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Taken by Paul Burt Photography

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# Stansted Mountfitchet Village Magazine

# The Link

www.stanstedlink.org.uk

Produced by Stansted Mountfitchet Magazine Community Interest Company

Delivered free to over 3000 homes and businesses in Stansted. Further copies may be purchased for £1 each or £11.00 per year, plus postage. Each edition is also available on our website. *If you do not receive your copy please email: distribution@stanstedlink.org.uk or telephone 813680*

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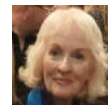
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## EDITORIAL



The Link Team is introducing a new item to the publication this month: Random Jottings. This is a space for you to submit short articles that you deem to be of interest to readers. To give you a few ideas: amusing anecdotes, gripes and moans, unusual photos and travel stories. The main two things to avoid would be articles of a political or personal nature (gripping about your neighbour's cooking smells would count as personal!). There are two articles on page 11 to illustrate the kind of thing that we have in mind. This month's front cover shows runners taking part in the annual Stansted Fun Run, which took place on Sunday 9<sup>th</sup> June. They were so very lucky with the weather that morning; running in torrential rain would have been no fun at all. Eddie Laird, one of Stansted's wonderful characters, is remembered on page 4 by his family in a very warm and affectionate article. Finally, we are very pleased indeed to have news from Stansted Surgery, with an informative and helpful article on page 2.

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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 9<sup>th</sup> July for the August issue or by hand/post by noon on 7<sup>th</sup> July to 7 Blythwood Gardens, Stansted CM24 8HG.

**DISCLAIMER** Opinions in The Link reflect those of the authors and contributors. Publication (on paper or electronically) of articles, advertisement or product/services information does not constitute endorsement by The Link nor is any culpability accepted for work undertaken by advertisers. **Stansted network** is compiled and financed by Stansted Mountfitchet Parish Council. Stansted Link is printed by CZ Design and Print.

## HEALTH AND WELLBEING

### STANSTED SURGERY

#### Staffing

We are pleased to welcome a new GP, Dr Greta Berrocal, to the practice. She will hold clinics on Mondays, Thursdays and Friday mornings. She joins our team of Dr Christopher Leeman, Dr Angus Henderson, Dr Elena Andrei and Dr Azam Bata.

#### Dr Leeman's Walk-In Dermatology Sessions

These were a great success. Dr Leeman saw 350 patients over four sessions with some patients requiring further treatment or referral. We hope to repeat this campaign in the summer.

#### Air Pollution in Stansted

There has been monitoring of the air quality in the village. Areas of concern identified are: Silver Street, the top and bottom of Chapel Hill and the traffic lights area around Grove Hill. In these areas, the recorded pollution is higher than the level deemed safe by the World Health Organisation. Air pollution affects people with respiratory problems, and is proven to be particularly harmful for children. Parents and carers walking children around the village may wish to consider alternative routes.

#### Carers

We are eager to identify our patients who are carers, so we can offer them some extra support. A carer is a person of any age (including children) who provides unpaid support to a partner, relative, friend or neighbour who could not cope without their help. If you are a carer please collect a carers' pack from our reception or email: stansted.surgery@nhs.net.

#### Ways to help us help you

Patients often enquire why the receptionist asks "What's wrong with you?" Our reception staff are important members of the practice team, and it has been agreed by the partners that they should ask patients why they need to be seen. This is part of a wider NHS England initiative, to ensure patients receive:

- the most appropriate medical care
- from the most appropriate health professional
- at the most appropriate time

Like all surgery staff, receptionists are bound by patient confidentiality.

Teresa Buglass  
Practice Manager

### AN UPDATE – AIR QUALITY IN STANSTED

Just a quick recap and update, Uttlesford District Council (UDC) has a statutory duty to monitor air pollution where there are good reasons to suspect poor air quality. During 2018, UDC monitored five locations in Stansted for Nitrogen Dioxide, (NO<sub>2</sub>), which contributes to long-term respiratory and heart disease problems. The recorded 'Bias Adjusted Annual Mean' results for these locations are:

**Chapel Hill** 26.9 micrograms per cubic metre of air.

**Grove Hill** 35.6 micrograms per cubic metre of air.

**Cambridge Road** 26.7 micrograms per cubic metre of air.

**Silver Street** 35.0 micrograms per cubic metre of air.

**Burton End** 33.6 micrograms per cubic metre of air.

The World Health Organisation limit is 40 micrograms per cubic metre of air. If there are more developments of dwellings particularly in Elsenham and to the north-east of our village the vehicles from them are likely to travel along Grove Hill and Lower Street exacerbating this problem. There are three significant development proposals in that area which should not be approved; you can do something about this by making comments to UDC Planning Department.

Ray Woodcock  
Tel: 816468

### BRAIN TRAINING

#### Mindfulness v Relaxation Techniques

Mindfulness and relaxation differ: the first is present but does not judge; the latter uses attention to release tension. Whilst both mindfulness and relaxation lower distress and raise positive mood, only mindfulness has a good effect on rumination and negative habits. With either type of technique, they should feel nice in the short term, but for real benefit, you have to stick at it. Real brain changes take 20-40 hours of regular and deliberate practice.



Brain studies have found that mindfulness can help with risk taking since it positively affects the part of the prefrontal cortex that helps regulate our decisions. A good course of mindfulness will help you think twice, or give you the courage to give it a whirl, depending upon need. The second area affected is called the orbitofrontal cortex. It is here we associate actions with long-term rewards or punishments. That was a nice biscuit; if I finish the packet it will be nice on the lips (immediate), huge on the hips (long-term). All of which means that, for weight loss, learning mindful eating will really help. The third area affected is called the precuneus, which lives in the parietal lobe. This fascinating area partly deals with our degree of arousal and itchiness. When we are in a deep sleep, part of the precuneus sends signals down to the activating part of the brainstem to shut it down; these brainwaves are also present in mindfulness practitioners, but not in relaxation practitioners. Regularly scratching some itch or other can be a sign that the precuneus is seeking stimulation. Get good at mindfulness, and the itching should subside.

Clare Harding  
Z-Health Master Trainer  
Email: clare@clareharding.com





## ST CLARE HOSPICE

### Community Project Wins Regional Award

A community-led social wellbeing project, Compassionate Neighbours, led by St Clare Hospice, has recently won the Voluntary Community Service Award at Essex County Council's Who Will Care? Awards 2019. Awarded on the grounds of 'outstanding service delivery to support their community and/or service users', the Compassionate Neighbours team at St Clare received the news at the Award Ceremony on the evening of Wednesday 22<sup>nd</sup> May, at Anglia Ruskin University in Chelmsford.



Presenting the awards on the night was BBC Radio Essex's Dave Monk DL, who read aloud St Clare Hospice's nomination details as finalists: "St Clare Hospice runs the Compassionate Neighbours project, working to ensure that fewer people in our community face death on their own. The project aims to develop local people as volunteers who feel enabled and supported to be more compassionate towards their neighbours. The project has led to the Hospice training 64 Compassionate Neighbours, with 51 matched to support communities."

Stacey Towler, Compassionate Neighbours Project Manager at St Clare Hospice, who has led and delivered the programme throughout West Essex and the borders of East Hertfordshire since January 2018 said: "We are absolutely over the moon to have won this incredible award! The competition was extremely strong, as we were in the running along with lots of other wonderful local projects that sounded amazing. However, when Dave read out 'St Clare Hospice' as the winner, I just swelled with pride!"

### Bereavement Support

In order to keep pace with demand for lighter-touch support for local people facing the loss of a loved one, the hospice has now developed four *Bereavement Cafés*. Run in partnership with Harlow's Rainbow Services and Epping Forest District Council, these four new events will run throughout Nazeing, Harlow, Chigwell and Ongar, in addition to the two events already running in Dunmow and at the hospice. Sally Muylders, Community Engagement Manager said: "We need more bereavement support in West Essex; there is a serious lack of information and communication around how people can access help when they have lost a loved one. Social isolation is fast becoming one of the nation's most critical concerns in the UK, with bereavement at the top of the list for key risk factors. With 'social prescribing' finally on the rise

throughout Europe and in the NHS, it is clear that community support and social wellbeing go hand in hand; at St Clare, we know that is especially true when it comes to bereavement." The café project falls in line with our strategy for the next few years: to reach more local people facing death, dying and loss and connect local communities together so they can support each other. These community-led, social support events aim to connect local people who have experienced the death of someone close to them.

Details of the cafés are:

Harlow Playhouse, Harlow CM20 1LS

Last Friday of the month 10.30am-12.30pm

St Clare Hospice, Hastingwood Road CM17 9JX

Third Friday of the month 1.30pm-3.30pm

Old Park Meadow, Coppice Ln, Dunmow CM6 3PL

Last Wednesday of the month 10.00am-noon

St Martins Church, Chipping Ongar CM5 9AT

Third Thursday of the month 1.30pm-3.30pm

Hyde Mead House, Hyde Mead, Nazeing, EN9 2HT

First Wednesday of the month 1.30pm-3.30pm

Limes Farm Centre, Limes Avenue, Chigwell IG7 5LP

First Monday of the month 9.30am-11.30am.

Chris Carter  
Communications Volunteer  
Tel: 773752

Email: [Communications@stclarehospice.org.uk](mailto:Communications@stclarehospice.org.uk)



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## CHURCHES TOGETHER IN STANSTED QUIZ

**Quiz Night Saturday 6<sup>th</sup> July** 7.00pm for 7.30pm at St Theresa's Parish Centre, High Lane. Entry £7, payable on the door. Please bring your own food, drink and glasses. There will be a raffle. All proceeds will go to Churches Together in Stansted to support Messy Church, Stansted Bouncy Picnic and other community events.

David Morson  
Tel: 850209

## IN MEMORIAM

### EDDIE LAIRD

4<sup>th</sup> February 1925-25<sup>th</sup> February 2019

Dad was born at No 3 Water Lane and spent most of his life there. He attended the village school and on leaving worked as an apprentice motor mechanic at Mayhew's garage, next to the railway station, before being called up to serve in the Royal Navy during the Second World War. On being de-mobbed, he became a postman based at Bishop's Stortford Post Office where he remained until the early 1970s when he left to become a theatre porter at the Herts and Essex hospital. Dad led a very simple and happy life, enjoying his daily two mile walk around 'The Triangle', calling in at Tesco and the Co-Op looking for bargains! It was important for him to attend Holy Communion at St John's and go to the Day Centre for a delicious lunch, served with many mugs of HOT tea! He was able to do this until the last few months of his life. He had a great wealth of knowledge about Stansted's history which he loved to share.



