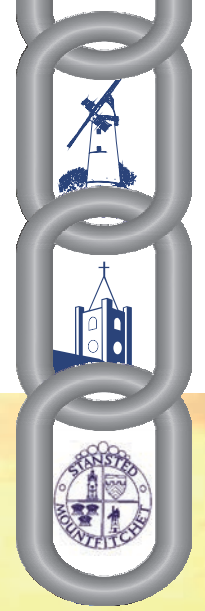


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Front cover:

Sunset over the
Windmill
by Dale Crowson



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

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CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent as separate attachments (jpeg).

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

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EDITORIAL



What a beautiful front cover this month! Our thanks again to Dale Crowson who takes so much trouble to get the perfect shot; this one was from his bedroom – what a view that room has, I am sure you would agree. While on the subject of photographs, you will see a plea from The Link team on p3 for you to send in contributions to our July Coronation issue. Please look at the bottom of p1 to see how to send photos. If you have one which you consider good enough for the front cover, it should ideally be portrait orientation.

It is so heart warming to see how much fundraising is going on in the village. I am looking in particular at the efforts of family and friends raising funds for Magna Carta and Bentfield Primary schools. I am sure all schools are immensely proud of their PTAs and other school organisations for the huge amount of work they put in to prepare for these events; PTAs are the unsung heroes of many schools and I think they deserve a big virtual hug from all of us. The public exam season is in full swing, so I wish the local GCSE and A level students the very best of luck with these all-important examinations.



STANSTED SCOUTS

First Camp of the Year

Rain and mud did not stop 12 of our scouts from gaining their Expedition Challenge Award (one of the nine needed to complete the Gold Award). The weekend event was held at Thriftwood Scout campsite in Brentwood and was organised by the Essex County team with around 700 scouts from Essex taking part.



A physically challenging weekend, it tests map reading skills to find bases and complete skills tasks. The event always coincides with the clock change weekend, so the Sunday 8.00am start was really 7.00am! After an exhausting previous day, waking up is a challenge in itself. I am extremely proud of the Scouts who took part – well done all. Happy, but tired Scouts were returned to their parents on Sunday afternoon. A big thank you to Angela, the Beaver leader, who gave up her time to help me.

Mark Presland
Scout Leader



ELSENHAM COMMUNITY CHOIR

We have all been very busy at choir lately, challenging ourselves with a number of new songs, including some from musicals. *I Will Follow Him* from Sister Act was so much fun to sing and sounded pretty good too. *A Million Dreams* from *The Greatest Showman* is proving somewhat more testing, but we are determined to conquer it! We have also enjoyed mastering *Take That's Shine* and the old classic, *Drift Away* has been an absolute joy to sing; lastly, by the time you read this, we will have made a good start on Steelers Wheel's *Stuck in the Middle with You*, so watch this space. As you can imagine, we are often singing songs that we might previously not have heard, but that makes the challenge all the more enjoyable.

If this sounds like something you would enjoy, then why not join us on the first and third Tuesday of every month, 7.00pm-8.30pm in Elsenham Village Hall, near Elsenham Primary School? We do plenty of singing, but always have a mid-way break for a chat, a drink, and some chocolate! There are no auditions and everyone is welcome; just come along and sing. For more information see Elsenham Community Choir Facebook page or call 07962 586825.

Elaine Terry



HERTS AND SOUL CHOIR

Come and Follow the Band

On **Saturday 10th June** at 7.30pm in Herts and Essex School. Adults £9.50, concessions £8, children free, from www.trybooking.com/uk/events/landing?eid=40820.



www.bentfieldprimaryschool.co.uk

Our wonderful music extravaganza will be on **Saturday 1st July 2.00pm-8.30pm** on the Bentfield School field. Come along to see The Jjarrs, Goat Patrol, Jay Lewis, Industrial Language, Milla and our very own DJ Fran. As well as great music, we have a BBQ, beer tent, bouncy castles, ice creams, sweets, novelty stall and face painting. Entry is by ticket only and everyone over the age of three will need one this year. Tickets: £15 in advance, £18 on the day, under 16s free but there is a maximum of two per paying adult. Tickets are available from Bentfield Primary School office, Russell Property in Castle Maltings, The Dog and Duck, The Cock and Intercountry on Cambridge Road.



So, dust off your festival gear and make your way down to this fun filled event. Whether you want to get up and dance or relax in a chair with a cold drink, we look forward to seeing you and we thank you for supporting our school. All the profits from Music in the Park go into the PTFA funds at Bentfield Primary school. Funds raised in the past have helped pay for resurfacing the playground and the purchase of new playground equipment; nowadays it is also necessary to pay for essential items for everyday use, which recently included 100 glue sticks. We are always on the lookout for more sponsors; you can help support everything from hot dog rolls to bouncy castles, or safety stewards for the day.

MITP Organising Committee
Tel: 813626
Email: mitpstansted@gmail.com

STANSTED IS WELL READ

The next meeting of our book group will be on **Tuesday 6th June** at 8.00pm in the Dog and Duck, Lower Street, when we will be discussing *Hearts and Minds* by Amanda Craig. We are looking forward to reading this acclaimed novel about how the lives of five seemingly very different people become connected in undreamed of ways. Please get in touch if you would like to join us, a warm welcome will await.



Anne Watson
Tel: 898693
Email: stanstediswellread@gmail.com

SEND US YOUR CORONATION PHOTOS!

We intend to run the July Link as a commemorative issue to honour the King's Coronation in May. We would love to feature your special photographs of the events surrounding that happy occasion. Pictures, plus a few descriptive words, where appropriate, would be hugely appreciated. Thank you in advance, Stansted Residents. We greatly value your assistance.

The Link Editorial Team



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

Our first few open days of the year have produced a steady stream of visitors. The Easter Egg hunt attracted plenty of children. We make a big effort to give our young visitors a fun visit, which may include the challenge of climbing to the top floor. Hopefully they will have learnt a little bit of economic and social history at the same time. It would be nice to think that visits to the mill for the egg hunt, teddy bear parachuting at the August Fête and Santa at Christmas all contribute to children having happy memories of growing up in Stansted Mountfitchet.

The photo shows Gabriella Finan, winner of the Easter Egg Hunt Golden Egg

We open the mill for groups from local schools and multi-ethnic schools in the London Borough of Tower Hamlets, who use The Gorsefield Rural Studies Centre on Grove Hill. The latter are really rewarding sessions for the stewards who get to meet some lovely children who have African, Asian or Caribbean heritage but little understanding of life in rural England. In order



to open for school parties and the public we need volunteer stewards to collect entry fees, sell mill merchandise and make sure our visitors have a safe and enjoyable experience. One of our experienced stewards gives new volunteers a basic induction course where they learn about the history of the mill and are given a few tips on supervising visitors. If you can spare a few hours on a couple of our open days we would love to hear from you.

Trevor Lloyd
Tel: 810805
Email: info@stanstedwindmill.co.uk

LIFE BEGINS AT 91!

Many readers will know Arthur Law, who has been a long-term resident in the local area. After a recent month-long stay in hospital, he decided it was time to avail himself of an offer to take an extended holiday with his daughter Alex in Australia, with a view to possibly staying there. So, on 17th April Arthur boarded a plane from Heathrow and is now comfortably settled in Perth. Before leaving he was able to meet up with friends in The Cock for a meal followed by celebration cake given by Stansted Free Church. The church also contributed to his new recliner chair in his Australian home. Not many of us would contemplate upping roots at the age of 91, but early reports suggest that Arthur is enjoying every minute of it, including the exotic wildlife. No doubt he will be adding to his portfolio of paintings!



