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Front cover:
The Cambridge Community
Magazine Awards Ceremony

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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

EDITORIAL



Your community magazine is once again an award winner... **"If it's free it's amazing value for money"**, commented the judges at The Cambridge 2018 Community Magazine Awards. Gaining this award salutes the wonderful contribution of volunteers in Stansted Mountfitchet; from the various community groups, charities and individuals who provide such a wide variety of interesting content, to the hard work of the production team putting the magazine together every month. Without such unquestioned commitment *The Link* would not be so successful. Read about the awards on page 7. On the subject of volunteers, how about investing some of your precious time in the Uttlesford Time Bank initiative on page 15? St Clare's Hospice would also like to hear from you, they are looking for caring people willing to help spread a little happiness in the local community on page 27. Finally, September is an exciting time for many young people as they take the next steps of their journey in life - *Dream big and you will succeed*.

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

By email (preferred) to editor@stanstedlink.org.uk by noon on 9th September for the October issue or by hand/post by noon on 7th September to 7 Blythwood Gardens, Stansted CM24 8HG.

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THOUGHT FOR THE MONTH

What is your life all about? A few weeks ago, I spent some time in Egypt's Sinai desert at the monastery of St. Catherine; which for 1500 years has stood at the foot of Mount Sinai. Twenty-eight monks live at the monastery, including Father Justin from Texas and Father Nilas from Devon. Father Justin is the librarian and has responsibility for caring for one of the world's greatest collections of ancient manuscripts. He frequently travels the world speaking about the work of the library. A number of talks by him are available on YouTube. Father Nilas is just an ordinary member of the monastery and lives within its confines. Both of them arrived at St Catherine's after searching for something that would give meaning and significance to their lives. They found it in a life centred on the worship of God. They have given up so much to be there, but neither of them would wish to be anywhere else.

Jesus once told a story of a man who discovered treasure buried in a field. He sold everything he had to buy the field, knowing that what was there was worth more than everything else he had. What are the things we hold on to that stop us finding our lives' true meaning? When Justin and Nilas heard God's call, they knew it was worth leaving everything behind to respond to that call. When I met them, I recognised that they have discovered something that fills their lives with meaning. Their lives challenged me - why be satisfied with half a life when there is so much more to have? Jesus said, "I came that they may have life, and have it abundantly." Justin and Nilas discovered that truth, and maybe so can you.



Paul Wilkin
Rector of St John's



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

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Tel: (with answerphone): 815243
Email: st.johns.church@btinternet.com

St John's Diary

Sunday

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

Tuesday

9.15am St John's Tots

Wednesday

9.00am Morning Prayer
10.00am Holy Communion

Thursday

10.30am-noon The Coffee Pot

Monday-Thursday and Saturday

5.00pm Evening Prayer

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).

Sunday 16th September 10.30am We welcome our new Deacon, Helen Flack, at a joint Benefice service (at St John's). This replaces our 9.30am service. The service will be followed by a *bring and share* lunch.

Sunday 30th September 4.00pm Pet Service. All Creatures Great and Small welcome - including humans! The service will take place outside St John's (inside if wet) and you are invited to picnic in the church grounds after the service.



ST JOHN'S 300 CLUB

Congratulations to the winners of the July draw:

£200	No 258	Clare Arnold
£100	No 19	Richard Shervington
£50	No 217	Janet Macfarlane
£25	No 268	John Sears

The draw for September will be held on Sunday 30th September in St John's Church following the 9.30am service. Numbers at £2 each per month are still available for anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away each year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.



Ann Lee
Tel: 813310

FROM ST JOHN'S REGISTERS

July

Baptisms

1st Ophelia Juliet Middlemiss
22nd Florence May Pomfrett

Funeral

16th John Frederick Pearman, age 84 - funeral at St Mary's followed by burial in the Parish Cemetery



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

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

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

Preachers for September

2nd 10.30am Rev'd Gill Hulme - Church Anniversary
 9th 10.30am Rev'd Christine Fowler
 16th 10.30am Rev'd Stuart Veitch - Communion
 23rd 10.30am Rev'd Roy Fowler – Harvest
 30th 10.30am Faith Paulding

ROMAN CATHOLIC

St Therese of Lisieux

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

Priest Father John Garrett

Office Tel: 814349
 Email: 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



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

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

Our @27 meetings are normally held on alternate Tuesdays, 7.30pm coffee for 7.45pm start. This month things are a bit more flexible so please contact us for times, venues and topics. @27 is a house-church or homegroup-style meeting with modern worship music, a Bible-based *thought for the day*, discussion, prayer and more. If you are looking for Christians with a contemporary outlook, a desire to grow in

our faith and a vision to benefit our community, why not get in touch? All welcome; you do not have to be a member of Family Church, or any church, to attend.

Investigators (for children aged approximately 7-11) restarts on **Friday 14th September** and **Messy Church** (run jointly with other Stansted churches) resumes on **Sunday 14th October**. If you would like to join a prayer walk, or have a prayer-request, please contact us.



Ros and Howard Page



CAMEO
(Come and Meet Each Other)

We meet at 7.00pm on the 3rd 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 July the group enjoyed each other's creations at the *Great CAMEO Bake-off*. There was a vast array of sweets and treats on offer including first ever attempts by some of our members. The meeting on 18th September is an interfaith night looking at the similarities and differences between different religions. We do not yet have a speaker, so if you are interested in coming to speak to us about your faith/religion please do contact us. The Salvation Army meets each Sunday at 10.30am in Markwell Pavillion, Castle Gardens, Bishop's Stortford, and you would be welcome to join us for our service. We stay for tea and coffee fellowship after the meeting and a Sunday school runs from 12noon for our younger members. We have several other groups and events which we would be happy to tell you about. We hope to see you soon.



Lieutenant Megan Lowe
 Tel: 507464

Email: megan.lowe@salvationarmy.org.uk

THE RELIGIOUS
SOCIETY OF FRIENDS (QUAKERS)

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

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

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

Meeting Sunday, 10.30am every week

Light Group 10.30am-12 noon 13th 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.



FOREST HALL SCHOOL FOCUSSING ON LOCAL HISTORY

www.fhs.essex.sch.uk

A school's desire to teach young people about the communities they live in was demonstrated with a history day. Year 5 pupils from various primary schools spent a day at Forest Hall School to take part in a day devoted to the subject. Burnt Mill Academy Trust (BMAT), which is responsible for the school, is keen to introduce a more localised history curriculum for its students to give young people more links and awareness of life around them. Harlow Museum and BMAT teamed up to provide the primary school pupils with a hands-on day of activities and learning.

Pupils were able to handle artefacts, take part in arts and crafts sessions, as well as hearing from experts from the museum including a curator with 20 years' experience. Jon Perry, history teacher, said: "The idea of the day was to ensure we get the community involved with activities at Forest Hall and to give younger children an experience of the school before making their secondary school selections."



It gave pupils a nice experience of history first-hand instead of learning purely from textbooks; it was an exciting opportunity for them. At Forest Hall, we want students to look at the local history here in Stansted and so we are building that into our curriculum. It is really important for young people to see where they come from and their position in society to enable them to have a better understanding of their community and, in turn, make them better citizens." Year 7 and 8 pupils helped their younger peers to navigate their way through the day, answering any questions they had about attending secondary school.

Kelly Clark
Tel: 01245 237751
Email: words@kellylouiseclark.co.uk



www.hertsandsoul.com

On **Sunday 30th September** 6.30pm at Herts and Essex School, the choir is joined by *Umbrella Big Band* to bring you uplifting pop, rock, soul and jazz. Tickets: adults £12, students £6, from Chris on 07903 009569 email: chrishumph01@gmail.com. Proceeds from refreshments and raffle for Isabel Hospice.

Helen Rollason Cancer Charity

www.helenrollason.org.uk

The Helen Rollason Cancer Charity has several upcoming events for the rest of the year, including a walk around Layer Marney Tower, Christmas Fairs and the Nuclear Race described below.

The Big Battle 2018

When: Saturday 29th September from 11.00am.

Where: Secret Nuclear Bunker, Kelvedon Hatch, Brentwood CM15 0LA

What: Prepare to get muddy as a personal trainer escorts you around the 5K course which will see you take on the famous Nuclear Races obstacles including the zip wire into water and the death slide.

Holly Butler
Marketing and Communications Co-Ordinator
Tel: 01245 380719

SEPTEMBER – A TASTY MONTH OF FLAVOURS!

September is one of my favourite months, with balmy days, cooler evenings and autumn in the air. A good month for late summer vegetables, fruits and berries. Early game becomes available and shellfish is in good supply. With such culinary opportunities, wine options abound.

Shellfish always works well with a dry white perhaps with a lemony kick. Muscadet is a great choice and Aldi's 2017 Exquisite Collection Muscadet Sevre-et-Maine Sur Lie, is a bargain at £5.69 and a recent silver medal Decanter Award winner. For all those with a glut of tomatoes and courgettes in their gardens and ratatouille style dishes for supper, I suggest easy-drinking reds such as one using the nero d'avola grape from Sicily. Nero Ora Appassimento 2017 at £8.99 from Majestic is part of a six mixed case, made with partly dried grapes to give a fuller richer flavour. A pinot noir works well with mushroom-based foods which are popular in September. Recent silver award winners are the Marks and Spencer Tierra Y Hombre Pinot Noir 2017 from Chile at a reasonable £7.00 or the Waitrose own label Romanian Pinot Noir 2017 which is very light (almost rosé style) but good value at £5.99. If you are lucky to find some early game (grouse, partridge, etc.) perhaps try the South African Stellenrust Cinsault 2016 at £9.99 from Waitrose, a light red full of strawberry and cherry flavours.

Finally, being the apple and pear season it's time for crumbles, my favourite pud! A sweet wine made from the chenin blanc grape which has those citrus and apple flavours makes a great pairing. Good examples come from Vouvray or Coteaux du Layon in the Loire. Adnams Domaine de la Bergerie 2015 at £11.99 is affected by 'Noble Rot' to give a luscious sweet wine, but with good acidity. Simply delicious. Enjoy those September flavours.



Paul Wilkinson
Email: Corkscrew_456@hotmail.co.uk



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WHAT'S ON IN SEPTEMBER

2	Sun	Windmill Open	1.30 - 5.30 pm
4	Tue	Stansted is Well Read	Dog and Duck 8 pm
5	Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
6	Thu	Local History Society	Day Centre 8 pm
7	Fri	Hill Chilli	31 Chapel Hill 7 - 10 pm
9	Sun	Link copy due in today	before 12 noon
		Bridge The Gap Charity Walk	Parker's Piece, Camb from 8.45 am
9 & 23	Sun	Garden Waste Skips	Lower St Car Park 12.30 - 4.30 pm
10	Mon	Ladies' Night	Tennis Club 7 pm
13	Thu	Stansted W I	Day Centre 7.30 pm
16	Sun	Open Day	Easton Lodge 11.30 am - 5 pm
18	Tue	CAMEO	Day Centre 7 pm
20	Thu	Stansted U3A	St John's Hall 1.30 for 2 pm
		Glasses and Gossip	Rose and Crown from 7 pm
21	Fri	Support 4 Sight Gin Tasting	Cork House 7.30 pm
23	Sun	Stansted Family Café	Day Centre 10 - 11.30 am
25	Tue	Hearing Help	Day Centre 2 - 4 pm
		Inner Wheel	Day Centre 7.30 pm
28	Fri	Macmillan Coffee Morning	Old Lane Hse, Church Rd 10.30 am
29	Sat	Big Battle for Cancer Charity	Secret Bunker, Kelvedon 11 am
30	Sun	Herts and Soul Concert	Herts and Essex School 6.30 pm

UGLEY FARMERS' MARKET

**Saturday 15th Sep
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Square Dance

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**Sat 6th Oct 7.30 pm
St John's Church**

Adults £8 Under 14s £4
(includes wine/soft drink & nibbles)
Tel Ann 814027 or Jenny 815409

All Welcome



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with UMBRELLA BIG BAND

**Sun 30th Sept 6.30 pm
Herts & Essex School**

Uplifting pop, rock, soul and jazz

Adults £12 Students £6
Tickets from Chris 07903 009569

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available**

THE LINK WINS MAGAZINE AWARD ...