The photo shows Eddie on the left, sitting down. He is pictured with Lloyd (his grandson) and Clare who is Lloyd's partner; Trevor and I are seated. My thanks go to the many people in the village who helped and supported Dad, particularly as he become increasingly frail. May he rest in peace.

Lesley Graver



Investigators is a group for children aged 6-11 years on **Fridays 6.15pm-7.45pm at the Free Church Hall**. Each week we meet for a mixture of games, Bible stories, challenges, various activities and other items suggested by the children's interests. Recent creative activities have involved making and using story cubes and completing a lava challenge. There is a lovely friendly atmosphere, with boys and girls of all ages integrating well together and encouraging

one another in really positive ways, as well as having lots of fun.

For various reasons (cricket season, SATS etc) we often have a few spaces in the summer term, so it is a great time for new children to try out a session if they might want to join us this term, or in September. Although most children attending are 7+ we do accept confident 6-year-olds, as we know many do not want to wait until their 7<sup>th</sup> birthday to join in (especially siblings). Some children at Investigators attend a church, or a church school, but most do not, and everyone is welcome; we make no assumptions about what children believe or do not believe and all children's views are respected. Stories usually lead to discussions on wider topics such as what makes a good leader, a good teacher, or a good friend, often following up on questions that the children themselves are asking. All leaders are DBS checked and have appropriate safeguarding training. If your child would like to try out Investigators during July, or you would like more information, please contact me as soon as possible.



Ros Page  
Tel: 810813

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

## ST MARY'S C E FOUNDATION PRIMARY SCHOOL

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



Years 3 and 4 recently impressed their parents, siblings and teachers by putting on an abridged version of *The Jungle Book* in one day! Hazel, Whitebeam and Ash class were split into four groups and they each did a rehearsal session with Sebastian, the drama co-ordinator, and made scenery and props. Our jungle scenes were resplendent with lush vegetation, hanging vines and howling wolves in the night sky. The children all coloured in animal masks which were then taken home. Some children were multi-tasking as their headbands featured a monkey and a wolf, so some twizzling was required.

Curtain up was scheduled for 2.30pm and parents and siblings arrived in the hall for a very entertaining performance. Well done children; it really does show what can be achieved in a single day when we all pull in the same direction.

Matthew Curzon  
Deputy Head  
Tel: 812212

## YARD SALE

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Night**

**7 for 7.30 pm Sat 6th July  
St Theresa's Parish Centre, High Lane**

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Bring your own food, drink and glasses  
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**St Mary's Open Sunday  
2 - 5 pm Sun 7th July**

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## WHAT'S ON IN JULY

2	Tue	Stansted is Well Read	Dog and Duck 8 pm
3	Wed	Mountfitchet Garden Club	Gibberd Garden 7.15 pm
4	Thu	Lib Dem Supper	Day Centre 7 pm
5	Fri	Business Forum Breakfast	Linden House 7 - 9 am
6	Sat	Churches Together Quiz	St Theresa's 7 for 7.30 pm
7	Sun	Windmill Open	1.30 - 5.30 pm
		St Mary's Church Open	2 - 5 pm
8	Mon	Shalom Party	7 Blythwood Gardens 1 pm
		Ladies' Night	Tennis Club 6.30 pm
9	Tue	<b>Link copy due in today</b>	<b>before 12 noon</b>
11	Thu	Stansted W I	Day Centre 7.30 pm
13	Sat	Berden Street Fête	The Street, Berden 2 - 5 pm
14	Sun	Fun Day and Pet Show	Daisy May's 11 am - 3 pm
14 / 28	Sun	Garden Waste Skips	Lower St Car Park 12.30 - 4.30 pm
16	Tue	CAMEO	Day Centre 7 pm
17	Wed	Ugley WI	Ugley Village Hall 2.15 pm
18	Thu	Stansted U3A	St John's Hall 1.30 for 2 pm
18 Thu - 20	Sat	Much Ado about Nothing	Monastery Gardens, B S 7.30 pm
20	Sat	Garden Club Outing	Meet Day Centre 8.30 am
		Ugley Farmers' Market	Ugley Village Hall 10 am - noon
21	Sun	Open Day	Easton Lodge Gates open 11 am
23	Tue	Hearing Help	Day Centre 2 - 4 pm
24	Wed	Windmill Afternoon Tea	Windmill 2.30 pm

## BERDEN STREET FÊTE

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

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Bouncy Castle • BBQ • Games  
Face Painting • Beer tent etc

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

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**Green Waste  
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**Lower Street Car Park  
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**July 14th & 28th  
August 11th & 25th**

## UGLEY FARMERS' MARKET

**10 am - noon  
Sat 20th July**

Ugley Village Hall

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



**Mountfitchet Garden Club**

**Coach Trip to East Ruston  
Garden, Norfolk**

**Sat 20th July**

Pick up 8.30 am at the Day Centre  
£27.50 to cover coach, tip & entry  
**Open to Garden Club non-members**

Tel: Linda 816250  
or Maralyn 07919 478144



## Much Ado About Nothing

**7.30 pm Thu 18th to Sat 20th July  
Monastery Gardens, Windhill, B S**

Adults £6 advance, £7 on the gate  
from B S Tourist Tel 655831 or  
[www.waterlanetheatrecompany.co.uk](http://www.waterlanetheatrecompany.co.uk)

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## DAISY MAY'S FARM

www.daisymaysfarm.org

### FAMILY FUN DAY AND PET SHOW Sunday 14<sup>th</sup> July 11.00am-3.00pm

Hold on to your boots; our Family Fun Day and Pet Show is just around the corner and what an extravaganza it will be! There will be a bouncy castle, a barbeque, face painting, a fabulous raffle, lots of games for the children, a Pimms and Beer Tent, afternoon tea, and of course, everyone can meet and feed the animals – plenty to do for all! The dog classes will start at midday and if your dog happens to have a really waggy tail or does great tricks or is just scruffy and lovely, then why not enter them? Perhaps you have a very unusual pet or a very vocal creature or maybe your pet looks like you?! Enter them and see if they can win a prize. There are a great variety of other class categories too; please see our website or Facebook page for more details. This promises to be an excellent day; come and join in the fun with us and our animals. Entry to the Fun Day is £1. Pet show entry is £3 per class.

Daisy May's Farm is at Hall Road, Elsenham CM22 6DN. We are struggling with the Hall Road closure, so if you can, please don't come through Elsenham, but from the other direction and all will be well. We are trying to alleviate this tricky situation, but please keep an eye on our website and Facebook page for updates. We really need everyone's support throughout the summer months to bring in the much-needed revenue to feed the animals and keep us going through the winter. We also **always** need help in so many ways, as there is always so much to do. If you have a little time to spare, **please** get in touch; we would love to hear from you.

Elaine Terry  
Tel: 07747 787973

## Stansted Family Café

After the Bouncy Picnic event on the Recreation Ground on 29<sup>th</sup> June, we have no scheduled cafés during July and August because at this time of year most families prefer to be outside enjoying the better weather. However, should the weather deteriorate and the hall is free, we may add in some café dates in July and August, nearer the time. Join the Stansted Family Café Facebook Group to receive notifications about cafés and special events over the summer, including our Frinton Trip in August. Regular Family Cafés will resume at the Day Centre in September.



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## IZZIE'S BREAKFAST CHALLENGE 2!

www.uk.virginmoneygiving.com/DebsKing

This is Izzie. She is aged nine and lives in Stansted. She just wants to do some good in the world. In 2017 Izzie decided she wanted to feed 1000 homeless people breakfast, so, she did.



### How?

We made posters, flyers, donation boxes, had articles in the newspaper and hit Facebook for about a month. Our house looked like a mini supermarket. But Izzie managed to collect 1306 food items and £146 cash donations, all given to Whitechapel Mission, London, who then cooked the breakfasts! This charity has been helping homeless people for the past 140 years. Izzie wants to do it again, and why not? What a wonderful community event, and so many people gave her tremendous support. This time, we have set up a *virgin-moneygiving* page, as well as collecting items in local schools, shops and church. You can find donation boxes in Bentfield, Magna Carta, and St Mary's Primary Schools, Co-Op and St John's Church. This time, she wants to collect even more, but is worried she won't, so I had to keep it to 1000 homeless people on the poster, just in case!

We will be running Izzie's Breakfast Challenge from 10<sup>th</sup> June until 12<sup>th</sup> July and want to get as much support as possible to make it another success. We are hoping you can help Izzie achieve her aim, by donating whatever you can. Here is the list of required items: peanut butter, squash, baked beans, biscuits, plum tomatoes, sugar, coffee, honey, instant hot chocolate, breakfast cereal, pepper, brown sauce, pot noodles, tea, nutella, toothbrushes, shaving foam, razors, hand cream, face cream, shampoo, deodorant, soap and blankets. If you would like to donate, Izzie will be so grateful.

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## SUKI'S VIEW

My Mum has asked me to write an article for The Link this week. My name is Suki and I live in Stansted; I am a Black Labrador dog. Besides eating, my favourite pastime is walking, and there are loads of lovely walks around the local area. I would like to share two thoughts about recent walks: the first is what seems to be an increase in wildflowers this year, which my Mum is very happy about. The new Country Park between Bishop's Stortford and Stansted is allowing wildflowers to grow naturally without being disturbed and this will help the bee population to thrive, which means HUNNY for me; like Winnie the Pooh, I am a great fan of this yummy healthy food. Poppies are extra special wildflowers; according to Mum, these have a very special significance and their arrival around early June was timed to perfection with D-Day. (I am not sure what this day means, but I do not think it is Dog-Day, unfortunately.)



I had to strain my neck a bit to see, but Mum got terribly excited a few days ago to see a pair of red kites in the sky above Aubrey Buxton; not play kites but birds of prey. They were being mobbed by crows and it was wonderful to see the stunning acrobatics of all the birds. However, a dog has a limited interest in poppies or red kites as they can be neither chased nor eaten, but Mum loves these things - humans can be strange sometimes!