Arthur is keeping in touch with us via email, and writes: *Dear Friends. I am settling in nicely to my daughter's house. Thank you for the generous collection you gave to me which I have put towards a reclining chair. It's very comfortable with a good view of everything going on around me. Already been exploring on my electric buggy around the area with the dogs and hope to drive myself to church on Sunday to catch up with old friends. I will keep in touch. Arthur.*



Mike Dyer



www.uttlesfordca.org.uk

Are you missing out? UK households are missing out on £15 billion a year of means-tested benefits. Even if you feel you can manage, you have a right to claim your benefit entitlements; claiming might help you access other support. You can check easily, using an online benefit calculator such as the one on the Uttlesford District Council website: www.uttlesford.gov.uk/article/5078/Online-Benefit-Calculators. If you have no internet access, or need extra help, call our friendly advisers on 01799 618840 and they will carry out a benefit check for you.

Are you off-grid? Homes not connected to the gas grid may be eligible for a £200 Alternative Fuels Payment. If you have an electricity supplier, check your bank or energy account to see if you received the payment in February. If you are on a prepayment meter, vouchers should have been sent by text, email or post.

Low-cost broadband Ofcom figures show that just 5% of eligible families have signed up for Social Tariffs - discounted packages for households on Universal Credit or other types of financial support. These offer superfast speeds for as little as £12 a month. For more information

go to www.uswitch.com/broadband/guides/broadband-deals-for-low-income-families.

Healthy start vouchers Half the eligible families in Uttlesford are missing out on vouchers for milk, vitamins and healthy food. If you have a low income and are pregnant or have a child under the age of four, you might be eligible. Speak to your midwife or health visitor or see www.healthystart.nhs.uk.

Discounted Travel If you have been claiming income-related benefits for three months, you may be entitled to a *Jobcentre Plus Travel Discount Card*, which can cut the cost of public transport by up to 50%. Ask at your local Jobcentre Plus.

Help with energy costs or grants is available if you are unable to pay your bills. Contact our warm homes team for more information on 01799 618858 or email: warmhomes@uttlesfordca.org.uk.

Jo Hancock
Tel: 01799 618840
Email: help@uttlesfordca.org.uk



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Sun 4th June

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11th & 25th June
9th & 23rd July

WHAT'S ON IN JUNE

4	Sun	Windmill open	1.30 - 5.30 pm
		St Mary's Church open	2 - 5 pm
6	Tue	Stansted is well Read	Dog and Duck 8 pm
7	Wed	Mft Garden Club	Day Centre 7.30 pm
9	Fri	Link copy due	before noon
10	Sat	Herts and Soul Choir	Herts and Essex Sch 7.30 pm
11/25	Sun	Green Waste Skips	Lower St Car Pk 12.30 pm
13	Tue	RSPB	Bishop's Park 7.30 pm
15	Thu	U3A	St John's Hall 2 pm
17	Sat	U3A Seminar	Free Church Hall 9.30 am
		Farmers' Market	Ugley Village Hall 10 am
18	Sun	Open Day	Easton Lodge 11 am
21	Wed	Ugley W I AGM	Ugley Village Hall 2 pm
24	Sat	S Walden Choral	Saffron Hall 7.30 pm
29	Thu - 1 Sat	Water Lane Theatre	Monastery Gdns, B Stortfd 7 pm
2 Jul	Sun	Water Lane Theatre	Monastery Gdns, B Stortfd 3 pm



**Saturday
Seminar**

**The Life and Work of Nobel
Prizewinner Dorothy Hodgkin**
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9.30 am Sat 17th June
Free Church Hall

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Sunday 18th June

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Our Garden Group visited the Gibberd Garden in April. The architect Sir Frederick Gibberd was commissioned to plan a New Town in the area and he bought a house and 14 acres of farmland in Marsh Lane, Old Harlow. This was his home and the beginnings of the unique garden which is there today. There are over 80 modern sculptures arranged throughout the garden. We were greeted by Cheris who gave us coffee and related the history of the garden. We certainly recommend a visit! The Saturday Seminar at the end of April was a great success. Professor Simon Green shared research that he had been leading at Hull University into helping parents and grandparents who were subject to abuse from children in their care. A scheme called *Who's in Charge* had seen positive results for people who previously had nowhere to turn, and we all came away with much more knowledge on the subject. We hope to share further information on this including organisations which can offer support.

The next seminar is on **Saturday 17th June** when broadcaster and author Georgina Ferry will be talking to us about the life and work of Dorothy Hodgkin, the only British woman to win the Nobel Prize for Chemistry, who received it for her work on x-ray crystallography. Tickets for members will be available from the Ticket Source website as usual.

Eileen Quinn
Tel: 07874 385541
Email: stanstedu3a@gmail.com



MANUDEN RANGERS

A few of us have managed to finish our Gold awards, but still want to continue in the Girl Guiding movement in Manuden. That is why we are hoping to start our village's brand new Ranger unit, which we invite girls aged 14-18 to join. You do not need to have been to Rainbows, Brownies or Guides, or have any Girl Guiding experience to join. We plan to meet at Manuden Village Community Centre on Tuesdays 7.00pm-8.30pm starting in September.

Rangers is a chance to build your confidence, make new friends, develop important skills and be part of a team. We will participate in fun activities and do interesting badges; we would have a lot of independence and be able to choose what we want to do. We will go on exciting trips and have many adventures. Some benefits of joining Rangers are having the opportunity to voice and develop your opinions with girls your own age and to learn how to make change and take action. We focus on a lot of subjects like human rights, environmental issues and our views on society. Additionally, it can be helpful to add to college applications, but it is even better to add it to your list of amazing memories. Please contact Glynis Prothero on 814145 or 07835 717942 email: glynisprothero@aol.com if you are interested.

Mary, Danielle, Holly, Lily and Poppy
Aspiring Rangers

IN THE GARDEN

In June spring gardens burst into summer with an energy unmatched at any other time of year. With all danger of frost behind us, pots, hanging baskets and summer bedding can be allowed to develop and flower with impunity. Deadhead everything regularly from now on to encourage further flushes of flower throughout the season right into autumn. Water everything regularly; a good soak for all containers every two or three days is probably best. If we have a long hot, dry spell greater frequency will be required. Keep tying-in climbers as they grow and remember to feed all plants weekly with a general-purpose fertilizer to encourage strong growth and flowering.



Some bearded iris will have finished but others are still flowering. Deadhead to keep them looking tidy. They should be divided every three years or so, to give the best flowering. If yours lack blooms, next month will be the time to divide the rhizomes. Discard the old part of the rhizome and replant the young rhizomes. Bearded Iris like full sun, excellent drainage and fairly poor soil.

Feed in July with a rose fertilizer. Most spring flowering shrubs can be pruned now to keep them in shape and at a manageable height. Deadhead your roses to encourage new growth and further blooms. Water and mulch them to help them survive hot summer days.

Visit local gardens open under the National Gardens Scheme (see www.ngs.org.uk for details) which raises thousands of pounds for various charities. It is amazing the ideas and knowledge you gain from these visits; owners are always willing to answer queries and explain the reasoning behind their planting schemes. Books detailing opening dates are available free from the Tourist Information Centre in Bishop's Stortford.

u3a Garden Group
Email: stanstedu3a@gmail.com

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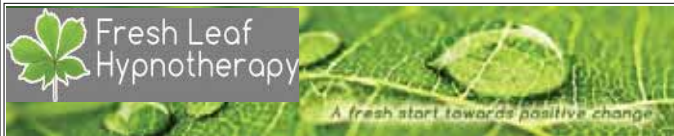
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FOUR CASES AND A PIECE OF CAKE

Just beyond the post box Joe turns into a cul de sac. A small grassy patch, the village green, sits in the centre of a cluster of cottages, proudly displaying a rather wonky sign stating the tiny hamlet's name, Broad End. Reaching into his bag the postie grabs the few items left to deliver. Saving the best until last he arrives at the corner cottage where his favourite customer lives; baker of the best ginger cake he's ever tasted.

