', which the staff of the nursery are thrilled about.

The Nursery aims to develop the long-term potential of children with learning disabilities by providing specialist education and social support at an early age. It provides at least one-to-one support with highly qualified staff, who adapt the Early Years curriculum to help children succeed to the best of their ability, at their own level. They teach and develop skills which the children may be delayed in, such as speech and mobility, while they encourage them to meet and build positive relationships with other children. The nursery was rated as 'Good' in all four areas of inspection: Effectiveness of the leadership and management; Quality of teaching, learning and assessment; Personal development, behaviour and welfare; Outcomes for children.



Comments from the report included:

- Staff know the children very well, which helps them to settle quickly and be confident in their surroundings. Children's emotional well-being is supported effectively.
- The key-person system is highly effective. Staff form strong bonds with the children, which helps them to feel safe and secure. There is a high staff ratio, which helps to provide children with tailored one-to-one or small group support.
- The staff provide a wide range of rich and stimulating activities, including regular trips to a local swimming pool. Children visit a soft-play centre and have constant access to a well-resourced outside area. This helps children make good progress in their physical skills.
- Staff plan well for children's move on to other settings and support the whole family in this process. Children are well prepared for the next stage of their learning.

### A unique care facility

This nursery, which costs £80,000 per year to run, is unique to the Bishop's Stortford area and some parents have travelled up to an hour to access it. It is the only one in the county which specialises in caring for pre-school children with learning disabilities and the only facility which accepts children pre-diagnosis; this is essential for children with learning disabilities such as autism. Without this resource

parents might be forced to send their child to a non-specialised nursery which may be unable to fully support their needs (and often cannot cope with the medical requirements such as tube feeding, or they may have to keep their child at home until the age of five, which doesn't provide any respite for the families or fully prepare the child for school. Another alternative would be to send their child to a special educational needs school where the child will be in a large mixed class with much older children and will not be receiving the attention and one-to-one support that they vitally need. Places are currently available for children with learning disabilities; for more information please call 656085 or email: [nursery@mencapgrovecottage.org](mailto:nursery@mencapgrovecottage.org).

Rosie Wren  
Fundraising Manager  
Email: [rosie@mencapgrovecottage.org](mailto:rosie@mencapgrovecottage.org)



## STANSTED SCOUTS – ACTIVITY DAY

On a glorious Sunday in August we went down to Skreens Park Activity Centre for climbing, abseiling and kayaking. It was quiet; perhaps they knew we were coming! With only our group on the climbing tower, under Reece's supervision, we all got to climb many times. The abseiling instructor was from Skreens and we enjoyed Ash's supervision as most of us abseiled down the tower wall. (The couple who didn't come down will, I'm sure, eventually do it!) We had an hour for lunch and Mark had made us very tasty pulled pork and salad wraps. Steve then supervised our afternoon kayaking session and again we found ourselves all alone on the lake; it was fabulous. Everyone had a really good day, and well done guys for taking part and gaining your Nautical Skills Stage 2 badge.



### Lewis's Gold

Congratulations to Lewis Ward for gaining his Chief Scout's Gold award, the highest award in the Scout section. Lewis has taken part in a wide variety of camps, activities and challenges at Troop, District and County level over the last four years, resulting in the completion of all nine Challenge Awards. Congratulations to Lewis from the entire Troop.

Mike Byrne  
Scout Leader



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As many of you are aware, the NHS was 70 years old in July 2018. This is a tremendous milestone, and there is much to be proud of. We should all pledge to use this amazing organisation wisely; showing up for appointments would seem to be an obvious way to do so, but missed hospital appointments last year alone cost the NHS nearly £1 billion! Using alternative help procedures, such as your local pharmacy and NHS websites, can save a great deal of time and money. Three health issues are highlighted below.

## Suicide Prevention

The Samaritans indicate that more than 800,000 people take their own lives across the world. In the UK and Republic of Ireland alone, an average of 18 people die by suicide every day. That's more than 6,000 people a year. Reaching out to people who are going through a difficult time can save lives. Just having the opportunity to talk to friends, colleagues or family, feel listened to and be reassured that it's OK to talk can make a huge difference in the life of someone who is struggling. There are a number of local services and resources you can access to help approach the topic of suicide with more confidence, as well as national NHS initiatives; details can be found at [www.eahsn.org](http://www.eahsn.org).

## Over the Counter Medicines

There are some changes being made to the way these medications are prescribed. Your GP, nurse or pharmacist will not generally give you a prescription for those medicines you can buy over the counter in a pharmacy or supermarket for a range of minor health concerns. For more information visit the NHS website at [www.nhs.uk](http://www.nhs.uk). Instead the team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns, and if your symptoms suggest it's more serious they will ensure you get the care you need. The NHS has been spending around £136 million on prescriptions that can be bought over the counter. By reducing this we can prioritise treatments for people with more serious conditions such as cancer, diabetes and mental health problems.

## Organ Donation

The national NHS campaign is urging people to talk to their families about organ donation to increase the number of people whose lives can be saved or transformed by a transplant. Three people in the UK die every day in need of an organ, and there are around 25 in West Essex on the transplant waiting list. More and more families in West Essex are saying yes to organ donation but there is still an urgent shortage of donors. The theme this year is *Words save Lives* and it's all about encouraging a conversation about organ donation. Most people support organ donation; many people don't realise that their family's support is needed for organ donation to go ahead. If you want to save lives, a few words within the family can make a huge difference. You can register at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk).

West Essex Clinical Commissioning Group

Stansted Surgery will be holding two walk-in flu clinics on **Saturday 13<sup>th</sup> and 20<sup>th</sup> October** 8.00am to noon. The vaccine is available free of charge from the NHS to people who are 65 years of age or older, pregnant women, people with certain medical conditions and children under the age of 18. Flu jabs are also available at Boots Pharmacy tel 812278 both NHS (free) and private (£12.99) or Stansted Pharmacy tel 816323 (private only, fee applies). Both pharmacies offer a walk-in or appointment system, and can also offer help and advice about flu.

## BRAIN TRAINING

### Nasal Breathing: Part 1. Blood pressure and stress

Unless storming up Chapel Hill, arms and legs flying like billy-o, it is always good to breathe through the nose. Here are three reasons why:

Firstly, the friction of air on the nasal passages and sinuses opens them up. This is called vasodilation. This spreads throughout our bodily systems and lowers blood pressure overall.

Secondly, when we breathe through the nose, our sinuses produce an appropriate amount of nitric oxide in their tissues. Nitric oxide relaxes and dilates the arteries – vasodilation again – and so lowers blood pressure. Of course, we can drink beetroot juice, which is now known to raise nitric oxide, but if blood pressure is a problem, the best natural way to lower it is to nasal breathe and then maybe add a glass of beetroot juice. Also, nasal breathing is free and not at all sugary!

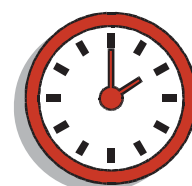
Finally, breathing through the nose lowers stress, and stress is possibly the most notorious cause of high blood pressure plus a multitude of other nasties.

To help understand why nasal breathing lowers stress, it is easier to look at what happens when mouth breathing. Mouth breathing leads to hyperventilation. For good health and happiness, the ideal number of tiny, effortless breaths is actually 10-14 per minute. When the number of breaths rises above 14, the brain interprets the signal as stress; not even Usain Bolt could get up Chapel Hill without his breathing rate rising above 14. As we learn to close the mouth and allow the tongue to rest in the soft palate within our teeth, the breathing rate slows. This means, to the brain, we are less stressed and therefore our blood pressure drops. Ta dah!

Clare Harding  
Z-Health Master Trainer  
Tel: 816430  
Email: [fun@clareharding.com](mailto:fun@clareharding.com)

## DON'T FORGET!

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## STANSTED MOUNTFITCHET LOCAL HISTORY SOCIETY

Our meeting in September was an excellent fast-flowing presentation by Charlie Haylock, a gifted speaker from Ipswich who gives regular presentations to societies on the *History of Spoken English*. I will try to do it justice:



The English race became a generic term for the 5<sup>th</sup> century invaders from the Jutes, the Angles, the Saxons and the Fresians; they spoke the same language but with different dialects. Jutes settled in present day Kent and along the south coast to the Isle of Wight and South Hants. Saxon territories were East Saxons (Essex), Middle Saxons (Middlesex), West Saxons

(Wessex) and South Saxons (Sussex). Angle territories were East Angles (Suffolk, Norfolk, Cambs), Mid Angles (Herts and Beds), Mercia (the Midlands) and Lindsey (Lincolnshire). Fresians settled with the Jutes and East Angles. Danes arrived in the 7<sup>th</sup> century; they spoke the same language as the English but in a different dialect and over time helped to streamline the English language. All nouns became neutral; grammar and plurals were simplified. By 1066 the English language had been established and has remained the same structure until today. Spellings and pronunciations changed; the 16 vowels in Old English were reduced to A E I O U, but with the same number of sounds as before, meaning each vowel has several pronunciations eg as the 'a' in *and*, *swan*, *any*, *all*, *father*, *pay*, the 'e' in *ever*, *even*, *English*, the 'o' as in *over*, *on*, *oven* and *one*. The letter G had four pronunciations dependent on dialect as a 'G' in *garden*, as 'J' as in *George*, as a 'K' as in dialect *anythink*.

