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Front cover photograph:
Early morning walk
by Kathryn West



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If you do not receive your copy please email: distribution@stanstedlink.org.uk or telephone 813680

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

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EDITORIAL

Would you like to make a positive contribution to the wellbeing and future prosperity of your local community, and do you consider yourself to be a good communicator? With the local council elections coming up on Thursday 2nd May, Stansted Parish Council would like to hear from locals who believe they can help to make a difference, in the role of Parish Councillor. Find out more about this opportunity on page 19. It is a fact that children are our future, and so what we teach them now is important for when they grow up and become responsible adults. It is therefore reassuring to know that two of our local primary schools are taking early action to prepare their pupils for some of the important challenges of life. Bentfield School have just held an inspirational business trading event involving the children, read about it on page 7. Meanwhile on page 9, Magna Carta Primary is educating its pupils to recognise and manage the complexities and challenges of mental health.

According to *Nature Notes* English bluebells (a feast for the eyes in springtime) could be used alongside conventional medicines in the not too distant future, find out more on page 35. Nothing brings people together better than sport; in their final home game of the season Stansted FC will be hosting the 'Kick it out' campaign, and they would like as many young children and their parents to come along to the game, see page 39.

Finally, a note to all our contributors; due to the Easter bank holidays, copy deadline for the May issue of *The Link* will be on **Monday 8th April** at 12 noon.



Ken Whyne
Editor



STANSTED EVENING WI

'A Wander around Pompeii' in the company of Richard Priestly, Latin master and former Head of Newport School, attracted a large audience, including a brave male visitor. He seemed very happy surrounded by women, and I think our speaker was pleased to have another male in the room! Richard illustrated his talk with some wonderful photographs he had taken on his many visits to Pompeii and it proved to be a very informative and fascinating look at this ancient city in Southern Italy which was built at the foot of the volcano, Mount Vesuvius. Pompeii actually predates Roman rule and was probably built in the 6th century BC by the Oscan civilization and became a Roman city about 80 BC. Mount Vesuvius erupted in 79 AD and Pompeii was buried under volcanic ashes with blasts of extremely hot air which killed 20,000 of its inhabitants. Ashes covered the city, thus preserving the buildings underground for centuries, until 1748 when excavations began and are still being done today. In 1867 a method of pumping plaster into holes in the ash was developed and produced casts of the people of Pompeii who had died on that fateful day. Everything appeared to be very large in Pompeii; the Amphitheatre held 5,000 people and is the oldest in Italy. Women were allowed to sit at the back with the slaves!



After the talk we sat in groups and made green felt hearts to support the *Show the Love Campaign* which aims to bring attention to and awareness of global warming. We are sending some of them to our MP and others will be on display around the village.

Our next meeting will be on **Thursday 11th April** at 7.30pm in the Day Centre, consisting of resolutions and a guest speaker, followed by tea, coffee and homemade cakes. Visitors are always welcome.



Judy Colliver
Tel: 812470

Table Top Sale
Saturday 13th April
11.00am-1.00pm St John's Hall
Tables cost £10 and must be booked in advance by calling Brenda Ryan on 812725. Perfect for selling unwanted items or craft items; perhaps you are de-cluttering, or maybe you belong to an organisation that would like to have a table and raise funds by selling produce or bric-a-brac. Entry free.

Anne Watson



RSPB STORT VALLEY LOCAL GROUP

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

Our next monthly meeting on **Tuesday 9th April 7.30pm** at Bishop's Park Community Centre, Lancaster Way, Bishop's



Stortford (next to Tesco) will be a talk entitled *Our place, can we save Britain's wildlife before it's too late?* We are truly honoured to have Mark Cocker speaking to us about his latest book, which is summed up in the title. Mark is an author of creative non-fiction. He is also a naturalist and environmental tutor, who writes and broadcasts on nature and wildlife in a variety of national media. He has been a Guardian country diarist for

30 years. Mark has travelled in more than 50 countries on six continents and in 1999 was awarded a Winston Churchill Travel Fellowship to study birds in magico-medicinal practices in Benin and Cameroon. We think this talk will be extremely popular so if you are planning to come it would help to let us know. Please contact Simon Hurwitz, email: simon.hurwitz@ntlworld.com tel 07808 684723 or me. Entry £3.00 members, £5.00 visitors.

Our next walk will be at Walton on the Naze on **Saturday 27th April**. Meet at The Naze Centre at 10.00am, postcode: CO14 8LE. Managed by the Essex Wildlife Trust, the Naze is a unique coastal landscape of outstanding geological and biological importance. As the most easterly peninsula in Essex it is an important site for migrating birds and boasts a number of different habitats, both terrestrial and marine. The Naze also has immense historic and civic importance, the famous Naze Tower being just one example, and is a site where coastal change can be easily seen and understood; the sandy cliffs can be seen crumbling under the impact of the waves. There is a charge for parking. Donations to the local group are also welcome. For more information contact Lee Jaques on 07454 801894.

Sheila Bowles
Tel: 814973

HUW JOHNSON CLUB



The Huw Johnson Club is a Stansted-based social group for adults with learning disabilities which runs on Thursday evenings. Since returning from our winter break, we have had a games night, a curling competition and have also visited Rhodes Arts Theatre to see a production of *Hairspray* which was lots of fun; we were dancing in the aisles! In the next few weeks, we have a bingo evening and a quiz to look forward to, and we are also going to try out the new bowling alley in Bishop's Stortford; we love going bowling so it's great we have somewhere local to go again.

We are delighted to welcome Clive, Margaret, Charlotte and Sandra as new volunteers for the Club, either as drivers or helping out on the night. If you fancy getting involved or want to know more, just let me know! Our AGM is on

Wednesday 10th April 7.30pm in the Free Church Hall; please do come along and learn about what we do.



Katharine Collis
Tel: 461270
Email: kat_collis@hotmail.com



www.mountfitchetgardenclub.co.uk

Flowering Shrubs was the title of George Lockwood's talk. Hailing from Enfield, he pursued his love of gardening by attending courses at Capel Manor where he managed to get his tongue around Latin names! He cares for five gardens and is totally organic. Evergreen shrubs are recommended to ensure continuity throughout the year. The wide variety of flowering shrubs enables him to make each garden individual, although some plants are 'too good' not to be used in them all. Using a series of slides, members were guided through spring on size, location, flower colour, fragrance and pruning. Generous mulching and feeding are recommended. A recipe for homemade plant food was given: using a four-pint plastic milk bottle, half-fill with chopped comfrey or nettle leaves then top-up with water. Leave at the back of the shed to ferment (usually a couple of months). When ready to use put one cup to five litres of water. Water the ground around the shrub every two or three months throughout the summer. **Warning:** The mixture smells if you leave the lid off! The talk ended with slides of various gardens, including Leonardslee and Wakehurst Place where the flowering shrub displays were breathtaking.



AGM and Mini Spring Show Wednesday 3rd April

The doors will open for exhibitors at 6.30pm; all exhibits to be displayed by 7.45pm. The AGM will start at 8.00pm. Results of the show will be announced at the end of the evening. Everyone is welcome to our AGM and show.

Coach Trip Saturday 20th July

There is an outing to East Ruston Old Vicarage Gardens in Norfolk. Everyone is welcome to join us; if you would like to come please contact me or leave a message via contact tab on our website. Cost is £27.50. Main pick up will be at the Day Centre.

Maralyn Harris
Chairman
Tel: 07919 478144

The mission of the People's Dispensary for Sick Animals (PDSA): **'Prevent, Educate and Treat'** was the subject of our February meeting; it was brought vividly to life by Kerry Harty of the PDSA who gave a very informative talk, beginning with vintage film footage of an interview with its founder: the inspiring Maria Elizabeth Dickin, who established a free animal treatment service in Whitechapel in 1917. In 1943 she decided that animals should be rewarded for their military service and instituted the *Dickin Medal*, the animal Victoria Cross. Carrier pigeons were the most decorated and we were shown vintage film footage of these heroic birds receiving their well-deserved medals. Simon the cat, probably the most famous cat in naval history, was awarded his *Dickin Medal* for services rendered on HMS Amethyst. He is buried in the PDSA animal cemetery in Ilford and is remembered every year by the laying of a wreath on his grave by a serving member of the Royal Navy. The PDSA has 48 pet hospitals with over one thousand PDSA vets and nurses. Over two million treatments are carried out each year; one pet every five seconds is treated; an amazing record which is achieved through the help of contributions, donations and legacies from animal lovers as the PDSA gets no Government funding. To find out more about this brilliant charity visit their website at www.pdsa.org.uk.



Carol James will be the speaker at our next meeting to be held on **Wednesday 17th April** at 2.15pm in Ugley Village Hall. She will be entertaining us with the history of *Teddy Bears*. Why not come along for the afternoon? You and your Teddy Bear would be most welcome!

Andrea Fitt
Tel: 815922

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 2nd April** at 8.00pm in the Dog and Duck, Lower Street, when we will be discussing *The Wave at Hanging Rock* by Gregg Dunnett. This British author writes psychological thrillers and stories about travel and adventure, usually with a connection to the coast or to the oceans. We are looking forward to reading this, his debut book, which should keep us guessing until the last page! 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

STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted

Walking and Nature Appreciation Group

Nine members enjoyed a recent walk around Albury. They saw lots of buzzards, a small herd of fallow deer a couple of fields away and a few early wild daffodils, but best of all was the lovely countryside bathed in sunshine!



Sue Fishpool of Grove Cottage will be the guest speaker for our monthly meeting **Thursday 18th April** at 1.30pm for 2.00pm in St John's Church Hall. She will speak about Mencap and the work of Grove Cottage. Membership renewal started at the March meeting, but you can also renew it at the April meeting. Anyone considering joining U3A will be most welcome. The fee for this year is £15. The tea and biscuits are free. Interest groups meet regularly for craftwork, languages, art and music, games, book clubs, outdoor activities, fitness, socialising and more. You may have noticed that leaflets listing these groups and giving the contact details of group leaders have started to appear. More detailed information about each group can be found on our website.

April activities

During April the Philosophy group will discuss the work of Kierkegaard. The Art House Film group will discuss *A Bout de Souffle*, by Jean-Luc Goddard. The Bus Pass group will visit Braintree Town Market and Bocking Gardens. The Art Appreciation Group will visit the National Gallery to view work by Joaquin Sorolla and the Literature Study Group will discuss *The Man in the Wooden Hat*, by Jane Gardam. There is a coach trip to Cambridge Arts Theatre to see Tom Stoppard's play *Rough Crossing* and to Saffron Hall to hear the BBC Big Band play the music of Nat King Cole. There are still places available for the trip to Copped Hall on **Wednesday 8th May**, and although booking for the September Holiday to West Sussex and Brighton started in February there may still be places left. For more information on visits see the *Trips and Events* page on our website.