Gladys' family are scattered far and wide and she receives a lot of letters. Today's is from Australia. As he unlatches the gate he almost trips over a pile of suitcases. There are four bulging, blue cases with no labels. Gladys once confessed to having never been away on holiday, so they're unlikely to be hers. Joe knocks on her front door. There's no immediate response, which is unusual. 'Maybe Gladys has visitors,' thinks Joe, although surely she would have mentioned such an event when he saw her on Friday. He knocks again and peers through the little downstairs window. All is quiet. Concerned at the lack of reply he tries the door, and in spite of Joe's nagging about the need to keep her home secured at all times, the hinges squeak as the heavy door swings open.



*Gladys, are you there? It's Joe.' The cosy sitting room is empty, and apart from the tick of the mantel clock all is eerily quiet. Tentatively Joe walks across the uneven floor and through to the tiny scullery at the back of the house wary of what he might find. All is neat and tidy and Joe detects a tantalising waft of ginger, but no sign of Gladys. The back door is slightly ajar. He pokes his head through and calls out once more. To his relief he hears a faint shout. 'Is that you Gladys? Where are you?'

'In the passage,' is the slightly louder reply. There's a narrow, overgrown alleyway between Gladys' house and the field beyond where Joe finds the old lady, struggling to get up from the ground. With some difficulty in the confined space, he manages to help her to her feet and inside. He offers to drive Gladys to A & E to be checked over, but she refuses to go and insists on making a pot of tea instead.

Sitting with a mug of tea and a large slice of delicious ginger cake Joe asks Gladys about the pile of luggage outside. 'Been there since Saturday morning,' she says nibbling at her piece of cake. 'So who does it belong to?' Joe eyes up the rest of the cake but is too intrigued by the mystery of

the suitcases to ask for seconds. He waits patiently for Gladys to finish her mouthful.

'Me.' Gladys says eventually. She takes a sip of her tea before continuing. 'I decided to have a clear out in the spare bedroom, and needed something to put all the stuff in. So I got the suitcases out the shed; we bought them when my Ernie retired.' She gazed at the large framed photo of her husband, sitting in pride of place on the sideboard. 'We planned to go on one of they posh cruises. Celebrate his retirement in style. Got all the brochures we did. Ernie fancied the Caribbean but I wasn't keen. Do you know how far from Norfolk it is? But then Ernie had his fatal heart attack and that was that.' Joe hadn't heard about the cruise before; must have happened before he took over the round. Eyes bright with unshed tears Gladys took a large gulp of her tea. 'But why are they out by the gate Gladys?' Joe asks gently. The old lady looks at him and grins. 'You know how you're always going on at me to lock the doors 'cos there's all sorts of villains around stealing things?' 'Ye-e-es, but ...' Gladys interrupts Joe with a wave of her mug.

'I thought if that's true, someone's bound to come along and take the cases if I leave them laying around. Save me the job of finding a home for all me unwanted stuff. But they're still there. Proves there's not as many thieves about after all. So don't you keep telling me to keep the doors locked young man, 'cos I won't be taking any notice,' she finishes defiantly. In the face of such logic Joe decides to keep his counsel and shaking his head, simply hands over Gladys' letter.

As he drives home, Gladys' cases in the back of the van, the postie wonders what he'll be faced with tomorrow. One of the joys of his job is that he never knows what's going to happen next; especially when he visits Broad End.



Yvonne Ayres
u3a Creative Writing Group



RECYCLING



A reminder that we can take the following for recycling: ink cartridges (**not** toners), dental products, blister packs, stamps, mobile phones, ipads and tablets (**not** laptops). Please make sure all personal data has been erased from ipads, mobiles and tablets. The easiest way to do this is by a *factory reset*; please see your manufacturer's website for instructions on how to do this for your particular phone. It would be helpful if **all items** could be placed in a paper/plastic bag or envelope; please use a **separate** one for each category and do not mix toothbrushes with blister packs, for example. Donated items can be left in the boxes outside the blue main door of the Free Church at the bottom of Chapel Hill. There is also a collecting box inside St John's church. Alternatively please leave items in the porch of 7 Blythwood Gardens. Thank you.



Marion and Mike Dyer
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SOCIAL CLUB

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Mason Teese is a local darts prodigy, who continues to go from strength to strength and recently won a Junior Darts Corporation event in Eindhoven. Mason needs more sponsorship to realise his dream so if you can help, please email us.

In our continued commitment to staff and member safety we now have a defibrillator in the Club, and all staff have been trained in first aid. Our compliance improvement programme is going from strength to strength with the recent acquisition of a gas cylinder storage cage, commercial grade ladders and the introduction and distribution of an employee health and safety handbook. The Committee have been keeping a close eye on the finances in these uncertain times but are now in a strong position and we will be able to move forward with the refurbishment of the accessible toilet.

On the entertainment front we helped to celebrate the King's Coronation and the Club looked splendid! We kick off our June entertainment with a fabulous *Rod Stewart* tribute act on **Saturday 3rd**, followed by *The Tailored Tenors* on **Saturday 10th** in the afternoon, with *Jamie Leigh Nelson* from *The Voice* appearing in the evening. **Sunday 11th** sees *Gemma Louise Doyle* making a welcome return with a mixture of opera and modern classics. On **Saturday 17th** we have a *Simply Red/Mick Hucknall* tribute. **Sunday 24th** sees *The Elvis Presley* band making their debut at the Club. Jenson and the guys have worked with Elvis Presley's band members around the world since 1993, in the footsteps of the King. So, we will well and truly celebrate the music of Elvis! We round off the month with another debut appearance when *Joe Gibbons* joins us on **Sunday 25th**. He will be singing some of your favourite Jazz and Soul numbers.



Andrew Sharpe

Tel: 812992

Email: stanstedclub@gmail.com

COMPUTER AND PRINTER RECYCLING

www.cambridge-computer-recycling.co.uk

The Free Church recycling project does not include laptops or printers. However, Cambridge Recycling Centre refurbish these items and donate them to schools and charities. They will collect items from you free of charge. You can contact them via their website, or call 01223 473875 email: sales@cambridge-computer-recycling.co.uk. I have used their service and they were very helpful and pleased to receive the items. Why not get together with friends and neighbours and make their trip to Stansted more worthwhile?



Marion Dyer



THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

The Place continues to offer a friendly warm space for all adults on **Wednesdays 10.00am-noon**. Join us for free coffee, cakes and biscuits in good company - what more could you ask? We even have a jigsaw you can work on. There is no need to book, just come along to the Free Church at the bottom of Chapel Hill and save on your home's energy bills. If you have children, please come along to *Fun Place on the Hill* which opens on Fridays; see separate article for more information.



Mike and Marion Dyer

Tel: 814059

Email: theplace@stanstedfreechurch.org.uk

ANGLIA IN BLOOM



The Anglia in Bloom Action Group are hoping to feature the Walpole Meadow allotments as part of the entry this year. In particular they want to include examples of youngsters in the village getting involved in gardening and environmental projects. The Parish Council have assigned one of the allotments to Bentfield School and the pupils are keen to get on with gardening as soon as possible to take advantage of the prime planting season. The school has already had a few donations but ensuring the allotment is safe and accessible to pupils with disabilities will require investment in fencing, paths and raised beds. They would love to hear from anybody who can donate funds, materials or construction expertise. Please contact Nicola Brown, email: n.brown@bentfield.essex.sch.uk if you are able to help.



Bentfield Headteacher, David Rogers, and SEN support assistants Debbie Capp and Nicola Brown.