Then, of course, as we travelled and traded in the world we added words from wherever we went. That is the beauty of our language throughout history; there has never been an official royal or Government body which has endorsed an official Standard English. It has evolved through time and is still evolving. It is a living language, unlike Latin and Ancient Greek which have died. English has adopted words from around the world and is probably the most multi-cultural language. English has roughly, 600,000 words in the Oxford English Dictionary, hundreds of thousands more words than any other language. English writers and playwrights have been translated around the world. People from around the world flock to the English stage and theatre; it is the richest language in the world and it is the greatest gift we have given to the world: the English Language. Please see Charlie's YouTube *Charlie Haylock-full version* or read his book, *In a Manner of Speaking*.

On **Thursday 4<sup>th</sup> October**, Jemma Buckley will be showing short films on *Rural Britain*, doors open at 7.45pm; all welcome at the Crafton Green Centre. Entry: £2.00.



Steve Leaney  
Tel: 647177

## CHRISTMAS SHOE BOXES

"People say 'it's just a shoe box', but it isn't. It tells that child someone somewhere has done this for them; that someone cares about them." These are the words of Dave Cooke, founder of *Teams4U*, which is the organisation we have chosen to deliver Stansted's Christmas shoe boxes to this year, for deprived children in Eastern Europe.

### Take-in of items for boxes

Stansted Free Church will be open on **Saturdays 6<sup>th</sup> and 13<sup>th</sup> October** 10.00am-noon for anyone to drop off items for shoe boxes, or completed boxes. If you are unable to make those dates, then you can drop items at the Free Church (the Place on the Hill) **any Monday, Wednesday or Friday** 9.30am-12.30pm. We are also happy to receive things at any time, or collect from you. We also need empty shoeboxes, preferably covered with Christmas paper, and donations of paper. **The list of things to put in the boxes includes:** toothbrushes/toothpaste, hair accessories, soap, face cloths, gloves, hats, scarves, new socks/underwear, soft toys, small games, puzzles, small musical instruments, toy vehicles, sweets (well in advance of use by date). Ideas can be found on the website [www.teams4u.com](http://www.teams4u.com) and in the leaflets in churches or around the village. The age range is from 3-12.

### Shoe box packing

This will be on **Thursday 8<sup>th</sup> November** 7.00pm-9.00pm at St. Theresa's Parish Hall, High Lane. Items for the boxes can still be brought on the night. Boxes will also be packed at *The Place on the Hill* (Stansted Free Church) on **Monday 22<sup>nd</sup>, Wednesday 24<sup>th</sup> and Friday 26<sup>th</sup> October** 10.00am-11.30am; everyone is welcome to come and help. To raise money towards the costs of shipping the boxes (£2.50 per box), there will be a **Quiz on Saturday 3<sup>rd</sup> November** 7.00pm for 7.30pm at St Theresa's Parish Hall. Tickets: £6. Please bring your own food and drink. Tickets are available from us.

Helen Baker 814865  
Catherine Dean 813579  
Eileen Quinn 812109



## VILLAGE HARVEST SUPPER

This year's Village Harvest Supper organised by Churches Together will be on **Sunday 28<sup>th</sup> October** at 6.00pm in St Theresa's Parish Centre. As usual there will be fish/chicken or veggie and chips followed by choc ices. Bring your own drink and glass. Light entertainment afterwards will be from the various churches. Tickets: Adults £7, children £5, **bought in advance please** from Helen 814865, Catherine 813579 and Ann 812457.

Helen Baker





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# Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

## WORLD WAR I CENTENARY COMMEMORATION

An evening of music, readings and literature is being planned for Tuesday 6 November in St John's Church starting at 7.30pm. We hope to raise money for service charities so we hope people will be prepared to make a voluntary donation. This is an event for all residents who want to respect not only those who were fighting on the front line but also the wider community who had their lives blighted by the war.

On Friday 9 November we have arranged for Saffron Screen to show the film "Journey's End" in St John's Church starting at 7.30pm. The Guardian described the film as "an unassumingly excellent new film version of RC Sherriff's classic 1928 stage play..... It is expertly cast and really well acted: forthright, powerful, heartfelt. The dramatic action is opened out, while always conveying the essential, cramped claustrophobia of this tragic ordeal."



Tickets will be available on the Saffron Screen website, from the Parish Council Office at Crafton Green or from Absolute Travel on Chapel Hill. Ticket prices are £6.00 for adults and £4.00 for under 18s. The ticket revenue goes to Saffron Screen so again there will be a collection for service charities.

Refreshments will be available at both events.

The traditional act of remembrance on "the eleventh hour of the eleventh day of the eleventh month" will actually fall on the Sunday for the Centenary so it will be a particularly poignant event this year. There will be a church service at St John's starting at 10.15am. At 10.55 am the congregation will process to the War Memorial for the Act of Remembrance. Residents who do not wish to attend the church service are very wel-

come to join the Act of Remembrance in the Memorial Gardens as usual. There will be a retiring collection in aid of service charities.

Full details of all events will be published in the November copy of The Link.

## TWITCHELS

If you are a comparative newcomer to the village you may not be familiar with the term "twitchel". The Oxford Dictionary defines a twitchel as "a narrow passage, alley or path between two walls or hedges". The name apparently derives from the Old English "twicen - a fork in a road". In other areas of the country they are called "ginnel" or if you prefer the "it does what it says on the tin" approach you might refer to them as a cut through!

The Parish Council gets fairly regular comments on twitchels from residents. The issues are usually to do with uneven surfaces, trees or hedges obstructing the pathway or lighting. Legally, the maintenance of any right of way is the responsibility of the landowner but this presents problems when the landowner cannot be identified, which is often the case with twitchels in Stansted. If you own land that borders a twitchel it is your responsibility to make sure that your trees and hedges are not obstructing the footpath. If the trees or hedges are on unregistered land we will ask the highway rangers to take action or, if it's a comparatively quick job, our handyman will go out with his shears.

Recently the twitchel between Church Road and Manor Road was resurfaced by UDC who are the landowners. The Parish Council have agreed to use funds from their Unadopted Roads budget to pay for a stretch of Cooper's Alley - which runs from Bentfield Road to Bentfield Gardens - to be resurfaced. This is an exceptional decision because there is no traceable landowner and the surface is so uneven that it presents real problems for parents with buggies and wheel chair or mobility device users. There are a number of other twitchels which might receive some attention as and when funds permit.



## STANSTED IN BLOOM

Judging of this year's Stansted in Bloom took place on Saturday 21st July. The judging panel included parish councillors plus Gareth Broad from GWB Horticulture (our gardening contractor) to provide a horticulturist's expert perspective. This year we had a record 14 entries including The Cock public house and Mountfitchet House Care Homes. The entries this year were outstanding with a wide variety of colour and personal touches to gardens, window boxes and hanging baskets. The presentation ceremony takes place after we have gone to press with this edition so a full list of prize winners will be published in the November issue

## SKATEPARK JAM

The Skatepark Jam was blessed with some wonderful early Autumn weather; a good and appreciative audience enjoyed some impressive tricks from skateboarders, inline skaters and BMX riders. Competitors came from as far afield as California and The Netherlands which gives a good indication of the status our park has amongst the skating community!



Sadie Burrell took this photo of Tom Leaver performing a front flip.

## VILLAGE POND

Not surprisingly the pond all but dried out during the hot spell in the summer. This gave us the opportunity to spray the invasive weed which causes serious environmental damage to ponds.



The spraying seems to have been successful but a second spraying is needed to ensure the weed has been effectively dealt with.

## NEIGHBOURHOOD WATCH

Valerie Trundle writes

Just to update all our hard working NhW residents who very kindly help us to deliver the NhW leaflet, we are still intending to keep the leaflet going. The problem at the moment is that we have to find someone who is able to help us put the leaflet together. If you are interested in knowing more about this important part of NhW, please let us know.

## VILLAGE FIREWORK DISPLAY

The Elm's Farm open space will not be available for the Village Firework Display due to ongoing construction work. We are therefore looking at alternative venues. Unfortunately this is likely to mean we can't have a bonfire again but there will be a spectacular firework display and musical accompaniment. Full details will be in next month's Link but ahead of that look out for details on notice boards, on our website and via social media.

## CRAFTON GREEN COMMUNITY BUILDING

Since the last edition of The Link our new community building is really starting to take shape. By the time you read this some of the hoarding boards that currently obscure the building will have been removed and you will start to get a real feel of what the building will look like. Work has now started on the interior walls and the project team are starting to source fixtures and fittings.

Sometime ago we asked for your suggestions as to what the new building should be called. We got a few suggestions, but there wasn't one that Parish Councilors felt really hit the mark so there is still time to get



your suggestions to us. However, they have learnt a lesson from the Boaty McBoatface vote so there won't be a public ballot on the name.