Anne White
Email: stanstedu3a@gmail.com



Anything you
can do ..

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11 am - 3 pm Sun 7th April

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Noon - 4 pm Sun 7th April
starting at the school

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Forest Hall Park**

Entry £2.50 in advance from
pta-events.co.uk/stmarysstanedptfa
or £3 on the day

WHAT'S ON IN APRIL

2	Tue	Stansted is Well Read
3	Wed	Garden Club AGM and Show
3/10/17	Wed	Learn How to Meditate
4	Thu	Local History Society
6	Sat	Anything you can do
7	Sun	St Clare 10K
		Spring Fun Day
		Eggstravaganza
7 & 21	Sun	Garden Waste Skips
7 Sun & 27	Sat	Stansted Family Café
8	Mon	Link copy due in today
9	Tue	RSPB
10	Wed	Windmill Coffee Morning
11	Thu	Stansted WI
13	Sat	Helen Rollason Ramble
		WI Table Top Sale
		Town Twinning Quiz
15 Mon & 17	Wed	The Place Easter Crafts
16	Tue	CAMEO
17	Wed	Ugley WI
18	Thu	Stansted U3A
19	Fri	Good Friday Messy Church
23	Tue	Hearing Help
		Inner Wheel
27 Sat & 28	Sun	Open Weekend
		Choir Exhibition
28	Sun	Open Day
		Plant and Book Stall

Dog and Duck 8 pm
Day Centre 7.30 for 8 pm
St John's Church 7 - 7.45 pm
Day Centre 8 pm
49 St John's Road 10 am - 3 pm
St Clare Hospice 10.30 am
Daisy May's Farm 11 am - 3 pm
St Mary's School noon - 4 pm
Lower St Car Park 12.30 - 4.30 pm
Day Centre 10 - 11.30 am
before 12 noon
Bishop's Park Comm Centre 7.30 pm
Day Centre 10 am
Day Centre 7.30 pm
Easton Lodge 10 am - 4 pm
St John's Hall 11 am - 1 pm
Day Centre 7 for 7.30 pm
Free Church 10 - 11 am
Day Centre 7 pm
Ugley Village Hall 2.15 pm
St John's Church 1.30 for 2 pm
Free Church 3.30 - 5 pm
Day Centre 2 - 4 pm
Day Centre 7.30 pm
Bowls Club 11 am - 4 pm
St Mary's Church 2.30 - 5.30 pm
Easton Lodge 11 am
Littlebury Church 2 - 4 pm



Stansted Millers Coffee Morning

10 am - noon Wed 10th April
Day Centre

Entry £2.50 incl refreshments

Mill April Openings 1.30 - 5.30 pm

Sunday 7th, Easter Sunday 21st

Bank Holiday Monday 22nd



Stansted Evening WI

TABLE TOP SALE

11 am - 1 pm Sat 13th April
St John's Hall

Entry FREE

*Tables £10 must be booked in
advance tel 812725*

Come and find a bargain!

STANSTED BOWLS CLUB OPEN WEEKEND

11 am - 4 pm

Sat 27th & Sun 28th April

Bowls Club, Recreation Ground

Look round the Clubhouse



View the Green
Play some Bowls

REFRESHMENTS ~ ALL WELCOME



Friends of St Mary's Church

A Musical Celebration of Stansted Choirs

2.30 - 5.30 pm

Sat 27th and Sun 28th April

Entry Free

**An exhibition of choir visits to
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Stansted Town Twinning

QUIZ NIGHT

7 for 7.30 pm Sat 13th April

Day Centre

Tickets £10 cash incl ploughman's
payable on the night but email:
parishcouncil@stansted.net to book

Bar for beer and wine

Bring your own soft drinks & nibbles

UGLEY FARMERS' MARKET

10 am - noon

Sat 20th April

Ugley Village Hall

Meat ~ Poultry ~ Fish ~ Eggs
Honey ~ Preserves ~ Cheese
Plants ~ Fresh Pasta ~ Bread
Cakes ~ Ceramics ~ Plants ~ Cards
Skincare ~ Knitting & Needlework
Refreshments with cake and bacon rolls

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Stansted Messy Church

3.30 - 5 pm Good Friday 19th April

Stansted Free Church, Chapel Hill

NOTE DIFFERENT VENUE

Activities ~ Celebration ~ Food

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ages particularly for families with children under 12

www.stanstedchurches.com/messychurch



Easter Crafts

10 - 11 am

Mon 15th & Wed 17th April

Stansted Free Church

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making Easter Crafts

All ages welcome - No charge

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 Please wear loose clothing and bring an exercise mat.

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FOREST HALL SCHOOL

Year 9, 10 and 11 students visited Canterbury Christ Church University to experience an interactive sociology lecture.



Lewis Davis, humanities instructor, recently graduated from the university and wanted students to sample what a degree level lecture would be like with a senior lecturer. They took part in a question and answer session with students to find out about life as a university student.

Kelly Clark
Tel: 01245 237751

ST MARY'S CofE PRIMARY SCHOOL



As I write our column this month, I can look up from my desk and see miniature versions of Harry Potter, Willy Wonka, Matilda, Alice in Wonderland and even the First Hippo on the Moon. Yes, it is World Book Day and as we have doubled up the fun with Red Nose Day, many of our storybook characters are also sporting red noses. The school is a sea of colour today.

March was a busy month for sporting and music endeavours, with St Mary's playing in football, netball and tag rugby tournaments against our local schools. Zoe Harris, our sports lead, praised the children for how well they played and represented the school. We were also pleased to take a select group of children to the Saffron Walden Music Festival, where they competed in a pre-grade and a grade 3/4 class. They all performed well and were a credit to the school. Special congratulations to George Colebourne who won a medal in his group for Musicianship. Our sincere thanks go to Ellie Morrow for her continued support and encouragement. If any of our pupils are awarded certificates in any extracurricular clubs, please bring them in so we can further celebrate your child in our weekly Friday assemblies. Just a quick word about our Foundation Stage topic this term; it is called '*Are we there yet?*' and encompasses where we would like to go and how to travel there. One of the planned activities is making '*naughty buses*' which will cause chaos in the school ... Please don't forget about our **Eggstravaganza on Sunday 7th April** from noon-4.00pm at School.

Barbara Young
Head Teacher
Tel: 812212



www.bentfield.essex.sch.uk

We have just had a very exciting couple of weeks at Bentfield. For the second year in a row we have held our school enterprise event which deals with the concept of businesses and services making a profit. This year the theme was bathrooms, and all classes, from Reception to Year 6, were given £10 to buy materials to create products based on this subject. Each class then set up a stall in the main hall and took turns in running it, whilst pupils from other classes came to shop! There was an incredible array of different products, including bath bombs, homemade soaps, bathroom signs, toothbrush holders and soap dishes. The afternoon was ably supported by our Year 6 pupils and, after deduction of costs, there was a magnificent profit of £363. Well done to all the pupils for making such brilliant products, and thank you to parents and carers for providing money for the children to make their purchases. The money will be donated to the East Anglia Children's Hospice (a charity chosen by the pupils).



ComputerXplorers recently visited our school to provide a free morning workshop for our Year 5 pupils, as part of their Programming for Primaries Event, and in support of British Science Week 2019. Coding and programming are integral aspects of many STEM (science, technology, engineering and mathematics) related careers; these skills are key to this generation of schoolchildren's future success. Our Year 5 pupils had a fantastic time creating 'fruit jukeboxes' using BBC microbits, an activity which included hacking headphones to turn them in to speakers. The event was also celebrated further by a visit from Kemi Badenoch MP, who came to see the fantastic things the pupils had created.

David Rogers
Headteacher
Tel: 813626



FARNHAM BLUEBELL WALK

Come and join us on **Sunday 5th May** for a five-mile walk starting from the church at noon, or a one-mile walk leaving Hazel End Farm at 1.30pm with a BBQ at the church from 1.30pm. Free parking at both venues. Tickets: adults £8, under 14s £6, which includes the walk, BBQ and drinks. Dogs on leads welcome. All proceeds will go to enhancing church facilities. Contact us for tickets and more information.

Graham and Maureen Lowden
Tel: 771313



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MAGNA CARTA PRIMARY ACADEMY CONFRONTS MENTAL HEALTH ISSUES

Young children are being encouraged to share their thoughts and feelings as their school works to look after their mental health. Magna Carta has introduced a wealth of initiatives to ensure its young people always know where to turn when they need support. The school recently supported the *Beat the Blues and Wear Yellow* day by Mid and North Essex Mind charity, to raise funds for one-to-one emotional wellbeing support in the area. Magna Carta used the event to talk to pupils about mental health, about their emotions and how talking can help.



Headteacher Marios Solomonides said: "This work is important as mental health needs the same attention as physical health and yet there is a stigma attached to it. If you start with educating the youngest people in the community, they will grow up without that stigma." Pupils were encouraged to identify what they were feeling and to understand the difference between positive and negative thoughts. Bubble Time has also been introduced at the school, where children can put a note or their photo on the classroom wall to signal that they need to talk to someone. A Bubble Room will give children space to reflect and take time out to deal with their emotions. The Headteacher said: "The Bubble Room will be full of sensory equipment, things that light up and items to touch and will give pupils somewhere to calm down. It's about saying we acknowledge everyone has mental health needs and there needs to be space in the building as much as in the curriculum to fulfil those needs. It's not just about academic learning, it's about wellbeing. Nobody can learn if they're not in the right place mentally to do so."

Kelly Clark

Tel: 01245 237751 or 07979 811580



www.rainbowpreschool-stansted.co.uk

The children enjoyed returning to Rainbow after the half term holiday and making the most of the beautiful weather: spending lots of time outdoors, playing in the mud kitchen, enjoying lots of water play activities and even having a 'picnic' snack on the grass underneath our sunshade.

Both groups have loved making a display board within the classroom, for one of their favourite stories, *The Gruffalo*. They have been busy making models of all the characters using various collage materials, trying out different painting techniques and mark making by writing labels for the display. On Friday 15th March the Adventurers group took part in *Red Nose Day* and raised money for Comic Relief by donating £1 and coming in to school wearing something red! All the children have been very busy creating Mother's Day gifts and cards.