*PS Many thanks to my pal Rachel Pocknell for the poppy photo*

## SUPERMARKET WINES – THE CO-OP

This month I thought I might highlight some wines from local supermarkets. I think we are very lucky to have a Co-Op in the village not just for the convenience but also because it stocks some very good wines. Let us start with a red, white and rosé named La Vielle Ferme made by the Perrin family who are known for their Châteauneuf du Pape wines from the Rhone valley in France. These are at the budget end £6.50-£8.00 but the white and rosé are highly recommended in the wine press so do try them. The rosé has lovely strawberry notes and the white, a blend of four grapes, has lovely peach and almond flavours.

One of my discoveries a few years back before it was stocked by the Co-Op was the wonderful Palladino Molise

Biferno, an Italian red. They now stock the 2014 vintage for £8.00 which is an absolute bargain for a five-year old wine. It is a bold powerful red with rustic warmth, and a velvety palate, but with typical Italian grip and some rounded tannins, a true food wine. It would be a great barbecue red. Other recent recommendations which I have yet to try are a good value crisp and dry Italian white, the 2018 Verdicchio dei Castelli di Jesi at £6.00. Like many Italian wines it is best with food. Also, a light Loire red, the 2016 Domaine des Ormes Saumur Rouge at £8.00 made from the Cabernet Franc grape. Finally I should mention that their own label Champagnes always receive good reviews. I notice they stock the Les Pionniers NV Champagne (made by the well-known Champagne house Piper Heidsieck) which is excellent quality and beat many more highly priced Champagnes in a 'Which' tasting last year. Support local I say, enjoy.



Paul Wilkinson  
Email: Corkscrew\_456@hotmail.co.uk

## DRAGON OLD DOG

I have a small brown dog called Broccoli who is now 18; here are some tips for coping with an old dog:

1. Dog walks are now 'dog sniffs'. My husband used to don his boots, returning three minutes later looking fed up; Broccoli had walked 50 metres, sniffing every blade of grass and refused to go further. My husband now takes the newspaper to keep himself occupied!
2. Broccoli went deaf recently; we got proficient with hand signals but his sight has now deteriorated. He has been known to follow strangers home during walks. You have to be careful when giving him a treat, as he cannot distinguish between finger and treat!
3. Watch where you step. Old dogs seem to fall asleep in the most awkward places. Broccoli's new favourite is at the top of the stairs and being unable to see or hear us coming has resulted in some interesting acrobatics (and strong language!) by the family.
4. Most people want to avoid an anaesthetic for their elderly pet but do not put off doing something in a 12-year-old dog that you may come to regret in a 17-year-old. I last scaled and polished Broccoli's teeth when he was 15 and he recovered brilliantly. Last year when he developed 'the breath from hell' I decided he was too old for any more but now we have to issue face masks to guests! Many clients who have put off having small lumps removed from their dogs find their older dog struggling with a massive lump.
5. Keep your dog slim and it will stay healthy and active for longer. Also, get it checked regularly by a vet; at the surgery we run senior pet clinics.

I haven't even touched on the unreliable toileting habits of older pets; perhaps that is best saved for another time!



Ilse Pedler  
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## RANDOM JOTTINGS

### Curse of the Satnav

It is official; satnavs are bad for the brain (I read it in the paper so it must be true!). Apparently, the use of satnavs/Google Maps might cause your hippocampus to shrink and increase your chances of Alzheimer's. I wonder how many experts and how much money it cost to come up with that? Surely the adage *use it or lose it* applies to the brain along with other parts of the human body. Like all modern technology, the satnav can be extremely useful but mindlessly following it whatever can lead to all sorts of trouble, including traffic chaos, such as huge lorries attempting to go up Grove Hill.

Call me old-fashioned but I do not have a satnav, preferring to use a map or follow road signage. Sometimes it is a challenge, especially in rural Norfolk where signposts are few and far between (someone really should tell them that the war is over!) – but oh the sense of achievement when I finally reach my destination. Whilst staying in a hotel miles from anywhere in deepest Norfolk (where else?) each time I left the hotel I got lost, but as a result stumbled across some really lovely and interesting places I would have missed had I found the correct road straight away and gone directly from A to B. Navigating our congested road system is more stressful than enjoyable these days but without satnav it can be an exciting voyage of discovery as well as good exercise for the brain.

### Trades Description Gone Mad?

Makers of that great institution, HP sauce, have decided to change the labelling on their bottles which now depict the Big Ben tower swathed in scaffolding; a more realistic image of this iconic building while the current renovations are being carried out. Whatever next?

Loki

## STANSTED DAY CENTRE

If you know the Day Centre, you know Julie. Her official roles have been as manager and cook, but she has been so much more to customers and volunteers; so we are sad that she is stepping down as our Tuesday cook and we wish her much success in her new job. But it is difficult to keep Julie away from the Day Centre, and I am delighted that she is joining the management committee. Two long-standing members of the committee have decided to call it a day. Iris Wood and Helen Clowes have represented the Day Centre members for many years, so have earned their retirement and our thanks; but they will still be around, and Iris is still making her delicious scones. If you haven't yet sampled one come along any Tuesday, Thursday or Friday morning and see what you have been missing. We are looking for a volunteer treasurer. Please call into the Day Centre or contact me if you are interested.



Catherine Dean  
Management Team  
Tel: 813579

Email: catherinemarydean@btinternet.com



The Stansted Business Forum (SBF) has always had strong links with the community and in particular with the local Stansted schools: Forest Hall School and St Mary's C of E and Bentfield primary schools. They are all members of the SBF and benefit from having direct access to local businesses to act as mentors and careers advisors to students. The SBF together with the Stansted Twinning Committee has also been involved in helping these schools, and Birchanger primary school, to link up with similar schools in Rungis, France. Stansted formally twinned with Rungis in 2018 and schools now have the opportunity to exchange letters with French students in Rungis schools and improve their French. Children from St Mary's school love the idea of linking up with children in France. The 9<sup>th</sup> May was a very special day for staff and students of Forest Hall School who hosted a visit by 68 students from a similar school in Rungis.



We had a very lively meeting on 7<sup>th</sup> June at Linden House with talks from our members *Absolute Vehicles* and *The Accountancy Practice* to give us an update on their businesses. We also had an update from our local district councillors, Melvin Caton and Ayub Khan. We would like to welcome new members to the forum: Human Roots, Daper Scaffolding and St Clare Hospice (which is our charity of the year for 2019). Our next meeting will be **Friday 5<sup>th</sup> July 7.00am-9.00am** at Linden House. To book your place, email [PeterJames@murdochestateagents.co.uk](mailto:PeterJames@murdochestateagents.co.uk) or call 813318.



Iris Evans



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## HATFIELD FOREST

As the bird nesting season comes to a close in the Forest, we have a new generation of fledglings. However, with the effects of climate change, many birds are choosing to breed either side of the traditional nesting period. Our National Nature Reserve designation owes a lot to the birds, which use the marshy areas at the north end of the lake. One of the challenges facing birds worldwide is habitat loss, much of which is due to changing land management techniques. Loss of hedgerows is a key problem, as is the way woodland is cared for. At Hatfield Forest the tradition of coppicing promotes thick, bushy growth, creating a wealth of habitats for bird life.



Photograph by Helen Hooker

With an increase in local development and modern farming techniques, the Forest is becoming ever more isolated. Part of the National Trust's wider aim is to ensure nature corridors are created or kept open to mitigate this isolation. One of the summer visitors to the Forest is the nightingale. The restored mixed deciduous growth at Emblems Coppice is particularly suited to this elusive species and they have been heard singing here over the last couple of summers. Highlights of our summer events programme include a series of nature and bird spotting walks. Our Learning Team will also be leading our popular bat walks. Our programme also includes a *Summer of Sport*, including longbow archery taster sessions. Come along and see if you would have made the grade as an archer in the time of King Henry I. For more information and to book events tickets please visit [www.nationaltrust.org.uk/hatfield-forest/whats-on](http://www.nationaltrust.org.uk/hatfield-forest/whats-on).

Helen Hooker and Elizabeth Reeve  
Visitor Welcome Team  
Tel: 870678

## STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 2<sup>nd</sup> July** at 8.00pm in the Dog and Duck, Lower Street, where we will be discussing *Sharp Objects* by Gillian Flynn. Written six years before she became famous for *Gone Girl*, this debut novel wowed the critics; let us see if it wows the members of our book group! Please do join us - we meet on the first Tuesday of every month and a warm welcome will await.



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

**Stansted**  
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Network

StanstedCAN will be running some half-day and full-day summer sessions in the weeks beginning 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> August for ages 5-7, 8-10 and 11+. All venues are in central Stansted. As The Link went to press, we have separate sessions for drama activities, music and singing activities and (5-7s and 8-10s only) games sessions already confirmed. By the time The Link is published we also expect to have some of the following confirmed: rock skills (guitars, drums etc), DJ skills, build a band, sound production, sound recording and mixing skills, song writing and microphone technique for pop vocalists, for example.

Visit the **StanstedCAN** Facebook page to see booking information for sessions already available and join the Facebook Group to receive notifications when more sessions are added. As StanstedCAN is a charity and runs not-for-profit, the cost of sessions will be as affordable as possible, and some further-subsidised places will be available where needed. If you still have questions after visiting the Facebook page, or if you do not use Facebook (you do not need to be on Facebook to book summer sessions) then please contact me by email. StanstedCAN is a local registered charity (No 1169531). We exist to create opportunities for children and young people, to promote social inclusion, and to alleviate financial hardship for those who live, work or go to school in Stansted.



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



## 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 Centre. The cost is £1 per session and includes an evening topic, and fellowship over tea/coffee and biscuits to finish.

In May the group welcomed in new and existing friends and enjoyed hearing Rev'd Sarah Forrest from Holy Trinity Church tell about how her life has brought her on a journey to where she is now; it is most enjoyable to hear the experiences of our familiar members of the community.