"*Couldn't see a price on this – if it's free it's amazing value for money - absolutely packed with 'stuff'! Loads of colour too.*" commented the judges.

The Link has been recognised as a top-quality magazine at the 2018 Cambridge Building Society Community Magazine Awards ceremony, where it won the **Silver award** in the High Frequency magazine category. The Gold award went to *Willingham News* and Bronze awarded to *Girton Parish News*. The awards are held to celebrate the hard work carried out by groups, charities and colleges to provide their local community with interesting and relevant news and information. This year a total of 32 publications entered the awards, with a combined circulation of almost 190,000. The judges had the tough task of assessing magazines published in a 30-mile radius of Cambridge throughout 2017. They considered: *editorial quality, community content, use of imagery and overall presentation*, as well as the publication's usefulness to those it serves. The Silver Award logo will be printed on the front cover of this and future editions of The Link.

The Cambridge's Chief Operating Officer, Andy Lucas, who acted as compère for the evening said: "It was great to see so many entries this year, including quite a few new magazines. There was yet again a huge variety of magazine styles and clearly there's still a strong demand for good quality, printed communications in our communities."

Additional judges' comments about The Link included: "*Enjoyable read – something different and interesting in every issue.*"

July 2017 cover - "*My Favourite, local people, 'The Link' branding – well thought through, lovely community photo on the front stands out.*"



Jade Griffiths

Tel: 01223 727653 or 07423 432851

Email: jgriffiths@cambridgebs.co.uk

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 4th September** at 8.00pm in the Dog and Duck, Lower Street, where we will be discussing *This is Going to Hurt: Secret Diaries of a Junior Doctor* by Adam Kay. This best-selling memoir is hilarious, horrifying and occasionally heart-breaking, but it brims with humour and humanity. 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

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Saturday 1st 11.00am *The Incredibles 2 (PG)* - Kids for a Quid

Saturday 1st 2.00pm *Jurassic World: Fallen Kingdom (12A)*

Saturday 1st and Monday 3rd 7.30pm, Tuesday 4th 2.00pm

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Monday 3rd 2.00pm and Tuesday 4th 7.30pm *Apostasy (PG)*

Thursday 6th 7.00pm *NT Live – Julie (15)*

Sunday 9th 7.30pm and Tues 11th 7.30pm *The Escape (15)*

Tuesday 11th 2.00pm *Swimming With Men (12A)*

Wednesday 12th 7.00pm *RSC Live – The Merry Wives of Windsor (12A)*

Monday 17th 2.00pm and Wednesday 19th 7.30pm *The Eyes of Orson Welles (12)*

Mon 17th 7.30pm and Wed 19th 2.00pm *Mary Shelley (12A)*

Tuesday 18th 7.00pm *Live (Encore) Everybody's Talking About Jamie (12A)*

Monday 24th 2.00pm and 7.30pm *Pope Francis: A Man of His Word (PG)*

Thursday 27th 7.00pm *NT Live: King Lear (12A)*

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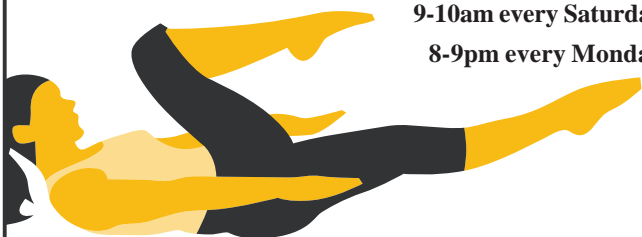
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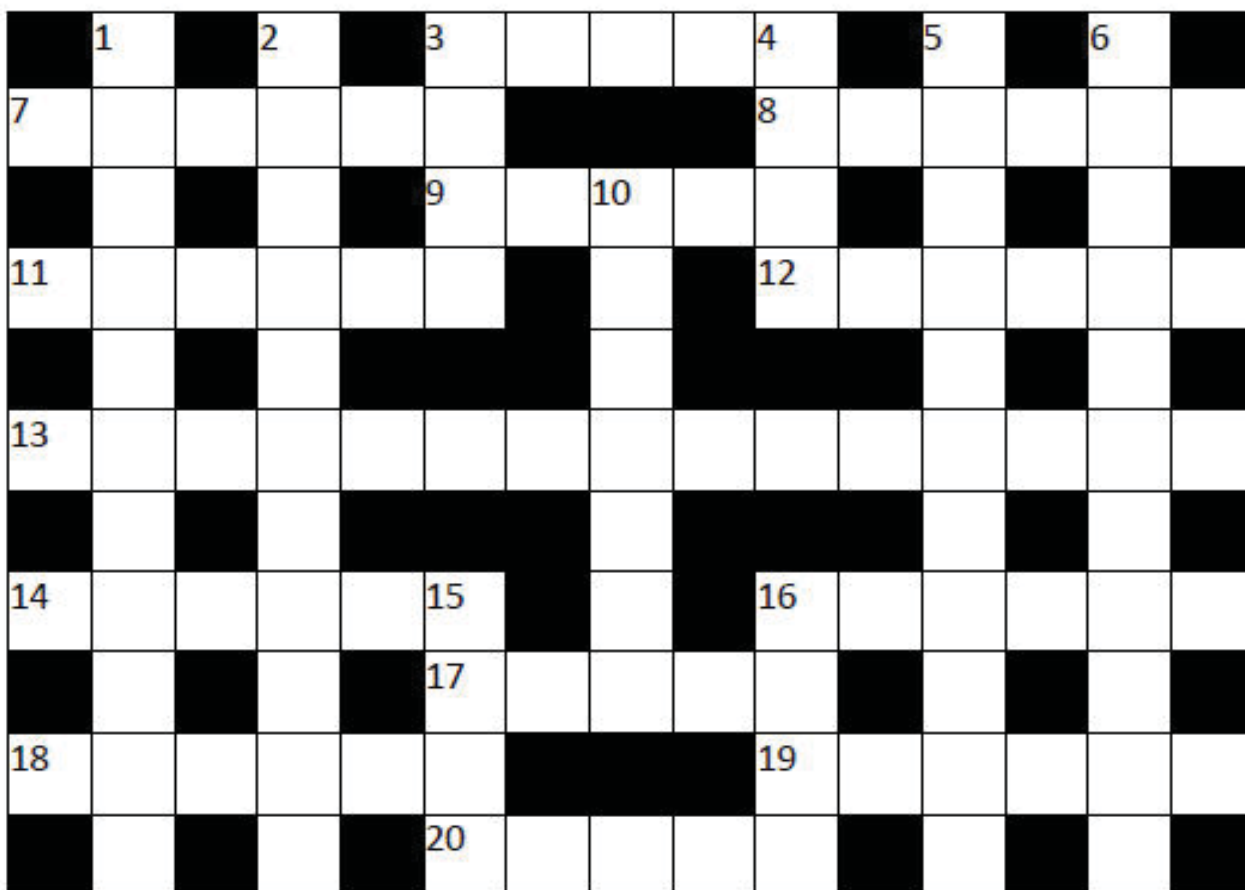
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FUN AND GAMES PUZZLE TIME



Compiled by Roger Wardle. Answers on page 41

ACROSS

3. Out-going president (5)
7. Leave the scout jamboree, perhaps (6)
8. Stringed instrument (6)
9. Father's brother (5)
11. Ancient European capital (6)
12. It's done on the piste (6)
13. Everlasting movement (9,6)
14. Chain of posh hotels (6)
16. Out of favour fuel (6)
17. These acids form part of the digestive system (5)
18. 'I got' this musical characteristic (6)
19. Northern isle (6)
20. It went wrong (5)

DOWN

1. It's dawning on you at the end of a tunnel (3,3,5)
2. Oven cooked spud-u-like (5,6)
3. Musical work (4)
4. Man has seven of them, apparently (4)
5. Unobtainable dish on TV (3,2,3,3)
6. The Steptoes' occupation (3,'1',4,3)
10. Italian wine in a basket (7)
15. Handle given at birth (4)
16. Screen reversed for exit (4)

RIVERS QUIZ

Each line gives a list of places you might visit should you be able to take a river cruise on the appropriate river. Can you identify the river? Nos 1-10 are English and 11-20 are in wider Europe.

1. Cricklade, Lachlade, Oxford, Wallingford
2. Stone, Burton, Newark, Gainsborough
3. Newtown, Welshpool, Bridgnorth, Stourport, Upton
4. Hexham, Haydon Bridge, Jarrow, Wallsend
5. Stanhope, Bishop Auckland, Willington, Chester-le-Street
6. Giggleswick, Settle, Clitheroe, Preston
7. Stockport, Warrington, Runcorn, Ellesmere Port
8. Yalding, Wateringbury, Aylesford, Tonbridge
9. Morwellham, Saltash, Calstock, Plymouth
10. Haverhill, Sudbury, Harwich
11. Astrakhan, Samara, Kazan, Yaroslavl
12. Regensburg, Budapest, Bratislava, Belgrade
13. Smolensk, Kiev, Cherkasy, Dnipro
14. Basel, Mainz, Bonn, Duisburg, Cologne
15. Aranjuez, Toledo, Alcantara, Almada, Lisbon
16. Nevers, Orleans, Tours, Nantes, Saint-Nazaire
17. Paris, Rouen, Le Havre
18. Turin, Cremona, Piacenza, Ferrara
19. Trier, Koblenz, Metz, Epinal
20. Dresden, Meissen, Magdeburg, Hamburg, Cuxhaven

Compiled by Cliff Gilbert. Answers on page 41

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UTTLESFORD FRONTLINE WELLBEING SERVICES

www.uttlesfordfrontline.org.uk

Do you really need to see a doctor?

It would be difficult not to be aware of the pressures currently faced by the NHS, as many of us who have struggled to get an appointment to see our GP know only too well. You don't need a doctor to refer you to all health and wellbeing services however. In Uttlesford we have a single website where you can search and identify local services for yourself and then make a self-referral; this means you get the support you need more quickly, without waiting to see your doctor, and medical staff have more time to spend with patients who have urgent needs.