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

Gill Pursglove

Administrator

Tel: 814242

Email: admin@rainbowpreschool.net



CTS FOOD BANK

www.stanstedchurches.com/foodbank

Can you help?

Donations of food would be much appreciated for local people in need. We welcome all food with a long shelf life, particularly long life fruit juice and milk, coffee, tinned fruit and custard, pasta sauce, tinned or dried potatoes, sweetcorn and rice. Donations can be put in the box near the tills in the Co-op, or taken to St John's Church on Tuesdays 9.15am-11.00am and Thursdays 10.30am-noon, or to Stansted Free Church foyer on Mondays, Wednesdays and Fridays 9.30am-12.30pm when *The Place on the Hill* is open. A big thank you to everyone who has donated to the food bank in the past; we are receiving many more requests than when we first started and our stocks need regular replenishment. If you are in need of a food parcel, please contact Spangles Children's Centre on 812348 or Uttlesford Citizens' Advice (CAB) on 01799 618840.

Elaine Ballard

On behalf of Stansted Food Bank Team

Tel: 816480



Easter Craft Specials

Come and join in our Easter Crafts on **Monday 15th** and **Wednesday 17th April**. The Place will be open as usual from 9.30am, with planned activities for all ages between 10.00am and 11.00am.

The Place on the Hill is a free drop-in held at and organised by Stansted Free Church, Chapel Hill, and is open every Monday, Wednesday and Friday 9.30am-12.30pm. Please note we are **not open on Good Friday 19th April and Easter Monday 22nd April**.



Mike Dyer

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SCOUTS COASTAL WEEKEND

Stansted Scouts 'Winter' weekend camp was to Wells-next-the-Sea, on the Norfolk coast, when 24 of us left on a Friday evening in February, hoping for a good weekend. Well, it turned out to be the record-breaking weather weekend, not so much winter after all! On arrival we unloaded our kit and walked to the quayside to get our bearings. After breakfast on Saturday we began our eight-mile hike as we headed down to the quay for a photo opportunity by the *Albatross*, a lovely old sailing ketch.



By 11.30am we had reached the start of the Peddars Way, part of the Norfolk Coastal Path. We followed it until we reached the Holkham Gap where we had a look at the new visitor centre, and then we had our packed lunch looking out to sea. Some Scouts decided to have a paddle. We returned along the beach to Wells, stopping near the beach huts for some rest and relaxation. As we were covering the Naturalist badge, we looked at the different pine trees, the evergreen oaks (Holm Oak), the dune grass and different sea shells, as well as a huge gaggle of Brent geese that landed in front of us. In the evening the scouts enjoyed spaghetti bolognese with garlic bread for dinner. They then spent the rest of the time watching their film choice with a canned drink and popcorn. Sunday morning, and another sunny day greeted us. After breakfast it was time for the traditional crabbing from the quayside. Everyone had a go but not many crabs were caught as most fell off the lines. Traditionally we buy chip shop chips and have them with fish fingers for our Sunday lunch. A clean up followed before we headed home after another successful weekend.

Mike Byrne
Scout Leader
Tel: 812780

Email: stanstedscouts@hotmail.co.uk



INNER WHEEL CLUB OF BISHOP'S STORTFORD

At our meeting in February, President Margaret Webb provided us with an update on her voluntary work with the Jaipur Limb charity, and how it continues to support and help so many people. On 3rd March at Bishop's Stortford Golf Club we celebrated the 70th year since our Club was chartered with a very special lunch. Over 80 people attended including past and present members, our District

24 Chair and Vice Chair, friends from other local Inner Wheel Clubs, together with members of Bishop's Stortford and Stort Valley Rotary Clubs. Entertainment was provided by harpist Fife Dunphy, Bishop's Stortford College; violinist Sakura Fish, Hockerill Anglo European College and accompanist Simon Gilliver. Sadly, the event was tinged with sadness, due to the announcement that the Club has taken the very difficult decision to close after the AGM in June, due to lack of members to carry out the various roles. It is hoped a Friendship Club will be started.

Our next meeting is on **Tuesday 23rd April 7.30pm** at the Day Centre when we will be welcoming our District Chair Gill Swanson. For more information please contact me.

June Milne
Club Correspondent
Tel: 01371 875370

MILLWAY THANK YOU

It is with great sadness, that after 45 years of being 'Stansted's Biggest Secret' Millway shut its doors for the last time. Millway, a small, independent stationer, started trading in 1973 at the location in Chapel Hill, supplying mainly churches and offices with duplicating supplies. Over the years arts and crafts were introduced along with gifts, greeting cards and balloons. Sue and her small team would like to thank their customers for their loyal support over the years.

Sue Richardson

As publishers of *The Link* we too express our regret at the demise of Millway. They have been regular advertisers for many years, and each month since 2014 have kindly provided us with temporary storage space for over 3,000 magazines. We wish Sue and her colleagues every success as they move on to pastures new.



Mike Dyer
Chairman

STANSTED MOUNTFITCHET SPEED WATCH

The Speed Watch Team are out at least once a week, and we could be speed watching more frequently if we had more volunteers. During the last three sessions at the Silver Street location we have 'booked' 115 vehicles exceeding the 30mph speed limit; many of these drivers live in our village, and it may be you or your neighbour. How would you feel if one of your family is injured in a road accident by your neighbour? We recently received a report from our Community Speed Watch Co-ordinator (a police officer), who told us that drug driving is now greater than drink driving, and the increasing use of drugs by the over 30s was reported at a recent Parish Council meeting by our County Councillor. Speed Watchers cannot take action against drink or drug drivers but we can take action against speeding drivers. Will you come and help us? Speak to us when you see us on duty. You would be rather surprised what you will see and it only needs a few hours of your time every other week.

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THOUGHT FOR THE MONTH

An old advert encouraged people to try a fizzy drink by asking, "What's the worst that could happen?" The joke was that the advert then went on to portray a series of unlikely consequences of drinking the drink, which left the person who had tried it terribly embarrassed. The idea was, I suppose, that these consequences were so outlandish that people thought they really had nothing to lose by trying the drink.

"What's the worst that could happen?" can be a useful question for us. It can guard us from making terrible mistakes but it can also help us to plan for risks and go into things with our eyes open. Sometimes people avoid new experiences and step back from life-changing opportunities because of unreasonable fear.

Asking "What's the worst that could happen?" can be a question that sets you free

Of course, sometimes the worst that happens is really bad. The Easter story tells how the worst thing imaginable happened to Jesus; an unjust trial and agonising death at the hands of Roman executioners. But it is also the story of the transformation of the worst thing into the best. Death did not have the last word because Jesus rose to life. Death is swallowed up in victory. When the worst things happen, we can discover that Jesus is there in it with us; that the Easter story can be our story too.



Paul Wilkin
Rector of St John's Church



LENT AND EASTER SERVICES



ST THERESA'S

Stations of the Cross every Friday in Lent 7.30pm

Palm Sunday 14th April 10.00am Mass

Maundy Thursday 18th April 8.00pm Mass

Good Friday 19th April

10.00am Children's Service

3.00pm Liturgy of the Passion

Holy Saturday 20th April

10.00am Confessions

8.00pm Easter Vigil

Easter Sunday 21st April 10.00am Mass

ST JOHN'S

Palm Sunday 14th April

8.00am Holy Communion

9.30am Sung Eucharist

Maundy Thursday 18th April

8.00pm Holy Communion followed by Watch until midnight

Good Friday 19th April

2.00pm Liturgy of the Cross at St Mary's, Birchanger

6.00pm *Taizé* reflection led by the choir

Easter Sunday 21st April

8.00am Holy Communion

9.30am Sung Eucharist

SOCIETY OF FRIENDS

Palm Sunday 14th April 10.30am Meeting

Easter Sunday 21st April 10.30am Meeting

FREE CHURCH

Palm Sunday 14th April Mark Hayes

Good Friday 19th April 10.30am Rev'd Roy Fowler

Easter Sunday 21st April 11.00am (note time)

Rev'd Roy Fowler- Easter Communion



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. In April (leading up to Easter), arrangements will be a little more flexible than usual so please get in touch if you wish to come along. **@27** is a house-church or homegroup-style meeting with modern worship music, a Bible-based *thought for the day*, discussion, prayer and more. If you are looking for Christians with a contemporary outlook, a desire to grow in our faith and a vision to benefit our community, why not get in touch? All are welcome; you do not have to be a member of Family Church, or any church, to attend. The **Alpha Course** is now well underway, and is suitable for anyone who would like to explore the basics of the Christian faith, whether you would describe yourself as a Christian or not. If you missed the start this time, but would like to take part, please get in touch as we plan to run it again in the near future. If you would like to join a prayer walk, or have a prayer-request, please contact us.



Ros and Howard Page



CTS LENT MEDITATION GROUP

A reminder that the group meets **every Wednesday** 7.00pm-7.45pm until 17th April in St John's Church. This is meditation taught from a Christian perspective, but anyone of any faith (or none) who has an open mind is welcome.

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Assistant Curate, St John's Church
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CAMEO (Come and Meet Each Other)

The Salvation Army CAMEO group meets at 7.00pm on the third Tuesday of the month at Stansted Day and Community Centre. The cost is £1 per session and includes an evening topic, and fellowship over tea/coffee and biscuits to finish.

The group greatly enjoyed the visit of Helen Gibson who came in February and spoke about the fascinating work of her husband Adrian Gibson MBE. There was lots of interest and shared passions uncovered and all felt included in the subject matter. In April the group will be looking once again at the Passover meal, understanding the symbolism and tasting some of the food items. This will be led by Lt Colonels Alan and Val Hart of The Salvation Army.

Bishop's Stortford Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavilion, Castle Gardens, Bishop's Stortford) and you would be welcome to join us for our Sunday service. We hope to see you soon.



Lieutenant Megan Kervin
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Preachers for April

7 th	10.30am	The Worship Team - New Directions
14 th	10.30am	Mark Hayes
19 th	10.30am	Rev'd Roy Fowler - Good Friday
21 st	11.00am	Rev'd Roy Fowler - Easter Communion
28 th	10.30am	Rev'd Roy Fowler

Visitors from Sweden

Our Sunday congregation doubled in size recently when we were joined by a group of 17 young people and seven adults from a large lively church in Hono, a small Swedish island to the west of Gothenburg. They were on a one-night stopover in Stansted before travelling to Gran Canaria to join a Christian sailing boat called *Elida*. Their leader made contact via our website to let us know they were coming, which gave us time to prepare a bi-lingual order of service, thanks to *Google Translate*. Our picture shows their leader, Anton, reading part of St Luke's gospel in Swedish, which was followed by Judy reading the same passage in English.



