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Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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EDITORIAL



The start of the academic year is a scary time for youngsters faced with the prospect of new teachers, schools or, even more daunting perhaps, university. But for the more mature student embarking on courses in Adult Education it is an anxious time too. A time of hoping and praying that the course they enrolled on at the local Peter Kirk Centre (other adult education centres are also available!) in the summer, is not going to be cancelled at the last minute - like it was last year, when Government funding was suddenly cut.

For two of the local schools September also brings a change of leadership. Bentfield Primary School welcomes Kathy Bonich, who has been officially appointed as Headteacher following her success as acting Headteacher during the summer term. The Mountfitchet Mathematics and Computing College welcomes Ms Catherine Anderson as Headteacher, taking over from Miss Jo Mullis. It is thanks to Miss Mullis, ably assisted by Deputy Head, Mr Peter Smith, that such strong links have been forged between the College, church, and the community as a whole; an initiative much appreciated as it benefits us all. Thank you Jo, and best wishes for a happy retirement.

Finally, it is heartwarming to learn that Stansted folk have helped to raise thousands of pounds for various charities over the summer. Activities ranging from fêtes and sporting events to musical entertainments were organised by groups of hardworking volunteers. They deserve a huge pat on the back, as does everyone who supported, participated, or parted with their hard earned cash. There is a rumour that lots of fun was also had!

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by **noon** on 11th September
 for the October issue

by **noon** on 11th October
 for the November issue

Stansted Network is compiled by Stansted Mountfitchet Parish Council

DISCLAIMER Opinions expressed in this magazine are given freely and do not necessarily represent those of the editorial committee.

THOUGHT FOR THE MONTH

Making a difference

A couple of weeks ago my partner phoned me to say she had found a mother duck and 11 newly-hatched ducklings nestling together by some flats in the centre of town. The duck had laid her eggs in a perilous place and the ducklings had no chance of escape or survival. Could I help? I hurried to where the duck and ducklings were sheltering and while I held on to the mother, my partner gathered up the ducklings and put them in a carrier bag. Needless to say our activity caught the attention of passers-by and after we had carried our charges to the nearby river for release the police too were on hand to check what we were up to. The moment we released them onto the water they all came together like filings to a magnet and happily made their way down the river none the worse for their ordeal.

This may seem a trivial incident but it was the first time in ages I could remember doing something that made a positive difference. While I was happy to have helped the ducklings I was sad to think that so much of my time is wasted doing things that don't really matter. Over the coming days I wondered if this was really true. Certainly I hadn't scored any major triumphs professionally or personally that I could think of. But then I wondered whether this was the real measure of making a difference - something on a grand scale. Saving 11 ducklings is hardly saving the world but it still seemed like something fundamentally precious.

And then I thought of some of the things that make a big difference every day of our lives; a friendly smile, a kind word, a tender touch of support. Listening to other people with an open mind to understand who they are and where they come from; checking our anger so we do not diminish others with cruel words not really meant. Nothing big and grand maybe, but what a difference these things make to us as we journey together through life.



Jonathan Morrell
Quaker Stansted Meeting



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Rev'd David Keeble
Tel: 01799 552037
minister@stanstedfreechurch.org.uk

Lettings Marion and Mike Dyer
7 Blythwood Gardens, Stansted CM24 8HG
Tel: 814059
lettings@stanstedfreechurch.org.uk

Preachers for September

5th 10.30am Julie Finbow
12th 10.30am John Banks
19th 10.30am Rev'd Allen Morton
Holy Communion and Harvest
26th 10.30am Penny Flynn

Change of Minister

From 1st September, our minister will be Rev'd David Keeble, who is based in the north of the circuit, and we are looking forward to having him and his wife, Frances, with us. The change in pastoral oversight has been made to enable Rev'd David Mullins to have more time for his duties as Circuit Superintendent, and to 'balance up' the workload between the 'two Davids'. We are very grateful to David M for his caring ministry over the last three years. As Superintendent, he will still preach in our church from time to time, and we look forward to welcoming him on those occasions.

ROMAN CATHOLIC

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High Lane
Stansted
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Sunday 9.00am and 10.30am
Holy Days of Obligation 8.00am and 8.00pm
Tuesday-Saturday 9.30am

Confessions
Saturday 10.00am
and by appointment

Baptisms By appointment

SOCIETY OF FRIENDS

Quaker Meeting House, Chapel Hill

Clerk Mrs Anthea Lee
24 Lea Close
Bishop's Stortford
Tel : 01279 656707

Meeting Sunday, 10.30am



All enquiries: The Church Office, St John's Hall,
St John's Road, Stansted CM24 8JP
Tel: 815243
Email: st.johns.church@btinternet.com
Office hours: 9.00am-12 noon, Monday,
Wednesday, Friday
Administrator: Mrs Elizabeth Jennings
Website: www.stanstedstjohns.btik.com

Rector: Rev'd Paul Wilkin
Tel: 812203
Email: paulwilkin@iname.com

Assistant Curate: Rev'd Giles Tulk
Tel: 817155
Email: stansted.curate@googlemail.com

Director of Music: Lorraine Everett
Email: church.music@stansted.net

Church Hall Bookings: Joy Lambe
Tel: 817937
Email: joy@popcornwebdesign.co.uk

St John's Diary

Sunday

8.00am Said Holy Communion
9.30am Worship 4 All (1st Sunday)
9.30am Choral Eucharist (2nd -
4th Sundays)

Monday-Tuesday and Thursday-Saturday

8.30am Morning Prayer
Tuesday
9.00am St John's Tots
Wednesday
9.00am Morning Prayer
10.00am Holy Communion

There are services of Holy Communion on the first Tuesdays and Wednesdays of the month in Norman Court, Hargrave House and Broome End Nursing Homes.