In July the group is looking forward to welcoming Tony Wellings who is bringing along some antique items of interest, those things which our mothers and grandmothers might have used! Why not come along and see if there is anything that you recognise and join in the storytelling of the bygone years? Bishop's Stortford Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavillion, 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  
Tel: 507464  
Email: [megan.kervin@salvationarmy.org.uk](mailto:megan.kervin@salvationarmy.org.uk)



## THOUGHT FOR THE MONTH

### EMMAUS ROAD - WALKING EACH OTHER HOME

Just the two of us,  
Walking each other home.  
Company for each other?  
Yes - collapsed as we are by recent circumstances.  
Concussed by conflict, confusion and crucifixion.

Just the two of us,  
Walking each other home.  
Quietly, an unknown Companion joins us.  
Walking alongside us and enquiring after our distress  
with care, candour and compassion.

Just the three of us,  
Walking each other home.  
Sharing conversation together, attentive listening  
enables a cascade of consciousness to flood through us.  
Turning our calcification into clarity, calmness and certainty.

Just the three of us.  
Walking each other home.  
At close of day, our Companion makes to continue on his way.  
But we in communion call to him -  
'Stay and join us for the common meal together.'

Just the three of us.  
Walking each other home.  
Centred around the table together.  
Hearing His words of blessing over the food,  
Comprehension, comfort and creative insight ignites us.

Just the two of us.  
Walking each other home.  
No time to waste.  
Haste, haste back to Jerusalem.  
Carried there with courage, confidence and conviction.

Just the two of us.  
Walking each other home.  
Cadenzas of praise to offer.  
Celebrations of joy to circulate.  
For we have seen the Risen Christ!

Heather Kent  
Stansted Quaker Meeting  
After Luke 24, 13-35



# SHALOM

Our end of year *Shalom Party* is on Monday 8<sup>th</sup> July **1.00pm**  
(note time) at 7 Blythwood Gardens. Bring and share some  
finger food plus an item to read or a piece of music.



Marion Dyer  
Tel: 814059

## THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill  
Stansted CM24 8AE  
[www.saffronquakers.org.uk/stanstedhtml](http://www.saffronquakers.org.uk/stanstedhtml)

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

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

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

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



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

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

We will be holding **Monday Night Church** weekly from  
1<sup>st</sup> July at 7.30pm in the Day Centre. This will combine  
elements of both @27 (which has now outgrown its pre-  
vious venue) and an Alpha-style format. Modern worship  
music, Bible-based talks, short films and discussion,  
prayer and opportunities for questions will all feature,  
although not all elements will be in every session. For  
more detailed information, please contact us. If you are  
looking for Christians with a contemporary outlook, a  
desire to grow in our faith and a vision to benefit our  
community, why not get in touch? All are welcome; you  
do not have to be a member of Family Church, or any  
church, to attend. If you would like to join a prayer walk,  
or have a prayer-request, please contact us.



Ros and Howard Page



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

**Rector:** Rev'd Paul Wilkin  
Tel: 812203  
Email: [stansted.rector@gmail.com](mailto:stansted.rector@gmail.com)

**Assistant Curate:** Rev'd Helen Flack  
Email: [revhelenstn@gmail.com](mailto:revhelenstn@gmail.com)

**Director of Music:** Anne Brooks  
Email: [anne.brooks22@yahoo.co.uk](mailto:anne.brooks22@yahoo.co.uk)

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

#### St John's Diary

##### Sunday

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

##### Tuesday

9.15am St John's Tots

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

##### Wednesday

9.00am Morning Prayer  
10.00am Holy Communion

##### Thursday

10.30am-noon The Coffee Pot

##### Monday-Thursday and Saturday

5.00pm Evening Prayer

### From St John's Registers

#### May

##### Baptisms

5<sup>th</sup> Reggie Ryan Wood  
26<sup>th</sup> Lily Anne Matthew  
Nathan Eric Matthew

##### Wedding

18<sup>th</sup> Daniel James Fountain and  
Rachel Laura Smith

##### Funerals

7<sup>th</sup> Bryan Smythers - at Cam Valley  
14<sup>th</sup> Kenneth Brand - at St Mary's followed  
by burial at cemetery  
22<sup>nd</sup> Anthony Ludlow-Elston - at Cam Valley  
29<sup>th</sup> Jacqueline Suzanne Marcelle  
Worthington - at St Mary's followed by  
burial at cemetery

### ST JOHN'S 300 CLUB

Many congratulations to the winners of the May draw:

£100 No 83 Bridget Gott

£50 No 205 L M Gascoyne

£25 No 120 Elizabeth Jennings

The draw for July will be held on 28<sup>th</sup> July in St John's Church following the 9.30am service. Numbers at £2 each per month are still available for anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away each year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

Jean Newson  
Tel: 819062

### ROMAN CATHOLIC

#### St Therese of Lisieux

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

**Priest** Father John Garrett

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

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

**Confessions**  
Saturday 10.00am  
and by appointment

**Baptisms** By appointment



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

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

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

#### Preachers for July

7<sup>th</sup> 10.30am Rev'd Martin Camroux  
14<sup>th</sup> 10.30am Rev'd Gill Hulme  
21<sup>st</sup> 10.30am Rev'd Christine Fowler  
28<sup>th</sup> 10.30am Rev'd Roy Fowler - Communion





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

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or more information please contact

Chris 01279 817111 [info@mvcc.manuden.org.uk](mailto:info@mvcc.manuden.org.uk)

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for further information or bookings

**Tel: 07773 603618 Email: [richenda.w@live.com](mailto:richenda.w@live.com)**



## Ugley Village Hall

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

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**For bookings or further information please contact Susan Bone  
Tel: 01279 814052 Email: [ugleyvillagehall@gmail.com](mailto:ugleyvillagehall@gmail.com)**

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## MY STANSTED

An Interview with Jason Shields



*How long have you lived here?*

Ten years

*What brought you to Stansted?*

The really good transport links

*Why do you enjoy living here?*

It's friendly, the people are really helpful and even though the village has grown it still retains that feeling of community. I also appreciate the open fields and woodland being just a short walk away.

*Is there anything you don't like about the village?*

Motorists driving dangerously fast through the village and general litter, especially dog poo left lying around by irresponsible dog walkers.

*How does Stansted compare with other places you've lived?*

I was living in a flat in Ware before moving to Stansted, working for GKN, a major employer in Ware, so wherever I went socially I came across work colleagues. Here it's a more diverse community and we were able to buy a house with a garden, which my wife and I both really enjoy.

*What is your profession?*

I was a microbiologist but then decided to do something completely different and went into social work. I'm now a shared living carer providing a home for young adults in my own home.

*How do you spend your leisure time?*

I collect vinyl records, walk our dog and like travelling in the UK and abroad. I'm also a Helpline volunteer driver, something I enjoy. Through Helpline I've met lots of different people and learnt a lot about Stansted. It's helped me find my way around the area and I would recommend such voluntary work to anyone, especially those new to the village.

*What is the most memorable thing that's happened during your time in Stansted?*

Every day is memorable; there's always something happening in Stansted! Two events in particular stand out; the time a few years ago when my wife and I were returning home only to be denied access by the police because they'd found a suspected bomb at the nearby police station. All our neighbours were evacuated from the area and only allowed to return a few hours later when the bomb was finally identified as a firework! The other exciting occasion was when the Olympic torch was carried through the village in 2012 – right past our front gate.



Yvonne Ayres



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

May was lovely weather and the walks weren't bad either! After June, we take a break, so see you in September - details will be printed in the August issue of The Link, but do check the website, as there may always be a surprise walk listed! When walking this summer, check beforehand, since there are so many road closures and footpath diversions in place owing to the large number of Development sites in our area. We will also try and have our walks for the winter season planned over summer; why don't you lead a walk? We are really short of walk leaders. I know that I plan my walks out from the local Ordnance Survey map; I roughly measure it and walk it a couple of times. However, if you have a great, good or interesting walk that you know, let's try it. Please, this is not rocket science!



In June we took a lovely trail over the hill from Manuden to Stansted and back, then taking the church public right of way footpath up to the little road west of the village, and turning north to arrive back at the Manuden Community Centre. En route we were able to spot many amazing scarecrow displays - a fantastic amount of individual village effort. The winner for 2019 was Wallace and Gromit, shown in the photograph above.



Daphne Wallace-Jarvis  
Publicity Officer  
Email: [dwjwj.444@gmail.com](mailto:dwjwj.444@gmail.com)



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# Stansted Network

## NEWS FROM YOUR LOCAL COUNCILS

### CANINE ISSUES

Most dog owners appreciate their dogs need properly controlled daily exercise, with mental and physical stimulation and a chance to socialise with other dogs. It is also a good opportunity for owners to de-stress, relax and meet other dog owners. Owning a dog does, however, come with some responsibilities and an awareness of the impact your dog could have on other residents is important.

When on or near a road, your dog needs to be under control with a collar or harness and lead. If using an extending lead, make sure that the lead is short. The locking mechanism should be engaged so that the dog can't run out onto the road or into gardens. This includes areas in our village which are popular with dog walkers like the Rec, Bentfield Green, Mountfitchet Green and grassed areas at Foresthall Park. There is a complete ban on dogs in enclosed play areas. Dog mess is an eyesore and a health hazard.

Always take poop scoop bags when taking your dog for a walk. Our picture shows Cllr Fran Richards with her grand daughter and dog, Nelson, equipped with an ample supply for their morning walk.



You are required by law to clean up immediately after your dog and dispose of faeces responsibly. This means picking it up and either taking it home or depositing it in one of the dog bins which are located at "dog poo hotspots" around the village. If there is no dog poo bin you can put it in an ordinary litter bin but please "double bag it."

Registered blind people are not required to clean up after their guide dogs and there is also exemption for dog owners on some kinds of public land in England and Wales, including:

- Land used for agriculture or woodlands
- Rural common land
- Land that is predominantly marshland, moor or heath
- Highways with a speed limit of 50mph or more.

If you need help with your dog, or if you have any questions, please contact Animal Warden Sue Knight at UConnect tel 01799 510510 email: [sknight@uttlesford.gov.uk](mailto:sknight@uttlesford.gov.uk)

### FLOOD UPDATE

**Is your property at risk of flooding?  
You could be eligible for a £5000 grant**

If you are concerned about flooding to your property, drop in to the **Stansted Free Church, Chapel Hill, CM24 8AG** on **Wednesday 17th July 2.30pm-8.00pm**

The Environment Agency and Essex County Council are running a community drop-in session to give you the opportunity to learn more about the flood risk in Stansted. We are aware of the flood history in Stansted and are taking steps to build more flood resilient communities.