After the service, the group had their own session in the church, followed by a light lunch and short walk to some of the 'sights' of Stansted - namely the Windmill and the Recreation Ground! At 3.00pm we waved farewell at the station, where they boarded the train back to the airport for their onward flight. We all had a wonderful day and are keeping in touch.



Marion Dyer



BRITISH RED CROSS WEEK

We have two fundraising events: a **Tea Party** on **Wednesday 8th May** from 3.00pm in the Day Centre, tickets £6.50 from me or Rosina Kirkwood (816916); and a **Jumble Sale** on **Saturday 11th May** 2.00-4.00pm in Manuden Village Community Centre, entry 50p. Proceeds from both events will go to the British Red Cross, helping people in crisis.

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Tel: 01279 814052 Email: uglevillagehall@gmail.com**

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business networking

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WHEN: First Friday of every month
WHERE: Linden House
CONTACT: Peter James telephone 01279 813318 or email peterjames@murdochsestateagents.co.uk

www.stanstedbusinessforum.co.uk



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

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

Assistant Curate: Rev'd Helen Flack
Email: revhelenstn@gmail.com

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

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

St John's Diary Sunday

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

Tuesday A monthly service of
9.15am St John's Tots Holy Communion is
held for residents in
two Stansted care
Wednesday homes: on the first
9.00am Morning Prayer Wednesday (Hargrave
10.00am Holy Communion House) and the second
Thursday Tuesday (Mountfitchet
10.30am-noon The Coffee Pot House).

Monday-Thursday and Saturday
5.00pm Evening Prayer

ST JOHN'S 300 CLUB

Congratulations to the winners of the February draw:

£100	No 250	C Henderson
£50	No 265	Margaret Hill
£25	No 12	Judy Lloyd

The draw for April will be on **Sunday 28th April** following the 9.30am service. Numbers are still available for anyone who may wish to join at a cost of £2 per month per number. Please contact me for an application form if you would like to be in with a chance of winning whilst helping to support the work of St John's Church.

Jean Newson
Tel: 819062

From St John's Registers

February

Funeral

11th Graham Merton, age 78, at
St Mary's followed by burial
In Stansted Cemetery

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

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

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

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

Meeting for Worship Sunday, 10.30am every week

Light Group 10.30am-12 noon 11th May. 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.

WAR MEMORIAL FLOWERS

It is nearly time for our volunteers to start putting two flower arrangements each week on the War Memorial in the Memorial Gardens by St John's Church. We start on Easter Saturday which is 20th April until Remembrance Sunday on 10th November. One of our most faithful volunteers, who is always willing to help out if there are any gaps, will be unable to do the flowers this year as she will be away. So I am looking for a few new people to help. Each person only arranges the flowers once so it is not a huge commitment and I will explain all the details.

Janet Hollis
Tel: 812073
Email: janhollis@btinternet.com



LITTLEBURY CHURCH



Littlebury Church will be holding a **Plant and Book Sale** on **Sunday 28th April** 2.00pm-4.00pm to raise funds for the Church. Refreshments available.

Janice Rust
Tel: 01799 521312

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

THE MOUNTFITCHET EXCHANGE

By the time this edition of *The Link* arrives on your doormat, construction work on the Mountfitchet Exchange building should be complete. The long term future of the library is still uncertain but Essex County Council has just committed to a one-year lease, albeit at an inadequate rent. They will fit out the new space as originally intended so there will be a library service operating from the new building. At the time of writing we can't tell you exactly what our opening date will be because Essex County Council has yet to confirm how long it will take them to be operational - but it makes perfect sense for us to open together. Once known, the date will be on our website and social media pages.

So, the battle to secure the long term future of our library, and other libraries across Essex, continues. The whole basis for our new building was that Essex County Council would be signing a ten year lease and meeting their pro-rata share of the running costs. If they decide not to renew the lease at the end of the first year this would have financial implications for the Parish Council and our residents as council tax payers. We are going to insist that they honour their original commitment.

TRAFFIC FLOW - CHAPEL HILL - WHAT DO YOU THINK?

We are giving serious consideration to asking for double yellow lines (No Waiting at any time) on the south side of Chapel Hill, between Woodfield Terrace and Cambridge Road (B1383).

Previous comments from parishioners on this issue have either been supportive or have raised objections on two grounds:

1) **Risk of increased traffic speed.** Our thoughts: since the introduction of the Residents' Parking Scheme further down Chapel Hill, traffic speeds seem to have reduced. There are more areas for cars to pass each other and there appears also to be less driving down the pavement (although sadly some drivers still lack patience).

The upper section of the hill is like an obstacle course and it causes tailbacks and speeding. With the continuing growth in traffic in and through the village, this will only worsen. Removing the parked cars would also help to make the zebra crossing at the top more visible - especially if Essex Highways upgrade it as per our request with brighter lights and illuminated posts.

2) **Will affect residents or move parking elsewhere.**

Our thoughts: all the houses on this section of Chapel Hill have their own off-street parking and most of the on-street parking seems to have no connection to those houses. Six vehicle spaces would be removed and if they are being used by commuters or airport travellers then they have other options. In this context, we are in discussion with Uttlesford District Council about opportunities to increase parking capacity at Crafton Green and balance this between the short-stay needs of our local business customers and the long-stay needs of their staff and commuters.



There is no perfect solution for the traffic issues in the centre of the village, but we believe this would help. Please let us have your views by email or telephone.

PARISH COUNCIL ELECTIONS 2019

Did you know that your Parish Council had a net expenditure of over £227,000 during 2018/19 and spent this money on maintaining the village's green spaces, the cemetery, playgrounds, allotments, some footpaths and lighting, as well as other essential support services? This money was spent through your Parish Council, and the election of people to this council occurs every four years. The next election will happen in about a month's time on **Thursday 2nd May**. Elections for District councillors will happen on the same day so you will have two ballot papers to complete if there is a poll.

Being a Parish Councillor is open to all residents of Stansted, provided that you meet the qualifying criteria. To be eligible for nomination you have to be at

least 18 years old and be a British or qualifying Commonwealth citizen, or a national of an EU member state. You also have to meet at least one of the residency criteria for living, working or land-owning within the parish or immediate surrounding area. To stand for election you will also have to be proposed and seconded by residents who will support your nomination. There are some exclusion criteria from being a Parish Councillor and more information about all of these are available within the nomination pack, along with other useful information to help you complete the forms accurately.

Nominations for the Parish Council open on 25th March and close on 3rd April; nomination papers are available from the Clerk at the Parish Council offices in Crafton Green House.

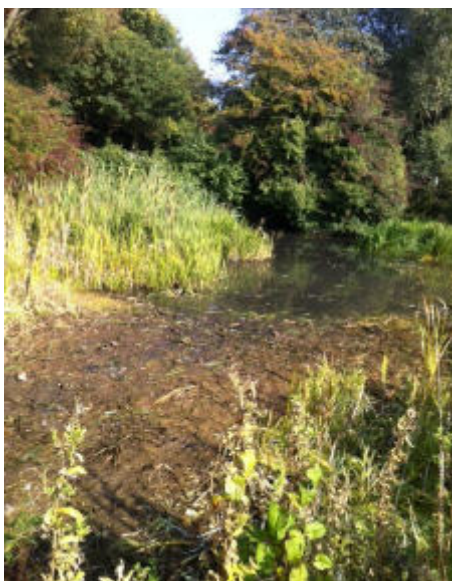
It may seem complicated but it really isn't and there is lots of help available either from current Parish Councillors or from staff in the Parish Council office.

There was an article about elections in the December edition of *The Link* and time is now short so you need to act quickly if you want to stand for election.

Being a Councillor is a rewarding activity and you can really make a difference to the lives of people living in the village. Most of our Councillors have lived in the village for some time and most, although not all, are towards the senior end of the age spectrum!! It would be nice if residents from the new estates had a voice on the Council.

VILLAGE POND

The on-going battle against the invasive New Zealand pygmy weed is continuing. The weed forms a dense mat which out-competes all other aquatic vegetation, eliminates native flora and creates a poorer ecosystem for invertebrates, fish and amphibians. Severe oxygen depletion can occur below dense growths of this plant.



The pond has been sprayed with recommended herbicide and this is having some impact, but the weed is very difficult to kill off completely so it will need further spraying.

This can only be done when the pond is almost dry.

It is vital that people do not climb over the fence around the pond as even a very small fragment of pygmy weed, such as a single node on a 10mm stem, can be transported to other open water sites through mud on the bottom of your boots.

On a more positive note, mallard ducks and moorhens have been spotted on the pond and there is a small amount of frog spawn, although nothing like the amount we used to get a few years ago.

STANSTED IN BLOOM

Judging for our long-established Stansted in Bloom competition will take place on **Saturday 20 July** followed by presentations on Saturday 8 September. We will publish an entry form in the next edition of *The Link*. They will also be available to download from the Parish Council website or you can collect a form from the Parish Council office at Crafton Green.

We hope as many residents as possible will take part in the competition, and this year we would like you to choose your own theme. Hopefully this will result in many different beautiful displays around the village.

POLICING ISSUES

We were hoping that the Police Community Support Officer (PCSO) that the Parish Council is helping to fund would be appearing on our streets in April. Essex Police recruited two new officers but one failed the vetting process and the other resigned within the first week of the training programme. We have asked that the Uttlesford PCSOs pay regular visits to the village until our own officer can be recruited and trained.

NEIGHBOURHOOD WATCH

Our Neighbourhood Watch Co-ordinator writes:

For a year now we have not been able to produce the NhW leaflet, the *Observer*, but at a NhW meeting recently we were informed that all is not lost! The first edition of the leaflet for 2019 will soon be available, but there might have to be some changes as to how we intend to deliver it to the whole village. This is because we do not know how many people are still willing and able to continue to help us with deliveries. We are therefore considering other ways of getting this informative leaflet out to our residents. For this reason we are going to place the leaflet, which has been renamed *Watch*, in various locations around the village such as the surgery, local shops. and, once it opens, the Mountfitchet Exchange. You can also download a copy at www.uttlesfordnhw.org.uk and we will continue to keep you updated as the situation progresses.

If you are still able to help NhW in any way please contact Valerie Trundle on 01279 813433 or Joy Thomas on 01279 813871.