It has taken a long time for the developers to get the site into a condition where it is fit for the allotments to be transferred over to the Parish Council to manage. They are now ready for the youngsters, along with 13 other eager gardeners to get cultivating. Prolonged legal negotiations with the developers will hopefully soon reach a conclusion and the site will before long be producing a bountiful supply of fruit and vegetables.

Trevor Lloyd

Tel: 810805

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STANSTED FIRE STATION

www.essex-fire.gov.uk/locations/Station-83-Stansted

This year has already been incredibly busy for the crew, who have attended many different emergency incidents. At the start of the year, we went around the village and highlighted on our social media pages the need for more volunteers to join our team. We now have two recruits who have started their basic training. On 4th May at noon some of our firefighters who were on duty took part in a minute's silence for Firefighter Memorial Day, paying their respects to the thousands of firefighters around the globe who have made the ultimate sacrifice to their fellow residents and communities.



The tower is also used to hang the hoses on, to be washed if they are dirty, and then left to dry.

The team have also kept up to date with all the latest training techniques. In May they attended Stansted Audi garage to learn even more about the ever-changing world of electric vehicles, their safety features and how to render them safe after a vehicle collision.

The local crew are now starting to turn their minds to the up-and-coming summer period and are hoping it will be less busy than last summer. If the dry conditions return, we ask everyone to look at the website www.essex-fire.gov.uk and search for *Summer Safety*.

Our work with home fire safety visits in and around the village has continued; we offer free home visits to any Essex resident. If you do not have working smoke alarms or would like more information about how to live safely and securely at home, book a visit at www.essex-fire.gov.uk and search for *Home Fire Safety*. Stay safe and best wishes from all at the Fire Station.

Steve Perry
Tel: 01376 575830
Email: stanstead.oc@essex-fire.gov.uk



MAGNA CARTA PRIMARY SCHOOL

Thank You for Making Our Quiz Night a Success!

Magna Carta Primary PTA would like to extend our heartfelt thanks to everyone who participated in our quiz night on 20th April at Touchpoint. Everyone's enthusiasm and competitive spirit made it a fun and memorable evening. We also want to thank those who kindly donated raffle prizes, and special thanks go to Brohmon who generously provided a voucher for the winners.

Congratulations to the winning team, *The Underdogs*, who scored particularly well in the *On this Day* round; despite not doing very well in the *Identify the crisp* round, they managed to emerge victorious, beating second-place *Where's Suzi?* by 1½ points. All funds raised will go to support the children of the school, so thank you everyone once again for your support. Watch this space for news of our next quiz.



Fun Day

We are looking forward to welcoming everyone to our Summer Fun Day on **Sunday 9th July** noon-3.00pm in St John's Road. Everyone in the village is invited to join us for fun and games. Entry is free! There will be something for all ages, from bouncy castle and face painting to BBQ, Pimms, cakes and a raffle, plus lots of much-loved traditional fair games. Why not bring a picnic blanket and spend the afternoon with us?

We are appealing to local businesses for prizes for our raffle, which will be drawn on the day, in exchange for which we are happy to advertise your business among the school community as well as part of the raffle. If you are able to donate a raffle prize, or have any questions about the Fun Day, please contact us. All funds raised will go to provide resources to support the children of Magna Carta Primary. Thank you in advance for your support and we look forward to seeing you on 9th July.

PTA Committee
Email: magnacartapta@gmail.com

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THOUGHT FOR THE MONTH

As I write this reflection, we have just witnessed the first coronation in our country for 70 years, a service in which we experienced the old and the new, the familiar and the innovative, the medieval and the modern. The contrasts and similarities between 1953 and 2023 were remarked upon by many, not least the transition from periscope to mobile phone amongst those crowding the Mall, alongside the reassuring but rather wet constant of the British weather as the notable backdrop to each celebration.

Through the rather eloquent *oratory* and elegant *reflection* of the finely crafted coronation liturgy, there was perhaps one striking and inspiring moment, introduced by King Charles, that will remain vividly in our memories beyond the attractive apparel of those attending and the backdrop of the pageantry. For in response to the welcome from the 'children of the Kingdom of God' at the very beginning of the service, the first words that King Charles spoke served to powerfully remind us, not only of the origins and telos of his role, but also that of our own Christian calling which we share across our common tradition, that *'in his name, and after his example, I come not to be served but to serve.'*

All that is to be said, all that is to be done, by King Charles and every Christian, is to be carried out in the name of Christ, the King of Kings, and undertaken after his example - that of humble service. May each of us be a blessing to all people, and together discover the ways of gentleness, and be led into the paths of peace so that the reign of God may break through and fill every land with justice and mercy, and we may flourish together with no-one left behind.

Fr Liam Hayes
St Theresa's Catholic Parish Priest



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Email: frliamhayes@dioceseofbrentwood.org

Parish Administrator Clair Rava
Tel: 816889
Email: stansted@dioceseofbrentwood.org

Masses
Saturday 5.00pm-5.30pm Confessions 6.00pm Mass
Sunday 10.00am Mass

Baptisms By appointment

Our Mass times can be subject to change so please refer to our website and newsletter for updated information, including weekday Masses. Confessions are at 5.00pm every Saturday before the Vigil Mass and by appointment.



STANSTED QUAKERS

Quaker Meeting House, 71 Chapel Hill
Stansted CM24 8AE
www.stansted.quakermeeting.org

Contact Jonathan Morrell Tel: 07775 860379
Email: woldsouth3@gmail.com

Lettings Yvonne Estop Tel: 07595 087207
Email: yvonne-wood@outlook.com

Sunday worship 10.30am. Visitors are always welcome. We join together in stillness for an hour, followed by coffee and chat. Quakers allow each person to explore their own experience of the divine. We try to live our faith in everyday life, with a dedication to peace, simplicity, truth, equality, and nature.

Light Group This is a guided Quaker meditation. There is more information on the noticeboard outside the Meeting House or do contact Sue on 07759 532115. We generally meet on the 2nd Saturday of each month.





STANSTED FREE CHURCH

Methodist / URC

Chapel Hill

www.stanstedfreechurch.org.uk



Secretary Betty Francis
Tel: 813977
Email: betty@stanstedfreechurch.org.uk

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

Preachers for June

4th 10.30am Mike Dyer
11th 10.30am Rev'd Stuart Veitch - Communion
18th 10.30am Julie Finbow
25th 10.30am Rev'd Janet Tollington

In April, Arthur Law went for an extended holiday to his daughter Alex in Australia, with a view to possibly staying there. Most of the church members were able to join him for a meal at The Cock before he went.



Arthur has been a loyal member of the church for over 60 years; he is our 2nd oldest member and we miss him very much. He has joined a lively church in Perth and writes: *I have been attending a church over here, and met up with friends that I made on previous visits. The church is a C3 free church; a fairly small group with varied ages and lots of young people. Very friendly and welcoming. We have a service at 4.00pm on a Sunday, evangelical style with a band. We have a sermon and prayers, and a social after with coffee and cakes. My prayers are with you all. Arthur*



ST JOHN'S 300 CLUB

Many congratulations to the winners of the April draw:

£100	No 144	Stuart Ayres
£50	No 68	Kathleen Clark
£25	No 80	Isobel Thwaites

The June draw will be held on **25th June** in St John's Church, following the 9.30am service. Numbers at £2 per month for each number 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 this year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.