## NEWS FROM UTTLESFORD DISTRICT COUNCIL

*Cllr Geoffrey Sell writes*

### Local Plan

As mentioned in the previous edition of The Link I, along with my three Stansted colleagues, voted for the Local Plan. In my speech I stated that the gestation period for an Alpine Salamander was between two and three years. This has nothing on Uttlesford's Local Plan which is twelve years and counting. I count myself fortunate in living in Uttlesford and don't want us to be at the mercy of developers with speculative planning applications. A Local Plan gives a degree of certainty where development can take place.

Officers are hard at work processing the representations received on the Regulation 19 Local Plan. So far, nearly 1,800 representations from 1,200 respondents are on the system. This technical term refers to the **Town and Country Planning Act (Local Planning) (England) Regulations 2012** and Regulation 19 is the second stage of the consultation process when forming a Local Plan and it represents the proposed policies for an area. This phase of the consultation process provides local communities, businesses and other interested stakeholders with the opportunity to comment on the policy content of a draft Local Plan

### What happens after the Regulation 19 stage?

Once Regulation 19 is complete, an updated draft Local Plan is then submitted to the Secretary of State for the Department for Communities and Local Government. They will then appoint an independent Planning Inspector to undertake a 'public examination' of the

draft Local Plan who is likely to make recommendations to further improve it. During the examination process, the Secretary of State and the independent Planning Inspector will use the **National Planning Policy Framework** and comments submitted during the Regulation 19 consultation to determine whether a Local Plan is sound and legally compliant.

### Support for Sport

We are fortunate in having a number of clubs catering for many kinds of sport. At the last full council meeting I questioned whether the £500,000 awarded for the establishment of a running track at Carver Barracks, Debden was value for money. The army are due to vacate the barracks by 2031. No further progress has been made with this project since it was first mooted at the end of 2016. I would like to see this money allocated to a health and wellbeing fund. It would offer the opportunity for Uttlesford to help local clubs. For example, Stansted Bowls Club needs work doing on its pavilion. I have helped out through my New Homes Bonus Scheme and given a donation of £1000. This only goes a small way to what the club requires. I have also met with officers of Stansted Hall Cricket Club who are raising money for a new pavilion at Elsenham. Their old one burnt down in 2016. Two worthy projects which could do with some district council pump priming.

### Saffron Walden Museum

The museum, which is run by the Council, is perhaps not as well-known as it deserves. That is a shame for it has been awarded a Certificate of Excellence by Trip Advisor for consistently impressing visitors. The Museum was presented with the certificate based on a 4.5 out of 5 star rating on the travel and tourism review website during 2018. It is the fourth time the Museum has received the award. Reviews posted on the website have been very positive, with customers describing it as "excellent" and "a wonderful surprise".

### Welcome

Stansted continues to be a very desirable place to live. The first occupants of new developments at Elms Farm, Knightswood (Cambridge Road) and Walpole Meadows (Bluebell Drive/Oxlip Road) have already moved in. I should like to welcome them and hope that they enjoy living here. Walpole Meadows is a joint development between Bloor Homes and Martin Grant Homes. I understand that the development should be completed by the end of 2019 or the beginning of 2020.



## DATES OF PARISH COUNCIL MEETINGS

*All meetings start at 7.45pm unless otherwise stated*

### October

8	Civil Protection
10	Open Spaces
17	Full Council
24	Highways 7.00pm, F & GP 7.45pm
31	Full Council

### November

14	F & GP
21	Windmill 7.00pm, Full Council 7.45pm
28	Open Spaces

## CONTACT DETAILS

Clerk - Ruth Clifford

Assistant to the Parish Clerk - Trevor Lloyd

Administration Assistant - Emma Philbrick

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

Phone/fax: 01279 813214 10.00 am - 1.00pm

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

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## ESSEX COUNTY COUNCIL MEMBER

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

Kemi Badenoch MP, House of Commons, London SW1A 0AA Tel 0207 219 1943 (House of Commons) or 01799 506349 (Constituency Office).  
Email [kemi.badenoch.mp@parliament.uk](mailto:kemi.badenoch.mp@parliament.uk)

## POLICE

Non-emergency 101  
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## NEIGHBOURHOOD WATCH

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

## PARISH PUBLIC TRANSPORT REPRESENTATIVES

Valerie Trundle 813433 Joy Thomas 813871

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## UGLEY WOMEN'S INSTITUTE

History enthusiast and published author Gordon Bailey was the speaker at our August meeting. His subject was *Jewellery through the Ages*, which he illustrated with numerous fascinating examples unearthed on his metal detecting forays in Essex. In the space of just 45 minutes, which passed all too quickly, he showed and described in great detail a collection of rings, some of which dated back to the 1480s and earlier. His favourite was a *lapis lazuli* ring that could be dated precisely to 1561. It had been lost by one of Queen Elizabeth's courtiers whilst accompanying her on her royal progress through Essex; a sad loss for the courtier but an amazing, historic find for Gordon. Rings were not the only items on show; other items included a Roman mirror, a bracelet said to be 3,500 years old, together with examples of Roman and Viking bracelets and one very unusual item, a 2,000-year-old silver fly! To end his fascinating talk, he gave us a rare treat. We were not only given the chance to handle these precious items, we were also allowed to try them on, his only proviso being that we had to make sure that we could get them off again!

Our next meeting will be held in Ugley Village Hall on **Wednesday 17<sup>th</sup> October** at 2.15pm, when Kate Cole will be bewitching us with tales of local *Elizabethan Witches*. Why not come along and join us for the afternoon?

Andrea Fitt  
Tel: 815922

## STANSTED MOUNTFITCHET EVENING WI



It was a lovely warm summer evening for our August meeting when we welcomed three new members. Our speaker, Margaret Rogers' talk was very appropriate for the month, being a journey *From the Isles of Scilly to Lindisfarne*, illustrated with photographs that she had taken over the years. The Isles of Scilly are rather special to me as this is where I met my husband exactly 60 years ago. She told us that St Mary's still boasts two banks, a library and a school. The tour of Cornwall included pictures of the Eden Project, first opened near St Austell in 2001 and now firmly established with its plant species from all over the world. We went on to Bath, with its Cathedral, wonderful Georgian architecture and bridge with shops. Bolton Abbey has a very well-preserved wall painting above the high altar. We saw a picture of the restored rose window in York Minster following the fire in 1984. We visited Craggside in Northumberland, the home of Lord Armstrong and the first house to have electricity in 1863, before finally arriving in Lindisfarne, with its 12<sup>th</sup> century Priory and castle dating back to 1550. A facsimile of the Lindisfarne Illustrated Gospels can be seen in the Priory. The originals are in the British Library in London. Nearly all of us have memories of some or even all of these places; we really enjoyed the talk.

Anne Watson reported that some WIs have a social time in their meetings for members to talk about something that interests them or something they have learned or feel strongly about; this of course does not include politics! Any

member wishing to give a talk is invited to do so by arranging with the Committee beforehand; this could prove really interesting and maybe provide speakers for the future? Our next meeting will be on **Thursday 11<sup>th</sup> October** at 7.30pm at the Day Centre. Speaker Ann Saunders presents *Demonstration of Sugarcraft*. Visitors are always welcome.



Judy Colliver  
Tel: 812470

## Stansted Family Café

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

What if you could visit a café where there was a relaxed atmosphere, with toys and games for your children or grandchildren? With supervised creative activities for children to do, if they choose?



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If all this sounds too good to be true, you probably have never been to Stansted Family Café. You will find us at the Day Centre (next to the library) some Saturdays and Sundays. Join us anytime between 10.00am and 11.30am. For dates and details check out our website, *What's On in The Link* or use the contact details below. We have been a popular activity for Stansted families for more than six years. Whether you are one of our long-standing regulars, or a family coming for the first time, a warm welcome awaits you. Why not come and try out the café? We look forward to seeing you soon.



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

## STANSTED MESSY CHURCH



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

We return to our usual venue of **St Mary's School** for our next event on **Sunday 14<sup>th</sup> October** 3.30pm-5.00pm. This relaxed and lively style of church for all ages has activities, celebration and food, and plenty of **FUN**. Everyone is welcome, particularly families with children aged under 12, and there is no charge. See our website for more details.



Marion Dyer  
Tel: 814059





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And so our season comes to an end, with the last Open Day on **Sunday 14<sup>th</sup> October**. Bizarrely, the summer months have been the most disrupted for gardening that I can remember; in the winter we keep going, through the cold, warmed by wintry sun and many layers of clothes. This summer, however, volunteers were unable to work on a few occasions because of the heat or the August rains. But the rains have brought the Gardens back to life; visitors have been enjoying the *hylo-telephium* (that's sedum in old speak), *penstemon*, *perovskia* and *michaelmas daisies* in the Italian garden and the new and very much refreshed *dahlia* border and spectacular *triffid pumpkins* in the walled kitchen garden.