TOWN TWINNING ASSOCIATION

The Town Twinning Association is trying to build up a database of potential hosts for when guests from our twin town of Rungis visit us. If you would be prepared to consider hosting either an individual, couple or a whole family please contact the Parish Office. Generally visits will not be more than a couple of days and you would not be expected to entertain your guests during the day - bed and breakfast is what we are seeking!



The Town Twinning Association is holding a **Quiz Night** on **Saturday 13 April** in the Day Centre at Crafton Green; see page 35 for full details.

Please remember, you don't have to be a French speaker to take part in any Twinning activity!

RIGHTS OF WAY

A right of way is a path that anyone has the legal right to use on foot, and sometimes using other modes of transport.

- Public footpaths are open only to walkers
- Public bridleways are open to walkers, horse-riders and pedal cyclists
- Restricted byways are open to walkers, horse-riders, and drivers/riders of non-motorised vehicles (such as horse-drawn carriages and pedal cycles)
- Byways Open to All Traffic (BOATs) are open to all classes of traffic including motor vehicles, although they may not be maintained to the same standard as ordinary roads.



Legally, a public right of way is part of the Queen's highway and subject to the same protection in law as all other highways, including trunk roads. The Highways Authority, which in our case is Essex County Council, is responsible for enforcing the law in this context. Your legal right is to "pass and repass along the way". You may stop to rest or admire the view, or to consume refreshments, providing you stay on

the path and do not cause an obstruction. You can also take with you a "natural accompaniment" which includes a pram or pushchair.

You can also legally take a manual or powered wheelchair (mobility scooter) provided you follow the regulations for taking these vehicles on ordinary roads. However there is no guarantee that the surface of the path will be suitable for pushchairs and wheelchairs.

You can take a dog with you, but you must ensure it is under close control. Note that there is no requirement for stiles to be suitable for use by dogs.

Other routes, known as permissive paths, are open to the public because the owner has given permission for them to be used: often there is a notice on the path making clear the owner has no intention of dedicating the path as a right of way, and reserving the right to withdraw the permission. These paths are sometimes closed for one day a year, with a view to preventing claims that they are rights of way.



DATES OF PARISH COUNCIL MEETINGS

All meetings start at 7.45pm unless otherwise stated

April

- | | |
|----|---------------------------------|
| 3 | Full Council |
| 10 | Open Spaces |
| 17 | Windmill 7.00pm and F&GP 7.45pm |
| 24 | Full Council |

May

- | | |
|----|----------------|
| 8 | Annual Council |
| 15 | Full Council |
| 22 | Open Spaces |

CONTACT DETAILS

Clerk - Ruth Clifford

Assistant to the Parish Clerk - Trevor Lloyd

Administration Assistant - Emma Philbrick

Email: parishcouncil@stansted.net

Phone/fax: 01279 813214 10.00am - 1.00pm

Website: www.stansted.net

PARISH COUNCIL MEMBERS

Please see our website www.stansted.net

UTTLESFORD DISTRICT COUNCIL MEMBERS

Alan Dean 813579
cllrdean@uttlesford.gov.uk
Terry Farthing 661555
cllrfarthing@uttlesford.gov.uk
Thom Goddard 01371 879122
cllrgoddard@uttlesford.gov.uk
Geoffrey Sell 815925
cllrsell@uttlesford.gov.uk

ESSEX COUNTY COUNCIL MEMBER

Ray Gooding 813103
cllr.ray.gooding@essex.gov.uk

MEMBER OF PARLIAMENT

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

POLICE

Non-emergency 101

The Community Policing Team has its own email address which is monitored daily:

braintreeanduttlesfordcpt@essex.pnn.police.uk

NEIGHBOURHOOD WATCH

www.stanstednhw.org.uk

PARISH PUBLIC TRANSPORT REPRESENTATIVES

Valerie Trundle 813433 Joy Thomas 813871

STANSTED LIBRARY

Watch our for the move into The Mountfitchet Exchange building - check the Parish Council website for details.

Tuesday	9.00am - 1.00pm
Wednesday	2.00pm - 5.00pm
Thursday	2.00pm - 6.00pm
Saturday	9.30am - 5.00pm

VILLAGE LITTER PICK

The Stansted Litter Pickers with the support of the Parish Council request the pleasure of your company at the annual Village Litter Pick

Saturday 30 March 10am - 12 noon

Please meet outside the Day Centre at Crafton Green

You will be supplied with a litter picker

Protective gloves will be available but you might like to bring your own gardening gloves



Churchill's will be sponsoring the event again and all volunteers will get a voucher entitling them to a free meal



RUNNERS WANTED FOR THE 25TH ST CLARE 10K

Our popular 10k race is on **Sunday 7th April** at 10.30am and the event celebrates its 25th anniversary this year. The first 10k in 1994 was organised by Liz Jones and her son Matthew. Liz said: "The event always marks the beginning of spring for me, as the route which my son devised in 1995 is still the same today; there are daffodils in the hedgerows and gardens, new leaves on the trees, and the sound of birds singing." Starting and finishing at the Hospice in Hastingwood, the event is suitable for all, including wheelchair athletes. Last year 320 runners raised more than £14,000 for the Hospice, which St Clare is hoping to beat this year. Our Challenges and Events Fundraiser, Emma Broadbent, said: "We've already seen a huge amount of interest, with record number of entries by this time of the year. It's easy to see why our race is a popular choice for local runners, with beautiful views en route." The road race is UK Athletics affiliated and chip-timed, with medals for all entrants, and trophies in the following categories: male, female, seniors, juniors and wheelchair athletes.



Advance entry is £12 (£10 for affiliated runners). Please note participants must be aged 15 years or above. Visit www.stclarehospice.org.uk/event/st-clare-10k-2019 or call the events team on 773754 for more information or to register. Registration on the day opens at 9.30am and costs £15 (£13 for affiliated runners).

Rebecca Cussens
Communications Manager
Tel: 773752

Email: rebecca.cussens@stclarehospice.org.uk



ABSEIL FOR GROVE COTTAGE!

Fancy doing a challenge to raise money for Grove Cottage that doesn't need any training, is low cost to sign up but is high in exhilaration? Why not abseil for Grove Cottage on **Saturday 4th May** or **Sunday 5th May**, at the Affinity Water Tower, Church Langley, Harlow? The event is in association with the Harlow Tye Rotary Club. Please contact me for further details.

Rosie Wren
Tel: 651908
Email: rosie@mencapgrovecottage.org

TESCO CARRIER BAG FUND – GROVE COTTAGE NEEDS YOUR VOTE

Grove Cottage, the home of Bishop's Stortford Mencap, is bidding to bag a massive cash boost from the Tesco Bags of Help initiative. Tesco has teamed up with Groundwork for its upcoming Community Funding Scheme, which sees grants of up to £4,000 raised from carrier bag sales in Tesco stores, awarded to local community projects. Three groups in each Tesco region have been shortlisted to receive the cash award, and shoppers are being invited to head along to Tesco stores to vote for who they think should take away the top grant.

Rosie Wren, Fundraising Manager at Grove Cottage said: "We are delighted to have been chosen as one of the projects shortlisted for the public vote and if successful the grant will be used to help fund our Weekend Clubs for children and young people with learning disabilities. These clubs provide a vital opportunity for our members, who are at a high risk of being socially isolated, to socialise and have fun in a friendly and supportive environment. The clubs also provide much needed respite to families and carers. We'd really appreciate your support so please do remember to vote for us in store. You can follow the initiative on Twitter by following #BagsofHelp." Tesco customers will be able to vote for Grove Cottage in the Bishop's Stortford and Stansted Tesco stores (including Express stores) from **Friday 1st March to Tuesday 30th April**. Customers can cast their vote using a blue token given to them at the check-out in store each time they shop.

Alison Cameron
Tel: 651908
Email: fundraising@mencapgrovecottage.org

BIRCHANGER 10K AND CHILDREN'S FUN RUN IS BACK!

In previous years we have attracted over 150 participants for the main race and over 50 for the children's fun run (plus a similar number of spectators). After being 'away' for a couple of years, we are bringing the 10k Race back to Birchanger, and hope that it will be even bigger and better! This year's event will take place on **Sunday 12th May** starting at 10.00am from the Birchanger C of E school grounds. All profits will be given to the school in order to enhance the children's learning experience; this includes educational visits for each year and a new outdoor classroom. We very much hope you will support us by either entering into the race, or coming along to support us for what will once again be a fantastic community event. For more details and an entry form go to www.entrycentral.com/birchanger10k or contact us.



Lorraine Booker
Birchanger Primary School PTA
Tel: 07919 368388
Email: birchanger10k@gmail.com

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HELEN ROLLASON CANCER CHARITY WINTER RAFFLE WINNERS ANNOUNCED!

The Helen Rollason Cancer Charity Winter Raffle has raised an incredible £4,500 for the charity! Thank you so much to everyone who bought tickets and also sent additional donations. The first prize cheque of £500 was won by Lynn Power from Harlow. Lynn visited our Bishop's Stortford Support Centre at the Herts and Essex Hospital to be presented with her cheque. A client herself, Lynn knows first-hand what a difference the charity can make; "Once a month I lay down on the HRCC couch at the Bishop's Stortford Support Centre with Claire my therapist and I talk about my hopes, worries and feelings while she gives me a reflexology treatment. After the session I come out of the little room feeling like I'm walking on air; it gives me a real lift. I would like to thank everyone at the centre for making it a warm, welcoming and calm place to come."



First prize £500 Lynn P; Second prize Michael Kors handbag Nicole F; third prize luxury hamper Louisa M.

RIDE FOR HELEN ROLLASON

Ride for Helen is back on **Sunday 19th May** for its sixth year; it promises to be one of the region's biggest and best cycling events for Helen Rollason Cancer Charity with four fantastic new routes. Cyclists from across the county and beyond will be meeting at the Crix in Hatfield Peverel to take part in this fantastic, family-friendly event, which offers a choice of cycling routes to suit all capabilities. All ages and abilities are welcome to join in as individuals or as a team and included in the registration price is a fundraising pack, route maps, route signage, first aid support, mobile mechanic support and recovery, refreshment stops and a medal for finishers. There are six circular routes through the beautiful Essex countryside ranging from six miles for the beginner or family with children, up to 90 miles for the elite adult cyclist. All adult registrations for the six-mile route qualify for **two free child** places and if you get five friends or colleagues to sign

up you will receive **20% discount** off your own booking fee.

If cycling isn't your thing but you would still like to get involved, why not volunteer on the day? We have lots of fun and exciting roles for you to get stuck into. Contact us for further information.