Monday-Saturday

5.00pm Evening Prayer

ST JOHN'S 300 CLUB

Many congratulations to the winners of the July draws, including the extra draw for £200, who were:

£200: No 181 Mr Paul Salmon
£100: No 8 Mrs Sam Longbottom
£ 50: No 169 Mrs Kaye Jones
£ 25: No 89 Mrs Ingrid Shervington

The August draws will take place on Tuesday 31st August at the Old Bell at 7.30pm, followed by the September draws on Wednesday 29th September in the Social Club, Lower Street at 7.30pm. Membership requirements of the Club will be kindly waived that evening to allow people to come along and see if they are a winner. There are still some numbers

available if anyone wishes to join or increase their numbers; for an application form, please contact Francine Cope (814562) or Rosemary Thomson (815551).

From the Registers

July

Baptism

4th April Liya Wright

Marriage

29th Rebecca Joanne Williams to
Benjamin Edward Tester

QUINQUENNIAL REPAIRS

Repairs to St John's will start on Monday 20th September and scaffolding will be erected around the church. Although there will be a hoarding around the scaffolding, it will become an ideal situation for access to the roof. Therefore, if you see anything that looks suspicious between the hours of 6.00pm and 8.00am, would you please contact the police.

Thank you for your help.

The Churchwardens

FARNHAM CHURCH

The first phase of repairs to the church roof (the north and south faces of the north roof) was completed four years ago; now, with a bit more hard work and a modicum of luck, by Christmas we should have completed the re-tiling of the church roof (the north face of the nave and the chancel). The south face of the nave and chancel roof was repaired following a disastrous loss of tiles during one of the hurricane force gales in the 1980s. The total bill is a little less than £115,000 but thanks to an anonymous donation last year and the promise of a very generous grant of £20,000 from Viridor Credits (Elsenham) we have nearly all the funding we need. Once the roof is secure we can begin to think of the future: without a doubt our next priority will be the provision of kitchen and toilet facilities, but before we embark on such a major undertaking it is hoped that we can do the much-needed restoration work on our lovely stained-glass windows.

HILL CHILLI

Once again the Chapel Hill Mafia has been stirring the social pot in Stansted, bringing together many of the eclectic social groups that make up the tapestry that is Stansted Mountfitchet, for a wonderfully relaxed and cheerful evening of friendship and bonhomie. As is now customary, almost traditional, it has been going so long, a buffet supper washed down by copious amounts of beer and wine, facilitating the flowering of old friendships and the infectious growth of new ones; an evening to tempt the most discerning of bon viveurs; an evening for which to thank most sincerely our hosts and providers: 'gastronomic guru' Sonia Levy, Maxine 'no relation' Levy, 'always there' Susie Ball and numerous generous barmen replacing one another as their predecessors faded. This robust and boisterous event was held on Friday 25th June and raised around £540 for St John's Church Hall funds, for which the Church Hall Management Committee is profoundly grateful.



Alastair Richardson

IN MEMORIAM

FRANCIS MERCER

16th December 1924–25th May 2010

Francis was born in Faversham, Kent, a man of Kent, and the son of a postman. As a child, he enjoyed growing up in a town with a major railway junction and a tidal creek with dockyards, leading to the Thames Estuary, natural haunts for an active child. He enjoyed sport, football and cricket. He had visits to friends on local farms and days by the sea at Seasalter and Whitstable. He learned to ride on the farm and was invited to train as a jockey. It might have been Frank Mercer, rather than Jo Mercer!! Instead, Francis began training as a chef at the Hans Crescent Hotel, in London. He was following in the family footsteps as his grandfather had been a masterbaker in Faversham. Francis' spirituality came from his family. His grandfather was a Methodist lay preacher, who travelled round the local villages preaching on Sunday afternoons. Later, his parents converted to Catholicism.



Francis had to give up training to be a chef, because of an allergic reaction to some of the ingredients. However, he continued to enjoy cooking for his family and friends until shortly before his death. He changed careers to engineering and during the war worked as a fitter on aircraft engines. Even in the hospice, he could tell the type of engine in the plane flying overhead, from North Weald and how the engine was performing. He met Joan, his wife, at a dance at Stonehouse, Gloucestershire. Joan had family living in the Forest of Dean, on the other side of the Severn. One Saturday he borrowed a bicycle to go and see her at her uncle's house. He didn't quite make it that night, spending the night in the church porch, at Flaxley. He arrived in Ruspidge next morning, to spend a few hours with Joan, before cycling back. They were married on 20th September 1947.

At the end of the war Francis had various jobs and finally finished up training as a Work Study Engineer (Organisation and Management in modern parlance), taking professional qualifications at night school, while bringing up a young family. Initially, they lived with Joan's parents and in rented accommodation, as housing was in very short supply after the war. Elizabeth was born during this period, while they were still in London. When they moved to Birmingham, Joan was very unhappy with the living conditions and concerned for Elizabeth's health, so she returned to her parents' home, in Newnham-on-Severn, close to the Forest of Dean and Joan's mothers' family.

Vincent was born in Newnham during this period and in 1954 the family moved to Harlow; by then Francis was working at STC. Over the following few years the family established itself in Harlow and Julia was born. Francis was heavily involved in building the parish and new church at Our Lady of Fatima. Also, he was a member of The Knights of St Columba and served as Grand Knight for the area. During these years, Francis and Joan were involved with the early movement for Christian Unity, which they continued to work for in Stansted, both on a practical level and as an example to others.

Francis kept very fit cycling to work and playing cricket with Harlow Wayfarers. He was a 'modern father' always getting involved with the children and helping to look after them. Family holidays were spent on the beach and in the Forest of Dean, where with Joan, they taught the children to walk and appreciate the natural world. Also, he took the children train spotting. Francis' last walk, in April 2009, was round the RSPB reserve near Carnforth. He had last been 1,000ft up, in the mountains the autumn before.