So, why not join us for an autumnal stroll? The trees in the Glade will be beginning to show their autumnal hues, and the view from the bottom over the fishing lakes is always rewarding in late season sunshine. For children the Open Day is Halloweeny and there will be a trail and craft activities. Local folk duo, Karen and Tony, will also help us all unwind and enjoy the day. Gates will open from 11.30am with last entry 4.00pm, and there will be warming soup (should that be needed), locally sourced bacon and cheese rolls and home-made cakes. For more information go to our website or Facebook page, where you can also see from our blog what our volunteers have managed to achieve recently.

Jill Goldsmith  
Treasurer and Publicity  
Tel: 07947 183439



## HUW JOHNSON CLUB

By the time you read this, the Club will have restarted for the autumn term. We are a social group for adults with learning disabilities and we meet on Thursday evenings. We have a busy term to look forward to: music evenings and craft nights, Halloween parties, fireworks parties and theatre trips, as well as a weekend trip to Braintree Freeport to go ten-pin bowling.

Although we have been on our summer break, we were lucky enough to be chosen by the *Dog and Duck* to be their chosen charity for the infamous inter-pub Charity Cricket Match on August Bank Holiday Monday. This year's match was between the *Dog and Duck* and *Rose and Crown*, and the team made an incredible £600 for the Club! Thank you so much to everyone involved in organising the day and to all those who came along to support the match; we are so grateful for such generous support. It was a great way to end the summer. Don't forget to save the date for our Carol Concert on **Friday 7<sup>th</sup> December** at 7.30pm in St John's Church; it really is the official start of the Christmas season!

We really need some new minibus and car drivers; please give me a call if you would like to find out more. We provide full training and will only need you a few times per term. Or if you would like to come along to the Club, as a volunteer or as a member, please contact me.



Katharine Collis  
Tel: 077591 57620  
Email: kat\_collis@hotmail.com

## STANSTED VOLUNTEERING NETWORK

*Thinking about volunteering in Stansted? Or looking for volunteers?*

If you are a teenager or an adult (of any age) looking to volunteer locally, you may want to be aware of a Facebook group called *Stansted Volunteering Network* (just search the name on Facebook). Local organisations can post about volunteer opportunities, and individuals can look for opportunities or post explaining what sort of opportunity they are looking for. If you are able to travel more widely you may want to look at the Volunteer Uttlesford website as well [www.volunteeruttlesford.org.uk](http://www.volunteeruttlesford.org.uk). However, there are many opportunities to scroll through on that site, scattered over a wide area; you would need to choose search terms carefully to get the results you want. We know that some volunteers do not necessarily have their own transport and would prefer to see just voluntary opportunities here in Stansted, accessible to everyone. Some young people take up volunteer placements for Duke of Edinburgh or International Baccalaureate community service. Please note, we just put people in touch; all organisations and individuals should do their own checks before entering into any volunteering agreement.

If you already volunteer in Stansted, perhaps you could post something about why you find volunteering for your organisation so worthwhile, to encourage others to think about giving their time there too. Finally, if you don't use Facebook, there is a good chance you will know someone who does.



Ros Page  
Stansted Volunteering Network  
StanstedCAN  
Email: rospagemusic@yahoo.com



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## RSPB STORT VALLEY LOCAL GROUP

[www.rspb.org.uk/groups/stortvalley/events/](http://www.rspb.org.uk/groups/stortvalley/events/)

Our next monthly meeting on **Tuesday 9<sup>th</sup> October** 7.30pm at Bishops Park Community Centre, Lancaster Way, Bishop's Stortford (next to Tesco) will be a talk entitled *Operation Turtle Dove*. Emma Stobart from RSPB will talk about this critically endangered bird and how the RSPB are working with farmers to try and halt their decline. Turtle doves (*Streptopelia turtur*) are in trouble; they are vulnerable to global extinction (IUCN Red List of Endangered Species). They have suffered a 91% UK population decline since 1995 and a 78% decline across Europe since 1980. At this current rate of change if we do not help this species, scientists calculate that complete UK extinction as a breeding species will be a real possibility. Entry is £3.00 for Stort Valley members, £5.00 for visitors.



Our next walk will be to RSPB Rye Meads (Postcode: SG12 8JS) on **Sunday 14<sup>th</sup> October**. Meet in their car park at 10.00am. (note: 50p toll if arriving from Harlow/A414). Rye Meads, one of our closest reserves, is a delightful wetland beside the River Lee, and a firm favourite with walkers, bird-watchers and photographers; thanks to its many trails and hides. In autumn, waders include green sandpipers, snipe and lapwings on the scrapes, but there's always a wide variety of birds to be seen. Admission is free to RSPB members. Donations to the local group welcome. For more information contact Lee Jaques on 07454 801894.

Sheila Bowles  
Tel: 814973

## STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 2<sup>nd</sup> October** at 8.00pm in the Dog and Duck, Lower Street, where we will be discussing *Out of Bounds* by Val McDermid. In September some of us went to an event at Saffron Hall where best-selling author Val McDermid talked about her career and novels, and this prompted the choice of her book. Please do join us; we meet on the first Tuesday of every month and a warm welcome will await.



Anne Watson  
Tel: 898693  
Email: [stanstediswellread@gmail.com](mailto:stanstediswellread@gmail.com)

## LINK ADVERTISING

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*We look forward to hearing from you!*



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

*What Do I Do with this Space?* was the subject of our September speaker, Darren Lerigo. Whatever your age, everyone enjoys their personal space, and in a garden you can enjoy creating and making this space your very own. Using a series of slides from around the world, members were shown the different spaces and how the individuals' needs have been met. For example, in northern Scandinavia where they have nine months of darkness and snow followed by 24 hours of sunshine for three months, a greenhouse was swathed in flowers of orange, red and yellow - a splash of colour. In contrast, very little greenery was found in the Zen garden in Japan where the raked lines of stones gave the monks tranquillity and contemplativeness, away from the bustle of life. The small dividing strip between drives on a housing estate was transformed into a wild garden because the owner missed greenery. Even the Taj Mahal, built as a place of remembrance, was originally sited in a garden full of herbs, vegetables, flowers and trees, although in Colonial days this productive garden was replaced with lawn. An unkempt, dismal yew hedge along a footpath between a church and its churchyard was cut back and trimmed into odd topiary shapes bringing a smile to passers-by. What one person thinks is marvellous another may not; for example, a £70,000 treehouse built in an oak tree for children but which was never played in as they preferred playing in the long grass under the adjacent Indian Bean Tree!

### Date for your Diary

**Tuesday 2<sup>nd</sup> October**, all four RHS Gardens are taking part in the *Free Entry Day*. Hyde Hall near Rettenden is the closest to the village, slightly further away is Wisley in Surrey on the A3. Our next meeting is on **Wednesday 3<sup>rd</sup> October** 8.00pm; the subject will be *Suffolk Wildlife*. Refreshments will be available. Visitors are always welcome.

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

I am so looking forward to the seasonal changes in Birchanger Wood in October; it should be experiencing closure as the weather cools down and wet days become more frequent. The leaves will have started dropping and fungi will be appearing in the woodland floor and on any fallen or dead trees; what a display this can be!



*Photograph of fungi: Peter Sherlock*

I would love you to tell me of your experience, and send me photographs of your visit to the woodland in September. By the time you read this, the New Trust and fledgling Trustees will have met together for the first time; however, if you have missed out, there is always time for you to volunteer and you can discuss what this could mean with Pat, Roger Wilmot or me. You can be a secretary, fund raiser, work physically in the wood, be treasurer, run an event, whatever. There is room for most opportunities and certainly for your suggestions. There was a litter pick in the Wood by *Tidy Up Bishop's Stortford* (TUBS) in September, and although I wasn't able to join them, this does not stop me saying a big Thank You, it was much appreciated.

*So, enjoy October, Halloween, and fungi!*



Daphne Wallace-Jarvis

Email: [secretary@birchangerwoodtrust.org](mailto:secretary@birchangerwoodtrust.org)



## THE HUNDRED PARISHES SOCIETY

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

The Domesday Book of 1086 lists just 50 markets across England. During the Middle Ages the number increased dramatically and 2,000 new markets were established between 1200 and 1350 AD. From the 12<sup>th</sup> century, monarchs granted charters to towns and villages allowing them to hold markets on specific days. A charter was a formal document and gave protection from rival markets which were prohibited from trading on the same day or within a certain distance. The term market town originated in the Middle Ages and the Hundred Parishes has no fewer than four former market

towns which still hold a regular market, albeit very different from the occasions when cattle and sheep were traded.

### Market towns

Newport had a flourishing market until 1141 when Geoffrey de Mandeville was granted the right to move the market to Saffron Walden. This was about the time the church and the castle were built and nearby Walden Abbey was founded. Chipping was an old name for market and the town was then known as Chipping Walden. Today Saffron Walden holds a market on Tuesdays and Saturdays. Market day in Thaxted is Friday. Its charter was granted in 1205. Thaxted's guildhall has an open ground floor where part of the market could be held under cover. In 1253 King Henry III granted Great Dunmow the right to hold a market. Today, it is held on Tuesday mornings. Buntingford was allowed a market in the 14<sup>th</sup> century by Edward III. It still holds a market on Mondays. Barkway, Hatfield Broad Oak, Linton, Puckeridge and Standon were also once classed as market towns. The wide high streets of Barkway, Linton and Standon suggest that these were the market locations. An exploratory visit to any of the parishes mentioned is thoroughly recommended.