Jean Newson
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Pastoral Assistant Kathryn West Tel: 816293
Email: kewest@btinternet.com

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

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Holy Communion (2nd-4th Sundays)
9.30am

From St John's Registers

April

Weddings

28th Dotun Abiodun and Eni Adelaja

Funerals

14th Delia Stringer, age 78 - service at St John's

18th Elizabeth Ann McInnes, age 98- at
Cam Valley



140th Anniversary Concert

The Choral Society are celebrating 140 years of singing with a varied programme of music on **Saturday 24th June** at 7.30pm in Saffron Hall. The programme features pieces to celebrate this coronation year such as William Walton's *Coronation Te Deum* and Hubert Parry's *I was Glad*, along with works by our patron, John Rutter including *Birthday Madrigals* and *Gloria*. In addition, the society are proud to feature the world première of *Sing Joyfully*, a piece especially written for them by Roderick Williams. The concert will be conducted by Musical Director, Quintin Beer, and accompanied by Richard Carr on the organ and piano. Tickets: adults £15, £20 and £25, under 25s half price are available from www.saffronhall.com or tel: 0845 548 7650.



Sarah Ludlow-Elston
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Elaine Terry
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www.waterlanetheatrecompany.co.uk

Following previous sell-out picnic productions, our Company are proud to present their version of **The Merry Wives of Windsor**, Shakespeare's classic comedy. Water Lane's approach to their outdoor summer productions is anything but conventional; the text is all Shakespeare, but the setting,

in this case a campsite at the Windsor races complete with tents, is right up to date. The plot is exactly as you might expect from Shakespeare and includes romance, intrigue, misplaced letters, people disguised as other people and an ultimate come-uppance! It is an out and out comedy riot from start to finish! It includes one of Shakespeare's most well-loved characters, the portly knight Sir John Falstaff and an array of other locals with a variety of accents who between them are love-struck, deluded, jealous, angry and uptight (sometimes all of these things at once!).

The production takes place on **Thursday 29th June, Friday 30th June and Saturday 1st July** at 7.00pm (doors open at 6.15pm) in the beautiful Monastery Gardens in Windhill, Bishop's Stortford. There will also be a matinee performance on **Sunday 2nd July** at 3.00pm (doors open at 2.15pm). Bring something to sit on, as well as a picnic, although some refreshments will be available. The show will go on even if it rains (unless we are unable to!). All tickets are £7, available from www.ticketsource.co.uk/waterlane. You can find out more about the group on our website.

Richard Pink
Email: richardpink@me.com



ST MARY'S CHURCH HOSTS STANSTED SCOUTS

On 23rd April, St George's Day, St Mary's church hosted the 1st Stansted Scouts, Cubs and Beavers for their renewal of promises service. With over 200 people present to support them, a member from each group told us about their year in scouting and what they had achieved. Each unit stood in turn to renew their promises for the coming year.



We were told about the history of Scouting in Stansted and how at one time the windmill was the headquarters. That's pretty unique!! The flags were carefully carried by the flag bearers and everyone sang with gusto. Many thanks to the Scout leaders and all the boys and girls who all behaved superbly.



Lynda Dale
Tel: 07716 099474



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Over the last few years Essex Ramblers have been working on a system of path surveys called Parish Path Adopters (PPA). Every path that is a public right of way in Stansted Parish has been walked by members of Uttlesford Ramblers, problems recorded and then passed to Essex Highways (EH) for action. The easier work (path clearing and the additional waymarks) has been done by Ramblers volunteers. Repairing bridges and installing new fingerposts was completed by EH. The result is what you can see in your parish. Please note that there are some new permissive paths in Stansted that are the responsibility of the landowner; we cannot help with these. The PPA project is large and ongoing, relying on volunteers' time and effort to recheck paths for outstanding issues or to check if any additional work is required. It is always running to catch up; as a local resident who enjoys a walk, there is no reason why you cannot help in a small way, by being the eyes on the ground during your walks. If you see a problem, take a photo, identify where the path is and let us know. This can be done via our website; using the Contacts tab, choose Area Footpath Secretary and we will do the rest. We all love a walk; help us to ensure it is enjoyable.

Alan Goffee
Footpath Secretary
Essex Area Ramblers



STANSTED MOUNTFITCHET LOCAL HISTORY SOCIETY

Our meeting held on 4th May was the last in our present series; the first part was our Annual General Meeting and later in the evening a short talk was given by Ken McDonald of The Hundred Parishes Society. The AGM was opened by Chairman Dave Perry who summed up our various activities over the last year. Membership of the society is almost back to pre-Covid levels. However, financial restraints have made

it more difficult to attract some speakers; our thanks to those who came and refused to take fees and to members who contributed talks on such interesting and varied topics. Special thanks were given to all the Committee, especially Leila Riddell who organised the move of the Millennium Tapestry to a prominent position in Stansted Surgery. The minutes of the last AGM and the unaudited accounts were approved. The election of officers was next on the agenda and all those who served last year agreed to stand again: Dave Perry (Chairman), Rosalind Peck (Vice-Chairman), Toby Lyons (Secretary) and Ray Rodgers (Treasurer). All members of the Committee agreed to continue. The suggestion that we commence meetings at 7.30pm rather than 8.00pm was generally agreed and the Committee will look into this.

At the end of our AGM, Ken McDonald gave a short but quite fascinating talk on The Hundred Parishes, a term used to describe an area in the counties of Essex, Hertfordshire, and Cambridgeshire. The expression refers to a group of parishes that were historically part of the Hundred administrative division in the area. There are actually more than 100 parishes in this region, and the name *Hundred Parishes* is believed to have originated from the fact that there were around 100 parishes in the area at the time when the term was first used. The region is known for its picturesque rural landscapes, charming villages, and historic churches. The region includes towns and villages such as Bishop's Stortford, Braintree, Saffron Walden, and Great Dunmow and north to the borders of Cambridgeshire and Suffolk. The region is home to a number of historic landmarks, including the impressive Audley End House, Hatfield Forest, and the 12th century Walden Castle. Today, the Hundred Parishes region is a popular tourist destination, with visitors attracted by its natural beauty, charming architecture, and rich history. Ken went on to show us images of the interior of several churches with magnificent stained-glass windows, frescos, paintings and intricate and beautiful carvings. The Society is now closed for the summer break and the next meeting will be in September, details to be confirmed.

Edward Taub
Email: taub8jr@btinternet.com



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

The Fun Place is open on **Fridays 09.15 am-11.30 am** in the Free Church Hall. Parents, children and all age visitors are welcome to drop in and enjoy a relaxing hot drink and chat, while the children enjoy plenty of space to run around, play with the toys and listen to Story Time around 10.30 am. Free squash and healthy snacks are available for children, and tea or coffee and biscuits for the adults. There is limited free parking in the church car park. We look forward to welcoming you on Friday mornings.

Sue Parker and Fran Richards
Tel: 657116
Email: funplace@stanstedfreechurch.org.uk

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

PARISH COUNCIL UPDATE

with news of the village's Coronation Celebrations, the local elections results, saying hello to our new councillor and goodbye to a few of our former members, the results of last month's Walpole Meadows 20mph consultation and the rollout of environmentally friendly, cost-saving lighting across the village





Forest Hall School Year 7 and 8 pupils, under the guidance of Art and Photography teacher Shaun Nielson, produced this stunning portrait of King Charles III. Entitled *His Majesty the King - Mixed Media on Cartridge*, students volunteered their lunch breaks over the course of a week to complete the work in time for the Coronation

Coronation Event 2023 Art Competition



We were delighted our Coronation Art Drawing competition attracted such an imaginative and creative field of entries. In the main competition winning £10 vouchers went to Maddox Tweddel (pre-school), Amelie Watson (primary) and Freya Bertram (secondary). All entries were displayed in the Mountfitchet Library over the Bank Holiday Coronation weekend.