Holly Butler
Marketing and Communications Co-Ordinator
Tel: 01245 380719
Email: fundraising@helenrollason.org.uk

STANSTED DAY CENTRE

What a gorgeous warm sunny February - so different from the February of 2018 when I began as the Day Centre Manager.

This year our courtyard garden has bright miniature daffodils and beautiful iridescent pansies already blooming in pots donated in memory of Eileen whose gentleness we will never forget. Keiran of *Human Roots* has put into action a plan to adopt our garden in the spring, encouraging 'green fingers' of the community to come together to re-design the small space. I know she has already recruited many volunteers but if you have a spare few hours and would like to be part of her gardening team, contact her by email: paleogo@icloud.com.



Sadly, the Day Centre has to say yet another farewell; this time to Eddie Laird, known and loved around the village, especially by longstanding Stansted residents. *'Eddie, a true gentleman, we will miss you after enjoying your company at lunchtime for so many years'*.

As from 15th March, I relinquish my position as the Day Centre Manager. I have thoroughly enjoyed the experience and have met so many new and interesting people with whom I hope to continue to stay in touch. My thanks to Jo and Julie for being such a pleasure to work with. To all the volunteers, so loyal and lovely, may you all continue to support the Day Centre into the future with the enthusiasm I have always seen and admired. *'When one path ends, another presents itself when you least expect it; walk with joy in your heart to where ever it may lead you'*. 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.

Angela Hall
Tel: 815091
Email: stansteddaycentre@gmail.com

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Friday 12th 7.30pm **Barry Steele & Friends: The Roy Orbison Story**
Saturday 13th 3.00pm **Phoenix Easter Panto**
Sunday 14th 3.00pm **Ballet Theatre UK: Swan Lake**
Tuesday 16th 1.30pm **Pongo's Party**
Wednesday 17th 7.30pm **Live Midweek Music - Crescent Quarter**
Thursday 18th 2.00pm **Dr Doolittle**
Thursday 25th 7.30pm **David Gower: On The Front Foot**
Friday 26th 7.30pm **An Evening of Marvin Gaye**
Saturday 27th 8.30pm **Uncle Funk & the Boogie Wonder-band**



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Tuesday 2nd 6.15pm **La Forza Del Destino (12A)**
Wednesday 3rd 2.00pm, Thursday 4th 7.30pm **The Aftermath (15)**
Wednesday 3rd 7.30pm **An Ideal Husband (12A)**
Monday 8th 2.00pm, Tuesday 9th 7.30pm **Fighting With My Family (12A)**
Tuesday 9th 2.00pm **Lego Movie 2 (U)**
Monday 15th 2.00pm, Thursday 16th 7.30pm **Captain Marvel (12A)**
Monday 15th, Thursday 18th 7.30pm **Instant Family (12A)**
Saturday 20th April 2.00pm, Wednesday 24th April 7.30pm **Benjamin (12A)**
Saturday 20th April 7.30pm, Tuesday 23rd April 2.00pm **Fisherman's Friends (12A)**
Tuesday 23rd April 7.30pm, Wednesday 24th April 2.00pm **Maiden (12A)**
Monday 29th April 2.00pm, 7.30pm **The White Crow (15)**
Tuesday 30th 6.45pm **Faust (12A)**



At themuseum Stortford

Saturday 6th 11.00am **Free Tour**
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Saturday 13th 11.00am-3.00pm **Be a Curator for a Day**
Tuesday 16th-Thursday 18th 11.00am-3.00pm **Dr Doolittle Crafts**
Saturday 20th 11.30am-3.00pm **St George's Day Craft**
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Elizabeth Murphy
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Email: info:rhodesartscomplex.co.uk

The Hundred Parishes area includes many airfields. Most were constructed in a remarkably short period by the United States Army Air Force when the USA became involved in World War II (WWII), while others date back to World War I (WWI) and the very early days of aviation. Duxford was built towards the end of WWI, many of its buildings constructed by German prisoners of war. It played a significant role in both World Wars. It is now the location of Imperial War Museum Duxford, a fascinating site which includes many buildings from both World Wars and a huge collection of military and civilian aircraft as well as other wartime exhibits. RAF Sawbridgeworth (actually in High Wycombe parish) also originated in WWI and was then used in WWII.



Andrews Field was the first USA air base in Europe, constructed in 1942/43 using rubble from the London Blitz. This airfield, partly in Stebbing and partly in Great Salting, is well used today by small private aircraft and has a tea room open to the public. Other airfields were built in WWII at Castle Camps, Hadstock (also known as [aka] RAF Little Walden), Hunsdon, Little Easton (aka RAF Great Dunmow), Matching (mainly in White Roding parish), Nuthampstead (pictured above), Radwinter (aka RAF Great Sampford) and Stansted. The runways, along with various buildings and more recent memorials, survive at most of these airfields, whilst the sites have been developed for a variety of uses. RAF Debden, constructed in 1937 and mainly in Wimbish parish, is now the site of Carver Barracks. Wethersfield airfield (in Finchingfield parish) was built by the Americans and today is still used by the Ministry of Defence. Fuller accounts of local airfields appear in the Society's 2018 book, *The Hundred Parishes: An Introduction*.

Ken McDonald
Secretary
Tel: 813226

Email: hundredparishes@btinternet.com



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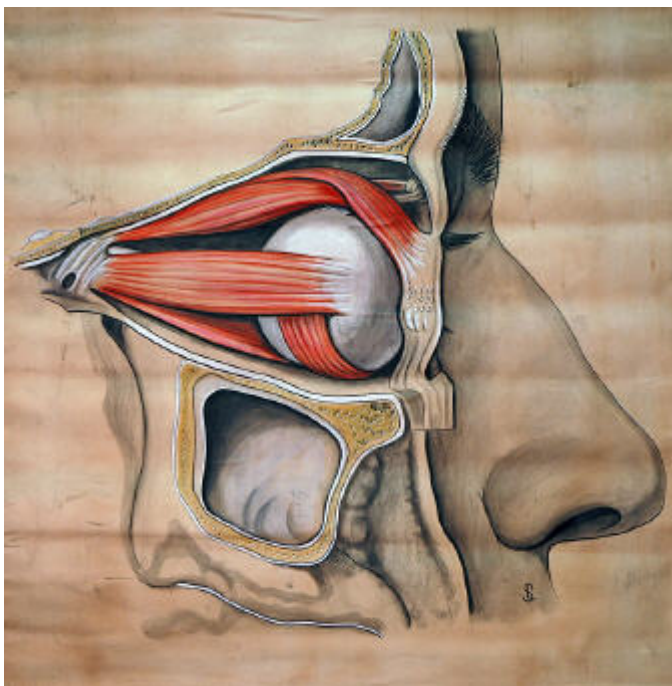
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BRAIN TRAINING – EYE CIRCLES

Did you know there are six eye muscles that control movement of each eye, and the nerves that fire them originate in the brainstem? Most higher brain functions are completely dependent upon the brainstem. The healthier the brainstem, the better we age, mentally and physically.



The demands of contemporary lifestyle, plus wearing glasses, make the eye muscles lazy, which affects the quality of our brainstem and therefore higher brain functions. Just like exercising any other muscle in the body, taking the eyes through their full range of movement is very good for the eyes' extraocular muscles, for the brainstem and for the cortex. Start keeping your eyes and your brainstem healthy by following the steps of these simple eye circle exercises.

- Find a pen to use as a staring target
- Sit down and take off glasses if wearing them
- Put one finger underneath your chin and, with the other hand, hold the pen out at arm's length
- Slowly take the pen upwards, following it with your eyeballs only, not your whole head
- When the pen is as high as possible, but you can still see it, slowly draw a circle in front of you, following the pen with your eyes only
- This means the eyes will go through their full range of motion: upwards, sideways and downwards
- Having completed one circle, go back the other way
- Notice any areas of difficulty; maybe you skip a section or blink
- Put down the pen and place your palms over your eyes. You may find yourself making small sighing noises
- In an ideal world, this drill is also done one eye at a time, again checking for areas of difficulty.

Clare Harding
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STANSTED MOUNTFITCHET
LOCAL HISTORY SOCIETY

The Malt Industry in Hertfordshire

Helen Gibson gave a fascinating talk about the malt industry in Bishop's Stortford from 1960. She can remember that there were so many maltings, and the whole district was filled with the smell of malt: a roasted coffee aroma which altered from day to day depending on how brown the malt was. Peter Brown added that when the wind was in the right direction you could get the same aroma drifting into Stansted. Malt is a by-product of barley which is made wet until the grain starts to shoot, then it is dried in a kiln and milled. Beer and whiskey are made from this process; the longer it is dried in the kiln the darker the beer which explains the range from light beer to Guinness.



Bishop's Stortford, Hertford, Ware and surrounding areas have good soil for barley; with the rivers Stort and Lee, transporting the beer to London was easy. From 1769 London's demand for beer was insatiable, as water was unsafe to drink. Bishop's Stortford built its corn exchange in 1820 so that producers could negotiate a good price with breweries and dealers. When the Corn Exchange ceased trading in 1959, Hertfordshire County Council bought the premises. It soon fell into disrepair and in 1967 the same council proposed to demolish the building and replace it with a paved open space. This was so strongly opposed by the Civic Society and Local History Society that a ministerial decision was made in 1971 to save it. A developer restored and converted the building in the early 1970s.

The next meeting on **Thursday 4th April 7.45pm** at the Day Centre is *The Royal Gunpowder Mills* by Richard Thomas. Tea, coffee and biscuits will be available for £2.



Steve Leaney
Tel: 647177

INK CARTRIDGE RECYCLING FOR CHARITY

Thank you to all who have donated so far – please keep them coming! There is a collecting box in the Free Church Foyer (which is open every Monday, Wednesday and Friday 9.30am-12.30pm), and also one in the Free Church Hall. We can take most cartridges except Epson, but they must be **originals**. Unfortunately, we can no longer recycle mobile phones. If you cannot take items to the church, you can bring them to 7 Blythwood Gardens (leave in the porch if we are out) or we can collect from you. Thank you.