Towards the end of his career, Francis had moved into local government at Harlow Council, where he became deputy head of the Works Department. Also, he had a secondment to ECC Highways Department. In 1984 Francis and Joan moved to Stansted. When he retired in 1989, Joan had a number of organisations lined up for Francis to join with her! They enjoyed a very happy and fulfilled retirement in Stansted, making many very loyal friends, until Joan died suddenly in 2007. Sadly, it was just four months from their diamond wedding anniversary. Even then, Francis was still involved in village and church events. He continued to enjoy having friends in for a meal, which he had cooked for them. He visited Elizabeth and Tony in Cumbria, always having a meal at his favourite restaurant, walking in the hills, riding on scenic train routes and bird watching. He had holidays with Julia and her family in Scotland and Norfolk. Vincent took Francis to cricket matches, trips on narrow boats and Thames barges, to concerts and the opera. His grandchildren enjoyed visiting him and taking him out for meals.

He was a generous man giving his time, energy and love firstly to his family and then to the local community. His death has left a big hole in all our lives and we are all missing him a great deal.

Liz Blaney
Julia and Vincent



SHOE BOXES

With summer holidays still fresh in our memories, it may be too soon to think about Christmas, but it's not too soon to start keeping shoe boxes and collecting things to go in them – toiletries, soft toys, hats, gloves and scarves, little toys, pens and crayons etc. We will be organising the usual packing evening in November, so watch the 'Link' and church notices for details. Let's see if we can send a record number of boxes from Stansted this year. For further details about the difference a shoe box can make to a child, visit the web site at www.operationchristmaschild.org.uk.

Catherine Dean
Tel: 813579
Helen Baker
Tel: 814865



Stansted Conservatives

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Sun 5th Sept

St Mary's Church

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Sun 5th Sept



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VILLAGE EVENTS

September

- 1 Wed Mountfitchet Club
Mountfitchet Garden Club
- 2 Thu Local History Society
- 3 Fri NCT Tea & Toys
- 4 Sat Conservatives Beetle Drive
- 4 Sat / 5 Sun Skips
- 5 Sun Windmill open
St Mary's Church open
- 9 Thu WI
- 16 Thu U3A
- 18 Sat / 19 Sun Skips
- 21 Tue School Tours
Open Evening
- 24 Fri Macmillan Coffee Morning
Macmillan Coffee Morning
- 25 Sat / 26 Sun Open Studio
- 26 Sun Car Boot Sale
- 27 Mon Shalom At Home

- Day Centre 2 - 4 pm
- Day Centre 7.30 for 8 pm
- Day Centre 8 pm
- Henham Church Hall 10 - 11.30 am
- Day Centre 7.30 for 8 pm
- Lower St Car Park 9 am - 3 pm
- 1.30 - 5 pm
- 2 - 5 pm
- St John's Hall 7.45 pm
- St John's Hall 1.30 pm
- Lower St Car Park 9 am - 3 pm
- MMCC 9.15 - 11 am
- MMCC 6 - 9 pm
- Youth Centre 10 am - 2 pm
- Old Lane Hse 10.30 am - noon
- Fairfield, Silver St 10 am - 5 pm
- MMCC 11 am - 2 pm
- 13 Blackbushe, B Stortford 8 pm

October

- 2 Sat St Clare Fishing Comp
- 2 Sat / 3 Sun Skips
- 3 Sun Windmill open
St Mary's Church open
- 6 Wed Mountfitchet Club
Mountfitchet Garden Club
- 7 Thu Local History Society
- 9 Sat Windmill Quiz
- 14 Thu WI

- Clavering Lakes 8 am - 4 pm
- Lower St Car Park 9 am - 3 pm
- 1.30 - 5 pm
- 2 - 5 pm
- Day Centre 2 - 4 pm
- Day Centre 7.30 for 8 pm
- Day Centre 8 pm
- Free Church Hall 7.30 pm
- St John's Hall 7.45 pm

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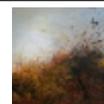
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MOUNTFITCHET GARDEN CLUB

www.mountfitchetgardenclub.co.uk

'A Walk On The Wild Side' was the subject of the Club's summer outing in June. Members were welcomed to 'Pandemonium', the home of naturalist Barry Kaufmann-Wright and his wife Pat, before being shown around the nature reserve he is building in his garden and the adjacent seven million gallon reservoir, which has become a wildlife haven. Guided visits to Sweetings Meadow and West Wood, two small nature reserves close to his home, had been arranged. These reserves are owned by the Essex Wildlife Trust and are cared for by enthusiasts in their spare time. Sweetings Meadow is an ancient, two-acre grassland meadow and Barry has been warden there for 30 years. This reserve is home to seven species of wild orchids, as well as many grasses and butterflies. After lunch, members had time to wander around Pat's colourful and picturesque garden before visiting the 80-acre broad-leaved woodland of West Wood. This is a beautiful wood with rare orchids, plants and birds. Barry's knowledge is extensive and it was certainly 'put to the test' with the number of questions and queries that arose during the walks! And the orchids ... they were breathtaking!!!

Evening Visit to 'Dragons' at Boynton Cross

Members enjoyed a pleasant summer's evening wandering around Mrs Margo Grice's beautiful garden at Boynton Cross. The two-thirds of an acre garden has meandering paths with colour themed borders bursting with flowers, shrubs and grasses. All around the garden many different varieties of clematis can be found clambering through the shrubs and trees and climbing trelliswork. A small stream forms one of the boundaries. However, as Mrs Grice explained during her talk, this quiet stream has a 'dark side' and has flooded the garden completely on several occasions. Her photographs showed the garden at 'high tide' and 'the aftermath', when the lawn was covered with mud and debris, mainly hay and leaves, washed off the fields. Mrs Grice confessed to being a plantaholic and spends most of her time working outside in the garden. Over the years she has had many favourite plants. Her current favourite is the snowdrop - making her an up-and-coming galanthophile! This lovely garden is open regularly for charity.

August Meeting - 'Plants For Winter Interest' Mr Peter Jackson of Scotsdales Nursery gave a very interesting talk in which he explained that the garden in winter can be as interesting as in high summer. His advice was "do your homework" regarding species, planting positions, colours, type of soil, etc. By using slides he showed members the vast choice of plants and shrubs available to brighten up the winter garden, with many summer favourites having a winter equivalent eg clematis or all-year round colourful foliage. Many of the winter flowers are small but are highly scented and if positioned close to the house their perfume is an extra bonus. A selection of plants was brought along for members to purchase that showed the variety of colours available.