At the event we will be sharing methods for protecting your properties from flooding. Lakeside Flood Solutions will also be displaying some products that can help better protect your property.

A number of businesses and residencies around Lower Street that have flooded previously may be eligible for a £5000 grant. This grant will contribute towards a variety of measures that would better protect your property against future floods.

The Environment Agency will also be sharing information on measures to reduce the flood risk in Stansted using more natural ways of managing flood water. These measures may include: the creation of leaky log dams, the creation of woodland, and the management of land use to reduce the flow of flood waters and retain more flood water in the upper reaches of a river catchment.



## GRAFFITI/STREET ART

There has been an outbreak of some fairly offensive graffiti, particularly in our play areas. If you are aware of any graffiti please report it to the Parish Council and we will get Lee, our handyman, to remove the offending material. There is obviously a monetary cost to this work and he would much prefer to be doing something more constructive around the village.



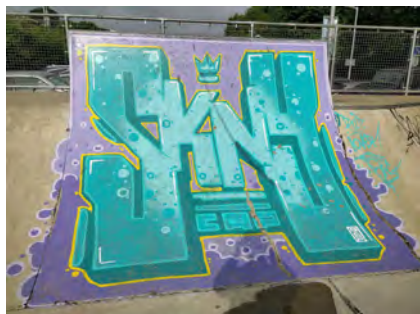
Our picture shows Lee with his cleaning kit removing graffiti in the Rec play area.

Graffiti can be considered an act of criminal damage. Under the Criminal Damage Act 1971, anyone caught doing graffiti can face a prison sentence of up to ten years or fined if the damage costs more than £5,000.

Because it is unlikely that graffiti will cause more than £5,000 of damage - unless it is on a historic building or monument - lesser sentences are much more common. If the damage caused is less than £5,000, an offender could face three months in prison or a fine of £2,500.

Offenders can also be prosecuted under the Anti-Social Behaviour Act 2003. It gives local councils the power to dish out on-the-spot fines of £50 to anyone caught doing graffiti on public property.

The skatepark has some interesting "street art".



The artists are not quite in the Banksie class but none-the-less, it is very well done; and although it was never officially sanctioned by the Parish Council, we think it enhances the environment around the skatepark and discourages the kind of graffiti that people find offensive.

## LITTER BINS

Litter deposited in the village litter bins does not get sorted so items that are recyclable are treated as general waste and a recycling opportunity is missed.



The District Council have offered us some new style bins which enable you to place recyclable items in a separate bin. The new bins will be located on Cambridge Road, on The Rec and in Lower Street.

The same rules that apply to your domestic green bin will apply to the street bins; so paper, cardboard, tins and cans, plastic bottles and containers, glass bottles and jars are fine, but any other waste goes in the general waste section.

## GARDENING

Work on the final stages of the Memorial Gardens is now well underway. The picture below shows how the Memorial Gardens looked before we started the makeover.



The first stage of the project involved a change of policy in the planting of the formal beds in the centre of the gardens. The bedding plants have now been replaced with more environmentally friendly perennials and roses.

The second phase of the project was the hard landscaping. The old spotlight that was an eyesore and hadn't worked for some time was removed and replaced with a ground level spotlight.

The area around the war memorial was reconfigured into a circle with new benches, and the whole pathway from the Chapel Hill entrance to the church was resurfaced.

The final stage involves improving the borders on the perimeters of the gardens which have been somewhat neglected, and had become a bit woody and overgrown. Our picture shows one of our gardening contractors using a stump grinder to remove some of the planting that had seen better days.



A lot of work has gone into reconditioning the soil, and mulching will be applied to reduce watering and maintenance costs.

### VACANCY ON PARISH COUNCIL

Unfortunately, Rafik Fowel has decided to resign from his position as Parish Councillor due to unforeseen personal circumstances. The vacancy will be filled using the Council's co-option policy which can be found on our website. This gives details of the application process, and the deadline for receipt of applications is 12th July 2019.

### TOWN TWINNING UPDATE

At the time of writing, six Stansted residents were looking forward to visiting Rungis on 15th-16th June. They were due to attend the Fête de Rungis, an annual village-wide event with a BBQ and dancing. They were hoping to be given a tour of the town and view produce grown by the nursery school children! Accommodation is provided by local families but our representatives meet their own travel and food costs.

The Rungis twinning Committee holds regular English-speaking sessions and their "Speaking Corner" is aimed specifically at teenagers and adults wishing to improve their language skills and understanding of UK culture, including an appreciation of the full English Breakfast!

Pupils from Forest Hall School have exchanged letters with pupils in Rungis. Other local schools including Bentfield, St. Mary's and Birchanger Primaries are imminently due to also exchange letters with their French counterparts. This is a great opportunity for all to practice their English and French writing skills, and a fun way to learn about the other country's culture.

On 9th May, around sixty pupils from Rungis came by coach to England. The visitors, aged 13-14, stayed for five days. They had a busy itinerary, including a visit to Forest Hall School, Stansted Castle and Cambridge.

### NEWS FROM UTTLESFORD DISTRICT COUNCIL

At the start of June most activity has been on training for new Members and old. One big policy issue has dominated: the legal agreement that goes along with Stansted Airport's planning permission for extra flights up to 43 million passengers. Informal meetings have been held to discuss various legal opinions and a public meeting has been postponed until 28th June to move the issue forward. At time of writing, the formal planning permission has not been issued, pending a desire to improve the legal conditions needed to improve the impact on the area of extra passengers and flights.

May 2019 turned out to be quite an interesting month for both national and local politics.

Prior to 2nd May we talked to hundreds of residents who spoke about their concerns. The main issues were:

- Keeping the library open and ensuring a long-term deal is in place to resource it
- The negative effects of the expansion of Stansted Airport such as increased congestion, illegal parking and air and noise quality
- Speeding and careless driving
- Lack of police visibility.

Across Uttlesford, the focus on these local issues resulted in Residents for Uttlesford being elected as the controlling party with a large majority. The Liberal Democrats increased their numbers to become the main Opposition.

It is clear that we are heading into new, perhaps exciting times for local government in Uttlesford. Our role, working with colleagues Melvin Caton and Geoffrey Sell, is to make sure we do our best to fix the issues for Stansted residents. That means working in partnership with others, including the majority party.

Ayub would like to see improved signage and better traffic calming measures: for example, 20 mph speed limits in the villages and near schools. We were due to meet with Essex Highways in early June to discuss how they can make Stansted a safer place for residents. We planned to raise Grove Hill traffic lights and the long-awaited pedestrian crossing in Lower Street.

As new councillors, Ayub and Melvin are looking forward to serving Stansted and being effective councillors, working alongside "the old hands".

**Cllr Alan Dean and Cllr Ayub Khan**  
**Uttlesford District Council**

## DATES OF PARISH COUNCIL MEETINGS

**All meetings start at 7.45pm unless otherwise stated**

July

10 Open Spaces

17 Full Council

24 F&GP

31 Full Council

**There are no meetings in August**

## CONTACT DETAILS

Clerk - Ruth Clifford

Assistant to the Parish Clerk - Trevor Lloyd

Administration Assistant - Emma Philbrick

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

Phone/fax: 01279 813214 10.00am - 1.00pm

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

## PARISH COUNCIL MEMBERS

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Daniel BRETT	817974 <a href="mailto:danielbrettdotcom@gmail.co.uk">danielbrettdotcom@gmail.co.uk</a>
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Frances RICHARDS	812748 <a href="mailto:frannie.richards@gmail.com">frannie.richards@gmail.com</a>
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Tom VAN DE BILT	07710 426850 <a href="mailto:tom@vandebilt.co.uk">tom@vandebilt.co.uk</a>
Daphne WALLACE-JARVIS	812259 <a href="mailto:dwjjwj.444@gmail.com">dwjjwj.444@gmail.com</a>

## UTTLESFORD DISTRICT COUNCIL MEMBERS

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Alan DEAN	813579 <a href="mailto:cllrdean@uttlesford.gov.uk">cllrdean@uttlesford.gov.uk</a>
Ayub KHAN	815800 <a href="mailto:ayub4@icloud.com">ayub4@icloud.com</a>
Geoffrey SELL	815925 <a href="mailto:sellgeoffrey@yahoo.co.uk">sellgeoffrey@yahoo.co.uk</a>

## ESSEX COUNTY COUNCIL MEMBER

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

Kemi Badenoch MP, House of Commons, London SW1A 0AA Tel 0207 219 1943 (House of Commons) or 01799 506349 (Constituency Office).

Email [kemi.badenoch.mp@parliament.uk](mailto:kemi.badenoch.mp@parliament.uk)

## POLICE

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

[braintreeanduttlesfordcpt@essex.pnn.police.uk](mailto:braintreeanduttlesfordcpt@essex.pnn.police.uk)

## NEIGHBOURHOOD WATCH

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

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

## STOP PRESS - CHANGES TO 7/7A BUS TIMES

Due to the closure of Hall Road in Henham, there are significant changes to the times and route, especially for the Bentfield area.

You can see the temporary timetable on [www.trustybus.net](http://www.trustybus.net) or call 01992 890225



Our June guest speaker was Debs Hart, a willow artist, basket maker and tutor. After teaching at Writtle College for many years, she decided to run her own workshops and has worked all over the world and undertaken private commissions for English Heritage, The National Trust, the RHS and Burghley Horse Trials. Members were told about the various styles of weaving and the different types of weaving materials that can be used, using slides to illustrate. Weaving is used to make baskets, hats, crab pots, fish traps, fences, bee skeps, garden dens and woven statues, for example. A demonstration on how to make a garden obelisk using bamboo uprights with willow weaved in an upward spiral followed. Many tips were given as this garden structure grew before our eyes; everyone was fascinated by the speed and skill used. The finished item was then presented to the Club to be used as a raffle prize. Her work can be seen at Hyde Hall where a full-size dinosaur is a children's favourite, and on the beach at Harwich where a willow model of a German U-Boat is being left to disintegrate naturally. This representation tells visitors that this beach was where the German navy surrendered its U-boat fleet.