Local services which accept self-referrals include:

- **Essex child and family wellbeing services;** including health visiting, parenting support, school nursing and support for children aged 5-19 (or 25 for young people with special educational needs and disabilities) which includes help with dental care, immunisations, physical, emotional or developmental problems
- **Mental health services;** adult mental health wellbeing services and talking therapies for depression and anxiety
- **Counselling services,** including for children
- **Mentoring services** for children and young people and support for children who have been bullied
- **Free weight management services;** help to stop smoking or to make other lifestyle changes
- **Support services for parents** of young children and children with learning or developmental disabilities, such as autism
- **NHS heart health checks**
- **Cancer information and support services**
- **Drugs and alcohol support;** recovery programmes and family support
- Support for anyone dealing with **domestic violence**
- **Support for long term health conditions** such as COPD, Parkinson's, MS or Dementia
- **Support services for carers,** including young carers

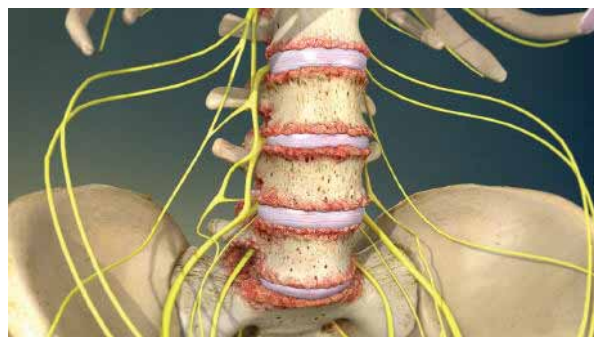
Simply go to the website and look for services by entering key words into the search area. For example, typing in 'children' will bring up all the local services that can help with many of the challenges being a parent can, and does, present! If you use a mobile device, you may prefer to download the 'Frontline Public' app from the App Store or google play.

If you don't have access to the internet at home, you can get online without cost at your local library; staff there can help. Alternatively call Healthwatch on 0300 500 1895 for details of services in your local area. Uttlesford Citizens Advice can also make referrals on your behalf; call for an appointment on **01799 618840**.

Essex Frontline
Tel: 01371 878400
Email: info@essexfrontline.org.uk

BRAIN TRAINING - PAIN IS IN THE BRAIN

Pain is a very important signal from the body to the brain. When something hurts, the sensation interferes with all other thoughts. As time and pain continue, the brain starts paying more and more attention to it, until the brush of clothes on skin becomes agony. Pain like this gets investigated by worthy experts and sometimes a scary diagnosis is given: wear and tear, a subluxed spine or degenerated knees. This frightening and negative language can lead people to move less, with fear of further damage. This is a serious mistake, as the best remedy for pain is gentle movement to reunite the damaged area with the brain. Pain is in the brain; yes, we feel it in the back, knees or in the 4th toe on the right foot, but the pain is processed and graded as to importance in the brain. To be told our discs are degenerating deepens the downward spiral of pain and inactivity. What is more frightening than picturing a crumbling pile of dust between our vertebrae?



The Neuro Orthopaedic Institute in Australia studies and disseminates the latest knowledge about pain. They write regular blogs and they have recently written a couple on pain language. They suggest using words like '*Wear and Repair*', '*Motion is Lotion*' or '*Bend and Mend*'. All these phrases are much happier and true! Cartilage can and does re-grow in knees. Moving a joint through a healthier plane causes the bone to change shape and eliminate pain. To read more, go to their website www.noijam.com.

Clare Harding
Z-Health Master Trainer
Tel: 816430
Email: fun@clareharding.com

ADMIRAL NURSE CLINICS AT STANSTED PHARMACY

- Do you have dementia?
- Are you a friend, family member or relative of someone who has dementia?
- Are you a carer for someone with dementia?

Admiral Nurses are specialist dementia nurses who provide one-to-one support to the patient, family members and carers. The next clinics will be held in Stansted Pharmacy, Lower Street (next to the Doctors' surgery) on **Thursday 20th September and Thursday 18th October by appointment only**. If you would like to find out more, or book an appointment, please call us.

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MANUDEN GUIDES VISIT THE SHARD

Two of our oldest girls, Olivia Howells and Hannah Birnie, achieved Jack Petchey awards recognising their contribution to and enthusiasm for Guiding. Sir Jack Petchey is a self-made East End businessman who encourages young people to '*be the best they can*'. Olivia and Hannah attended a ceremony at the Queens Theatre, Hornchurch where they were presented with a certificate and medallion. Along with these, they were also awarded some money which had to be spent on doing something special with their unit. Hence the visit to the Shard.



We were lucky to go on a beautiful sunny day, so the views from the top were incredible. We reached there in two lifts which took us through to the 72nd floor in seconds! We had plenty of time to soak in all the sights of London, whilst enjoying drinks, ice-creams and sunshine. Afterwards, we made our way to the South Bank to picnic and wander along the Thames to the London Eye. Here we thoroughly enjoyed watching the street entertainers, whilst eating more ice-creams; well, it was hot! It was a lovely day, and a fitting way to mark the girls' achievement.



Glynis Prothero
Tel: 814145 or 07835 717942
Email: glynisprothero@aol.com

SEPTEMBER WAKES

For most children and their teachers, September marks the end of the school holidays and the start of term and a new academic year. But for some workers, particularly those in Lancashire mill towns, September used to be the start of their annual unpaid holiday known as 'wakes week' while the local mills, factories and collieries closed for the week to carry out necessary maintenance.

A 'wake', from the old English *waecan*, was originally an annual celebration held either on the day of a church's consecration or on its patron saint's feast day, with services starting at sunset. The night of prayer, or vigil, eventually became known as a 'wake' and was followed by sports, games, dancing and drinking. As the 'wakes' turned into more secular affairs the more boisterous celebrations were moved to the Saturday, and Monday was reserved for public entertainments like bands, games and funfairs.

During the Industrial Revolution the tradition of the wakes was adapted into a regular holiday, with each town taking a different week off in the summer so that from June to September only one town would be on holiday at a time. Because it was believed that bathing in the sea during August and September was of great benefit health-wise, the workers would make for nearby seaside resorts like Blackpool and Morecambe. During wakes week in 1860, more than 23,000 holidaymakers from Oldham made their way to Blackpool on special trains. Later in the 19th century, day trips evolved into full weeks away and 'wakes saving' or 'going-off' clubs became popular, and savings clubs remained a feature of the industrial north up to the 1940s and 50s when paid holidays were introduced.



Due to the decline of traditional manufacturing industries and schools' objections to holidays at crucial exam times, the wakes weeks have largely disappeared throughout most of the UK, although some still carry on the tradition. So, if you happen to go to Blackpool this month and it's as crowded as it was in 1860, you'll know why!



Yvonne Ayres

HOW TO RESEARCH YOUR FAMILY HISTORY - PART 3

If your ancestors came from England and you know the name of the place where they lived you can look it up at the free FamilySearch website: www.familysearch.org/mapp/ Once you have found the right village or parish on the map click the *Jurisdictions* tab to find out the name of the Civil Registration District; make a note of this. You can also see from the map the names of the adjoining parishes; this will be useful if your ancestors moved around to find work, as many did.

Indexes of Births, Marriages, and Deaths

All births, marriages, and deaths in England and Wales are recorded in registers held by the General Register Office (GRO), and you can learn a lot just by finding relevant entries in the indexes. Don't order certificates unless you really must. The GRO gets its information from hundreds of local registration districts, each of which is divided into sub-districts with their own register offices. Registration districts can be confusingly named; for example, the district of West Derby is in the Liverpool area and large towns and cities are often split into several districts. That is why it is better to use the FamilySearch maps rather than simply guessing. There are two free sites where you can search for your ancestors' births and deaths: FreeBMD and the GRO's own website. FreeBMD also has indexes of marriages, and is slightly easier to use, but the GRO's own online indexes include additional information, so it's a good idea to learn how to use both sites. Links to these and other useful sites can be found at www.LostCousins.com/stansted.

Peter Calver



Another year of hard work has been completed by the children and staff of St Mary's, and at the end of term we celebrated the children's achievements attained throughout the year, culminating in awards for many of them.



Prizewinners

Class	Attainment	Progress	Effort
Lilac	Roxy	James	Honor
	Robinson	Thatcher	Freedman
Willow	Cian	Archie	Ciara
	Hughes	Collis	Kehoe
Apple	Emir	Abbie	Harry
	Durak	May	Donavan
Chestnut	Leo	Evelyn	Lily
	Rich	Hill	Pink
Maple	Toby	Rebecca	Lily
	Buckley	Noel	Mitshabu
Hazel	Ted	Matilda	Adrian
	Niel	Bryan	Smith
Whitebeam	Hannah	Luke	Henry
	Platon	Easley	Coyne
Ash	Ethan	Cody	Caden
	Pelly	Pite	Faux
Hawthorn	Isabelle	Dalal	Ray
	Berry	Joureya	Tyler
Holly	Oliver	Andi	Millie
	Neil	Rade	Cunningham
Oak	Samuel	Bradley	Layla
	Martin	Procel	Ellis

The Young Leader of the Year award was won by Hannah Chester-Pledger in lower Key Stage 2, the Sports Leader award went to Rebecca Trapmore, with the Citizenship Award going to William Bafwa.

Congratulations to all the award winners. Many thanks to Parents and Councillor Caton for joining us to celebrate their achievements.

The last weeks of the summer term were filled with a great deal of joy and laughter especially when we were treated to a superb farewell performance by Year 6 of *Olivia! The Musical*. What a super spectacle of songs and acting. Well done everyone, both on and off the stage, for putting together such an enjoyable production. By now all are in the throes of enjoying a well-deserved break.

That's all for now from the team at St Mary's. We wish a fond farewell to those who have left us, and say a warm welcome to all our new pupils joining us in September; we look forward to working with you.

Barbara Young
Head Teacher
Tel: 812212



www.birchangerwoodtrust.org

So, we have experienced a hot summer - brilliant! Those of you who have used Birchanger Wood in July and August know how to keep cool. Under our canopy of ancient deciduous trees, the air temperature is comfortable; simply enjoy the cool rays of the sun as they filter through the leaves of these tall trees. Whilst you are in the Wood remember, these trees are helping to eradicate carbon dioxide (CO₂). They absorb these nasty emissions which are converted into green leaves, tree growth, protection and food for birds, animals, insects and other wildlife.



Birchanger Wood and other local woodlands are an environmental big plus. Just consider how much CO₂ they absorb! Our health in this area is so much improved by the clean air which is particularly necessary as so many of us are sitting under the flight paths of Stansted Airport.



Daphne Wallace-Jarvis
Email: secretary@birchangerwoodtrust.org

SUPERVET PHENOMENON

"So when are you doing the liver transplant?" I looked at the young woman who had just spoken and then at the elderly cocker spaniel on the consulting room table; it looked back at me and I could have sworn it raised an eyebrow. Vets these days tend to call this the 'Supervet phenomenon'. When I was growing up all we had were James Herriot's gentle stories of veterinary life; and the public impression might be that the first requirement for a vet was to learn how to strip to the waist and call for "bucket of water, soap and a towel please". Nowadays, we have a plethora of programmes about veterinary life from *Young Vets*, *Bondi Vet*, *Yorkshire Vet* and of course the irrepressible *Supervet*. These showcase the unusual, exciting and rare cases that make good TV. They don't focus on the many cat bite abscesses which we lance, the itchy skins or cases of diarrhoea and vomiting that make up the majority of our case load. They also don't usually touch on the countless cases where finan-

cial restrictions mean that we can't carry out the basic techniques or administer the drugs which we know will help.

Although entertaining, the cases shown are not typical of a vet's daily life, and seeing cases out of context, or only partially explained, often leads to misinterpretation and creates expectations that are sometimes impossible to match. If we GP vets can't do the spectacular and ground-breaking techniques that are shown on *Supervet*, that inevitably makes us less 'super' in the eyes of the public. This can lead to disappointment and occasionally friction between client and vet, where clients may feel their TV-informed expectations have not been met. Hence the liver transplant question. Not only was it not possible, but also medically inappropriate and ethically questionable, to consider major surgery on an elderly patient with other health issues. How to explain all this to the young woman standing opposite me in three minutes which was all the time left in the standard ten-minute appointment slot? I sighed and took a deep breath; life was so much simpler when all I had to do was ask for a bucket of water, soap and a towel ...