Future Meetings and Events

Club meetings are on the first Wednesday of the month at the Day Centre (adjacent to the Library and car park). Doors open 7.30pm. Refreshments. Visitors £2.00 / Membership available.

1st September - Mrs Hilary Thomas - 'Bulbs for every season'.

6th October – Mr Roger Claydon – 'A Walk in the Cotswolds (Autumn)'.

Saturday 16th October 11.00am Jumble Sale St John's Hall. *Are you having a clear out or tidying up ... Redecorating ... Moving home ... read all those books on the shelf ... Children outgrown their toys or you don't fit into those clothes any more ??? ... jumble & bric-a-brac needed ...* Please contact Linda Gurr (816250) or Chris Hope (815007) if you have any jumble/nearly new items (larger items can be collected by arrangement). There may even be a few plants for sale too ... Diary the date ... 16th October.

Saturday 23rd October – Coach Trip to RHS Wisley. Cost £12.50. Please leave a message for me via the website or telephone me as soon as possible. Members have priority until 1st September - thereafter it's on a first-come basis. For more information about the club, our programme of events or photographs see our website www.mountfitchetgardenclub.co.uk.

Maralyn Harris
Chairman
Tel: 07919 478144



STANSTED BEAVERS

The highlight of the summer term was our district day camp at East Mersea. Two coaches full of Beavers, leaders and helpers arrived to beautiful sunshine for a day of tent pitching, flagpole building and of course playing on the beach. Since our trip coincided with Independence Day, there was a decidedly American theme to some of the activities (see photo), and also to the menu, which featured hotdogs and doughnuts (among other things!). Our busy summer programme finished up with the traditional water fight, followed by ice creams. We also said goodbye to several of our older Beavers, and we wish them well at Cubs.



If you have a child who would like to become a Beaver please call David South on 814371.

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THE MILEPOST AT STANSTED MOUNTFITCHET

The cast iron milepost that we see today and now gracing the cover of 'The Link' was erected to replace the old original milestone, this being one of an extended line of stones to be positioned along the roadway from Harlow Bush Common as far north as Stump Cross on the Essex/Cambridgeshire border. The task of placing these stones was to be one of the first acts undertaken by a newly formed Essex & Hertfordshire Highway Trust. The work of extending this section, perhaps somewhere in the region of some 24 stones, was to be completed by c1747. The original position of our particular milestone according to the Chapman & Andre map of Essex 1777 as being a few hundred yards further north and recorded 33 representing miles to London. Just when the stone was re-sited to be on the island in front of the fountain we are not sure but it was certainly there in c1871 as an early photograph has recorded. By c1902 the stone was in need of replacement, for the then Stansted Parish Clerk had been instructed to write and ask the Surveyor of the County Council whether he would have a new milestone with particulars of the distances to various towns erected at the fountain. By c1903-4 it looks as if this request was sanctioned, although the stone was to be replaced with a cast iron milepost, with the evidence captured upon postcards post-dated 1903-4. This particular milepost can generally be described as of being: a late 19th century cast iron post of triangular section with an upper sloping panel that carries Stansted and depicted below an early Essex coat of arms and below Thaxted 9. The original side panels showed: Cambridge 22 Saffron Walden 9 Dunmow 10 London 31? Bishop's Stortford 3 Chelmsford 24. (All names cast in capital letters.) A particular note of interest today being that some of the recorded mileage has been altered from the original casting: Cambridge has had a mile added (now 23), Chelmsford now 21 (losing 3 miles) and the 1 of the 31 to London has at some very early stage been amended, perhaps originally cast as 30. In all probability each of these mileage amendments had been made to correspond with road re-alignments and other roadway improvements.

A further point of interest is that in its original position on the eastern road side directly in front of a cattle water drinking trough adjacent to the fountain it could be said to be the "wrong way round". Approaching travellers would have been fronted with from whence they have just come and the distance so far travelled, thus, needing to stop and look on the opposite panel to see just where you were going and how many miles further you needed to go. Now some questions must be raised: was its original position intended to be on the western side of the road, or, could it have been a misunderstanding between the surveyor's office and the casting foundry? Dare we suggest that the plans may have become distorted or some misunderstanding may have occurred between the two parties? Maybe we will never know, there again, perhaps at the time in question it did not matter so much as the pace of life and travel was then more relaxed with yellow lines as yet to be invented!

Our milepost is said to be the largest of its like in Essex and is grade II listed, although, in the words of Mr J V Nicholls the Essex County Representative for the Milestone Society

(a Society with the aim: To identify, record, research, conserve and interpret for public benefit the milestones and other waymarkers of the British Isles, along with many other listed objectives) "I noticed that the condition of the large milepost in Stansted Mountfitchet had deteriorated significantly over the years and seemed a worthy candidate for a well-deserved face lift". It then was through the said gentleman's dedicated attention, time, skill and patience that our milepost received renovation in September 2009.

As much as I would put forward and prefer the c1902 date some other thoughts with a slightly earlier date are perhaps favoured by other parties. The date has been well discussed and will continue to be so and followed with much interest with all parties looking forward to perhaps the day when we may be able to establish once and for all just when the milepost came to Stansted. Another puzzling so far unsolved mystery being: by whom and at which iron foundry was this post cast? If anyone holds any information towards these unanswered questions I would of course be delighted to know.

Peter Brown

We look forward to seeing more occasional items from Peter's archive on early street furniture. Ed

OPEN STUDIO

Ross Loveday has lived in Stansted for the last seven years. Having recently retired as an optician in Bishop's Stortford, he now has the time to devote to his passion for art. Ross started painting 20 years ago as a form of relaxation, but soon started entering competitions. He has exhibited at the Royal Academy Summer Exhibition twice (including this year) and at the Discerning Eye competition. This was curated by HRH Prince Charles who selected five of his paintings and on the opening night bought one. He exhibits in eight galleries in Britain and one in France and has in the last three years turned his hand to making small limited edition handmade prints (max Ed 20). Ross will open his studio at Fairfield on Silver Street, opposite the Bell Hotel for the first time on the weekend of 25th/26th September from 10.00am until 5.00pm, where the public will have the opportunity to see his landscape paintings on canvas as well as his drypoint prints. To view more of Ross' work, visit his website www.rossloveday.co.uk.