Coronation Event 2023

It was touch and go at one point. Weather forecasts had threatened, in the days leading up to our Coronation Event, to rain on our parade. But instead, we were blessed with sunshine and thousands of you joined us at the Recreation Ground on Sunday, May 7 to celebrate King Charles III's coronation. And what a day we had.

Caterers Giggly Pig, the Little Bagel Box, and Bill's Seafood appeared to enjoy plenty of custom, and the ice cream van saw a long, happy queue of customers eager to lick a cold iced lolly on the hottest day of the weekend. It was nice to see some traditions going strong - the W.I.'s tent offering up cream teas proved a hit, as always.

There was plenty of live music action with our line-up of

the Flying Symbols, Jay, Shorelines and Dan Hope keeping everyone's feet tapping!

The tug-of-war saw crowds gather to cheer four teams compete for medals and bragging rights, with Team Stansted emerging as overall winners. Congratulations!

We would like to thank everyone for turning out to celebrate the King's Coronation and making it such a memorable day. Special mentions also to the team of hard-working volunteers who ensured stall-holders got their breaks, kids' wristbands were issued, and stages and stalls were set up and packed up by the end of the day.

Finally, the Parish Council would like to express its appreciation to Dot Salmon, who stepped in to man the vintage postcard display in the Mountfitchet Exchange at the last minute, and we wish John a speedy recovery.

FOUR COUNCILLORS DEPART

As we went to press last month, the Parish Council had just enough time to squeeze in an update on how elections had affected the make-up of the Full Council after the deadline had passed to register as a candidate to join the Parish Council. The number announced by Uttlesford Electoral Officer on April 5 was 12, three less than the number of seats available on the Parish Council.

The 12 councillors chosen by uncontested election will now have the opportunity to propose names of individuals from our community to be considered for co-option to the remaining seats.

Four councillors decided to step down from the Parish Council at this election: John Hudson, Matt Jessup, Fran Richards and Thomas Smith.

We would like to thank all four for their service to the community while working as Parish Councillors, as we welcome our newest members to join the Full Council, Allan Love.

DISTRICT COUNCIL RESULTS 2023

The village is represented by four councillors on the Uttlesford District Council, two for the north ward and two for the south. All of the councillor posts were contested on May 4. Six candidates stood in the Stansted North ward, while 8 competed in the ward of Stansted South and Birchanger.

The winning candidates in the north were:

*Alan DEAN - Liberal Democratic Party
796 votes of 2,732 cast*

*Geoffrey SELL - Liberal Democratic Party
773 votes of 2,732 cast*

The winning candidates in the south were:

*Ray GOODING - Conservative & Unionist Party
480 votes of 2,094 cast*

*Nick CHURCH - Conservative & Unionist Party
421 votes of 2,094 cast*

The Parish Council looks forward to working with our district councillors over the next four years and would like to thank the two previous post holders in the south ward, Ayub Khan and Melvin Caton, for their service to the community.

HAVE YOUR SAY

Still on the topic of elections, a new pattern of electoral divisions is being developed for Essex County Council.

The Local Government Boundary Commission has decided that the number of councillors in Essex should be 77. This is a change from the current council which has 75.

The Commission wants to hear what residents and organisations think about their local area. The consultation on the proposals is currently underway and will run until Monday, 5 June.

The Commission, an independent body that draws election boundaries, is reviewing Essex to make sure councillors

represent about the same number of electors, and that division arrangements help the council work effectively. It wants to be sure that its proposals reflect community ties and identities.

Have your say at www.lgbce.org.uk/all-reviews/essex

HIGHWAYS UPDATE

At the last meeting of the Highways sub-committee in April it was unanimously agreed that the Parish Council should apply to the North Essex Parking Partnership for parking restrictions to be applied along Bentfield Road on the grounds of improving highway safety. This follows on from a consultation in a previous edition of The Link, with the majority of respondents in favour of their introduction.

The sub-committee also committed to consulting with Bentfield residents about the necessity of introducing a 20mph speed limit in the area including along the B1383. Councillors have expressed reservations that the introduction of such a zone along a road where traffic flows can be heavy may cause further traffic issues.

Councillors are also to research funding methods for the potential introduction of a village wide scheme of parking restrictions to curb the unwelcome practice of on-street airport-related parking. A particular concern of the sub-committee is that the introduction of restrictions in a piecemeal manner has the potential to push airport parkers to areas of the village where there are no existing restrictions.

It has been noted that in areas with airports of a similar size to Stansted, for example Manchester, the cost of parking permits for residents is met by airport authorities. Councillors are keen to explore whether the Manchester Airport Group, which also runs Stansted Airport, could be persuaded to fund permits for our community.

GREEN LIGHT FOR STREET LIGHT FUNDS

The Finance and General Purposes Committee has announced that it has now received 80% of the £34,900 to be paid to it from the district council's Zero-Carbon fund. The funds will be used to convert the village's sodium streetlights with LED ones with switching controls.

"At a time when energy costs have tripled, converting our existing lights will help us from having to pass on these costs to residents," explains F&GP Chair John O'Brien. "We would like to be able to switch off the majority of streetlights from midnight through to five in the morning."

Areas particularly affected by darkness and where residents' personal safety is an issue would be excluded from night-time black outs, for example the village twitchels and places such as Water Lane. Consultations with residents on night-time switching are to be proposed. Thanks to the grant from Uttlesford District Council the switch to green bulbs has been accelerated. So far 86 sodium lights have been replaced. Now, 104 will be converted in 2023, and the remainder of Parish Council Street Lights (296) will be changed to LED bulbs in the next two to three years - cutting energy needed for lighting by up to 72.3%.

STANSTED PARISH COUNCIL

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Committee & Projects Officer Laila Azure-Marxen
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PARISH COUNCIL MEETINGS

Meetings start at 7.30pm at the Mountfitchet Exchange, unless indicated otherwise below. If you wish to attend virtually, look for Zoom details in agenda documents on our website. You can address the chamber during Public Participation at Full Council meetings; permission must be requested to film or record.

June 7 Open Spaces

June 14 Full Council

June 28 Finance & General Purposes

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Police community meet-ups in June: N/A

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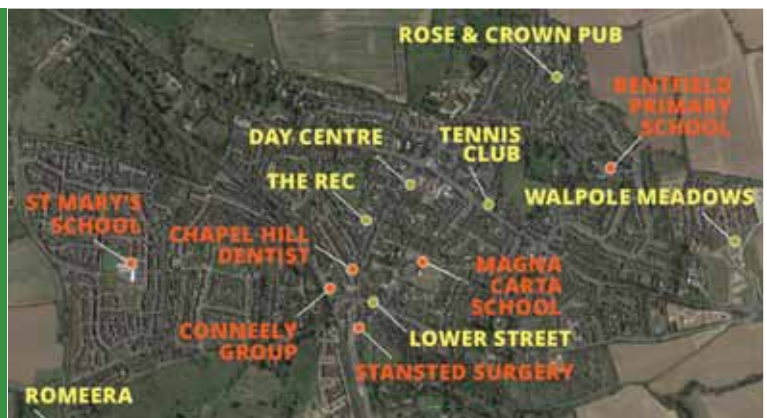
The library at Mountfitchet Exchange opens:
Tuesday 9am-1pm **Wednesday** 2pm-5.30pm
Thursday 2pm-7pm **Saturday** 9am-5pm

GARDEN WASTE SERVICE

A refuse truck will be in the Lower Street Car Park from 12.30-4.30pm to recycle your garden waste on the following Sundays: **June 11, June 25**

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Topiary

Our speaker, Darren Lerigo, works all over the UK and in New York, creating and maintaining topiary. He explained that topiary (the creative pruning of shrubs) is a beautiful art form which can transform a garden. Learning his skills over several years he explained that good tools, kept sharp, are essential. One hint is to hold shears close to the blades and not at the end of the handles; only move one blade, using the other to guide. This method can be used for secateurs and scissors too, but does need practice.