Ken McDonald  
Secretary

## STANSTED DAY CENTRE

Suddenly it seems like autumn already. Our courtyard garden has given us all much pleasure over the summer months but the leaves are definitely showing signs of their autumnal colour. We have enjoyed having runner beans with lunch over the last month and our homegrown rhubarb has been cooked for delicious rhubarb fool dessert.

### Silver Sunday

To all you silver haired readers out there, don't miss your chance to be a part of our Silver Sunday Celebration on **7<sup>th</sup> October 2.30pm-5.30pm**. Party entertainment will be provided by *Somethin' else* for an hour, followed by a traditional afternoon tea. We look forward to sharing a fun afternoon with you. If you can't make that date, maybe you would be interested in one of the many clubs that are held at the Day Centre including: Stansted WI, craft and natter, art, yoga, Garden Club, History Society, Inner Wheel, Salvation Army and the Stansted Family Café at the weekends.

On **Wednesday 7<sup>th</sup> November 11.00am-2.30pm** the Day Centre is hosting a seminar by *Dementia Adventure*, free to all carers. This will cover all aspects of understanding the condition, connecting with the person and networking with other support organisations. So if you care, or know anyone who has personal contact with dementia suffering, please sign up by emailing [Deborah@dementiaadventure.co.uk](mailto:Deborah@dementiaadventure.co.uk).

*Sometimes the strongest healing is simply to listen with a gentle heart.*

The Day Centre is open Tuesday, Thursday and Friday 10.00am-2.00pm. Lunch is served at 12.30pm. Booking required before 11.00am on the day.

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## BRIGHTEN UP YOUR DAY WITH A TORTOISE EVENING



People often ask me what is the most unusual animal I have treated and my usual response is that it's a toss-up between the tiger and the tarantula; no kidding! The tiger incident was most memorable as we had a new trainee nurse and I was able to ring her up on her first night on call and say: "Get some fluids ready, we've got a tiger coming in to put on a drip". She looked a bit pale when I arrived, but relieved when I told her it was just a tiger cub. The next question is. What is your favourite animal to treat? That is harder as it really does depend on who we have had in during the day, but in general the day looks brighter if it has a tortoise in it. Tortoises are great, aren't they? Fascinating in a slightly weird and pre-historic way. At Mercer and Hughes we have developed a reputation for treating tortoises and so see quite a lot of them. The most common name for a tortoise is Tommy; but I've also treated a Zippy, several named Speedy and a Bolt. I did also own a tortoise for a number of years called Crusty Pie (long story - don't ask!). Looking after tortoises can be a bit of a challenge; the old garden tortoises which have been around since the days of *Blue Peter* seem to cope quite well with minimal intervention, but younger tortoises need specialist accommodation including UVb lights and strictly regulated temperatures; they can be quite prone to nutritional deficiencies. Every year we run a tortoise information evening where you can get your tortoise health checked; we give lots of advice on tortoise care and you can also pick up our range of tortoise leaflets. This year it is on **Tuesday 9<sup>th</sup> October** at the Saffron Walden surgery from 7.30pm and there are refreshments and a quiz too. Places are limited so please call 01799 522082 to book your place.



Ilse Pedler  
Mercer and Hughes Veterinary Surgeons

## CHANGING OF THE CLOCKS

It is soon time to say goodbye to summer and hello to autumn and winter by changing our clocks and watches by one hour. On the last Sunday in March we greeted the spring by adding an hour or *springing forward* to be on British Summer Time (BST) and on the last Sunday in the month, we will *fall back* an hour to go back to Greenwich Mean Time (GMT).

We have been altering our clocks in this way since 1916 following a proposal put forward in 1907 by London builder, William Willett, in a pamphlet entitled *The Waste of Daylight*. He reasoned that light was being wasted on summer mornings while people slept, and that by putting the clocks forward the time could be better used in the afternoon. Willett campaigned for years before the Government finally adopted this idea, sadly a year after his death. Most other countries in the European Union also alter their clocks, as do Egypt, Namibia, Tunisia, North America, New Zealand, most of Canada and parts of Australia. In recent years there has been talk of scrapping this practice of daylight saving time for various reasons: the dark winter evenings are said to contribute to an increase in road deaths and possibly act as

an early curfew for those people, especially the elderly, nervous of the darkness; not to mention the chore of amending every single timepiece in the country twice a year. I appreciate that most modern pieces of technology featuring a clock will make the change automatically, but a lot of us still have older devices which need altering manually. With so many countries involved in the debate a final resolution could take some time! In the meantime (no pun intended) don't forget to put your clocks back one hour at 2.00am on the 28<sup>th</sup> of this month and enjoy the extra hour of sleep.



Yvonne Ayres

## RED KITES

This spring and summer have welcomed many birds of prey to the Stansted area; if you've been fortunate enough to have a close encounter with one of our many visitors then count yourself very lucky. Each year in Stansted and surrounding areas we get to see buzzards, sparrow hawks, kestrels, red kites and even the occasional osprey has been spotted over Clavering Lakes. Red kites have been seen more frequently this year than ever before, and the one pictured even landed on a tree right next to me this summer while I was watching a great spotted woodpecker build himself a new nest inside an old tree. Maybe there is a newly nesting pair nearby? If that's the case then great news as nesting red kites occupy their nesting area throughout the year.



There are currently 1600 breeding red kite pairs in the UK, which is fantastic considering the only place to see a red kite was in Wales back in the early 1900s, due to persecution by humans. Today's threats for the red kite are still by human hand, mainly by deliberate poisoning.

If you don't know how to identify red kites there are a few easy giveaways to look out for. Red kites would normally soar high looking for a suitable area to hunt food (normally carrion, worms and small mammals); once a suitable area has been spotted they come down low at around 30-50 metres giving you a great photo opportunity! They are red, brown and orange in colour and their tail is forked much like a swallow. A wingspan of almost two metres and weighing in on average 1kg is quite an unmistakable bird.

Let's hope for more frequent sightings of red kites in our area as autumn looms and the nights close in.

Jon Patterson

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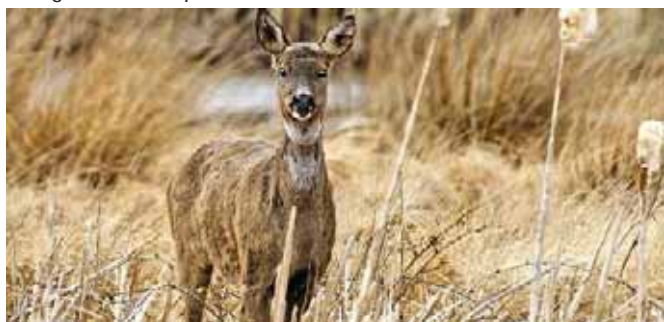
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Apologies, walks for November are not yet scheduled, so please check our website.

The first walk in September was brilliant: a trip to Debden and a lovely day to boot. Newport to Debden took us through the chalk loam-lands of northern Essex which provided a propensity for both up and down, some of them requiring quite a bit of puff. There were an amazing number of sloe bushes; I must buy some quantities of gin or vodka, and go back to pick this bountiful crop of sloes to make some ridiculously easy sloe gin/vodka. This walk will be followed by other goodies ...

October takes us over to the east, to Stanstead Abbots which is always an interesting wander, with a very varied and usually green countryside, and maybe some water. I don't know the planned route, but it could include the River Lee, its tributaries or wetlands, so join us and explore. The planned walk for late October takes us to North Essex once again, to Clavering; an area of mild Essex hills and wide open countryside and usually some terrific views. Come along and be surprised.



The photograph is by Bob Coyle, Herts and Middlesex Wildlife Trust site.



Daphne Wallace-Jarvis  
 Publicity Officer  
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**STANSTED  
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Our biggest event of the Windmill year is the Fête which took place on Bank Holiday Monday 27<sup>th</sup> August. I am pleased to say that once again the weather was kind to us and we believe more people attended than last year. There were bargains to be had, prizes to be won, and many fun things to entertain the children. I would like to thank all our stall holders and helpers who for many years have given their time and effort, not only on the day but in preparation for the event. The music from the PA system, which puts everyone in a happy mood, was excellent. In addition, this

year we had a session from *The Mad Hatters Ukelele Group* which was very entertaining.

Our next event is *The Race Night* on **Saturday 17<sup>th</sup> November** in the Day Centre. It is a fun evening with a chance to win some extra money for Christmas! Tickets: £10 (which includes a fish and chip /chicken supper) are available from me and from our Treasurer, Richard Thomas on 813871. We ask that you bring your own drinks and glasses. Please do come and support us, for all the proceeds go towards the maintenance of the Windmill. Windmill open Sunday is on **7<sup>th</sup> October** 1.30pm-5.30pm.



Molly Clark  
 Co-Trustee  
 Tel: 816768

## BANK HOLIDAY MILL DAY CORRECTION

In the August issue of The Link page 17 *Bank Holiday Mill-Day* refers to Stansted windmill having been 'originally constructed on staging supported by a timber round house' when it should have read 'originally thought to have been constructed with staging supported by a timber round house.' Apologies for any confusion which my error caused.