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

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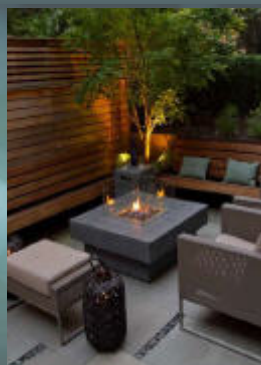
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www.nationaltrust.org.uk/hatfield-forest

Take a stroll in the historic woodland that is Hatfield Forest and you step through a portal into the past. The hundreds of ancient trees give a glimpse into years gone by and it is easy to imagine yourself back in medieval times, when Hatfield Forest was a royal hunting ground. The Forest has barely changed in a thousand years, and the trees here all have a story to tell. One hornbeam near the entrance road is known as the 'walking tree'. Over the years it has gradually 'walked' across the ground, as each fallen branch has taken root on contact with the earth. Meanwhile, near the lake a 500-year-old burr oak stands tall. It was selected to 'grow on' in the mid-1700s by landscape architect Lancelot 'Capability' Brown during his redesign of the lake area. The trees provide the perfect habitat for some of the Forest's rarest insects as well as lichen and fungi. A fungi survey has found at least two species new to Britain and 41 species new to the site.

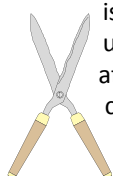


There are lots of events planned this month, celebrating the new season. These include a Forest Bake-off, an opportunity to make a mini bee hotel and two photography workshops. April marks the start of the Forest's summer opening hours. From Monday 1st April to Monday 30th September the café, shop and car parks will be open daily. For more information call 870678 email: hatfieldforest@nationaltrust.org.uk or visit our website.

Helen Hooker and Elizabeth Reeve
Visitor Welcome Team

GARDENING TIPS FOR APRIL

Evergreen hedges and bushes such as photinia, laurel, bay, griselinia, eleagnus and yew can be clipped or pruned to shape or size. Where possible try to do so on a dry day; this is easier for you and has a slightly lower risk of adverse issues for the plants. When pruning evergreens, a useful technique for helping with the cleaning up afterwards is to place a large board underneath the clipping area for the debris to land on. It is much easier to sweep off a board (2.5m x 1.25m works



well) than trying to rake clippings off planting beds or lawns. Another alternative can be an old bed sheet; you can pull the corners into the centre when the task is complete which makes handling the clippings a breeze. Other shrubs such as fatsia, mahonia, viburnums and hebes typically do not tolerate hard pruning, so only refresh these by taking out or cutting back about a third of the growth each year, and staggering the rejuvenation over the course of a few years. Deciduous spring flowering plants which have completed their flowering cycle such as forsythia and ornamental currants (ribes spp) can be trimmed back if they are growing beyond the area you allocated.



There were some false warm periods over the course of the winter and spring; do not be tempted to plant out tender summer bedding (eg calibrachoa, tagets, etc) or other plants that are only half hardy in this country. Overnight temperatures often remain low well into May, especially in the valley area of the village. If you do see an irresistible bargain in a garden centre, consider bringing it in at night for shelter to a conservatory, greenhouse, window sill or even a shed, to protect it from adverse overnight temperatures.

Paul the Gardener



STANSTED MESSY CHURCH

www.stanstedchurches.com/messychurch

The theme of our March event was *Trust*. Everyone enjoyed a variety of activities related to the theme, before joining in the celebration which is pictured below. For more photos please visit our website.



Good Friday Special 19th April 3.30pm at Stansted Free Church, Chapel Hill

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



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We are now fully recovered from our record-breaking snow-drop Open Days; over 2,800 adults and children loved our snowdrops and kept us on our feet all day throughout the event. So we begin the season proper this month with over 1000 more visitors than last year! The Italian garden lily pond will be back to its best in time for visitors, with the lilies divided and ready to multiply.



We are once again hosting the Helen Rollason fundraiser Rural Rambles on **Saturday 13th April** 10am-4pm. Our Open Day is on **Sunday 28th April**, when children from St Mary's Primary School, Great Dunmow will be exhibiting their project work on the Gardens' history, and also singing for us. Gates open at 11.30am and for further details please see our website. We are working hard to finish our winter jobs and to prepare for the spring with further plantings and sowing of seeds (particularly in the walled kitchen garden), which we hope will be every bit as productive as last year. Some trees are already blossoming, the new spring bulbs we have planted are beginning to show, and the bees are starting to come out for food.

Jill Goldsmith
Publicity
Tel: 01371 876979



STANSTED MOUNTFITCHET WINDMILL

www.stanstedmountfitchetwindmill.co.uk

Our Coffee Morning is on **Wednesday 10th April** 10.00am-noon at the Day Centre. Entry £2.50 with all the usual refreshments. Many of you will have received your new membership forms. I hope you will agree to sign up; once you are a member you will have free entry to the Windmill on open days. You can now sign up online on our website.

The next Windmill openings will be 1.30pm-5.30pm on **Sunday 7th April, Easter Sunday 21st April** and **Bank Holiday Monday 22nd April**.



Molly Clark
Co-trustee
Tel: 816768

STANSTED MOUNTFITCHET SOCIAL CLUB

www.smsc.uk.com

We start once again with the sad news that another Club member has passed away. Eddie Laird was a well-known figure around the village; he lived to the grand old age of 94!

Regarding the tower, we have now chosen the contractor who will carry out the work and we are in negotiations to raise the money needed: around £90,000. An application has also been submitted to the Heritage Lottery Fund; if this is successful it may well provide all of the money needed. We also have applied for funding with Manchester Airport Group, which may provide a small chunk of money towards the repairs. A big thank you goes to Councillor Alan Dean for his contribution to the fund. Don't forget that the Club is available to use for social events. We have hosted a number of wedding celebrations, birthday parties and funeral teas over the last few months; we can also organise food and entertainment. There is no cost to hire the Club for members, so please consider us for your next event.



Entertainment

April sees *Afterlife* making their debut at the Club on **Saturday 6th**. We welcome the amazing *Lisa Hammond* back on **Sunday 14th** and the mighty *Popgun* are back with us on **Saturday 20th**. *Grace Nolan* is appearing on **Saturday 27th** and we round the month off with our Sunday karaoke on the 28th. We have bingo every Tuesday with eyes down at 8.00pm, and every Sunday sees the Members' Draw and Meat Raffle. Tickets will be on sale soon for the Easter Egg Raffle which offers a chance to win a mountain of chocolate. A shout out to members: don't forget that membership renewals will be due by the time you read this.

Andrew Sharpe
Email: eatmorestillton@gmail.com

ANYTHING YOU CAN DO ... CHANGE OF DATE

Due to a clash of dates, the fundraising event for Jo advertised in last month's *Link* will now be on **Saturday 6th April** at 49 St John's Road 10.00am-3.00pm. Entry is £1 (includes bottomless coffee, teapot and biscuits) and there will be second-hand books, bric-a-brac, craft items, delicious homemade cakes and jams for sale, plus tombola and raffle. Please drop in any time after 10.00am on the day. You can be guaranteed a warm welcome, a decent cuppa and a chance to win something to take home with you. Please come and help Jo in her efforts to raise lots of money for the Alzheimer's Society. For more information please contact us.



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Nature Notes

Bluebell *Endymion non-scriptus*

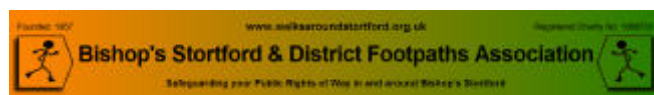
English bluebells are a sight to gladden hearts. Alfred Lord Tennyson describes them as “the heaven’s up-breaking through the earth”, and given the vast carpets that they form in the woods, it certainly looks like it. To accompany this feast for the eyes, the bluebell has the most delicate and delicious fragrance. In the olden days it was used medicinally, as a diuretic, styptic and as a cure for snake bites. None of these treatments would be recognised today as the bluebell is now regarded as a poisonous plant.



However, there may be a place for bluebells within conventional medicine in years to come. It has been observed that there are compounds within the bluebell likened to that of water-soluble alkaloids that are being tested in America and Australia. These are thought to be of use in medicine for HIV and cancer. Dr Alison Watson of the Institute of Grassland and Environmental Research, Aberystwyth, is studying the bluebell. She states that the compounds might be difficult to produce synthetically, so the bluebell would have to be grown and developed into a medicine. “It is conceivable that one day farmers’ fields may be covered in blue carpets of the flowers grown for their commercial value”. This of course already happens in Wales with the daffodils that are grown for their use in tackling Alzheimer’s Disease. In times gone by the juice from the leaves was useful to the laundress to stiffen the lace ruffs; to the fletcher for fixing feathers to arrows, and to the book binder to firm the book binding. Today it is a criminal offence to gather bluebells, as they are a protected species.

Bee’s Daughter

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www.walksaroundstortford.org.uk

Sunday walks departing at 10.00am, 5-6 miles

14th April Daisy May’s Farm, Hall Rd, Elsenham on left after the RH-bend GR:TL541261 Postcode: CM22 6DF

28th April Twyford Lock Car Park, Pig Lane BS GR: TL493193. Postcode: CM22 7PA

12th May Clavering Village Hall GR: TL480323. Postcode: CB11 4QS

Don't forget to check the website, as there may sometimes be a surprise walk listed.



A recently installed kissing gate. Photo by Dave Webber

Current projects

The BSDFA is pursuing the following: a linked safe walk (maybe cycle way) into Bishop’s Stortford from Stansted; the Public Rights of Way (PROWs) over Stortford North and Stortford South; the railway crossing closures; the register of ‘forgotten footpaths’; finding/collating proof required for submission to Herts or Essex County Councils for application as PROWs; the Manuden Road pedestrian safety; and of course, Harlow North development. All this takes some considerable time. So much to do. Sometimes I feel bad about just going out to plan a walk! Crunch-line: if there is anyone who can spare some time to assist in any of these projects, please get in touch.

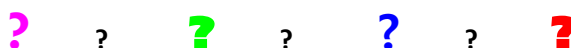


Daphne Wallace-Jarvis,
Publicity Officer
Email: dwwjwj.444@gmail.com

TOWN TWINNING ASSOCIATION QUIZ NIGHT

Saturday 13th April 7.00pm for 7.30pm at the Day Centre.

Tickets £10 including Ploughman’s Supper to be paid in cash on the night, but please notify Individual and team entries to the Parish Council by email: parishcouncil@stansted.net or by post. Pay bar for beer and wine. Please bring your own soft drinks and nibbles.



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DAISY MAY'S FARM

www.daisymaysfarm.org

Down on the farm everything is waking up to the fact that spring has arrived, and to celebrate, we are getting ready for our fantastic **Spring Event on Sunday 7th April 11.00am-3.00pm**. Tickets are only £3 and this includes entry to the farm, meeting the animals, feeding and grooming them too, chick cuddling, craft activities and more. For a little extra you can also have fun on the bouncy castle, ride on the ponies, get made up by the face painters, have some scrummy food from the barbeque or Snack Shack and most importantly, have a go on the Spring Treasure Hunt where everybody can win a prize.