Ilse Pedler
Mercer and Hughes Veterinary Surgeons



www.volunteeruttlesford.org.uk

Will you bank with us?

Lately we have been hearing a lot about banking - but what on earth is a **Time Bank**? It is an idea that has been around for quite a few years, with the aim of making it possible for people to both give and receive help in their local community. Uttlesford Time Bank is a register of people willing to help with a wide range of everyday tasks, such as DIY, gardening or going online. Not only that, if you give someone an hour of your time, then you earn an hour of credit. So, for example, feeding your neighbour's cats could earn you an hour's worth of help in your garden. Already this year, members have completed 705 exchanges which equals 6,384 hours of service.

Everyone's time is valued equally

One hour of companionship is equal to one hour of accountancy advice; one hour of dog walking is equal to one hour of putting up shelves. Apart from getting a job done there are many additional benefits from being involved in Time Banking:

- Social interaction and forming new friendships
- Reduced isolation
- More cohesive community
- Increased self-worth.

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Ann Holloway
Tel: 01799 510525

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INNER WHEEL OF BISHOP'S STORTFORD

Our first meeting of the new Inner Wheel year was held on 24th July. Past President Jenny Savage presented a cheque to Lynne Ling of the Portland Child Contact Centre, one of her charities for last year. The Holy Trinity Winter Shelter, another of her charities, will also receive a cheque at a later date. President Margaret Webb outlined plans for the coming year which include some fun events and our 70th Year Celebrations. She named her two charities for the year which are The Jaipur Limb Project in India and The Holy Trinity Winter Shelter.

The Club will host a Tea Party at Stansted Day Centre on **Sunday 9th September** for Contact the Elderly. Our next meeting will be on Tuesday 25th September at 7.30pm in Stansted Day Centre.

June Milne
Club Correspondent
Tel: 01371 875370

BRIDGE THE GAP CHARITY WALK 2018

Bridge the Gap will take a walk on the wild side this year, with the University of Cambridge's Museum of Zoology. The walk, sponsored by Cambridge Building Society, was launched at Emmanuel College in July. The College is one of six highlights which will be featured on the famed annual walk on **Sunday 9th September**. This year the charity celebrates its 17th year. The walk starts from Parker's Piece and meanders through Christ's, Sidney Sussex, St Catherine's and Pembroke Colleges as well as pausing for walkers to see the Museum of Zoology. This captivating museum will be a real highlight for walkers, with the Society of Cambridge Tourist Guides on hand with information about their stunning grounds and features.



Peter Burrows, Finance Director at Cambridge Building Society, which this year celebrates a decade of helping fund and organise the event, comments: "Bridge the Gap not only gives an opportunity to explore the Colleges, which those who live here might take for granted, but it raises much needed funds for two local charities whose valuable work really does make a difference to people's lives". Neil Perry, Chief Executive of Romsey Mill, adds: "Every one of the 2000 walkers who takes part is helping others in a very real and practical sense: they are partnering with Romsey Mill

and Arthur Rank Hospice Charity, and helping us in our respective work to support people in our own communities who are going through some really tough times."

Sign up at www.arhc.org.uk/BTG (online registration available until 1.00pm on Friday 7th September), call 01223 675888, pick up a registration form in person from Romsey Mill (Hemingford Road, Cambridge), the Arthur Rank Hospice (adjacent to the Babraham Road Park & Ride) or any of the Charities' shops. Prices: adults: £18, or £20 on the day. Children are free with a paying adult. Groups of friends, families or work colleagues are also welcome; special rates of £15 per person within a group of 10 or more are available until Friday 7th September (for groups call Arthur Rank Hospice Charity on 01223 675888).

Dawn Easby

GARDENING TIPS FOR SEPTEMBER

It's the last advisable time for trimming hedges of Yew, Hornbeam, Beech, Cypress, Box, Privet and Thuja. Don't clip back into the old wood of Leylandii hedges. If you haven't already done so, it's not too late to control a wisteria that is wandering off from your desired focal area.

Whilst summer displays have gone over earlier in places this year due to the hot summer months, you will still have evidence of the plant locations and many may still be in flower. Either make a note or take photographs of any gaps or areas that have not worked well this year, so that you can fill them next Spring and have less gaps next season; or better still get started now. I know it seems odd to be contemplating next summer already, but denser growth means less weeding as well as improved displays. This is a very good time of year to be planting as long as there is some moisture in the soil, therefore keep an eye out for bargain plants in nurseries, garden centres and even supermarkets. They can be planted now to give them a head start ready for next summer. Plants put in now put on some good strong root growth over the autumn, which makes them ready for next spring. Check out the 'bargains' carefully though to ensure they are in good health; slip the pot off and look to see that the rootball is moist and does not contain any vine weevil grubs or other nasty things you do not want to introduce to your garden. Pick early varieties of apples off the tree; they do not tend to store well, so eat them straight away. Towards the end of the month lift and bring in any tender plants for overwintering.



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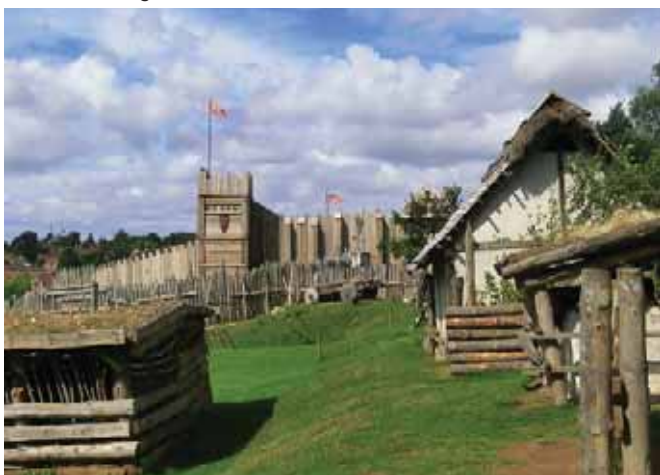
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The index to the Society's new book refers to 11 castles. All are shadows of their former selves; many were built soon after the Norman Conquest of 1066. These Norman castles are described as *motte* and *bailey*, consisting of a large mound of earth or rubble (motte) surmounted by a wooden or stone tower, alongside an embanked enclosure with additional buildings (the bailey). A fine example is **Stansted Mountfitchet**, see below, although little survives other than the mound on which the original castle stood, and a wooden stockade and village have been recreated. The *mottes* are still visible from Norman castles at **Anstey**, **Great Canfield** and **Stebbing**.



The parish of **Castle Camps** is named from the Saxon Castle. **Clavering** castle's buildings were surrounded by a large extant ditch, adjacent to the churchyard. Civil war raged in England between Stephen and his cousin Matilda from 1135 to 1153, a time known as *The Anarchy* which saw considerable castle building. Geoffrey de Mandeville, the Earl of Essex, built the castle at **Saffron Walden**; see below.



Some ruined walls remain and they are Grade I listed. De Mandeville also built the castle at **Pleshey** during the Anarchy. The large *motte* still remains. The present village of Pleshey lies mostly inside the outer bailey earthwork which is clearly visible along much of its length. Our area is rich in heritage so, as ever, I encourage you to go explore and see what you can discover!

Ken McDonald
Secretary
Tel: 813226



Another 900 reasons to question Uttlesford Competence

Uttlesford District Council (UDC) and Manchester Airports Group (MAG), the owners of Stansted Airport, have finally succumbed to pressure to provide more information about the local impact of the current Stansted Airport planning application. An additional 900 pages of information has now had to be provided. However, once again, UDC wants to provide minimal time for public consideration of the new information and set a deadline of 31st August for comments. From the very start of the process, Stop Stansted Expansion (SSE) has been highly critical of the way in which UDC has been intent on rushing through the airport planning application, with minimal time allowed for public consultation at each stage. UDC had originally intended to have the application all 'done and dusted' by 18th July in line with a controversial agreement between the Council and MAG which included financial contributions from Stansted's owners in return for its planning application being fast-tracked.

More haste less speed

The effect of UDC and MAG seeking to rush through the application is that corners were cut from the very beginning, through the provision of inadequate information about the impacts of the proposed expansion upon local residents and the local environment. The additional 900 pages of information is an attempt to remedy the earlier shortcomings. This is an impossible deadline to achieve, unless Uttlesford only wants to receive superficial responses. Parish and Town Councils don't even meet during August, nor does UDC Council or Cabinet. August is a lost month so far as a public consultation is concerned. It is especially galling because Uttlesford caused this problem in the first place. The Council should not have accepted such a deficient planning application back in February. It is a case of more haste, less speed. And we have also now learned that planning officers received most of these 900 pages of additional information in early July and chose not to make it public for almost three weeks.

Legal challenge

Meanwhile, SSE continues to pursue a High Court challenge aimed at transferring the responsibility for determining the planning application from UDC to the Secretary of State. SSE's formal application for judicial Review was expected to be submitted to the High Court by 9th August.



Peter Sanders
Chairman
Tel: 01799 520411
Email: petersanders77@talktalk.net

GOOD LUCK TO CHOGOU

Good luck and congratulations to Darra and Helen Chopping on opening their new *Chogou* unit near Millway on Chapel Hill. We wish you both every success for the future. With love from both families.

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

GARDENING

The prolonged spell of hot and dry weather in early Summer made life very difficult for all gardeners. All the grassed areas we cut are looking extremely parched but the flower beds have stood up reasonably well and look remarkably good, which is largely down to the expertise of our gardening contractors and moving away from the traditional bedding plants to a more environmentally friendly style of planting.



The Parish Council have in the region of 100 hanging baskets around the village. They look particularly impressive this year which is down to an early morning watering regime.

Many of the public areas on Foresthall Park were in a pretty poor state when the Parish Council took them over from the developers earlier in the year. Our contractors are gradually working their way around the public gardens on the estate and hopefully residents are starting to appreciate the difference.



The Church Road entry to the village has been considerably enhanced by a triple layer pagoda planter which we were able to purchase from a New Homes Bonus grant from District Cllr Farthing - thank you Terry!

FLOOD AND WATER MANAGEMENT SURVEY VOLUNTEERS NEEDED

Stansted has been invited by the Essex County Council Flood and Water Management Team to take part in the "Where Does Water Go?" Project. We have been selected because of the flooding issues within our area and hopefully this project will enhance our case to get the Environment Agency to put effective flood relief measures in place. The project aims to identify critical ordinary watercourses (ditches, culverts etc) and their landowners, as well as educate the community about their riparian responsibilities. This information will assist with the understanding of your local drainage system as well as increase community engagement and, where necessary, the fire service can assist with their volunteer watercourse clearance programme.

We need to find a group of at least 6 volunteers to take part in the project – but more is even better. The survey consists of collecting three pieces of data: location, condition and dimension. Volunteers will be provided with an afternoon of training and a survey pack with a thorough explanation of how to complete the survey. This will also include a short practical time at the end of the session, where volunteers will complete a trial survey area. Once volunteers have completed this training it will be down to us to look over the information and organise our first survey day. The project will run from September to April. At this time watercourses are more visible due to vegetation dying back and an increase in water levels. Please contact the Parish Council Office for further details and to volunteer your services.

CRAFTON GREEN PROJECT UPDATE

Construction work is progressing well and the building is starting to take shape. We expect to be operating from the new building from January 2019.



AIRPORT COMMUNITY FUND

There are two community funds which support organisations that protect and enhance the social, economic and environmental wellbeing of the local community. They currently have significant funds available which we would encourage clubs and organisations in the village to apply for. Full terms and conditions are available from their website along with application forms. The form is relatively straight forward and you don't need to have matched funding.