Yvonne Ayres



We had a very lively morning at our September breakfast meeting at Linden House. As a forum we are very keen to promote our businesses to other members and to ensure that we know and understand what we all do. It is important that as members we look to use the services of other members first, and also make recommendations to our residents. Gary Hyams, the CEO of *Support 4 Sight*, which is the Stansted Business Forum's charity of the year, gave a very good demonstration and insight into what it means to live every day if you are blind or partially sighted. He showed us the real impact of living with sight loss. Those with sight loss have difficulties with everyday tasks that sighted people take for granted. For blind and partially sighted people, eating, walking in the street, trying to read signage and find their way round an airport, or trying to catch a bus, are all great challenges. Gary also told us how equipment which *Support 4 Sight* provides, such as a talking microwave and special mugs, can be life savers, allowing people to be more independent at home. Other equipment the charity provides, such as talking watches and alarm clocks, are also helpful aids.

Here is a note for your diary. The Queen's Arms, Lower Street will be holding a quiz on behalf of *Support 4 Sight* at 7.30pm on **Thursday 18<sup>th</sup> October**. Tickets are £5, so make sure that you come along for a fun evening and support a very worthy cause. Come along to our next meeting on **Friday 5<sup>th</sup> October** 7.00am for 7.30am at Linden House. Contact Peter James on 815848 to book a place or email [Peter.James@murdochsestateagents.co.uk](mailto:Peter.James@murdochsestateagents.co.uk).



Iris Evans  
 Treasurer

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### BIRD FEEDERS

Now the winter season is drawing near, I thought that I would write about bird feeders and what is the recommended food to put in them; a controversial subject, as everyone has different views on what is best and what you should not use.



I am amazed how you can have one type of filling in one garden that works and yet put the same feeder and filling in another garden and it will not. The RSPB and the British Trust for Ornithology both suggest feeding birds all year round. However, it is suggested that feeding birds during the colder months should be a priority. Dawn and dusk are the key times of day to ensure there is food available, especially during the colder months.

#### Feeding options

There are many different foods for feeders, bird tables and for ground feeding. The better mixtures contain plenty of flaked maize, sunflower seeds, and peanut granules. Small seeds, such as millet, attract mostly house sparrows, dunnocks, finches and collared doves, while flaked maize is taken readily by blackbirds. Mixes that contain chunks or whole nuts are suitable for winter feeding only. Pinhead oatmeal is excellent for many birds.

Wheat and barley grains are often included in seed mixtures, but they are really only suitable for pigeons, doves and pheasants, which feed on the ground and rapidly increase in numbers.

Live mealworms are packed with protein and moisture, and are an excellent bird food, quickly attracting birds such as robins and thrushes especially in spring time when they are feeding young. However, dried mealworms are also very good; just soak in water before putting them out to provide birds with valuable moisture. Fruits are another great bird food as they have high water content and are energy-rich with all their simple sugars. Being high in fats and protein, peanuts are a favourite with tits, finches, nuthatches and woodpeckers. Try not to leave out whole peanuts in the spring unless they are in a wire mesh feeder, as busy parents may feed them to their young, potentially choking them. Many birds are attracted to sunflower seeds as they are rich in protein and unsaturated fats.

With coconuts, drain and then cut it in half; once the coconut has all been eaten the remaining shell can make a great container for home-made fat balls or other seeds. Rich in fat, nyger seeds are a favourite of finches. Dried fruit, unsalted bacon rinds, cooked rice, grated cheese and the remnants from the bottom of your cereal packet can all be left out as long as they are finely chopped. Biscuits should be crushed and soaked where possible to avoid choking birds and to add moisture. Never give birds milk as they cannot digest it. Avoid cooked oats but uncooked are fine.



Tinned dog and cat food form an acceptable substitute to earthworms during the warm, dry part of the summer when worms are beyond the birds' reach. Blackbirds readily take dog food, and even feed it to their chicks. However, the easiest and cheapest way to provide food for birds and other wild visitors is to do nothing. If you abandon using slug-killer and pesticides, birds and other wildlife will feed on the bounty of invertebrate snacks you have left for them.

I have just converted an old chandelier and placed this in the garden, enabling me to add as many ingredients as I like to one feeder!



Steve Leaney  
Tel: 647177



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## THE RISE OF CRAFT BEERS

I am told that 18 pubs a week close in the UK, which is an alarming statistic. The larger breweries have turned to ensuring their pubs serve good food in a bid to survive and at the same time our supermarkets are stocking an ever-growing number of specialist craft beers. What people may not realise are the number of local microbreweries that are around. The Bishop's Stortford and Stansted Round table organised a very good Stansted Real Ale and Craft Gin weekend in early September, which showed off a



number of regional ales. If we forget about the large breweries such as Greene King and Adnams, it was pleasing to see a few local microbreweries represented including the Bishop Nick Brewery in Braintree and the New River Brewery in Hoddesdon. My friend Steve and I tried several and we enjoyed New River's *Five Inch Drop* IPA, a triple hopped beer with a malty and toffee aroma and a bitter citrus flavour with a hint of pine resin. We both enjoyed the beers from Bishop Nick, particularly the *Martyr*, a 5% American style IPA with strong fruity flavours and a malty edge, also their *Heresy*, a slightly lighter and refreshing 4% golden ale, light in colour with a gentle citrus flavour.

There are actually many more local microbreweries than these; for example, Buntingford Brewery and the Saffron Brewery based in Henham which includes ales such as *Saffron Citra* and the *Essex Serpent*. The former is a light golden 3.8% ale made with Citra hops, which gives grapefruit aromas and flavours, whilst the *Essex Serpent* is a stronger 4.5% ale with hints of nuts and fruity notes. One can obviously buy these online or at the breweries and the website *ratebeer* will help you choose. I am pleased to report that supermarkets are stocking local craft beers, including Waitrose in Saffron Walden selling some from the Saffron Brewery, so do give them a try.



Paul Wilkinson

Email: Corkscrew\_456@hotmail.co.uk

## GARDENING TIPS FOR OCTOBER

Now is the time to start preparations for winter and even next summer. Perennial herbaceous plants that have become too big for their place can be lifted, divided and then put back; you can even give off chunks you no longer need to friends. The youngest and freshest parts are normally found furthest from the centre of the clump. Leave grasses and plants that look architectural in winter until spring to divide. Ensure you keep autumn leaf fall off of the lawn, decks, ponds and hard areas. They will kill off grass and make surfaces slippery. Save canes or other plant supports used this year for future years; if in good condition. Sweet pea seeds have been found to produce earlier and better displays if sown in the autumn; root training cells work well for these, but old toilet roll



tubes will be good too. Keep the seedlings protected from the worst of the weather in a cold frame or by a shed window. If you have any apples on trees (or fallen) which have brown rot; remove or tidy

them straight away and do not compost them; this reduces the risk of passing the infection on to next season. Bush and climbing roses can be shortened back to reduce wind damage over the winter; only shorten long stems and side shoots. Final pruning will be in early spring. Peonies and other plants will start to become available in bare root form at the end of the month, not only are they cheaper, but typically establish better than pot grown specimens. Finally enjoy the last of the occasional warm days.



Paul the Gardener

## STANSTED SOCIAL CLUB

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

We are very disappointed that our landmark building has not been included on the final Uttlesford Heritage list. The Social Club building has been a feature of Stansted Mountfitchet for 130 years; when you look at older photos of Lower Street it is the major stand-out feature at the centre of the village. On this topic, we are still



looking for old photographs, rule books and other Club memorabilia to help map our history. We were therefore delighted to be given two old rule books by a member recently, one of which dates back to 1892! We now have cards and details for CIU (Club and Institute Union) membership, so if you are interested please ask for details at the bar. Membership offers you entry to approximately 1600 other social clubs around the country. The accounts for 2017 should be available soon, we are just waiting for the auditors to finish their work. The date of the AGM will be announced shortly and information will be published on our Facebook page and website as well as in the Club.

### Entertainment

We are now booking entertainment for 2019, so if you have seen any bands locally or have any suggestions about what you would like to see at the Club, please email your ideas to [stanstedclub@gmail.com](mailto:stanstedclub@gmail.com). Throughout October we have a great line up of bands coming your way! We start with *Cadence* on **Saturday 6<sup>th</sup>**, followed by *Retrovox* on **Saturday 13<sup>th</sup>**, *SCAM 69* on the **20<sup>th</sup>** and a Halloween Disco on **Saturday 27<sup>th</sup>**. We finish the month with Karaoke on **Sunday 28<sup>th</sup>**. Don't forget, we have Bingo every Tuesday at 8.00pm and we also have darts, pool and snooker teams so if you are interested please get in touch or pop down to the Club.

Andrew Sharpe

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

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## 494 SQUADRON SUCH A LOT GOING ON – COME AND JOIN US!