ROSS LOVEDAY OPEN STUDIO



Fairfield, Silver Street, Stansted (opposite The Old Bell)
Sat 25th & Sun 26th September 10am - 5pm

Ross has shown at the RA Summer Exhibition,
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**To view samples of Ross' work
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Nature Notes

August and September are the months when birds leave our gardens in favour of the harvest fields. Late summer is also the time when robins moult and move away from their usual haunts as if embarrassed by their scruffy appearance.

These are long-established phenomena but our native oak trees are now experiencing new and unwelcome challenges - possibly a by-product of climate changes. They are variously known as Chronic Oak Decline and Acute Oak Decline.



Acute Oak Decline

Whilst the former has been gradually spreading over several decades, the latter is of recent origin and has already led to vast numbers of trees being felled, mainly in the west country. Its principal symptom is the bleeding of sap from cracks in the trunks of mature trees. The causal organisms are being energetically examined by the research institutions, but no remedial measure (apart from felling) has so far been identified. If you see the signs, dark moist streaks on the bark of a large oak, you should consult a reputable tree surgeon. The nearest example that I have seen was at Coggeshall but there are likely to be nearer cases. As if this is not enough for our most iconic tree to suffer, an even more recent menace has appeared in the shape of the Oak Processionary Moth which



Oak Processionary Moth. Nest and trail.

devours the leaves. So far this pest is confined to west and south-west London, where over 2500 nests were removed in 2009. An outwardly similar bleeding stem canker (no profanity!) has been noted on the American red oak and common beech. This is a bacterial disease, usually lethal and emanating from nearby native rhododendron colonies so is less likely to strike in our locality.

I am sorry to seem a prophet of gloom but we are living in times when changes are occurring at an unprecedented pace. Take heart, though, there are improvements 'out there'. Many species (pink-foot geese, bitterns, otters, for example) are increasing, wild flower meadows are returning from the brink, nature reserves are more numerous and above all our dependence on the natural order is becoming recognised. Recognition leads to action!

Derek Honour



UGLEY WOMEN'S INSTITUTE

Ninety years ago Agatha Christie created Hercule Poirot, Rupert Bear made his first appearance, the Cenotaph was unveiled and Ugley WI was formed. It was this notable event in the annals of Ugley's history that we celebrated on Wednesday 21st July on a delightfully warm sunny day. The main treat of the day was a delicious celebratory lunch provided by Dorothy Wallace and her trusty band of helpers; the venue - her delightful lodge. Fifty of us were catered for including specially invited guests from other local institutes and a sprinkling of husbands. Before we started on the 'starters', Dorothy and Mr Derek Collier welcomed us to '1920' with an absolutely 'spiffing' Charleston! Luncheon over and another surprise awaited us - this was the entertainment, which very imaginatively comprised Derek Collier (a man of many parts), complete with BBC dinner jacket and black tie reading the news of 90 years ago and two of our members, Mary McKean and Betty Francis - Mary reading from her aunt's diary and Betty reading from the minutes of the meetings from 1920, all of which proved most interesting. This part of the entertainment ended with the National Anthem. The judging of the hats came next. A large number of our members had appeared in period headdress and very stunning they looked too. Mrs Ruth Rawlinson was judged the winner with Mrs Phyllis Harrison coming a very close second. A memorable, historic and thoroughly delightful afternoon was rounded off with a raffle, a bring and buy stall and an auction, the auctioneer being the very versatile Derek Collier. So ended another very special afternoon for our members, made particularly so by Dorothy and her helpers. Why not come and join us? You never know what treats may be on the horizon and you would be assured of a very warm welcome. We meet on the third Wednesday of the month at 2.30pm at Ugley Village Hall.

Andrea Fitt
Tel: 815922

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STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

Following the summer break, our meetings resume again at 1.30pm on Thursday 16th September in St John's Hall, when we will be having an OPEN meeting. Some of you will notice that the start time for meetings has been brought forward slightly – this is at the suggestion of some members, and all future meetings will now be starting at 1.30pm to allow people to book outings/pay monies, chat and have a cup of tea. However, the formal side will still start at 2.00pm. OPEN meetings are held twice a year and they give people the chance to see what our group is about. Come and chat with the Committee and/or group organisers about activities on offer and see whether there is something you would like to join in, and at the same time get to know other members. We always welcome any comments and ideas that would be of benefit to all, so if you have a suggestion as to a new activity, please let us know and Eileen, our Activities Organiser, will try and arrange it. At this meeting our very own Stansted Mountfitchet U3A Singers will be giving a short rendition of a selection of songs, a prelude to their first U3A concert in Stansted in October (see details below). So why not come along, relax and enjoy!

New and potential new members are always welcome – so, if for whatever reason you have time on your hands or are looking for a new learning experience, or just like to meet new people, please come along; we are a very friendly young minded lot and guarantee you a warm welcome. Our forthcoming agenda for the next few weeks include those below – but please see our website for full details of trips and further information on all activities. If you do not have access to this then please ring me and I will send you the Newsletter for September after the meeting date – or alternatively you can collect one from the meeting (will also be available to print out from our website).

Tuesday 12th October - London Walk - a guided walking tour of Whitehall, looking at hundreds of years of history in one London Street. Cost (inc coach) £18. Tel: Maggie 503848 or Chris 871335.

Saturday 30th October in St John's Church. An evening concert by the **Stansted Mountfitchet U3A Singers**. The singers were formed just over a year ago and are led by Musical Director Isobel Bradshaw. They have been going from strength to strength with a wide-ranging repertoire. The concert will include an evening of Cava and Canapés along with the musical delights of a wide range of music to suit every taste. Don't miss this chance for an enjoyable evening. Tickets are only £4.50, children £2.00 including your Cava and Canapés (wines, soft drinks and finger buffet) and can be obtained from Stansted U3A/Stansted Singers. Tel: Maggie 503848 or Jan 812481.