Another date for your diary is **Sunday 14th July** when we have our Summer Fun and Pet Show. All our special events are a vital lifeline for us to raise funds in order to feed and look after our rescued animals. We can only do this with your help and support, so please come along! You can also visit our Facebook Page *Daisy May's Farm, Elsenham* and donate via our Just Giving page. If all our followers donated just £1, we would smash our target, but please feel free to donate more if you so wish! We are also in much need of help on the farm; are you good at building and DIY or love getting involved with animals, or are your admin skills going to waste? If so, please get in touch; we would love to hear from you. See our website for more information.



Elaine Terry
Tel: 07747 787973



Stansted Tennis Club

Founded 1889

www.stanstedtennisclub.co.uk

The new membership year started on 1st March, so if you would like to join please download a membership form from our website. Club sessions are held on Wednesday, Friday and Sunday mornings; Monday evenings (once a month, see below) and Wednesday evenings. We also hold many Club tournaments throughout the year, in addition to playing in the local leagues. Coaching for juniors and adults is available from two qualified coaches for all levels at very competitive rates. Non-members are welcome to come along to the Club, up to three times a year, as a visitor (£2 per adult per visit) to try us out first.

Junior coaching

The junior coaching programme, open to members and non-members, is now up and running. Group coaching sessions will be held on Wednesdays and Fridays from 4.00pm. Please contact Ollie Toms for further details on 07917 652014, email: ollie@olliestennis.co.uk

Ladies' night

The next ladies' night (members only) will be on **Monday 8th April**, 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.

Fiona Kelly

Publicity Officer

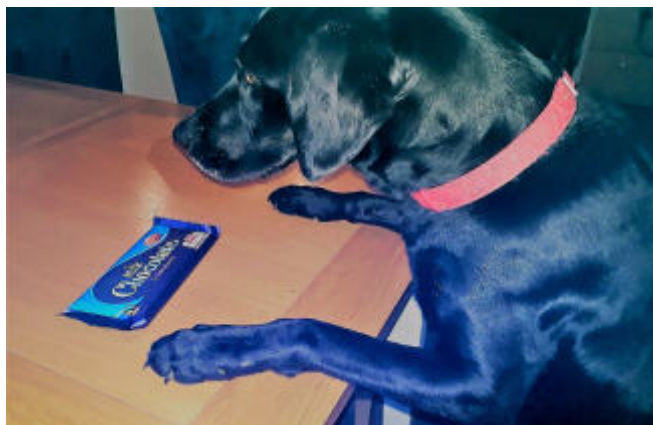
Email: fiona1.kelly@btinternet.com



CHOCOLATE WARNING!



We are all partial to a bit of chocolate down at the surgery, so you would think Easter might be our favourite time of year; unfortunately not, as we usually end up having to make dogs sick because they've pinched someone's Easter egg! Hopefully most dog owners know by now that chocolate can be toxic for dogs. It contains a substance called theobromine that can be poisonous. The darker the chocolate, the more theobromine and therefore the greater the risk.



The symptoms of chocolate poisoning are vomiting, thirst, restlessness, twitching, salivation and becoming unsteady when walking. This can progress in severe cases to blood in the urine, heart arrhythmias and convulsions; several deaths due to chocolate poisoning have been reported. The symptoms usually occur within three to four hours of the dog eating the chocolate and may last up to three days. To put it in perspective, (before sales at Cadbury's plummet!) your dog is not going to have a problem if it just eats one chocolate button, but if you suspect your dog has eaten a large amount of chocolate or is showing any of the above symptoms, it is very important to call your vet immediately. A common reason for dogs eating chocolate is people leaving it where dogs can reach, and some dogs can reach very high when there's chocolate involved! One owner even told me that her two dogs worked as a team, the Jack Russell standing on the back of the Labrador then jumping onto the sideboard to get to the Easter egg. I think the moral of the story is, where there's food involved, never underestimate a Labrador.

Happy Easter!



Ilse Pedler

Mercer and Hughes Veterinary Surgeons

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Rainbows (Friday)	Sue Pollard Tel: 813734
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	St John's Road and Area Association	Secretary: Leila Riddell Tel: 07770 955830
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Brownies (Wednesday)	Susan Scott Tel: 810955	Spangles Family Hub	Tel: 812348 Email: vcl.essexwest- uttlesfordadminhub@nhs.net
CAB	Tel: 01799 618840	Stansted and District Past Rotarians Club	Secretary: Geoff Lay Email: geoff.lay@ntlworld.com
Corkers Netball	Lisa Menzella Tel: 07827 988732	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Cub Scouts Age 8-10½	Nic Devine Email: kinglouie.huskies@gmail.com	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Day Centre	Tel: 815091	Stansted Football Club	Tom Williams Tel: 07921 403842
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office tel: 656085	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Tennis Club	Fiona Kelly, Publicity Officer STC Tel: 07949 623484 Email: fiona1.kelly@btinternet.com
Helpline	Tel: 07704 553727	U3A	Ray Smith, Chair Tel: 813270
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Stansted)	Anne Watson, President Tel: 898693
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Inner Wheel Club	Margaret Webb, President Tel: 503225	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Investigators Age 7-11	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com	Youth Centre	Linda Barnes Tel: 07947 548051
Little Scrummers	Andrew Poyser Tel: 07738 591232	Note: This list will be updated as and when we learn of any changes. If you would like the details of your organisation to be added please let us know. (Contact details on page 1.)	
Millers (Windmill) music@stansted - classical concerts	Molly Clark Tel: 816768 Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK Uttlesford Support Group	Vivian Falk, Chairman Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk		
Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net		
Rainbows (Wednesday)	Rachel Roberts Tel: 07864 821905		

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 FOOTBALL CLUB

As the final month of the season kicks off, there is excitement around the Club as to what we can achieve over the remaining games. Written off by many at the start of the season, this team is now on the verge of completing The League Treble! When the chasing pack has applied pressure, the team have responded by raising their performances to new levels. They now have a fantastic opportunity of creating their own piece of history in this Club.

Remaining fixtures

Saturday 30th March kick-off 3.00pm; we are at home to Hullbridge Sports. A real six pointer and a chance to gain revenge for an early defeat by them last August.

Tuesday 2nd April kick-off 7.45pm; we play a home derby League Cup Semi-Final against Saffron Walden, who will bring plenty of support, so I am hoping that support from the village will be large and vocal.

Saturday 6th April kick-off 3.00pm; our last home game of the season against Woodford Town has been sanctioned by the FA as a chance to welcome as many young children and their parents to the Club as part of 'Kick it Out' campaign, which looks to eradicate all forms of discrimination in our game. We will post more details on our social media and communicate the event to the three primary schools in the village. Finally, we play in the Gordon Brasted Memorial Trophy Final (the first leg of the treble) against St Margaretsbury on Easter Monday. Venue Burnham Ramblers FC, kick-off 3.00pm.

Our final league game is on the **Saturday 27th April** away at Leyton Athletic; hopefully a win in the semi-final will then set us up for a League Cup Final appearance which will be played on **Monday 4th May** at Bishop's Stortford FC.



Tom Williams
Secretary
Tel: 07921 403842



STANSTED HALL & ELSENHAM CRICKET CLUB

www.shcc.hitscricket.com

Over the winter months the Club has been very active raising money for Club funds with a Presentation Evening and two very successful quizzes. There is much to look forward to in 2019 with Division 1 and 5 cricket, and of course England are favourites to win the World Cup. For the third year running the Club is organising *All Stars' Cricket*. If you have a child between the ages of five and eight years and they enjoy sport, this is a must. The cost is £40 which is paid direct to the England and Wales Cricket Board, and for that money your child receives a nice amount of cricket kit and eight one-hour sessions of cricket coaching. Good news for the parents; what could be better than starting the weekend down at our lovely ground on a Friday evening watching your youngsters enjoying themselves? If interested please go online to www.ecb.co.uk/playall-stars. The senior team's first friendly is on **Saturday 20th April** at Thaxted, followed by a home friendly against Stansted on **Saturday 27th**.



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



STANSTED BOWLS CLUB

The Club is ramping up momentum in getting the facilities and the green ready for the start of the season. The new Club-house roof is complete and should give us a nice dry home for at least 25 years. The green team report that it is looking in excellent condition. To celebrate the new roof and new season we plan to have an opening ceremony. A representative from Bowls England will join us to present us with a plaque along with other VIPs who have supported this project. The date for your diary is **Saturday 20th April** at 2.00pm. The opening will be followed by our traditional Captain v President's match. Visitors are welcome, the bar will be open. Nice weather has been booked.

The following weekend 27th and 28th April 11.00am- 4.00pm we shall be having our open weekend. This is your opportunity to have a go and meet some of the players, and try a bit of coffee cake. Hopefully you will want to join the Club and for the first year the following offer will apply to you: **One year's full membership, which allows you to take part in Club matches and competitions and full use of our discounted bar for just £10.**

We are a small Club with a big heart; we play because we enjoy it and have a few laughs along the way. Of course, it is nice to win and to be the best, but it is especially enjoyable to be in the company of good friends enjoying a game. This we can promise you at Stansted Bowls Club, so come along on a Friday evening (our social evening), meet a few of the players and help to put the world to rights; you know it makes sense.

Peter Beattie

Hon Secretary

Tel: 07850 329192

Email: peterdavidbeattie@gmail.com



Stansted Cricket Club

We are still waiting to hear details of our 1st XI's fixtures in the Herts and Essex League (HECL) Division 2. The HECL Spring General Meeting is on **Monday 8th April**, at which plans for possible regionalisation for the 2020 season will be considered. Two of our members attended the Cambridgeshire Cricket Association AGM on 27th February. By the time this is published, we will have held our Club AGM on 13th March; details of any changes to key officers will appear in the next edition. There will be a working party on **Friday 19th April** to begin getting the pavilion and ground ready for the new season. Work on repairing the water damage to the veranda is scheduled to begin on 23rd April. Indoor winter nets (two lanes) continue at the HECC Sport Cricket Centre (Tharbies Farm, Rook End, High Wych, Sawbridgeworth CM21 0LL) from 9.00pm-10.00pm each Tuesday evening until 9th April inclusive. All current and any prospective players are welcome to attend and get some practice in before the new season starts **Saturday 4th May**. The Club would like to invite anyone interested in scoring on a regular basis next season to contact me. Adult players wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge
Hon. Secretary
Tel: 812509

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