It has been a hugely busy summer for our cadets with so much more still to come. You may have seen us parading through Bishop's Stortford as we took part in the Armed Forces Day Parade at the end of June. This was followed by the national celebration for RAF100 and a flypast of 100 aircraft, finishing over Buckingham Palace after having flown through Essex from the coast. An amazing day for all cadets, armed forces members and flying enthusiasts. The summer holidays saw a whole range of activities for our cadets including several camps, Duke of Edinburgh expeditions for the Silver award, mountain biking, archery evenings, canoeing and paddle-sports, as well as visits to RAF bases at Wittering, Lakenheath and Odiham. Our cadets were also thrilled to take part in flying opportunities.



We have some formal events coming up with the Essex Wing Parade including Armistice Day in November. Our scheduled meetings on Monday and Thursday nights are also packed with activities. If you would like to join us then do get in touch via our Facebook page; search Stansted Airport Air Cadets to join in. We welcome both boys and girls aged 12 (and in year 8) to age 17; we would love to see you.

Rachel Alexander  
Email: Rachel.alexander@btinternet.com

## INK CARTRIDGE RECYCLING FOR CHARITY

Do you have any used original ink cartridges or mobile phones which you do not know how to dispose of? Then we would be pleased to have them! There is a collecting box in the Free Church Foyer (which is open every Monday, Wednesday and Friday 9.30am-12.30pm), and also one in the Free Church Hall. We receive £1 for each cartridge and variable amounts for mobile phones, and the money raised will go towards Messy Church which is funded by all the Stansted churches. We can take most cartridges except Epson, but they must be **originals** (not remanufactured or own branding such as Tesco, Millway etc). Mobile phones do not need to be working but preferably should have their charger. If you cannot take items to the church, you can bring them to 7 Blythwood Gardens (leave in the porch if we are out) or we can collect from you. Thank you.



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



## STANSTED FOOTBALL CLUB

Our first team will play catch-up in October on home league games and cup games, as the Essex Senior League look to balance out our fixtures. For all members of the squad it is important to supplement their playing time with training, which will help to maintain good fitness levels. The management team felt that this season they would work with a reduced squad of players in order to allow everyone the opportunity to play. Looking back over the first two months of the new season, we had early success in the cup competitions but were eventually knocked out, firstly in the FA Cup by Takeley, losing 1-0, after our keeper was sent off with the game only 17 minutes old; then losing in the FA Vase to a very strong and competitive Brantham Athletic, who play in the Eastern Counties League and are one of the favourites to win it. The League saw us gain points and establish ourselves in the upper part of the Table, so it all looks promising for the games to come.

Our Vets team have also started their own campaign, with manager Gary Cook pleased with the response of many local players, who are relishing the opportunity to play competitive football at Hargrave Park.

### First Team home fixtures in October

Tue 9 <sup>th</sup>	Stanway Rovers FC	ESL Prem Division	7.45pm
Tue 16 <sup>th</sup>	Saffron Walden FC	ESL Prem Division	7.45pm
Sat 20 <sup>th</sup>	Leyton Athletic FC	ESL Prem Division	3.00pm
Tue 23 <sup>th</sup>	Takeley FC	ESL League Cup	7.45pm
Tue 27 <sup>th</sup>	Redbridge FC	ESL Prem Division	3.00pm

The players really do appreciate the support they receive and new supporters to the Club are always welcome.



Tom Williams  
Secretary  
Tel: 07921 403842



**Stansted Tennis Club**  
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[www.stanstedtennisclub.co.uk](http://www.stanstedtennisclub.co.uk)

### Junior Coaching

A new junior coaching programme, open to members and non-members, starts on **29<sup>th</sup> September**. Please contact Ollie Toms for further information on 07917 652014.

### The Cayless Tournament

This is a mixed doubles tournament for Club members only, which will be held on **Sunday 7<sup>th</sup> October**, from 9.00am-3.00pm, after which there will be a bring-and-share chilli meal.

### Ladies' night

The next ladies' night (members only) will be on **Monday 8<sup>th</sup> October**, from 7.00pm.

### Used tennis balls

Used tennis balls can be purchased for £1 for a tube of four, from Jan Hollis at 105 Cambridge Road. Please visit the STC website for further information about the Club.

Fiona Kelly  
Publicity Officer  
Tel: 07949 623484  
Email: fiona1.kelly@btinternet.com

## DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Rainbows (Wednesday)	Rachel Roberts Tel: 07864 821905
Air Training Corps	Tel: 681559/661929	Rainbows (Friday)	Sue Pollard Tel: 813734
494 Squadron	Email: 494@aircadets.org	Rotary Club	Martin Budzinski
Beaver Scouts	Wayne Browning		Tel: 07803 878961
Age 6-8	Tel: 079764 41468		Email: martin@voucherpacks.com
	Email: mrwbrowning@googlemail.com	St John's Road and	Secretary: Leila Riddell
Bowls Club	Peter Beattie, Hon Secretary	Area Association	Tel: 07770 955830
	Tel: 07850 329192	Scouts	Mike Byrne
	Email: peterdavidbeattie@gmail.com	(age 10½ -14)	Tel: 812780
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Shotokan Karate Ryu	Donna Ring Tel: 731752
Brownies (Wednesday)	Susan Scott Tel: 810955		Email: skr@skr.org.uk
CAB	Tel: 08444 775986	Spangles	Sarah Mason Tel: 812348
Corkers Netball	Lisa Menzella	Children's Centre	Email: smason2@spurgeons.org
	Tel: 07827 988732	Stansted and District	Secretary: Geoff Lay
Cricket Club (adults)	David Hedge Tel: 812509	Past Rotarians Club	Email: geoff.lay@ntlworld.com
(juniors)	Keith Ayres Tel: 814471	Stansted Badminton Club	Vince Tel: 07793 000107
Cub Scouts	Steve Turrell		Raj Tel: 07775 915418
Age 8-10½	Tel: 07519 572642	Stansted Business Forum	Iris Evans
Day Centre	Tel: 815091		Email: iris.evans9@gmail.com
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Family Café	Ros Page Tel: 810813
Friends of St Mary's	Lynda Dale Tel: 07716 099474		Email: contactstanfam@yahoo.com
Church	Email: lynnydale@hotmail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Garden Club	Maralyn Harris, Chairman	Stansted Hall and	David Brown
	Tel: 07919 478144	Elsenham Cricket Club	Tel: 831011/07788 999663
Grove Cottage	Jocelin Warren Tel: 07482 535020		Email: david1.r.brown@gmail.com
	Office tel: 656085	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242
Guides	Jennifer Jarvis, District Commissioner		Email: gemmasnelling@me.com
	Tel: 814434	Stansted Speed Watch	Warren Vickers Tel: 813996
Helpline	Tel: 07704 553727		Email: vickersw@aol.com
History Society	Peter Brown, Chairman	Stansted Supers	Ollly Pocknell
	Tel: 812816	Handball Club	Tel: 07875 391701
Huw Johnson Club	Katharine Collis Tel: 461270	Tennis Club	Fiona Kelly, Publicity Officer STC
	Email: kat_collis@hotmail.com		Tel: 07949 623484
Inner Wheel Club	Jenny Savage, President		Email: fiona1.kelly@btinternet.com
	Tel: 656065	U3A	Ray Smith, Chair
Investigators	Ros Page Tel: 810813		Tel: 813270
Age 7-11	Email: contactstanfam@yahoo.com	Women's Institute	Anne Watson, President
Little Scrummers	Andrew Poyser Tel: 07738 591232	(Stansted)	Tel: 812725
Millers (Windmill)	Molly Clark Tel: 816768	Women's Institute	Dorothy Wallace, President
music@stansted -	Sonia Levy Tel: 815282	(Ugley)	Tel: 898693
classical concerts	Email: contactus@musicatstansted.co.uk	Whoosh Explore	Helen and Peter Nash
Neighbourhood Watch	Valerie Trundle Tel: 813433	Canoe Club	Tel: 817453
Parkinson's UK	Vivian Falk, Chairman	Youth Centre	Linda Barnes
Uttlesford Support	Tel: 01799 513128		Tel: 07947 548051
Group	Email: vivian@brackendalehouse.co.uk		
Rainbow Pre-School	Gill Pursglove (Administrator)		
	Tel: 814242/07966 506997		
	Email: admin@rainbowpreschool.net		

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](mailto:announcements@stanstedlink.org.uk) or send the details to 7 Blythwood Gardens, Stansted CM24 8HG. Details must be submitted by the 8th of the month for publication the following month.



## STANSTED BOWLING CLUB

By the time you read this, the 'green' will have been put to bed for the winter. We shall be spreading three tonnes of top quality soil onto the grass to enrich the soil and repair the surface. For this we hope to have the help of Ford Motor Co Ltd, who have offered assistance via their Community Help initiative. As many as 12 Ford employees come along to do jobs such as shifting all this soil. They have already given a day to the Club, to help repaint the entire fence work around the grounds: all 30 plus panels of it!