LOCAL GOVERNMENT QUIZ

If you have a complaint or query on an issue you think "the Council" is responsible for, do you know who to contact? Often people don't fully appreciate that in our area there are three tiers of local government, all dealing with different areas of responsibility. At the top of the hierarchy is Essex County Council (ECC) who have their base in a large office block in Chelmsford; the middle tier is Uttlesford District Council (UDC) who have offices in Saffron Walden; and Stansted Mountfitchet Parish Council (SMPC) are the lowest tier and have an office at Crafton Green.

So who should you contact about the following?

1. Play Areas
2. Recycling
3. Pot Holes
4. The Cemetery
5. Noisy Neighbours
6. School Admissions
7. Car Parks
8. Sheltered Housing
9. Library Services
10. Council Tax

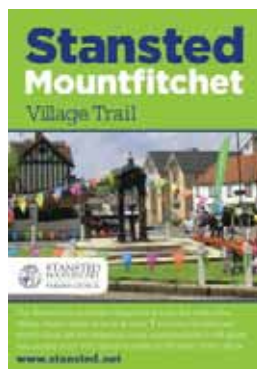
Answers at the bottom of page 23

Foresthall Park residents, who have been trying to get to the bottom of who should be cutting their grass verges, appreciate that it isn't always easy to establish who is the responsible authority. In some areas there is a degree of overlap which "muddies the water". So, for example, the Parish Council is responsible for grass cutting on the open spaces on the estate, but the grass verges on the roadside are the responsibility of ECC. It took a lot of badgering to get ECC to accept that they had this responsibility and their current position is that the verges are low priority which means they will only get one cut a year. Residents are understandably unhappy with this situation and the Parish Council are putting pressure on ECC to do a more frequent cut.

If you take an issue such as planning, UDC are the planning authority but SMPC comments on applications. UDC takes note of the comments but there will be times when they take a different view and an application SMPC has voiced objections to gets approved. The recent decision to give Dominos Pizza planning permission to open a branch in the old Co-op building is a prime example.

Full details of who does what can be found on the Parish Council website www.stansted.net. If you're still not sure who to contact, the staff in the Parish Council office will be happy to point you in the right direction and will often take up issues for which they are not responsible with UDC or ECC, especially if it is something that impacts on a significant number of villagers.

VILLAGE TRAIL LEAFLET



Thanks to the generous sponsorship of Murdochs Estate Agents and Ravens House Sapphire Apartments we have been able to reprint the Village Trail leaflet. Free copies are available from the Parish Council Office, The Library, Murdochs in Station Road, tourist information offices and anywhere else where tourist information is available.

STANSTED SKATE PARK JAM

Sunday 2 September
Register at 11.00 am

U12s	11.20 am
Scooter	12.00 pm
Roller Blade	1.00 pm
Skateboard	2.00 pm
BMX	3.00 pm

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PARKING

The Parish Council often gets complaints from residents about what they consider to be inconsiderate or even possibly illegal parking, which can cause considerable inconvenience and frustration. The North Essex Parking Partnership are responsible for enforcing parking regulations in Uttlesford. Their enforcement officers pay regular visits to the village car parks and main roads and do issue tickets for illegal parking. They do not have the resources or power to do very much about inconsiderate parking in residential areas, so it is very hard to take action against the kind of parking that prevents bin lorries accessing roads for the weekly bin collection.

The school run creates parking issues around virtually every school in the country. Forest Hall School is fortunate to have plenty of on-site parking linked to the Leisure Centre but our primary schools are not so fortunate. The morning drop-off and afternoon pick-up create problems that frustrate neighbouring residents. Residents living near the new school in St John's Road recently met with County Councillor Ray Gooding and were able to voice their concerns about the impact the school run would have on the neighbourhood. The school will be promoting the use of safe walking routes and discouraging unnecessary use of cars by parents who live within a reasonable walking distance. The County Council are also exploring ways that land on the Peter Kirk site could be utilised for parking. The Highway Code, Rule 243, covers issues which might be classified as inconsiderate parking but, with the best will in the world, trying to park your vehicle to comply with all the guidelines when you're on the school run, want to fly into the convenience store for a pint of milk on your way home from work, or just want to park reasonably close to your home, can be very difficult. With over 50% of households in Uttlesford having access to two or more vehicles, there are simply too many vehicles so there are no simple solutions to any of our parking problems.

NEW PARISH COUNCILLOR



Alan Barnes was co-opted to fill a long standing vacancy at the meeting of the Full Council on 4th July. By education and training, Alan is an organic chemist and has spent all of his working life associated with the pharmaceutical industry both in this country and abroad. He is now semi-retired and moved to Stansted 6 years ago to live in Bentfield Road with his wife, Christine.

NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Terry Farthing writes

Well what a lovely summer. "Rubbish" I hear you say! Yes indeed, there have been considerable problems with refuse collections, particularly in Stansted. The main reason has been that the hydraulics (designed to lift the bins) have been overheating in the extreme temperatures we have been experiencing for more than an odd day. Subsequently the vehicles are having to return to the depot for repairs.

As frustrating as this is, it seems that most of the Stansted collections occur on Friday so all the issues building up throughout the week are compounded for the Friday collection routes.

I would also like to make it clear that in order to make good on some occasions, food waste was collected at the same time as general rubbish and then separated appropriately at the depot.

Perhaps a more worrying issue that causes parts of routes to be missed out is the inconsiderate parking blocking the roads. What can be done to ensure clear access? It is a concern.

There is good news – the council are continuing to invest in new equipment. There are currently 14 vehicles covering 10 rounds and they have taken delivery of additional vehicles to test drive prior to purchase. All are working hard to resolve the issues.

We can all do our bit to help by ensuring that bins are out by 7am on the collection day and that cars are parked so access is clear. Please give a thought to the crews who are regularly working double shifts in 30 degrees with their fluorescent tops and personal protective equipment on, just to catch up on missed bins.

On another note, we have discussed carrying out an access audit throughout Stansted. This may enable us to build a stronger case to help gain a dispensing licence for the pharmacy next to the doctors in Lower Street, and to do away with the nonsense of trying to navigate Chapel Hill whilst trying to dodge cars driving on the pavement, or trying to park on Cambridge Road – if you're lucky enough to find a space to legally park.

QUIZ ANSWERS

- (1) SMPC (2) UDC (3) ECC (4) SMPC (5) UDC
(6) ECC (7) UDC (8) UDC (9) ECC (10) UDC

DATES OF PARISH COUNCIL MEETINGS

All meetings start at 7.45pm unless otherwise stated

September

5 Open Spaces

19 Full Council

October

8 Civil Protection

10 Full Council

17 Open Spaces

24 Highways 7.00 pm, F & GP 7.45 pm

31 Full Council

CONTACT DETAILS

Clerk - Ruth Clifford

Assistant to the Parish Clerk - Trevor Lloyd

Administration Assistant - Emma Philbrick

Email: parishcouncil@stansted.net

Phone/fax: 01279 813214 10.00 am - 1.00 pm

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AMAZING ACT ONE ARTS BASE

www.facebook.com/actoneartsbase

Suzie Birchwood, a choreographer and arts accessibility specialist established *Act One* in 2000; two years later she founded *Act One Arts Base*, a charity that aims to make the performing arts accessible to all, regardless of disability or circumstance. It provides weekly dance training sessions for disabled and able-bodied children and young people. The charity also offers a trainee programme for aspiring disabled dance professionals, regular inclusive nightclub events and has its own professional touring dance performance company.



David Richardson

All this information and more can be found on the *Act One Arts Base* website, but to discover the benefits of taking part in the activities on offer at the *Arts Base*, I visited David Richardson at his Stansted home. Since David has been attending classes he says that the charity has created opportunities and openings for him that have been transformational. "The support I've received has meant that I have a new dignity, and the friends I've made have been amazing", said a beaming David. Our conversation about *Act One Arts Base* was littered with quite a few 'amazings' plus the odd 'happy' and 'joyful'! When trying to describe how he feels when dancing David found it difficult to find the right word, but finally agreed that my suggestion of 'liberating' came close; while he's performing he forgets about any problems he's experiencing.

As well as the classes in Ware and Watford which David attends, he also gets the chance to go to socials, films and take part in bowling sessions. He has taken part in workshops and performed on the *Act One Arts Base* tour of schools in the Hertfordshire area; he said that through all this activity his range of movement has improved considerably. Being a charity there is always a lot of fundraising to be done and there is a sponsored swim taking place at Hatfield Swim Centre on **Wednesday 20th September** in which David has participated in past years (see May 2017 Link). There is also a Showcase event in November at a venue yet to be arranged, which David promises will be amazing. David expressed his admiration for Suzie Birchwood and others at *Act One Arts Base* calling them "inspirational". May the *Arts Base* continue to thrive and help others like David for many more years.



Yvonne Ayres



I hope that you have all had a good summer. By now you should have received our Stansted directory, so do take time to look through it. You will find a wide range of design, media, health and beauty and professional services to meet your needs. Please remember to try and buy locally as you will be supporting our businesses. All our members' contact details are in the directory and in the middle is a map of Stansted showing where our businesses are located.

The forum is supporting Support 4 Sight, a local charity which helps blind and partially sighted people to live their lives to the full. Support 4 Sight operates help desks at hospitals when people are newly diagnosed with sight loss and assists people with equipment in their homes. These home visits help those with sight loss to be independent. At our meeting on 7th September the charity will give our members a practical demonstration of what it is like to get around when you have sight loss. The charity has apps to simulate different stages of glaucoma so you can understand what it is like. They also have simulation spectacles which recreate various eye conditions so that people can understand the difficulties which are experienced daily by those with sight loss. On Friday 21st September at 7.30pm, the Cork House is holding a gin tasting evening in aid of Support 4 Sight. Tickets are £25 from Charlotte on 817474. We also have a black-tie dinner and auction on 27th October to raise funds for the important work that Support 4 Sight do. We look forward to seeing you on 7th September at our next business breakfast. To book call Peter on 813318 or email: peter.james@murdochsestateagents.co.uk.



Iris Evans
Treasurer



STANSTED MOUNTFITCHET WINDMILL

I am pleased to say that our Afternoon Tea on Saturday 21st July was a great success, a lovely sunny day, a lot of very happy people, many of whom had a tour of the Mill, some for the first time. I am also glad to report that we have had one or two people come forward who have expressed an interest in stewarding at the Mill. They are most welcome and I hope they remain with us. I would of course welcome more volunteers; two hours during our open season is not too demanding.

We will be having a post-fête meeting on **Tuesday 4th September** at 7.30pm in the windmill. Do come along for your interest; any comments are welcome and you can even tell us if we got something wrong. Finally, I should mention that all of our Windmill events are in the village diary which is situated in the library. The Windmill is open Sunday 2nd September 1.30pm-5.30pm.



Molly Clark
Co-Trustee
Tel: 816768



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HELP MAKE A DIFFERENCE IN YOUR COMMUNITY

www.stclarehospice.org.uk/volunteer



St Clare Hospice is looking for caring people who are keen to help others and make a real difference to local people. There are lots of ways to get involved, but in particular we are seeking:

Drivers - many of our patients have no means of getting to the hospice in Hastingwood near Harlow to access our beneficial services, so you could help by giving a lift to people from your local area. You just need your own car and a bit of time in the week, and you will be reimbursed your petrol money.