#### Next Meetings

**3<sup>rd</sup> July** Our evening visit to The Gibberd Garden, CM17 0NA. Meet at the garden by 7.15pm  
**7<sup>th</sup> August** *Ten Ways to a Better Garden*, speaker Doug Stewart, at the Day Centre 7.30pm for 8.00pm

#### Coach Trip

**Saturday 20<sup>th</sup> July** a trip to East Ruston Old Vicarage Garden in Norfolk. A few places are still available. Cost: £27.50 which includes coach, tip and entry to the garden. Please call Linda on 816250 or me if you would like to go.

Maralyn Harris  
Chairman  
Tel: 07919 478144



### HUW JOHNSON CLUB

It has been a busy couple of weeks at the Club. We had a fun evening with the Saffron Walden Accessible Netball Club (SWAN) learning various new ball skills, from throwing and catching to marking and footwork; we were surprisingly good and some members even signed up to join the group on a more regular basis. We also welcomed Annie from The Laughter Specialists, a Saffron Walden-based charity that works with people with special needs and children in hospital with life-limiting illnesses. We learned some magic, practised juggling and attempted to make some balloon animals, although some of them weren't very obviously animals! We also had a craft night one evening, making bracelets and beads, and a games evening, playing everything from dominoes to boules. We have a fitness session and a fish and chips supper coming up in the next weeks, one to cancel out the other!

Thank you to everyone who took part in the Stansted Fun Run and Walk; we are so grateful for everyone's incredible support. I am writing this before the event but hope everyone had fun and the weather stayed fine. The Huw Johnson Club is a Stansted-based social group for over 25 adults aged 18+ with learning disabilities. We meet on a Thursday evening from 7.00pm, and are always looking for new members and volunteers. Whether you want to join the Club, become a volunteer driver, help out on a Thursday evening or if you just want to know a bit more, please do get in touch.



Katharine Collis  
Tel: 461270  
Email: kat\_collis@hotmail.com



www.eastonlodge.co.uk

As I write, the events to mark the 75<sup>th</sup> anniversary of D-Day are drawing to a close but we will be marking our own local wartime contribution on **Sunday 21<sup>st</sup> July** at the gardens. Visitors will be able to learn what happened during the war at the gardens, Great Dunmow airfield, and neighbouring airfields; and also about the 8<sup>th</sup> Air Force. Vintage military and civilian vehicles will be on display and there will be themed activities for children. We are delighted that the duo known as *Perfect Vintage* will be with us again, so we can all enjoy Vera Lynn's songs as we (hopefully) relax in warm July sunshine with tea, bacon rolls and homemade cakes.



We are expecting stonemasons to arrive imminently to start restoring the usable steps into the Italian Garden. We hope our visitors on 21<sup>st</sup> July will be able to descend the restored steps to enjoy the water lilies, which are starting to burst into colour in the clean pond, as well as the gorgeous colours of the new roses and other flowers in the borders. Gates open at 11.30am and last entry is 4.00pm. Entry is £4.50, children free. We will have our usual refreshments and visitors are welcome to bring picnics. For further details, please contact us.

Jill Goldsmith  
Publicity  
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## STANSTED EVENING WI



At our annual meeting, Anne Watson was again elected as our President after a very successful first year. Our new County Advisor, Angie Stephenson, gave us an interesting talk on her work with Royal Mail including the introduction of postcodes, which seemed complicated in the early days. Anne, Jenny Wraith and I went to the National AGM in Bournemouth in June which was attended by roughly 4,000 women and caused the usual bewilderment: all those women let loose at lunchtime are quite a sight to behold. Our National Chairman, Lynne Stubbings, told us that the WI is thriving with membership increases, including younger people. Keith Bradley, Chair of *Care not Custody Coalition*, formed 10 years ago with the help of the WI, spoke on the special care required for female prisoners with children. WIs have been established in four women's prisons and are very beneficial. Our resolutions on the decline of bus services and smear testing for women gave rise to much discussion. Darren Shirley, CEO of *Campaign for Better Transport*, was pleased to support us and regretted that rural bus services were rarely spoken of in Parliament! The *Don't fear the Smear* campaign was supported by many speakers; 5,000 people a year are saved by these tests, but attendance is at its lowest.

We were entertained by Maggie Philbin OBE who has worked globally as a reporter and is known for her time with *Tomorrow's World*; she first watched it aged 10 and decided then she wanted to do that! She demonstrated the first mobile phone on television. She co-founded Teen Tech, which helps young people understand the opportunities in science, technology and engineering. Our next meeting is on **Thursday 11<sup>th</sup> July** at 7.30pm in the Day Centre, when Jennifer Lushington will be giving a talk about Harlow Sculptures. We always welcome visitors.



Judy Colliver  
Tel: 812470

## 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** (not remanufactured or own branding such as Tesco etc). 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. All money raised goes towards the expenses of Messy Church which is funded by all the Stansted churches. You can also place used postage stamps in the same box. Thank you.



Marion and Mike Dyer  
Tel: 814059  
Email: [recycle@stanstedfreechurch.org.uk](mailto:recycle@stanstedfreechurch.org.uk)

## STORT VALLEY ROTARY CLUB

A New Bright Beginning

[www.stortvalleyrotary.com](http://www.stortvalleyrotary.com)



Our new meeting venue is The Coach and Horses at Thorley Street. Gordon Morrison, our new President, said: "The new larger venue offers us the opportunity to expand from our present limit of 25 members up to about 40 and to extend the good work done by our Club. Against the background of chaos apparent at the highest levels in our society and the uncertainty this creates, local support groups such as Stort Valley Rotary become increasingly important."



We have moved on from the fusty, old-fashioned image that Rotary had acquired. Our meetings on the second and fourth Tuesdays of the month are informal, light and welcoming. Our speaker and special events programme is full to the end of the year. We produce an email newsletter every two months reminding members of recent activities. We also circulate it to many Rotary friends. Our Club's fundraising and good works are concentrated on local needs although we contribute to some International Rotary Projects. Amongst our many projects, the Club is particularly proud of helping to set up the Food Bank and the Life Education Project in our community. The Life Education Project reaches over 4000 children in 22 primary schools in East Herts each year. In a fun setting, children are taught life skills vital in the modern world, without which their chances of a happy and satisfying life are much reduced. The only stipulation for members is that they wish to help make a difference in our community. If you are interested, please see our website or call Gwenda on 863194.



Peter Latham  
Tel: 507294



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



Marion and Mike Dyer  
Tel: 814059



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## FOREST HALL SCHOOL



Young leaders have been recruited to help lead their school. Year 10 students at Forest Hall School prepared applications and presentations in an attempt to secure positions on the Student Executive Team (SET). Keen students were whittled down to a shortlist of candidates who had to present to a panel of the Senior Leadership Team, heads of houses and students on their vision for the school. They were given the opportunity to explain how they wanted to improve Forest Hall and what they would do if they were successful. Ellie Godfrey was appointed as head girl with Alfie Madigan as head boy.



Head of School, Hannah Jones said: "This year, the candidate presentations for head girl and head boy were excellent. It was a very tough decision to make. I am thrilled for both Alfie and Ellie who are exceptional role models and I look forward to seeing their plans for improving Forest Hall. Student voice is extremely important and I am proud that we have such an active SET who are eager to improve the school." SET is a proactive team at Forest Hall, with members meeting regularly to develop a school improvement plan. The group consists of students from all year groups and is headed up by senior students such as head boy, head girl, deputy head boy, deputy head girl, senior prefects and prefects. They will take part in a team-building day led by an external organisation.

Kelly Clark



### THE CAMBRIDGE BUILDING SOCIETY ANNOUNCE NEW HOUSING INITIATIVE

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

At their AGM on Monday, The Cambridge Building Society (The Cambridge) announced a new housing initiative to actively support those in their local community who need extra help with buying their first home. *Rent to Home*, believed to be the first of its kind by a building society, is designed to support first time buyers in and around the Cambridge area who are able to afford to pay a monthly mortgage but are unable to save enough for a deposit. This initiative, focused on supporting local people, will start with The Cambridge renting out two of their own refurbished flats to tenants who have applied to the scheme. The successful applicants will be able to rent one of the flats at market rate for a maximum of three years. After this time, if they are ready to buy their first home and choose a mort-

gage from The Cambridge, they will get 70% of the rent paid over the course of the tenancy returned to them, to use as a deposit on their first home. As an example, a lucky applicant moves into The Cambridge's rental home and pays market rate rent of **£825 per month**. They stay for three years, before they are ready to purchase their own home. After the maximum of three years, **£20,790** is returned to them to put towards the deposit for their new home purchase. *Rent to Home* is the second initiative that The Cambridge has announced under 'Making the Difference'. The First Step Mortgage was launched in September 2018 and requires local first-time buyers to have just a 2% deposit to get onto the housing ladder.

For further information please contact Rachel L'Estrange on 01223 727653 or 07423 432851 email: [rlestrange@cambridgebs.co.uk](mailto:rlestrange@cambridgebs.co.uk) or Katy Bignell on 01223 727663 email: [kbignell@cambridgebs.co.uk](mailto:kbignell@cambridgebs.co.uk).



## MAGNA CARTA PRIMARY

The reality of dementia is being explained to young children through an art project. The school has partnered with Volunteer Uttlesford to take part in numerous pieces of work together. To start the partnership, pupils are joining the *Petal Wave Art Trail* to show the community that they understand and support those living with dementia. Pupils are decorating petals of the forget-me-not flower, the symbol of dementia, to hang on their school fence as part of the project.



Headteacher Marios Solomonides said: "This work enables us to teach pupils, in a child-friendly way, about dementia. Many will have encountered dementia before, whether it be in the community or their own grandparents or other relatives. It is about making the most of the life you live and showing pupils that everyone is unique. We do not want children to be afraid when they meet someone with dementia. Instead, we want them to understand they are still people with a life and a history and to have the confidence to chat with them in a safe way." Pat Lodge, volunteer co-ordinator at Volunteer Uttlesford, said: "We find working with young children is inspiring and fun. They are always so open to everything; they enter into what is asked of them and actually show great awareness of issues. We always feel really uplifted after meeting the children."