Box has for many years been the favourite shrub, but the box caterpillar infestation has seen the demise of many plants. Yew, hornbeam, privet, pittosporum, holly and bay are some of the possible alternatives.

Mixing leaf colour and form can make hedges more interesting but it takes time, especially if you are starting with bare rootstock. In established gardens members were encouraged to be brave, especially when it is the first cut. The photograph shows one of the gardens he maintains.



Coach Trip

A coach trip is planned for Saturday 19th August to Green Island Gardens and the cost is £22. Our trips are open to everyone so if you would like to visit this 20 acre plantaholic's garden, please telephone me for more information and to reserve seats.

Next Meeting

Wildflowers and Orchids of the Countryside by Roger Hance is the topic of our next presentation on **Wednesday 7th June** 7.30pm for 8.00pm in the Day Centre, Crafton Green. There will be a members' competition: *a single rose in a vase*. Refreshments are available prior to our meetings. Our annual membership fee is £25, but visitors are always welcome and pay £5 per meeting.

Maralyn Harris
Chairman
Tel: 07919 478144

SUSTAINABLE STANSTED

An Interview with two Parish Councillors

We are going from strength to strength, but it is always good to reflect, so we had a short interview with our biggest supporters in the Parish Council, Laila Azure-Marxen and Peter Jones.



Why did the Parish council want a local Sustainability Group?

Peter: Sustainable Stansted is not a Parish Council project, it is a residents' project. Through public support, we can create the right solutions for our community. *If we do not look after our environment as a community, who will?*

Why are you so passionate about Sustainability?

Laila: I have seen first-hand in Denmark how the community can have a direct and positive impact on where they live. I want us to do the same in Stansted.

Peter: I am acutely aware of the climate emergency. I worry about the next generation. We have a huge responsibility to steer our community towards a better future.

How is the group getting on?

Peter: They are enthusiastic, organised, have sensible ideas and a passion to make a difference.

What do you see as the future of this group?

Laila: We hope that this group will help us all be more mindful with consumption and think about our impact.

In summary, interviewing these dedicated councillors, I sensed an air of optimism regarding the future of our community being more sustainable. If you have any ideas of what you would like Sustainable Stansted Group to focus on, send us an email or contact us via FaceBook at Sustainable Stansted.

Claire Taylor
Email: sustainablestansted@gmail.com

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As promised, a butterfly update: we are happy to announce that all our butterflies emerged on the first day of the Easter holidays. Thank you to Sam Lawrence who took them home and also managed to video the births and also the eventual release. Lower Key Stage 2 recently enjoyed Greek Day in school. An outside events company came in to do various activities, such as using the oil from rubbing two olives together to light a candle wick. Everyone dressed up in a marvellous mix of bedsheets and ivy headdresses; the children also feasted on a banquet of cheese, grapes and bread. The day was thoroughly enjoyable.



St Mary's celebrated the King's Coronation in majestic fashion! Our wonderful PTFA organised a Coronation themed bake sale. The winners of the various key stages were Layla Tilley, Poppy Bolus, Neveah Jasper and Olivia Mullard. The photo shows Chestnut Class wearing their crowns. We also held a King's Coronation Buffet on Friday 5th May. Clare and her catering team excelled themselves with a varied selection of food literally fit for a King. We had planned to hold it outside in picnic fashion but sadly the weather had different ideas; nonetheless we all had fun.

Matthew Curzon
Headteacher
Tel: 812212



UGLEY WOMEN'S INSTITUTE

Our April meeting took the form of a *we entertain ourselves* afternoon, an event which was a lively mix of:

- a humorous sketch set in a coffee shop with an inexhaustible range of coffees and types of milk
- the performance of a brilliant Joyce Grenfell monologue entitled *The Committee*
- a highly entertaining reading of a chapter from a very useful *Enquire within* volume dating from the 1950s advising on how to prepare the perfect guest room
- how to be prepared for the day when your husband arrives home with one of his work colleagues, expecting you to be able to cater for this unforeseen event with a perfect dinner
- a look back at the events of 1953.

A very entertaining afternoon was rounded off with refreshments and an unusual quiz; the answers were out there, we just had to find them in our copy of the Metro newspaper!

Our June meeting on **Wednesday 21st June** at 2.00pm in Ugley Village Hall will be the AGM. Our July meeting on **Wednesday 19th July** at 2.00pm in Ugley Village Hall will see the welcome return of Lynn Croot who will be entertaining us with tales of her life as a scuba diver. Why not come along and join us for the afternoon? You would be most welcome.

Andrea Fitt
Tel: 815922

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In order to relieve back ache, tighten the abs, imagine yourself younger, and open your eyes wide; this uses a muscle called *Levator Palpebrae Superioris*. Ooooooo! The nerve that makes this muscle work is cranial nerve 3, which is the major nerve of the eyes, firing the *levator* muscle and most of the eye muscles that move the eyeball about. It lives in the midbrain or *mesencephalon* (she's at it again!) section of the brainstem. One of the many functions of the brainstem is to promote excellent, dynamic posture, which is a balance between flexion and extension. Lifestyle alone can mess up this balance and stimulating the appropriate part of the brainstem helps improve posture.



The midbrain promotes flexion or tipping forwards – which means the low back muscles have to relax a bit or they will dominate the abs. Stimulating this part of the brainstem helps rebalance the abs and the back, hence relieving back ache and aiding decent ab contraction. Also, as we age, the eyes shrink in size, so opening them up is anti-aging, and free, unlike plastic surgery. This apparently simple exercise can be done anytime anywhere. The difficulty lies in opening the eyelids and not lifting the eyebrows. Put your fingers on your eyebrows (or look in a mirror) then open your eyes really wide. Did your eyebrows stay still and relaxed? It can help to imagine your eyelashes trying to touch the upper part of the eye socket. Get it right and you will look marvellous. Get it wrong and you will look very surprised – who put that up there?!

Clare Harding
Z-Health Master Practitioner
Tel: 07802 872919



For our next meeting on **Tuesday 13th June** at 7.30pm in Bishop's Park Community Centre, we are very pleased to have Liz Cutting presenting her *Wildlife Tour of East Anglia*. Liz is a Suffolk-based naturalist whose main interests are birds and to a lesser extent, moths and butterflies. She tries to find quiet places and avoid busy times, and her talk, using her own superb images of many local locations, will give us an entertaining insight into these places.

On **Sunday 18th June** at 10.00am, we are planning a visit to Paxton Pits Nature Reserve, High Street, Little Paxton PE19 6ET. With a rich mosaic of habitats, it is an outstanding place, with a wide variety of birds and a fantastic array of dragonflies, damselflies, flowers and plants. With a Visitor Centre serving refreshments, this is a great reserve to visit and June is one of the best times of year to see it. Our mid-week walks have been a popular addition to our programme.

We plan to celebrate the summer solstice on **Wednesday 21st June**, starting with a fish supper at the excellent chip shop in Fowlmere followed by a visit to the RSPB Fowlmere Reserve. Meet at 6.00pm at Mill Rd, Royston SG8 6EZ. Lee Jaques, who is immensely knowledgeable, will be leading the visit and we will be able to enjoy the birds until sundown. This should be a pleasant evening and far more sociable than being at Stonehenge for the sunrise!



On **Monday 26th June** we are combining a walk along the River Stort with refreshments and lunch at the Three Horseshoes. Meet 10.00am at the pub in Spellbrook Lane East, Bishop's Stortford CM22 7SE. Full details of all our activities are on our website.

Peter Allen
Tel: 07876 295456
Email: peter2349@sky.com



The Hundred Parishes area has been home to many creative people. The People section of our website includes introductions to several artists, composers and authors.