Cherry Venn
Chair
Tel: 817140

STANSTED SHUFFLERS

Stansted Shufflers is a newly formed running and walking network, meeting every Thursday at the Stansted Romeera Leisure Centre at 7.30pm. Our aim is to offer total beginners to more accomplished runners a friendly local group to train within. We currently have a small group from power walkers to runners, with varied ability from beginner to more experienced. Every Thursday we have some form of structured training which can be a social run or power walk dependent on ability, to more testing efforts. The Shufflers have been training for a month now, and there has already been improvement within the group. They swap contacts and arrange days and times to meet around the village, creating training buddies for the week, and then coming together on Thursdays. The Shufflers is not an affiliated club, and invites anyone within the village to train with us, as we just want people to benefit from their local running network. We meet again on 26th August, so we hope to see some more of you then. You can find us on Facebook to ask questions, or email us at stanstedshufflers.co.uk. **Stansted shufflers is probably the best little running network in the world!!**

Simon Wadey
Tel: 07594 476143

WELCOME PACKS FOR NEW RESIDENTS

The Welcome Packs, a joint initiative of the Churches in Stansted and the Parish Council, have mainly been given to new residents of Foresthall Park. Houses are now starting to change hands, so it is more difficult to identify new residents. If anyone who has just moved in to Stansted would like a Welcome Pack please contact Catherine Dean on 813579 or Stansted Parish Council on 813214.

Updates: If any organisation would like to change their details in the Packs, or if an organisation would like to advertise itself, please let Catherine know.

 <p>Stansted Mountfitchet THE UNIVERSITY OF THE THIRD AGE</p>	<p>Do you have a love of Literature in English? An established class would like to welcome new members</p>
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Cost	£30 per term
<p>For further details including booklist and full dates contact Judith Moss - Course tutor 01279 813998 or e-mail jmossatpo@waitrose.com</p>	



Second runway withdrawal - but work still to do

Since the withdrawal of the second runway application in late May, the relief experienced throughout the community, following the successful campaigning of the last eight years by SSE and our allies, has been very tangible indeed - so much so that many have asked "is that the end of SSE's work?" The answer is a very firm "NO". At the beginning of June we embarked on what we envisage will be the final phase of our campaign. Under the headline message of 'Never Again', the objective is to secure as much protection as we can - for as long we can - against any resurrection of plans for a second Stansted runway. This will be the most important legacy we can leave. That is why, over the next year or so, our efforts will be focused very firmly on the ways in which we can influence the political spectrum to safeguard the future for the long term.

There are several key areas which will be vital to this. The National Policy Statement on Airports - expected next year - is of central importance, since this will set out the Government's long-term policy for dealing with the expected growth in air travel and how Stansted fits into these plans. We are calling for a moratorium on any new runways at Stansted and we have already been active in our lobbying on this. Local MP, Sir Alan Haselhurst, for example, hosted a reception in the House of Commons last month to raise awareness of this issue amongst Parliamentarians and community representatives at all levels, taking our theme of 'Never Again' forward another step. This week we have called on parish and town councils to write to the Aviation Minister, Theresa Villiers, to make representations on the moratorium and blight issues. The Airport Economic Regulation Bill, which will begin its passage through the House of Commons during the next Parliamentary session, will also provide opportunities to press for fairer treatment for local communities in relation to the contentious issues of blight and compensation. There can, of course, be no guarantee that our efforts will be successful in securing changes to the law, but we believe that there is an overwhelming justification and we are determined to give this our best shot.

What about tackling the impacts from current operations? We are very conscious that it is not just the expansion threat that we need to guard against. We also need to remain vigilant and press for the tightest controls we can get with respect to the current operations of Stansted Airport in the light of the already approved expansion plans which permit 35 million passengers per annum on the existing runway compared to the current throughput of around 19 million passengers. The forthcoming consultation on the next five-year control period for night flights will be central to our work on noise, for example. So too will our continued monitoring of BAA's operations and public statements so that the smoke and mirrors approach to dealing with the community which has typified its style over the years does not deceive people about the reality of its intentions - or actions.

Over the coming months we will be looking at ways to establish a successor organisation to SSE, under the umbrella of our parent organisation, to carry on the representation of the

community into the future, once we have completed our work on the expansion issue. We are looking at how we can do this to best effect so that the cessation of SSE would not compromise the community's need for continued representation on an ongoing basis, aimed at containing the environmental and community impacts of a single runway Stansted Airport. It is important to bear in mind that even without a second runway - and despite experiencing a 21% decline in passenger numbers over the past three years - Stansted is still the UK's third largest airport. As we shape our thinking on this, we would be interested in the views of our members and the wider community. Is there a need for a successor organisation and, if so, what should be its terms of reference/priorities/name? We would most certainly be interested in any thoughts you may have on 'life after SSE' and will be consulting further in the autumn on the focus of future activities. In the meantime, please continue to support us.

As explained above, SSE still has important unfinished business and so, for the time being at least, we need your support as much as ever. Our fundraising and events programme will continue to provide opportunities for face-to-face contact and discussion in informal settings, and I look forward to seeing you at our annual Runway Ramble, to make clear to BAA that we remain resolute in our determination to safeguard this lovely area, and/or our Christmas Party (4th December) in Great Easton Village Hall, of which more details are to follow, which will also be a marvellous opportunity both to celebrate what we have achieved together and to look forward. Do make a note of the date in your diary now. Finally, we are continuing the tradition of our Community Calendar and Christmas cards. We have chosen a beautiful scene from Hatfield Forest for this year's card. I do hope you will order these and other items, with the pride of knowing that it is your support in the past, which has enabled our campaign to make so much progress on the second runway issue - and which will be central to our success in the future.