Kelly Clarke



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It was a full house for Dr Neil Faulkner's seminar on the life and times of Lawrence of Arabia, whom he described as a 'Romantic Orientalist'. He explained how this enabled Lawrence to get close to the leaders of the Great Arab Revolt. Dr Faulkner is an archaeologist; apart from writing a book on Lawrence, he is also mounting a dig at Monte Cassino, and invited anyone who would like a free holiday to come to the dig and get stuck in. I have not heard how many have joined up yet.

Do come to St John's Hall on 18<sup>th</sup> July when James Taylor will be entertaining us with a talk on 'The Brilliant British Humour in the Forgotten Art of the Picture Postcard'; have a cup of tea and a biscuit, relax and enjoy yourself. Arrangements have been made with the Residents' Association of St John's Road, that parking for U3A members will be allowed from 1.00pm-4.00pm during meetings. Two outings will be on offer, first come first served, one to Beth Chatto Gardens in August and another to Brick Lane Music Hall in October. The July meeting of the Art Appreciation Class will also enjoy a presentation on street art. New members are very welcome.



Our recent visit to Copped Hall, near Epping was most interesting. Volunteers have been bringing back this lovely Georgian/Victorian Mansion from the dead. We enjoyed a tour of the partly restored rooms and basement and took a tour of the four-acre walled garden, where many of us bought plants, grown by other volunteers. Even though the weather was as wet as only an English Spring day can be, we all thoroughly enjoyed our day out. Full details of any of the above can be found on our website.

Eileen Quinn

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Thursday 18<sup>th</sup> 7.30pm **The National Trust Fan Club**

Friday 19<sup>th</sup> 7.30pm **MJ History**

Saturday 20<sup>th</sup> 3.30pm and 5.30pm **The Little Mermaid**

Saturday 27<sup>th</sup> 2.00pm **Card Ninja**

Tuesday 30<sup>th</sup> 2.00pm and Wednesday 31<sup>st</sup> 11.00am and 2.00pm **Tabby McTat**

*At thescreen Stortford*

Thursday 25<sup>th</sup> 7.30pm **The Lehman Trilogy Encore**

Wednesday 31<sup>st</sup> 7.00pm **RSC Live Measure for Measure**

*At themuseum Stortford*

Tuesday 2<sup>nd</sup> 11.00am **Take Me Back Tuesday**

Saturday 6<sup>th</sup> 11.00am **Free Museum Tour**

Wednesday 10<sup>th</sup> 1.30pm **Story Time at the Museum**

Monday 15<sup>th</sup> 12.30pm **Lunchtime Lectures**

Saturday 20<sup>th</sup> 11.00am **Knit and Natter Session**

Saturday 27<sup>th</sup> 11.00am **Entertaining Stortford**

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

Allotment news: a few beds have been dug and four raised beds installed and filled with soil and compost. A small group of children joined Yvonne and Gill to plant the runner bean plants which the children had grown from a bean in the classroom. Ann planted sweet-corn seeds with the Explorers group, which have also been put in a bed along with tomatoes, broccoli, courgettes and cucumber plants. Lavender plants have been planted to create a sensory border. Unfortunately, the wild flower seeds are being very slow to grow. Help is still needed to dig out the base of the shed.



Adventurers are very busy with transition visits from their new teachers and they are visiting their new schools. We wish them all luck on the next stage of their learning journey. The end of term was celebrated with a whole school treat of a visit from Zoolab followed by party games and a special snack. This event was tinged with sadness as we also said goodbye to Sarah. Sarah has been an integral part of the Rainbow team for 4½ years; during that time she introduced many new activities and ideas. She will be greatly missed. We wish her luck on her move to Yorkshire. We are pleased to confirm that a new Level 3 practitioner has been appointed to join our team. Rainbow Pre-School takes children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website for details. You need to put your child's name down now, however young, to ensure a place.

Gill Pursglove  
Administrator  
Tel: 814242

Email: [admin@rainbowpreschool.net](mailto:admin@rainbowpreschool.net)

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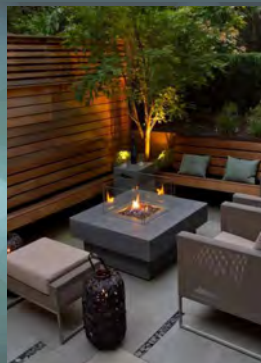
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## STANSTED SCOUTS PRIORY WOOD CAMP

This year we camped at Priory Wood near Takeley; end of May with the temperatures at 28 degrees, that is when to camp! Friday 6.00pm and 16 scouts and six adults arrived to set up our weekend camp site and by 9.00pm we were finished. A session on camp hygiene was followed by a sausage in a roll, around the campfire. The outdoor challenge means the scouts have to fend for themselves including arranging and cooking their own food all day. We had a demonstration of Icelandic tent pitching ready for the County Camp competition in September. Our morning activities were using axes and saws, air rifle shooting and pioneering, which was to be a monkey bridge.



After lunch was more pioneering, plus rabbit preparation and outside darts. In the evening there was a patrol chicken cooking competition. Our final activities were traversing the finished monkey bridge and trying catapults. An hour of free time was followed by snacks around the campfire. Sunday dawned nice and hot again, and today was a leisurely all-camp breakfast including eggy bread. Having just eaten we went straight into making camp doughnuts, fire-lighting techniques and plaster casts of animal prints. Lunch was followed by whittling by the campfire turning hazel twigs into tent pegs. All too soon it was time to strike camp and we left for home at 4.00pm. While we were there the trees gave us some welcome relief from the sun, not that anyone complained. We cooked over a wood fire which meant each day we had to look for wood for our fire, cut it and stack it. Our pioneering project was a monkey bridge which proved to be very popular. We all had a good time whilst being outdoors in the fresh air.

Mike Byrne  
Scout Leader  
Tel: 812780

Email: stanstedscouts@hotmail.co.uk



## UGLEY WOMEN'S INSTITUTE

The May meeting was our AGM at which resolutions to be discussed at the National AGM were voted on by our members. This year's resolutions include a call against the decline in local bus services, and an appeal to all women to take advantage of the smear test. Our next monthly meeting will be held on **17<sup>th</sup> July** at 2.15pm in Ugley Village Hall when Jackie Lamberty will be giving a beautifully illustrated talk on a recent trip to New Zealand. Our meeting on **21<sup>st</sup> August**

will be taking a look at nature through the seasons and our meeting on **18<sup>th</sup> September** will see the very welcome return of stunt woman, Lucy Allen who will be entertaining us with anecdotes of her life in films. Why not come along and spend an afternoon with us? You would be most welcome!

Andrea Fitt  
Tel: 815922

## THE HUNDRED PARISHES SOCIETY

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



One of the aims of the society is to raise awareness of our rich and diverse local heritage. It is exceptionally preserved in the rural and town landscapes handed down by past generations and there is also a rich vein of local history, culture, customs and legends. Amongst the legends are a couple concerning dragons. Henham's dragon is commemorated on the village sign and in the name of its parish magazine, *The Henham Dragon*. The appearance of this 'flying serpent' was reported in a pamphlet published in 1669. The creature was described as eight or nine feet long, having been seen by several men. In recent times, the legend has been dismissed as a 17<sup>th</sup> century hoax, while local Saffron Brewery produces a Flying Serpent beer to celebrate the story.



Where there were dragons there were also dragon slayers. We all know St George, whose slaying of the beast has been painted and sculpted many times. I can think of only one such image within the Hundred Parishes: in Bartlow church where conservation of a 15<sup>th</sup> century wall painting revealed the dragon but not St George. I would be interested to learn of other images of dragons or St George within the Hundred Parishes. A local dragon slayer, Piers Shonks, died in 1086 AD and lies at peace in an ancient tomb within the wall of Brent Pelham parish church. There is a brief account of his story, and why he is buried in the wall, in the Hundred Parishes book and on our website within the parish page for Brent Pelham and Meesden. There you will also find a link to a Hertfordshire Archives account and audio recording of the legend of Piers Shonks. Do enjoy our local area and keep an eye open for dragons.

Ken McDonald  
Secretary  
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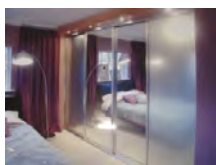
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## Nature Notes

### **Pink-Headed Persicaria** *Persicaria capitata*

Since coming to Stansted, I have been intrigued by a little plant found growing under the doorstep of Barnet Fayre, the hairdresser on Lower Street, and on the north sides of lamp posts. It looked like a tiny clover, but could not find anything like it in any of my books on wild flowers. Perhaps flood water coming from the nature reserve might have brought it to this part of Stansted.



I checked with online expert Roger Darlington who came up with the answer. He advised that this little plant is a garden escapee, a plant that does well in warmer conditions. Whilst it resembles clover, it does not have three leaves. The leaves are more similar to the cyclamen, but with dark green chevrons on the muddy green leaves. The flowers are in tiny globular clusters, pink or white, not a bit like the flowers of the cyclamen. The stems are glandular, similar to the knotweed family, and it can sprawl, rooting itself from a nodule. Roger has created a very useful website: [www.wildflowerfinder.org.uk](http://www.wildflowerfinder.org.uk). Whilst researching something completely different, I came across another interesting site, that of Zoë Devlin's *Wild Flowers of Ireland* and there too was the persicaria! Zoë records its origin as from the Himalayas. She first found it growing along pavements and gutters in Newport, Co Mayo, and thought it may have escaped from window-boxes. A plant of character!

Bee's Daughter



### **STANSTED MOUNTFITCHET WINDMILL**

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

During May we had six windmill openings; some were disappointing due to the weather and consequent lack of visitors. The National Mills Weekend was an example of this and the Saturday was very discouraging. However, some were excellent and by contrast the Sunday commenced with a visit from the Suffolk Jaguar Owners Club and about 18 of their members arrived in their sparkling classic vehicles. They all enjoyed morning coffee and doughnuts, followed by a tour of the Mill. Many of our villagers admired the classic Jaguars all lined up on the Windmill field.