Probably our best-known author was H G Wells (1866-1946) who lived for 18 years in Little Easton at 18th-century Easton Glebe. He was a prolific writer, best remembered for his science-fiction novel *War of the Worlds* which was written before he came to Little Easton. A later novel, *Mr Britling Sees it Through*, was set in Little Easton.

The Hundred and One Dalmatians was written by Dodie Smith (1896-1990). From 1934, she lived in Finchingfield at The Barretts, a 16th century thatched house in the tiny hamlet of Howe Street. Her children's novel, written in 1956, was made into a highly successful Disney animated film. An earlier novel "*I Capture the Castle*", written in 1948, was adapted into a film in 2003. Smith's former home is marked by a blue plaque.



Another blue plaque, on 17th-century Rose Cottage in Stebbing, identifies the former home of Henry de Vere Stacpoole (1863-1951) who was also a prolific author. He lived there for about 10 years in the early 1900s and during that time completed his best-known novel, *The Blue Lagoon*, which has been made into a feature film several times.

Horham Hall in the parish of Thaxted was the home of novelist Evelyn Anthony (1926-2018) from 1968 to 1976, then from 1982 until her death. Sixteenth century Horham Hall is Grade I-listed and the cost of upkeep forced Evelyn and her husband to sell it, but they were able to re-purchase it when her royalties increased. Of her many novels, *The Tamarind Seed* was the best known. It was published in 1971 and made into a film in 1974, starring Julie Andrews and Omar Sharif.



Ken McDonald
Secretary
Tel: 813226
Email: hundredparishes@btinternet.com

June is a lovely month at the Gardens, and there is an ever-changing cast-list of flowers to look forward to. The roses are in their first full flush, bringing colour to many corners of the Italian and walled kitchen gardens and the waterlilies are in flower.

The last wave of blossom is on the *Robinia* and the Indian horse chestnut trees and the shrubs and climbers are also bringing colour, including the *Periploca*, a remnant from the Peto treillage pergola. You might see the splendid vulgarity of the voodoo lily, or be unlucky and smell the rotting flesh scent it puts out for a day!

Foxgloves and poppies dot the Gardens and other wild flowers include common spotted orchids in the Glade, grass vetchling and bee orchids. The latter never seem to be in the same place twice. Bees, butterflies and damsel flies will be flitting around, hopefully enjoying warm June sunshine.



It is a good month to visit the Gardens, such as on our Nature Day on **Sunday 18th June** or on an Open Thursday (except 22nd June when the Gardens will be closed for our AGM). The Nature Day includes bug hunts, a wildflower walk, fairy stories and a trail for children, and we will be joined by the Essex Bat Group, Essex Wildlife Trust and the RSPB. There will be refreshments, plant and craft stalls, and Woodwind of Stortford will be playing lovely summer music. Children also love the treehouse and get free entry; dogs are welcome on leads. Please see our website for more information.

Entry details: Thursdays 11.00am-3.00pm, last entry 2.00pm. Entry £5 on the Gate. Sunday 18th June 11.00am-5.00pm, last entry 4.00pm. Tickets £6.50 on the Gate, £5.50 in advance via our website or through www.trybooking.com.

Jill Goldsmith
Tel: 07947 183439
Email: jillgoldsmith@virginmedia.com



STANSTED BOWLS CLUB

We had a great day on the *Opening of the Green*. Janet Hollis very kindly cut the ribbon on behalf of our president John Hollis and wished us all a very good game. The president's side were victorious so well done one and all. Afterwards we enjoyed a delicious bring-a-plate buffet.

On 3rd May, our A Team won six points against the B Team who gained two points. Ladies were also successful in their first friendly game against Sawbridgeworth on the same day. So we are off to a good start; long may it continue. The Emerson Competition was played on 5th May. Everybody enjoyed this popular game which will be played fortnightly; see our noticeboard for more information. For the Coronation celebrations on the Rec, we were pleased to offer our car park to disabled drivers. We also had the honour of judging the children's fancy dress. The weather was very kind for which we were all grateful. We also took the opportunity to hand out leaflets for our own Open Day on 13th May.

June Weekend Friendlies

Saturday 3rd Bishop's Stortford Cooper Cup away at 2.30pm
Saturday 10th Clavering at home at 2.30pm
Saturday 17th Quendon at home at 2.30pm

Doreen Scraggs
Hon Secretary
Tel: 07881852833 or 815036
Email: doreenscraggs@talktalk.net



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Our ladies second team celebrated the end of the Essex Small Clubs Winter League matches by attending a Pokeno evening hosted by Gail and Jamie Hogg. Great fun was had by all. Stansted entered the Essex Small Clubs League in Mixed Division 2, Ladies Divisions 1, 2 and 3 and Men's Division 2. All groups did extremely well in their respective divisions and matches are now being played in the summer league. Ladder matches and first rounds of the Club Championship matches are currently underway. The finals day will be held on 17th September.



Ollie Toms will be running his popular Junior Summer Tennis Camps (10 and under, and 11+) at the Club on the following dates: 24th and 31st July and 7th, 14th and 21st August. For more information and how to book, please contact Ollie, email: olliestennis@gmail.com or tel: 07917 652014. Check out our website for information on coaching, joining the Club, forthcoming events etc.

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Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	St John's Road and Area Association	Secretary: David Marchant Email: david@marchant.com
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Bowls Club	Doreen Scraggs Mob: 07881 852833 Home: 815036 Email: doreenscraggs@talktalk.net	Stansted and District Past Rotarians Club	Geoff Lay Email: geoff.lay@ntlworld.com
Brownies (Wed)	Susan Scott Tel: 810955	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
CAB	Tel: 01799 618840	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Cricket Club (Adults) (Juniors)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com Keith Ayres Tel: 814471
Cub Scouts Age 8-10½	Emma Croutcher Email: croutchere@gmail.com	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 Social Club	Andrew Sharpe Tel: 812992 Email: stanstedclub@gmail.com
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office Tel: 656085	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
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History Society	Roger Barrett Tel: 814216 Email: rbarrett54@gmail.com	The Hundred Parishes Society	Ken McDonald Tel: 813226 Email: hundredparishes@btinternet.com
Human Roots	Keiran Oliver Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk	TouchPoint	Shirley Johnson Tel: 07572 114882 Email: info@thetouchpoint.org
Huw Johnson Club	Ellen Brooks Tel: 07800 896516 Email: ellenbrooks@hotmail.co.uk	Town Twinning	Chairman: Geraldine Allars Tel: 07833 089298 Email: twinning@stansted.net
Let's Talk, Stansted Mental Health Support	Richard Haywood Tel: 07794 268208 Email: contact@stanstedmentalhealth.org	u3a	Susan Sedgebeer Email: bertiestar@gmail.com
Little Scrummers	Andrew Poyser Tel: 07738 591232	WI (Stansted)	Doreen Brown Tel: 325326
Millers (Windmill)	Tudor Owen Tel: 810805 Email: info@stanstedwindmill.co.uk	WI (Ugley)	Dorothy Wallace Tel: 850215
music@stansted (Classical concerts)	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk	Youth Centre	Essex Youth Services Tel: 07584 140507
Neighbourhood Watch	Linzi Shelford Tel: 07427 377118 Email: linzishelford@hotmail.com	Note: This list will be updated as and when we learn of any changes. If you would like your organisation to be added please let us know. Contact details are on page 1.	
Parkinson's UK Uttlesford Support Group	Simon Russell Tel: 01799 524638 Email: simonrussell2@tiscali.co.uk		
Rainbow Pre-School	Gill Pursglove Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net		
Rainbows (Fri)	Sue Pollard Tel: 813734		

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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

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