### August Results

Both the A and B teams have been relegated into the C division, which is a tremendous blow to both sides. Hopefully 2019 will see a renewed effort to climb back to the higher divisions. We also look forward to a better season for the Club's Ladies team who have had a mixed time in 2018. The Club is always looking to encourage new members to come along and give bowls a try. Although we are now in the close season until April 2019, we still have a thriving community atmosphere on a Friday evening, when we all get together to play carpet bowls, darts, or put the world to rights. What better way to find out what goes on at the Club than to come up and have a casual chat? We look forward to welcoming you all to our Clubhouse on any Friday evening, when the Clubhouse bar will be open and members will be happy to have a chat and explain the way the game is played over a drink of your choice.

Peter Beattie  
Hon Secretary

Tel: 07850 329192

E-mail: peterdavidbeattie@gmail.com



## STANSTED HALL & ELSENHAM CRICKET CLUB

The 1<sup>st</sup> XI finished second in Division 2 of the Herts and Essex League and as a result gained promotion to Division 1. Well done to Takeley who finished top by quite some distance. The 2<sup>nd</sup> XI had a huge turn around mid-season, winning eight of the last 11 matches to finish safely in mid-table. The U15s won the Bardfield Cup defeating Dunmow in the final for the second season running. In a quite remarkable match the youngsters needed eight with two balls remaining, and won with a ball to spare! Work that one out? The season finished with the Chairman's match and BBQ, followed by a final friendly at the picturesque ground in Lindsell. Off the field, the Elsenham Place Pavilion Project continues and will do so over the winter months; funding being the major object to overcome.

The Club will be holding two quizzes; Music on 10<sup>th</sup> November and General Knowledge in January 2019. If you would like to support these functions please give me a call. New members are always welcome at our friendly Club: players, helpers, spectators from the age of five years. Winter indoor league and nets here we come!



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



## Stansted Cricket Club

We would like to thank the Stansted Sports Association for most generously funding the new uPVC sliding main doors for the pavilion and new sliding windows for the bar hatch. These enhancements made the pavilion look more attractive and they have increased safety, heat retention and security.

The 1<sup>st</sup> XI finished 9<sup>th</sup> in HECL Division 2 with four wins and expect to be relegated for next season. The 2<sup>nd</sup> XI had to default on one match in the CCA when we could not raise a team, and lost 11 of the other 12 played. The Sunday XI played six matches overall and won three. President's Day on 26<sup>th</sup> August was badly affected by rain with only one over able to be bowled. Nevertheless, both teams spent the afternoon catching up with old friends and enjoying the excellent catering. Our sincere thanks go to Christine Monk for providing teas throughout the season. Notable recent individual performances include Danny Elliott (103 no), Ben Sammons (100), Jeeva Subramaniam (95), Huw Edwards (75 no), Ben Baker (67 no, 66 and 62), Chris Allen (65) and Mike Burgoine (54). In early October some 15 players depart on a cricket tour to La Manga in southern Spain. They are due to play at least four T20 matches in the hope of reaching the finals of the tournament. On August Bank Holiday Monday the Club hosted a Charity Pub Challenge match between the Dog and Duck (led by Phil Eddershaw) and the Rose and Crown (skippered by Duncan Taylor). The match was well attended and raised a significant amount for various charities including the Huw Johnson Club (p27). Thanks also to Ben Sammons and Steve Peachey for organising a very enjoyable and successful Quiz & Curry evening on 8<sup>th</sup> September.

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

## THANK YOU TO KEN PELL – SPEEDWATCH VOLUNTEER

The Stansted Mountfitchet Speed Watch Team has lost one of its very first and most active members. Ken Pell has decided to retire after about 10 years doing this voluntary work. Ken has been out most weeks when there were others to help. He recorded the fastest speeder we have ever caught doing 56mph along Cambridge Road which is nearly twice the speed limit. Ken, many thanks for your help during the past 10 years, your banter will be missed and many in the community will also miss you. We will never be able to prove it, but his voluntary work and that of the team may have prevented serious accidents; I think we should all be thankful for his efforts. It will be difficult to replace somebody like Ken, but to enable our activities to continue as frequently as possible, we need more help. You can become a volunteer but if you want to know more before committing yourself, please join us for a short trial period to experience what we do. Please contact me for further information.

Ray Woodcock  
Tel: 816468

Email: Raymond.woodcock@btinternet.com



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Uttlesford District Council	36	Motor Services	Lever & Co Solicitors	20	Elsenham Golf Club	IBC		
Techni-Pave (Paving Contractors)	36		Conway Chauffeur Drive	OBC	Stansted Social Club	18		
Vester Property Services	36	Hilton Rental	28	D Bonney & Sons	38			
Gillson Carpentry & Joinery	36	J & R Cars	28	Conway Chauffeur Drive	OBC			
R Handford	16	Wright Cars	IFC	Hilton Rental	28			
Julie Golden	16	Networking	38	J & R Cars	28			
Cleaning	Binwash	IBC	Painting, Decorating & Plastering	Wright Cars	IFC			
	Clear Ovens	16		Stansted Business Forum	38			
Ecaterina Domestic Cleaning	16	Personal Services	Ada Decorating	32	Pilates	Harpers Plumbing & Heating	OBC	
Go-Jo Quality Cleaning	16		Brown's Painting & Decorating	32		JDW Gas Heating Specialist	30	
Olivers Commercial Cleaning	IBC	CSC Plastering	32	Jones (Plumbing & Heating)	30			
Hargrave House Care Home	26	David Duncan Decorating	32	M Lloyd and Son	30			
Hearing Help	26	Lesley Anne (Painting)	32	Newman's Home Services	30			
Helpline	26	MT Plastering	32	Orion Heating	30			
Mountfitchet House Care Home	26	MWR Interiors	32	P Knight Plumbing	30			
Ross Nursing Services	26	Nick Shutes	34	Stansted Gas Services	30			
MCM Computer Services	16	Prime Decor	32	CZ Design & Print	12			
Taylor Computer Service	16	Ray on the Hill	32	Do-It-4U	34			
Witts End Business Services	16	T F Plastering	32	Fairweather Windows	IFC			
Graham School of Dance	34	Bentfield Beauty Spa	12	Finch and Son	OBC			
Mitchell School of Dance	34	Essential Gem (Beauty)	12	Herts & Essex Window Doctor	34			
Dental	Castle Dental	12	Soft Furnishings	Stansted Upholstery	28			
	Birchanger Butterflies Nursery	10		Stort Blinds	IFC			
Education & Children	Music Lessons	10	Printing Property Maintenance	Family News (Londis)	10			
	Rainbow Pre-School	10		Paris Legore (Flowers & Gifts)	IFC			
Tuition	10	Plumbing & Heating	Stansted Upholstery	28				
Electrical	Albury Electrical Services		30	Stort Blinds	IFC			
	CK Electrical	30	Retailers	Stansted Upholstery	28			
D S Mason	34	Soft Furnishings		IFC				
Stansted Electric	30	Pilates	Stansted Upholstery	28				
Estate Agent	38		Stort Blinds	IFC				
Family History	Past Discoveries	20	Plumbing & Heating	Stansted Upholstery	28			
	Access Financial Service	16		Stort Blinds	IFC			
Financial	Mansell & Co Accountants	IBC	Pilates	Stansted Upholstery	28			
	DT Bedroom & Kitchen Designs	36		Stort Blinds	IFC			
Fitted Furniture	Furniture by Design	36	Plumbing & Heating	Stansted Upholstery	28			
Fitness	Anna Scanlon Fitness	8		Stort Blinds	IFC			
	Ben-MacFitness	8	Pilates	Stansted Upholstery	28			
Flexible Strength	8	Stort Blinds		IFC				
Vision Fitness	8	Plumbing & Heating	Stansted Upholstery	28				
Food	Cammas Hall Fruit Farm		8	Stort Blinds	IFC			
	Lams Chinese Takeaway	IBC	Pilates	Stansted Upholstery	28			
Mayflower Chinese	IBC	Stort Blinds		IFC				
Sonargow	18	Plumbing & Heating	Stansted Upholstery	28				
The Cork House	18		Stort Blinds	IFC				
The Dog & Duck	18	Pilates	Stansted Upholstery	28				
Funeral Services	Bishop's Stortford Cooperative		20	Stort Blinds	IFC			
	Daniel Robinson & Sons	20	Pilates	Stansted Upholstery	28			
J Day & Son (Stonemason)	20	Stort Blinds		IFC				
Fashion	Alterations and Design	28	Pilates	Stansted Upholstery	28			
	Cox Farm & Forestry	40		Stort Blinds	IFC			
Garden Services	D Honour & Son (Landscapes)	OBC	Pilates	Stansted Upholstery	28			
	Leisure Plan Garden Furniture	28		Stort Blinds	IFC			
Langthorns	40	Pilates	Stansted Upholstery	28				
Lawn Supremacy	40		Stort Blinds	IFC				
Logs Logs Logs	40	Pilates	Stansted Upholstery	28				
Mowtivated	40		Stort Blinds	IFC				
The Secret Gardener	40	Pilates	Stansted Upholstery	28				
Tree Management Company	40		Stort Blinds	IFC				
Uppercut Trees	40	Pilates	Stansted Upholstery	28				
			Stort Blinds	IFC				

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