Peter Sanders
Chairman

Carol Barbone
Campaign Director
Tel: 07775 523091

Email: cbarbone@mxco.co.uk

Website: www.stopstanstedexpansion.com

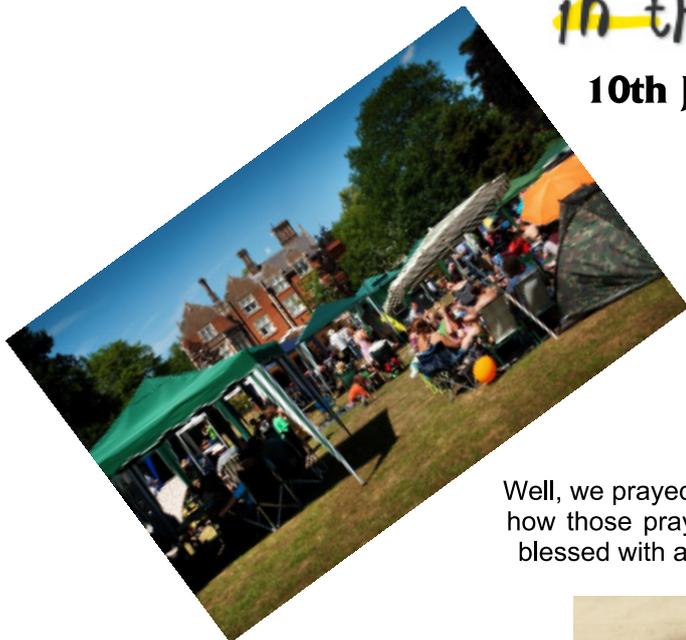


Huw Johnson
Club

We ended our summer term with a boat trip on the River Lea from Broxbourne. The weather was good and everyone enjoyed fish and chips on board. Going through a lock is always greeted with glee. Now we have a break, but we will be back on track with our Thursday meetings on 2nd September. We are hoping to begin rehearsals for our Christmas concerts soon, and plans are already in hand for our firework display at Great Easton.

Marion Johnson
Tel: 812284

10th July 2010



Well, we prayed for good weather and how those prayers worked, we were blessed with a truly beautiful day....

Opening this year's event were 'Small Talk' and they were followed on stage by 'The Croft', a band made up of ex-Bentfield pupils. Party revellers were up and about early on to the dance floor and dancing continued all afternoon and evening, with great sets from a new band to the event, 'The Jjars' and also returning to the event after a short absence, 'Bamboo Loud'. 'Rock Steady' and veterans of the event 'All of a Sudden' kept the crowd thoroughly entertained with their superb cover versions, as the sun started to go down.



The children had been entertained all day with the huge bouncy fun run and face painting and many of the crowd visited Olly Pocknell at the BBQ area where Lamb Wraps and burgers were available. As you can imagine, on a hot sunny day the bar area was very busy and ice-cold jugs of Pimms went down a treat. The evening drew to a close, with returning band 'Repertoire Dogs' delivering another brilliant performance following their success at last year's event. A rousing rendition of "Hey Jude" saw partygoers holding hands and swaying their arms as the event sadly came to a close.

There are so many people to thank, our sponsors, the bands, those who helped run stalls, those who set up and cleared away the event and those who bought tickets which helped raise nearly £5,000 which will be put towards the school's new play equipment. We now look forward to next year's event, our 10th year.....and we hope and pray for similar weather conditions.



Review by
Kerry Freegard

Photos Trevor Kahn
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NEWS FROM YOUR LOCAL COUNCILS

WHERE IS THE HEALTH CENTRE TO BE BUILT AND WHEN?

At a Special Full Council Meeting on 21 June, there were updates from both the Primary Care Trust (PCT) and the St John's Road practice as well as a number of contributions from parishioners, most of whom reiterated the reasons for pursuing a central site.

The PCT stated that no agreement could be reached on the Silver Street site and now wished to seek guidance from the Parish Council. The Chairman of the PCT, Alan Tobias, apologised for some failure on the part of the PCT to respond to questions but rebutted strongly the suggestion that various central sites had not been investigated. In addition Mr Tobias warned that, with the likely abolition of the West Essex PCT coupled with uncertainty over spending cuts, there remains a limited window to make use of funds that were currently available.

Dr Sue Humphreys read a strongly worded statement on behalf of the practice which made clear that the St John's Road premises had for a long time been unfit for purpose, that patients were not receiving services which would be desirable and that the conditions were unacceptable for those entrusted with providing good quality healthcare. In addition the lease expires at the end of 2011 and, **if no certain progress** towards constructing a new health centre has been made, then the lease may not be extended. The Chairman of the PCT underlined this warning by indicating that no action by the PCT would put the future of the practice at risk. This situation must not be allowed to happen.

Following discussion by members of the Parish Council, the **following resolution was unanimously agreed** by twelve members (three were unable to attend).

"The Parish Council advises the West Essex PCT as it takes its decision on siting a health centre that a central site would be preferable, provided that a firm commitment on developing such a site can be taken in a short time-scale. If no such decision can be reached then the over-riding need to provide improved primary care

facilities points to the development of the new health centre on the available site at Foresthall Park, subject to satisfactory public transport arrangements and other access arrangements being committed."

The Parish Council would still welcome successful negotiations on a central site but consider that the over-riding priority is to have modern healthcare facilities. Any issues for patients being able to reach Foresthall Park will have to be analysed and solutions found.

WILLOW TREE AT FOUNTAIN

As has previously been reported the willow tree has sadly reached the end of its life. The contract has been awarded for the tree to be felled and this will be undertaken during September. In due course once the remains of the roots have been removed and the ground has settled a replacement tree/s will be planted.

VEHICLE-ACTIVATED SIGN - CAMBRIDGE RD

The installation of the flashing 30mph sign is yet to be completed on Cambridge Road following concerns from residents. There is a view that it could be better located in High Lane, and new traffic speed surveys have been requested by Essex County Council to see if the road meets the criteria for such a sign.

CAN YOU SPARE TWO HOURS A WEEK?

Family support charity Home-Start Uttlesford is eager to hear from people who are interested in becoming volunteers. The voluntary organisation offers support to local families with young children. We support families from all the towns and villages of Uttlesford. Volunteers are from many different backgrounds, vary in age and are carefully selected for their friendliness and understanding.