Compassionate Neighbours to provide companionship to people living locally who are coping with illness or old age. With just an hour a week you can help someone who is lonely just by popping in for a cup of tea and a chat, or by helping them to access activities in their local community. Volunteering is a great way to meet new people and your time will help us to continue to be there for local families when they need us most.

If you are interested please contact Rob Wallace, Voluntary Services Manager on 773722 or email: volunteer@stclarehospice.org.uk or you can find more information about all our roles on our website. All our volunteers are covered under our insurance policy.

Chris Carter
Communications Volunteer
Tel: 773752

Email: communications@stclarehospice.org.uk

SPEED WATCH TEAM: KEEP CHILDREN SAFE - PLEASE SLOW DOWN!

As we head towards the end of the summer holidays it is pleasing to think that youngsters will be doing what they have always done: they do nutty kids things! Sometimes this means they forget about the many dangers around them, particularly speeding vehicles. Just before the start of the school holidays (17th July), the village Speed Watch team were on duty when we booked 35 vehicles speeding through the village. Nine vehicles were travelling at 40mph or faster; one idiot was travelling at an astonishing 53mph! Since 21st June the Speed Watch team have booked 276 vehicles travelling at an average speed of over 38mph, with five travelling at 50mph or faster! Many of the drivers that were booked live in our community; **was any of them you?**

Remember, children do not always observe the Highway Code. Will it be your child or a family member who is involved in an accident next time? **Then who will you blame? It's then too late.** Come and help us, we really do need more volunteers and it only needs a few hours of your time every other week. **You might help save a life.**

Ray Woodcock
Tel: 816468



WHAT'S ON AT SAFFRON HALL

www.saffronhall.com

An Evening with Val McDermid Thursday 13th 7.30pm

Scottish crime writer and author of *The Wire in the Blood*, joins us for an evening of storytelling and discussion. Tickets: £12.50.

Foyer Jazz Club, Gabriel Latchin Trio Friday 14th 8.00pm

Get a drink from our bar, sample delicious street food from our food truck, and unwind. Tickets: £13.50.

Family Jam: Dance! Sunday 23rd 11.00am and 2.00pm

Join award-winning hip-hop company **Boy Blue** for these interactive dance workshops. Don't miss this chance to have fun and get creative with the family (ages 7+). Tickets: £7.

Foyer Folk Club, The Hut People Friday 28th 8.00pm

A musical journey around the world. Tickets: £13.50.

Billie Holiday at Carnegie Hall Saturday 29th 7.30pm

Inspired by Billie's legendary 1956 concert at Carnegie Hall, **David McAlmont** gives his unique interpretations of the Lady Day catalogue interspersed with excerpts from her autobiography *Lady Sings The Blues*. Tickets: £10-25.

Local Musicians

Sunday 16th 2.30pm Saffron Opera Group performs *Wagner's Parsifal*.

Sunday 30th 3.00pm Saffron Walden Symphony Orchestra teams up with illustrator James Mayhew to present *Legends of Land and Sea*, a series of myths illustrated live, accompanied by the orchestra (ages 4+).

Together in Sound

Saffron Hall's free community-based sessions for people living with dementia and their carers, given by music therapists from Cambridge Institute of Music Therapy Research, continue with a taster session on Friday 21st September (application deadline Monday 3rd September). For more information visit our website, call 01799 588545 or email: togetherinsound@saffronhall.com.

Tom Dickinson
Email: Tom.dickinson@saffronhall.com

HILL CHILLI

Friday 7th September 7.00pm–10.00pm 'Sonia's Place' 31 Chapel Hill in aid of St John's Church Hall Funds. Tickets £10 from 815282 or on the door. Vegetarian option on request. Please bring your own bottle. Lovely food and good company.



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DAISY MAY'S FARM OPEN TO EVERYONE

www.daisymaysfarm.org

Daisy May's Farm is a family run, not-for-profit organisation based in Elsenham; a working farm and rescue centre which is open for local families to visit every Tuesday and Saturday 11.00am-3.00pm (see website for entry prices). Here at the farm we survive solely on donations and the dedication of our volunteers. Fundraising is carried out through a variety of activities, from our Saturday morning Pony Club, school trips, birthday parties, as well as attending fêtes, holding seasonal events such as Easter hunts and a visit from Santa at Christmas.



We welcome new volunteers from the community and we work closely with local schools and colleges, in providing work experience placements for students.

Everybody is welcome here! We love to chat about our animals and our achievements so far. Come and visit us soon.

Rachel Berry
Tel: 07830 534129

STANSTED DAY CENTRE

Firstly this month I would like to extend a warm welcome to our new trustee and treasurer Khalid. We all wish him well in his new role and hope that he enjoys being part of The Day Centre team. School holidays are almost over and it is still hot enough to continue daily watering of all our beautiful pots. The sweet peas in the borders are beginning to flower and on 9th August we served our first crop of runner beans. The Day Centre now has a pavement chalk board on which we advertise the day's lunchtime menu. Hopefully it will encourage visitors to come in and sample our delicious home cooked food. Cold drinks at only 50p are certainly proving popular as a quick reviver. Tea and coffee making is so much easier with our newly acquired fresh water boiler. Back in April, *Stansted Evening W* held a fundraising afternoon tea and amazingly collected over £300 for its purchase. We are all very grateful for their generosity, and know that all our rental users will benefit from its efficiency when catering for large numbers, so a big thank you.

The Day Centre is available for private hire; why not check availability for your special occasion? Advance notice for our

Silver Sunday Celebration on **Sunday 7th October** in support of the national day to combat loneliness amongst the elderly. Entertainment is by *Somethin' Different* followed by a traditional afternoon tea; please contact me to reserve your place. 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.

When heat overcomes you, imagine yourself taking a refreshing shower, the water cooling and reviving as it flows down over your body (save water... shower with a friend)!

Angela Hall

Tel: 815091

Email: stansteddaycentre@gmail.com



RSPB STORT VALLEY LOCAL GROUP

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

Our next monthly meeting is on **Tuesday 11th September** at 7.30pm in Bishop's Park Community Centre, Bishop's Stortford (next to Tesco); it will include a talk about the *RSPB Hope Farm Project*, by Georgina Bray. The RSPB started managing the 181-hectare Hope Farm near Cambridge in 2000. It was bought to help develop, test and encourage wildlife-friendly farming practices. Its strategy now focuses on sustainable agricultural innovation. New farming techniques which help both farmers and wildlife are being developed, while also making a profit. Georgina will be explaining this in more detail. She will also bring some of their home-produced rapeseed oil to buy. Entry is £3.00 for Stort Valley members, £5.00 for visitors.



Our next walk will be to Rainham Marshes on **Saturday 22nd September**. Meet in their car park at 10.00am. This walk had been postponed from earlier this year, so we have rescheduled it to this date. One of very few ancient landscapes remaining in London, these medieval marshes right next to the River Thames were closed to the public for over 100 years and used as a military firing range. The RSPB managed to acquire the site in 2000 and set about transforming it into an important place for nature and a great place for people to visit. Entry is free to RSPB members. Donations to the local group welcome. For more information contact Lee Jacques on 07454 801894.

Sheila Bowles

Tel: 814973

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STANSTED EVENING WOMEN'S INSTITUTE



Frances Boardman gave a talk on the part the Suffragettes played in the fight for female enfranchisement, 100 years ago. She called it a *Postcard War*. In the early 1900s postcards were becoming very popular and it was possible to send a card to a friend and for it to be received the same day! Picture postcards were very much used to demonstrate the activities which the Suffragettes got up to in their attempt to improve things for women and to give them a voice. Frances illustrated her talk with many of these postcards. Women's magazines also played a large part in encouraging women's fashion, much as they do today; clothes then were very restrictive and extremely bad for women's health and wellbeing. Even doctors were against tight corsetry. In 1897 Millicent Fawcett gathered small groups together and formed the *National Union of Women's Suffrage*. At that time people with no vote were convicts, lunatics and women! Emmeline Pankhurst and her daughter, Christabel broke away from the Group and became more militant. The aforementioned postcards tended to alienate many people, including Winston Churchill. Many working-class women were arrested and imprisoned; upper class women were usually released. However, there was increasing public sympathy after rough treatment was made known. In 1918, women did get the vote if a property owner and aged over 26 years, and in 1926 all women over 21 were enfranchised. Catherine Dean, a Parish Councillor and formerly on the District Council, came to tell us why she went into local Politics. She said she wanted to make a difference and recalls being able to get a much-needed lamp-post installed in Elsenham; because of her there is a little light shining where there was darkness.



We enjoyed our trip to the Palace of Westminster and were shown around by one of their young female guides, who was well-versed in its history and customs. We also visited the nearby Jewel Tower built nearly 650 years ago to house Edward III's treasures, which are not there anymore! Our next meeting is on **Thursday 13th September** and we are looking forward to a talk by Debbie Brady entitled 'A Female in Fleet Street'. We welcome visitors and new members at 7.30pm in the Day Centre.



Judy Colliver
Tel: 812470

STANSTED SOCIAL CLUB JOINS THE CLUB AND INSTITUTE UNION

www.smsc.uk.com

We have certainly been blessed with the weather and we will hopefully squeeze in a barbecue or two before winter rears its head! Our main news this month is that we have had our application approved to join the Club and Institute Union (CIU). We are still waiting for our membership information to arrive but the main benefit to members is that they can purchase a CIU card which will allow them to use over 1600 other clubs throughout the UK. The CIU website advises that there is a one-off cost of £3.50 for an Associate Card which you hold for life. Additionally, there is an annual cost, currently £3.50, for a Pass Card. So if you purchase a card and find yourself in a town with a social club which is a member of the CIU, you can enter that club without any further cost. There are a number of other benefits which will help us to develop. We will have access to information and training courses for staff to ensure that we are following legislation and club principles. We can also ask for legal advice should we need it. If you wish to know further information please visit the CIU website www.wmciu.org.uk/index.php.

Entertainment

We generally see things quieten down through late July and August but this year things have remained busy. Good news for the bank manager, not so for our hard-working staff. On the entertainment front we had *The Four Blokes*, *The Souled Organisation* and our tribute acts. If you thought you heard *Meat Loaf* banging out his hits on 4th August then you were correct! Well, almost. We had an amazing tribute act and boy, could he sing! Throughout September we have *Logic* on the 1st, *Cloud 9 Disco* on the 8th, *FUBAR* on the 16th and *The Looters* on the 29th. Come on down!



Andrew Sharpe
Email: eatmorestilton@gmail.com

INAUGURAL STANSTED REAL ALE AND CRAFT GIN WEEKEND



On the weekend of 1st and 2nd September, the Bishop's Stortford and Stansted Round Table will be hosting the first **Real Ale and Craft Gin Festival** in St John's Hall, showcasing the very best of Essex and Hertfordshire local brewing and distilling. Early bird tickets are available for £10 which covers entry on both days, a free festival cup and three drinks tokens to put towards these wonderful products. You can also purchase tickets on the day. All money raised will be given back to local charitable causes, so we invite you to come along, sample some world class beer and gin and help give back to your local community. The festival is open on Saturday noon-9.00pm and on Sunday noon-5.00pm. More information and ticket purchases or enquiries can be made through www.facebook.com/events/189336768362913/. We look forward to welcoming you.

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STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted/home

Almost 50 members enjoyed a coach trip to Holkham Hall in Norfolk on a beautiful, sunny day in August. The walled garden was looking fantastic and we all enjoyed the visit to the Hall. Marion Dyer even entertained visitors with some impromptu music on the Hall's beautiful Steinway piano and received much applause.