June openings have been more satisfying. On the evening of the 5<sup>th</sup> we had a visit from the Stansted Brownies, a lively group of about two dozen girls who clearly enjoyed their visit. We look forward to more of these groups visiting us; bookings can be made through me on the telephone number below or via our website. This year our afternoon tea at the windmill will be on **Wednesday 24<sup>th</sup> July** at 2.30pm. The cost of our cream tea, with tea, coffee or squash will be £3.50. We hope you will come along and support us. Our next windmill opening will be on **Sunday 7<sup>th</sup> July** 1.30pm-5.30pm.



Molly Clark  
Co-trustee  
Tel: 816768



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

### **A Case of Too Many Very Hungry Caterpillars**

This spring we experienced a massive invasion of winter moth caterpillars, which are chomping through young leaves on our trees, causing defoliation. Hatching is timed to coincide with the unfurling of oak leaves. They also feast on maple, birch, hornbeam, hazel and beech. Hatching is determined by temperature. The moths are adapting to climate change through selection, with the larvae of the best adjusted eggs thriving. As the climate changes, the moths are hatching earlier to synchronise with their main food sources. Tits feed the moth caterpillar to their young. This only works if the peak wood moth caterpillar population coincides with the hatching of the tits' eggs. Tits can adjust the time when chicks hatch with the weather, but the birds are less able to adjust to the earlier peaking of caterpillar populations, which means they cannot take full advantage of the higher caterpillar population.



In the past, few birds penetrated far from the edge, so caterpillars were safe in the dense canopy. Coppicing is helping to open up the wood to more birdlife, which should help combat the excess of caterpillars. The problem is challenging; we can only hope that this is a bad year due to specific weather trends this past spring and that the trees will continue to produce new leaves after the caterpillars pupate. Visit our website for a series of educational events throughout the year, including moth trapping and identification.

Daniel Brett  
Secretary

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

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The Epping to Ongar section of the railway was built during the 1860s and initially operated steam passenger and goods services. It eventually formed part of the London Underground (LU) Central Line using traditional LU stock. LU ceased their operations 25 years ago this September and we are organising a commemorative event: *25 Years in the Making*. Today the Railway consists of just under 10 km of standard gauge track running between the buffer stops at Ongar Station to a point just short of Epping Underground Station. Our heritage buses operate a regular service from the LU station to the EOR station at North Weald.



The railway operates a variety of both steam and diesel locomotives together with other heritage passenger and goods stock. We run regular events for both enthusiasts and families. Full details are on our website. Over 95% of the people who operate our railway are volunteers. They are ably supported by a small number of paid employees. Now that our 2019 season is in full swing, we are seeking additional volunteers in all departments including: station duties, permanent way, catering, building and rolling stock repairs. Once some experience has been gained in these roles, volunteers often move on to other operational duties such as signallers, drivers or guards. If you have a few hours to spare why not consider a volunteer role with the Epping Ongar Railway Volunteer Society. Adult membership costs £20 per year; members receive complimentary copies of our quarterly magazine *Mixed Traffic* usually priced at £3. If you are interested, please visit our website or email: [membership@eorailway.co.uk](mailto:membership@eorailway.co.uk).

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## Water Lane Theatre Company presents MUCH ADO ABOUT NOTHING

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

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Shakespeare's classic comedy of miscommunication with a twist; let us take you back to the 1870s Wild West, to the frontier town of Messina and the saloon bar of Leonato. The menfolk (Don Pedro, Claudio and Benedick) play cowboys returning from one of the many territory wars fought against native-American tribes. The ladies (Beatrice, Margaret and Ursula), play showgirls working in the saloon. And looking after law and order are Sheriff Dogberry and his trusty side kick, Deputy Verges. The play features a mix of great comedy, live music and some classic western tunes that everyone will know and enjoy. This is a picnic production, so please feel free to bring your own food and drink and something to sit on. Oh, and being outdoors and a British summer, please bring a waterproof, but we are hoping the sun is shining! Gates open at 6.00pm. Tickets: £6.00 in advance from our website (booking fee applies) and Bishop's Stortford Tourist Information Centre, Market Square or £7.00 on the door. Proceeds to Isabel Hospice.

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## STANSTED HALL & ELSENHAM CRICKET CLUB



The senior teams have made a good start to the season. The 1<sup>st</sup> XI has won three out of four league matches having been promoted to Division 1 last season. The only defeat was by Nazeing by four wickets, but the team had a very good win at the weekend over Matching Green. The 2<sup>nd</sup> XI so far is undefeated winning all five matches in Division 5 with a good mixture of experience and youth. The junior section has 75 youngsters signed up which includes 35 'All Stars' aged five to eight. The U9s had their very first match recently and lost to Harlow Town by two runs; a very enjoyable evening was had by all. The U12s and 13s are continuing to improve with recent wins over Fyfield and Stansted although they have been beaten by Saffron Walden and Harlow. The U15s are unbeaten in the Bardfield League.

On 13<sup>th</sup> July the Club is holding a World Cup Fun Day with a match between Club and Parents, an 'All Stars' session followed by a BBQ. The Club is actively talking to Molehill Green Cricket Club concerning cricket being played again in the village. The ground has not been used for two seasons so there is much to do and to be discussed. Unfortunately, the Elsenham Place project is dead and we do need another ground, mainly for junior cricket. Molehill Green is an ideal opportunity for all.



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### Nature Valley Big Tennis Weekend 2019

On 25<sup>th</sup> and 26<sup>th</sup> May we invited the community to join us for a free weekend of tennis as part of the Lawn Tennis Association's Nature Valley Big Tennis Weekend event, in which tennis clubs up and down the country can take part. It was a great success with nearly 60 children and their families attending and resulted in about six new families joining the Club! The weekend also included the adult/child tournament, on the Saturday, which was won by George and Michael Casey and the runners-up were Ross and Lisa King. On the Sunday the Boyd mixed doubles tournament took place, where Clare Murfitt and Sam Philp claimed victory over Diane Brown and Clive Carroll.



### Junior Coaching

The junior coaching programme, open to members and non-members of STC, takes place on Wednesday and Thursday evenings. Please contact Ollie Toms on 07917 652014 or email: juniorcoaching@stansted.co.uk for more information.

**Ladies' night: Monday 8<sup>th</sup> July** from 6.30pm.

**Used Tennis Balls** £1 for a tube of four, from Jan Hollis, email: janhollis@btinternet.com.

Please visit our website for further information about the club and to download a membership form.

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



## STANSTED BOWLS CLUB

The bowling season is now firmly in swing and all teams are very active with some great results, especially from the league 'A' team. All the teams are enjoying their bowls.

### July Fixtures

There are A or B team matches on Wednesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> at 6.15pm. Seniors matches are on

Thursday 4<sup>th</sup> and Tuesday 16<sup>th</sup> at 2.30pm. We also have weekend matches on Saturday 6<sup>th</sup> and Sunday 21<sup>st</sup> at 2.30pm. All are welcome to come along to support the teams.

We are still running our offer of **One year's FULL Membership, which allows you to take part in Club matches and competitions and full use of our discounted licensed bar for just £10.00.** We are planning an exciting Quiz Night on Saturday 28<sup>th</sup> September at 7.00pm, in the Club. Tickets: £5.00. There will be a raffle and of course we have our licensed bar. Bring your own snacks. Tables for eight can be booked from me, details below. Hurry as it is likely to be very popular. Watch this space and the village Notice boards, Facebook (Stansted Matters) etc. for new events coming soon, or just come along on a Friday evening and meet the members and have a chat.

Peter Beattie  
Hon Secretary  
Tel: 07850 329192  
Email: peterdavidbeattie@gmail.com



## Stansted Cricket Club

The senior season has now reached week 6. The 1<sup>st</sup> XI has had three wins in HECL Division 2 and lie in 5<sup>th</sup> place. The 2<sup>nd</sup> XI won their first match in CCA on 18<sup>th</sup> May, chasing down 251 against a team mostly of juniors. They have had one win and one rained-off game from six matches. The Sunday XI has had three wins from five matches so far. In Round 1 of the HECL Cup we beat Hatfield Heath by 85 runs and now are at home to Thaxted in Round 2. Notable batting performances have come from J Monk (131), J Ayres (121 no), D Sammons (109 no), B Baker (86 no, 78 no and 66), D Taylor (83 no), B Sammons (77 no), M Cope (54 and 54) and D Elliott (52). Congratulations to Ben Baker who had scored 518 runs by 1<sup>st</sup> June!

Home fixtures for July are:-

Sat 6 <sup>th</sup>	1 <sup>st</sup> XI v Little Hallingbury	HECL 2	13:30
Sat 13 <sup>th</sup>	1 <sup>st</sup> XI v Potter Street	HECL 2	13:30
Sun 14 <sup>th</sup>	Sun XI v North Weald	Friendly	14:00
Sat 20 <sup>th</sup>	2 <sup>nd</sup> XI v Elmdon II	CCA JL 4S&E	13:30
Sat 27 <sup>th</sup>	2 <sup>nd</sup> XI v Royston III	CCA JL 4S&E	13:30
Sun 28 <sup>th</sup>	Sun XI v South Weald	Friendly	14:00

If anyone is interested in sponsoring the Club (perhaps by a large banner displayed at the ground), please contact our Sponsorship Manager, Huw Edwards email: huwr\_edwards@hotmail.com. The Club would like to invite anyone interested in scoring on a regular basis to contact me. Adult players wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge  
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## 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	Peter Latham Tel: 507294 Email: yplatham@uwclub.net
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	Lizzie Read Tel: 07770 594848	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	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Helpline	Tel: 07704 553727	Tennis Club	Fiona Kelly, Publicity Officer STC Tel: 07949 623484 Email: fiona1.kelly@btinternet.com
History Society	Peter Brown, Chairman Tel: 812816	U3A	Ray Smith, Chair Tel: 813270
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute (Stansted)	Anne Watson, President Tel: 898693
Inner Wheel Club	Margaret Webb, President Tel: 503225	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Investigators Age 7-11	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Little Scrummers	Andrew Poyser Tel: 07738 591232	Youth Centre	Linda Barnes Tel: 07947 548051
Millers (Windmill)	Molly Clark Tel: 816768		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK	Vivian Falk, Chairman Tel: 01799 513128		
Uttlesford Support Group	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		

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

### BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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

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