U3A events

The next *monthly meeting* is on **Thursday 20th September** 1.30pm for 2.00pm in St John's Hall. The *Stansted U3A Singers* will be entertaining villagers, friends and family again on **Saturday 6th October** 7.30pm in St John's Church, with their annual concert *Fill My Heart with Song*; a selection of music which the singers love and hope you will too. Tickets: adults £8, under 14s £4 which includes wine or soft drink, available from Ann 814027, Jenny 815409, or from any choir member. There will be a retiring collection for St Clare Hospice. The next *Saturday Seminar* is on **20th October** 9.30am-12.30pm in the Free Church Hall. David Morson's talk is entitled *The Dark Continent - Europe 1919-1939*. Tickets: members £4, non-members £5 (they always sell out fast for David's seminars), from Alan on 07817 275563 email: stanstedseminars@gmail.com. Manuden Community Centre sees the return of the popular *Square Dance* with caller Pete Skiffins on **27th October** at 8.00pm. Tickets are £15 which includes a fish, chicken or veggie and chips supper, available at the monthly U3A meetings or by emailing stanstedu3a@gmail.com. Further details of all these events and more are available on our website.

Ray Smith
Chairman
Tel: 813270

Email: stanstedu3a@gmail.com



We shall be holding a MacMillan Coffee Morning on **Friday 28th September** from 10.30am at Old Lane House, Church Road. Do come and join us.

Christine and Bill Stiles
Tel: 813172



GLASSES AND GOSSIP

The local Liberal Democrats Branch Committee invites you to come along on Thursday 20th September at 7.00pm to The Rose and Crown pub for a convivial evening of chat, discussion of local issues, good company and laughter. Anyone over drinking age is welcome to join us.

Geoffrey Sell
Chairman
Tel: 815925



www.walksaroundstortford.org.uk

Sunday walks: all leaving at 10.00am 5-6 miles
2nd September, Newport, Station Car Park TL522335
P/Code: CB11 3PL
14th October Stanstead Abbots, Car Park TL384119
P/code: SG12 8AG
28th October Clavering Village Hall, Hill Crest, Hill Green, TL480323 P/code: CB11 4QS

Bishop's Fields

A Green Infrastructure and Biodiversity Management Plan (GI&BMP) has been drafted for this huge new housing development. However, many questions remain unanswered; for example, the developers have not consulted with any walking, cycling nor similar groups. The 'Paths' in this development are proposed to *combine walking, cycling and horse riders utilising the same paths?* We have reviewed the draft application and published a summary of the contents on our website. Please read these short notes and give your comments to East Herts District Council and to us. Remember this land is our open space! Links for comments are included on the page.

Other local issues

There is a problem with Sawbridgeworth FP002, which is currently obstructed at its junction with Spellbrook Lane. In addition to debris around the entrance stile, there are at least two sets of temporary fencing crossing the route of the path which appear to be horse related. There is a bridge closure on BS BR 38 (bridleway) between Green Tye and Danebridge Road leading into Much Hadham.



Regarding the proposed boundary changes between Bishop's Stortford and Thorley, these changes could facilitate development on land south of Whittington Way. Such development could remove the potential long-distance footpath connection between the Hertfordshire Way and the walks along River Stort and Thorley Wash Nature Reserve (SSI). The proposed diversion of BS FP007 - Silver Leys is currently with Herts County Council. Enjoy walking and please get in touch with your comments.



Daphne Wallace-Jarvis
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August Meeting

Due to a family illness, our hostess at *Two Cottages* had to cancel the Club's evening visit to her garden. However, the Club was fortunate that Clare Kneen of Kneen Nursery in Saffron Walden stepped in and spoke about her garden tour of London. As a thank you to the members of the various committees, the Royal Horticultural Society had arranged for a weekend of visiting private and public gardens in London. Clare spoke about six of the gardens she visited, which are open and free to the general public: **The Handyside** near King's Cross Station was designed by Dan Pearson and typical of his style of a mixture of grasses and flowers. A member advised that at the end of the walkway, just behind the shops, another area has just been completed and is now open to the public. The **Inner Temple Garden** is a garden on different levels with a large herbaceous border and a wild meadow area on the slope between levels. The **Serpentine Sackler Gallery** in Hyde Park has a garden which was designed by Arabella Lennox-Boyd. **The Olympic Park**, East London, is shown below. They had three hours looking around, but Clare said it could be a good full day out. Along the walkways are vast areas of plants. The planting schemes represent flowers from Europe, the southern hemisphere, the Far East and North America. The site is on various levels with good footpaths, many seats and shady areas.



Crossrail Place Roof Garden, near Canary Wharf is full of trees, shrubs and flowers from around the world. It is partially covered with geometric roof windows, so can be visited in all weathers. The **Barbican Roof Garden** is where engineers and architects designed and built a roof garden, complete with pond, when the original roof failed and had to be replaced. The depth of soil is only 1ft but trees and shrubs and a vast selection of flowering plants survive.

Next Meeting

On Wednesday 5th September 7.30pm for 8.00pm at the Day Centre, the Club is pleased to welcome Darren Lerigo back. Using ideas from around the world he hopes to inspire us when we ask that question, *What do I do with this space?* Everyone is welcome to our meetings; membership is available or come as a day visitor for £3.00. Refreshments are available prior to the meeting.

Maralyn Harris
Chairman
Tel: 07919 478144



ST CLARE SET TO HOST RED-HOT FIREWALK FUNDRAISER!

www.stclarehospice.org.uk/events/

Calling all courageous soles ... are you brave enough to conquer the coals for St Clare Hospice?

Following the success of our 2017 Firewalk, in which more than 40 fire-walkers raised over £10,000, we will be hosting another scorching event on **Sunday 28th October**. St Clare supporters will be lining up to walk barefoot over red-hot wood embers, smouldering at over 800°F, to raise vital funds. Amongst last year's brave participants were two members of the St Clare Hospice Inpatient Unit (IPU) team: Vanna Poulter, the IPU Manager, and Essie Ducat, a nursing assistant, shown in the photograph below. Essie said: "I've never done anything like this before and was nervous about it, but I absolutely loved it. I just kept thinking of all the patients I have cared for, and knew that I was making a difference to so many families by raising vital funds. It was such a thrill to cross the coals; I encourage everyone to try it!"



Registration for the Firewalk is £25 and we ask participants to pledge to raise a minimum of £150 in sponsorship. The event is open to all ages, but under-18s must have signed parental permission to walk. Places are limited to 40 people. Contact me for further information or to sign up for the event.

Emma Broadbent
Tel: 773754

Email: emma.broadbent@stclarehospice.org.uk



The Place is open **throughout the school holidays** and all ages are welcome, so come along for free refreshments and a chat, and log on to our free WiFi. We are open every Monday, Wednesday and Friday (except bank holidays) from 9.30am-12.30pm. Good company, computers, space for the children to play with toys and run around, plus a quiet area with comfy seating; and if you fancy keeping your mind active, we have a jigsaw 'on the go' which anyone is welcome to add pieces to! We are in the foyer of Stansted Free Church at the bottom of Chapel Hill (near Millway). Everyone welcome.



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A collapsible boudoir, a royal carrying chair, some silver bracelets and the first ever images of butterflies were just some of the varied items which made up Janet Brewer's talk on the *Queens of Egypt*. We were introduced to a great many of them including Queens Nefertiti, Nefertari and Meritamun and were told that although men and women were treated as equals, the equality didn't extend to royal ladies. Queens, as we think of them, didn't exist - they were the King's wife; and princes and princesses were the king's sons and daughters. One of them, Hatshepsut, shown here, actually became a king and built the amazing Djoser-Djeseru Temple. She is buried in the Valley of the Kings. A talk on the *Queens of Egypt* would be incomplete without a reference to Cleopatra and two artistic images of her, painted centuries after her death, were included in Mrs Brewer's very interesting talk.



Our September meeting will take the form of a members' only lunch at our President's home but we will be back in Ugley Village Hall for our October meeting on **Wednesday 17th October** at 2.15pm, when Kate Cole will be speaking on the subject of *Witches of Elizabethan Essex*. Why not come and join us for the afternoon?

Andrea Fitt
Tel: 815922



STANSTED MOUNTFITCHET
LOCAL HISTORY SOCIETY

PROGRAMME

2018

6th September: Charlie Haylock, *History of Spoken English*
4th October: Jemma Buckley, Short Films archive show: *Rural Britain*
1st November: Peter Layzell, *Essex Regiment in WW1*
6th December: Drinks/nibbles *Fun Quiz*

2019

3rd January: *Members Evening* short talks
7th February: Leila Riddell, *Stansted's Magna Carta Embroidery*
7th March: Helen Gibson, *The Malt Industry in Hertfordshire*
4th April: Richard Thomas, *The Royal Gunpowder Mills*
2nd May: AGM

Meetings are held in the Day Centre at 8.00pm. Members' annual subscriptions are £8, and visitors are welcome to individual meetings, entry £2. Refreshments will be provided. We look forward to seeing you this coming season and extend a warm welcome to all newcomers.



Steve Leaney
Tel: 647177

www.eastonlodge.co.uk

I wonder if, by the time you read this, the long, hot, dry summer will have ended and we will be looking out at leaden skies and wishing for the sun to shine? September is normally a lovely tranquil time of year at the gardens. After the summer rush of visitors, it is a time for picking blackberries and autumn raspberries and using the first windfalls to make jellies and jams. This year the fruit may well be small but should certainly be sweet.

In August, our beekeepers, Michelle and Trevor, kept a close eye on our hive, making sure that the queen bee was happy still laying eggs, and taking off the honey the bees will not need for winter. For our Open Day on **Sunday 16th September** we are hoping to share our fruit and our first honey from the gardens with our visitors, as well as a range of vegetables. The East of England Apple and Orchard Project and our beekeepers will be with us, to help celebrate everything apple and honeyed. Bishop's Stortford Ukelele Society will be strumming out their 'toons', always good for a sing-along! We will also have some Austin 7s on display; sincere apologies for the mix-up which meant they were not at our July Open Day, as promised. Gates are open 11.30am-5.00pm, with last entry at 4.00pm. Entry is only £4.50 and under 16s are free. There will be hot and cold refreshments, locally sourced bacon rolls and cheese rolls, hot and cold drinks and our usual wide selection of homemade cakes. For more information and news, go to our website, or find us on Facebook.



Jill Goldsmith
Treasurer and Publicity
Tel: 07947 283439

SHOE BOXES

We are changing the organisation through which we send Christmas Shoe Boxes. This year *Churches Together in Stansted* has chosen Teams4U, having been impressed by a presentation given by its representatives based in Loughton. The contents of the boxes will be the same as before but hand-knitted stuffed toys (knitters please take note!), socks and underwear, and liquids in plastic bottles such as bubbles **can** be included. The cost of sending each box is £2.50, compared with the £5 we had to pay last year. All boxes will go to children in Eastern Europe. Details of Saturdays when we will take in items, and the date of the Packing Evening will be in the October issue of *The Link*. In the meantime, if anyone wants more details of what can go in the boxes, please contact one of us, see the leaflets in churches and around the village, or look on www.teams4u.com where you can find more information about the charity.

Helen Baker 814865
Catherine Dean 813579
Eileen Quinn 812109

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Nature Notes

The Hawthorn *Crataegus oxyacantha*

How fortunate we are to have hawthorn hedges growing close to us in the local countryside. It has been a feature of our landscape for at least 8,000 years. Hawthorn contributes much to our folklore, both Pagan and Christian. It is a healing plant, and for many centuries country folk would seek out a spring with hawthorn growing beside it; there pilgrims would leave a piece of cloth tied to the tree, thus looking for a cure for their ailments. It is still possible to find hawthorn used in this way in remote and secret parts of the country.

The red berries of the hawthorn are particularly healing, and are used by the learned Druids as a heart medicine, who also used foxglove for the heart. However, by the time Culpeper, Gerard and Parkinson were practising in the 17th centuries, the hawthorn was used for 'the (kidney) stone', removal of splinters and for diarrhoea. No mention of the heart! At that time the foxglove too was of no value: "neither have they any place in medicines" said Gerard. However, the old knowledge survived. In the 19th century an Irish doctor named Greene used the ripe berries in a tinc-



ture to treat his patients with heart disease. After his death a Dr Jennings from the USA found this information and published 'his findings' in the New York Medical Journal. This story is similar to the 'discovery' which Dr Withering made in the 18th century regarding the foxglove, said to have been given to him by an old herb wife. Both plants treat the heart, the hawthorn is much milder than the foxglove. Both have their basis in Druid medicine. Modern science does indeed prove the usefulness of hawthorn for those suffering from heart disease.

Bee's Daughter

THE COFFEE POT



The Coffee Pot has been open for over two years and we are blessed to have a regular band of Coffee Potters who come into St John's Church on Thursday mornings for coffee, cake and chat. At the start of June, we decided to break open the Coffee Pot piggy bank and treat ourselves to a day out. So, on 19th June, 12 of us left hot and sunny Stansted in the Book-A-Ride and made our way to hot and

sunny Witham to have lunch at Oliver's Garden Centre on the outskirts of that town. There we had arranged to meet up with Francine and David Cope, who moved to the Witham area from Stansted last year. I think they were nearly as pleased to see us as we were to see them. After our lunch, they joined us for the next phase of our trip to Maldon for a stroll upon the prom. Although there was no brass band playing 'tiddley-om-pom-pom', we had a thoroughly enjoyable time. Although Maldon was hot and sunny (this is what we have come to expect this summer isn't it?), the slight breeze coming from the Blackwater estuary made for a perfect afternoon. A really happy day: one for the memory bank.



We will definitely plan another outing, but in the meantime, if you are at a loose end on a Thursday morning, or just suddenly fancy CAKE (it can happen!), it would be great to see you in St John's. We meet between 10.30am and noon. Be assured, you will be most welcome.

By the way, if you don't know Oliver's Garden Centre, it is well worth a visit.

Kathy West
Tel: 816293



HUW JOHNSON CLUB

The Huw Johnson Club, a social group for adults with learning disabilities which runs on Thursday evenings, is on a summer break at the moment. Although we have not been meeting during July and August, we have still kept busy. We all had a great time at our traditional summer picnic at the house of Hannah and Chris Ropkins, with over 40 of us enjoying delicious food in the garden in glorious weather. We also went to see *Mamma Mia 2* at Saffron Screen, which was great fun; we were all singing along in our seats. Our Autumn Term starts on **Thursday 20th September** with a packed timetable, including theatre trips, Halloween parties and firework shows.

We really need some new minibus drivers, so please give me a call if you would like to find out more; we provide full training. Or if you would like to come along to the Club, as a volunteer or as a member, please get in touch.



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The Club recently won the *Boardman's Davies T20 Cup* for the first time since 1995. The young side bowled and fielded exceptionally well, reducing Newport to 106 all out. They then knocked the runs off in 17.2 overs for the loss of six wickets. On the way to the final they defeated Hockerill, Thaxted and Farnham. In Division 2 of the Herts & Essex League the 1st XI are second with four matches to go. With Takeley in top position by quite a distance, the second-place battle for promotion will probably go to the final Saturday of the season. The 2nd XI have recently picked up some good form and won the last two matches beating the top team, Ardley Walkern, by four wickets on 4th August. The Club is looking forward to two 'fun' T20 matches against our main sponsors, Russell Property and Nockolds. The juniors have almost finished the season but the U15s have the Bardfield Cup Final to look forward to in September.



Three local builders have now given the Club estimates for the new pavilion at Elsenham Place. One will soon be selected in the near future and then the hard work begins to raise more money towards the project. Anyone interested in joining the Club from the age of five please contact me. The Club will be holding two quizzes during the winter months: one music, the other general knowledge. If you and your friends would like to support these functions again please contact me.



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

CROSSWORD ANSWERS

ACROSS

3. Obama 7. Decamp 8. Guitar 9. Uncle 11. Athens
12. Skiing 13. Perpetual motion 14. Hilton 16. Diesel
17. Amino 18. Rhythm 19. Orkney 20. Error

DOWN

1. See the light 2. Baked potato 3. Opus 4. Ages
5. Pie in the sky 6. Rag'n'bone men 10. Chianti 15. Door.



www.stanstedtennisclub.co.uk

Club Finals Day

This year Club Finals Day is on Sunday 9th September. The programme is as follows (approximate timings): 10.00am, ladies' singles and men's singles; 11.30am, ladies' doubles and men's doubles; 1.00pm, mixed doubles; 3.00pm, presentation of trophies. Please come along and watch the action. Refreshments will be provided.

Doubles tournament

The Pearce Trophy, which is a mixed doubles tournament, will be held on Sunday 16th September, from 1.00pm.

Ladies' night

The next ladies' night (members only) will be on Monday 10th September, 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 STC
Email: fiona1.kelly@btinternet.com

ANSWERS TO RIVERS QUIZ

1. **Thames** Flows through eight English counties plus Greater London
2. **Trent** Flows through Staffs, Derbys, Leics, Notts, Lincs and Yorks
3. **Severn** Rises in Powys and flows through Shrops, Worcs and Gloucs
4. **Tyne** Cumbria, Northumberland and Tyne and Wear
5. **Wear** Durham and Tyne and Wear
6. **Ribble** North Yorks and Lancs
7. **Mersey** Cheshire, Merseyside and Greater Manchester
8. **Medway** Rises in East Sussex but is largely in Kent
9. **Tamar** Forms most of the border between Devon and Cornwall
10. **Stour** There are at least eight Stours in England. This one flows through Suffolk and Essex
11. **Volga** The longest river in Europe lying entirely within Russia
12. **Danube** The second longest European river flowing through ten countries and four capital cities
13. **Dneiper** Russia, Belarus and Ukraine
14. **Rhine** Rises in Switzerland and flows through six countries
15. **Tagus** Spain and Portugal
16. **Loire** Entirely in France
17. **Seine** Entirely in France, most famously Paris
18. **Po** Entirely in Italy
19. **Moselle** A tributary of the Rhine passing through France, Germany and Luxemburg. Noted for its wine production
20. **Elbe** Czech Republic and Germany

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org		
Beaver Scouts Age 6-8	Wayne Browning Tel: 07976 441468 Email: mrwbrowning@googlemail.com	Rainbows	Sue Pollard Tel: 813734
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	St John's Road and Area Association	Secretary: Leila Riddell Tel: 07770 955830
Brownies (Wednesday)	Susan Scott Tel: 810955	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
CAB	Tel: 08444 775986	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Corkers Netball	Lisa Menzella Tel: 07827 988732	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted and District Past Rotarians Club	Secretary: Geoff Lay Email: geoff.lay@ntlworld.com
Cub Scouts Age 8-10½	Steve Turrell Tel: 07519 572642	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Day Centre	Tel: 815091	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Explorer Scouts	Vic Clarke Tel: 07903 413217	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office tel: 656085	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Helpline	Tel: 07704 553727	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
History Society	Peter Brown, Chairman Tel: 812816	Tennis Club	Fiona Kelly, Publicity Officer STC Tel: 07949 623484 Email: fiona1.kelly@btintetnet.com
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	U3A	Ray Smith, Chair Tel: 813270
Inner Wheel Club	Jenny Savage, President Tel: 656065	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Investigators Age 7-11	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Little Scrummers	Andrew Poyser Tel: 07738 591232	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Millers (Windmill)	Molly Clark Tel: 816768	Youth Centre	Linda Barnes Tel: 07947 548051
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK	Vivian Falk, Chairman		
Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk		

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

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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



Stansted Cricket Club

www.stanstedcc.secure-club.com

We would like to thank the England and Wales Cricket Trust and the Stansted Sports Association for jointly funding a new flat sheet cover. The 1st XI now has three wins from 14 matches and have moved up to 9th in the HECL Division 2 table. The first of two recent wins saw the team recover from 132-9 against Hatfield Heath to post a total of 214 and then go on to dismiss the visitors for 208, to win by six runs. In the following match against Woodford Wells IV, a middle order recovery took the Stansted score from 87-5 to 168 without further loss, and saw us win by five wickets. The 2nd XI have managed to fulfil all their 11 CCA Junior League 5 South and East fixtures to date. Despite several close matches, that first win is still elusive. The Sunday XI played one match in July, and lost the game and their 100% record. Notable recent individual performances include Ben Sammons (85, 77 and 68), Matt Cope (75), Blair Gardiner (73), Danny Elliott (56 no) and Ben Baker (54 no). Home senior fixtures ended with the all-day match against the President's XI on 26th August.

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



STANSTED BOWLING CLUB

As we enter the closing stages of the bowling season, the Club members are focusing on the final push in the leagues and also the various Club competitions being held, the Finals of which will all be held on Saturday 15th September. Who will end up as the Club Champion in the men's and ladies' sections; time will tell. Three players went to Quendon Club to represent Stansted in the Richard Walters Memorial Cup and came away victors in a closely fought competition and finals. Well done to the team for bringing more silverware home.

July results

The four Bowls teams consisting of the Ladies, Seniors, Stansted A and Stansted B have all seen action this month and with some new members starting to fill the ranks it is a good time for Stansted Bowling. The many matches are all held in good spirit with much banter and friendly conversation.

This month's home matches

Stansted A, Stansted B and Seniors

All teams - season completed

Ladies

Thursday 13th 2.30pm

Friendlies

Wednesday 5th 5.00pm

Saturday 15th Finals Day 10.00am

Saturday 22nd Last Bowls - Captain's day 2.30pm

We look forward to welcoming you all to our Clubhouse on any of the above game dates, or any Friday evening when the Clubhouse bar will be open and the members will be happy to explain the way the game is played or just have a chat and put the world to rights.

Peter Beattie

Hon Secretary

Tel: 07850 329192

Email: peterdavidbeattie@gmail.com



STANSTED FOOTBALL CLUB

September sees the return of football to Hargrave Park and with our season now well under way, we will be playing exciting matches in the League, FA Vase and Essex County Cup. With the games coming around so quickly, the team managers have the opportunity to play all members of the playing squad, as they look to establish their best starting eleven. The Club was pleased to finally see the formation of the Stansted Veterans who applied for and were accepted to compete in the Essex Veterans Over 45s East Division.

Retain the Game funding scheme

Having secured funding from the FA through their *Retain the Game* scheme, Team Manager Gary Cook has brought together a number of footballers from around the area whose enthusiasm to compete and play football should make the project locally an instant success. The Club committee look forward to welcoming these new Stansted players and visiting teams to Hargrave Park. Gary is keen to recruit as many players as possible and give them the opportunity to play; please contact me for further details.

First Team home games in September

Sat 1 st	Brantham Athletic	FA Vase	3.00pm
Tue 4 th	Stanway Rovers	Essex Senior Cup	7.45pm
Tue 18 th	Walthamstow	ESL Prem Division	7.45pm
Sat 22 nd	West Essex	ESL Prem Division	3.00pm
Sat 29 th	Sporting Bengal	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

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