A new volunteers' preparation course runs from Tuesday 5 October to 14 December. The 10 sessions start at 9.30 am and finish at 2.30 pm and are held in Saffron Walden. For more information please call 01799 520728 or 525403 or visit www.homestartuttlesford.org.uk

BOGUS CALLERS

At the end of July a man called at the home of a council tenant at the Mead Court sheltered housing in Cannons Mead, Stansted. He claimed to be visiting to check the gas. He entered the property and claimed there was a gas leak. This subsequently proved to be untrue.

Uttlesford District Council wants to warn all residents to be on their guard against such callers.

Residents are advised to take care when answering the door to anyone claiming to be a tradesman, from an energy company, from the council, or anyone else you are not expecting.

If you don't know them, always ask for identification. Legitimate callers will not mind and it is much better to leave someone on the doorstep for 10 minutes than to open your home up to a thief or conman. Please remember to never use a phone number they have given you to check their identity - find the number yourself in the phone book, Yellow Pages or online or ring directory enquiries. Once you have done this, you could also ask a neighbour to join you before you let anyone in.

If you suspect a bogus caller, report the incident to the police on 01279 812211. The Essex Police website at www.essex.police.uk contains information on bogus callers. The Home Office produces a useful leaflet called 'How to Beat the Bogus Caller' which can be downloaded from the Essex Police website or, for a printed copy, please call Uttlesford District Council on 01799 510510.

NEWS ABOUT BUS PASSES

With effect from 1 April 2011, bus passes will be issued by Essex County Council rather than Uttlesford District Council. To enable ECC to "get the correct structures in place", they would like to know how much you value the various elements of the pass. They are holding a public consultation which runs until 30 September.

If you would like to take part, you can access their questionnaire on-line at <http://www.essex.gov.uk/buspass/>. Alternatively, you should find a copy in the library or phone 08457 430 430 for your own copy.

STANSTED IN BLOOM

As stated last month, 'Stansted in Bloom 2010' has been a great success and we wish again to thank all those who took part in any way.

Prizes were presented to the participants on Saturday 10 July.

The overall winner was Cyril Stoneham.



Our three local schools also took part and you can see their beautiful art work presented for the occasion in the window of 'You're Furnished' who we would like to thank for giving us this facility, together with a very generous donation which has now been divided between the three schools.

Our thanks must also go to the following businesses for their support in providing prizes for the competition:

Barnet Fayre, Boots Pharmacy, B & R Carpets, C.K. Gents Hairdresser, 2 Dive 4, Intercountry, Express Picture Framing, Farmhouse Deli, Richard Handford, Chiropodist, Lan One Computers, Lino Thomas Hairdressers, M.R. Newsagents, Orion Heating, Qudos Photography, Stansted Chiropactor Clinic, Stansted Ironing, Steve Golding, Vaio-Pack Ltd, What's a Name Hairdressers, Yeoman's Cafe, Yummys Coffee Shop.

NEIGHBOURHOOD WATCH

Date of next meeting: Wednesday 29 September
Venue: Stansted Free Church Lecture Hall
Time: 7.30 pm.

It is important for the effective continuation of the NhW in Stansted that Public Meetings are supported by the community. We hope that this meeting will be well-attended.

Contacts: Cllr Valerie Trundle - 813433 and
Mrs Diane Roberts - 813089

LOWER STREET/GROVE HILL PARKING

We have been working with Essex County Council for some considerable time to devise a parking scheme to accommodate the needs of residents in parts of Lower Street and Grove Hill to exclude commuter and airport parking. We have finally come up with a possible Residents' Parking Scheme which we believe will benefit the residents but still enable people to park to use the shops and other village facilities.

The scheme, which will operate between 8am and 9pm, will broadly include sections of Lower Street, ie from 'Monty's bar' along to the Youth Centre and from Ampersand along to Brewery House. Shoppers will be able to park for one hour, but not return within three hours. A section of Grove Hill is also included. Beyond Castle Cottage it is proposed to have 'No waiting at any time'.

The scheme will be open to residents who currently have no off-street parking and full details will be delivered to them, in writing, around the end of August and they will then be invited to a meeting to be held in September.

NEWS FROM UTTLESFORD D.C.

I have been pleased to see several residents from Foresthall Park attending local public meetings recently and making their views known. The likely building of a primary school and a health centre in this southern extension to Stansted will bring all parts of our community closer together. Also a review of the parish boundary between Birchanger and Stansted is getting underway to address the anomalous situation of streets and even homes divided between the two parishes. The District Council wants to know residents' initial views by 30 September.

Uttlesford has been improving the way it manages housing repair (etc) complaints. The people who take the complaints (mainly by phone) now sit in Newport at the repairs depot next to the people who organise the actual work, instead of being two miles away in Saffron Walden. I think this should be a good move as it ought to improve communication with customers and cut down people being passed from 'pillar to post'.

What does the coalition government's Big Society mean in Stansted? Some early thoughts were bounced around in a discussion in July on whether the District Council should adopt a cabinet system of decision making. On one hand, a cabinet could be seen as centralising power; the

opposite of passing power to local people. If a council cabinet restricted its remit to big issues and passed responsibility for local matters to area committees or Parish Councils or even to groups of residents, would democratic accountability be improved? One view is that Parish Councils already provide the best solution to local accountability. Yet at the moment Stansted Parish Council has no member from the whole of the Mountfitchet Estate and Foresthall Park. What needs to change to encourage more people to take on responsibilities as volunteers? If anyone has any views on what localism and the Big Society mean for Stansted, please let me know.

(Cllr Alan Dean)

Council Finances Update

The 2009/10 financial year saw a significant under-spend against our original budget. This amounted to £1.5 million. The original budget approved in February 2009 was based on a net withdrawal from reserves of £0.3 million. The outturn is therefore £1.8 million better than the original budget. This is partially accounted for by a one off VAT refund, service under-spends and receipt of unbudgeted government grants.

This is the second successive year of significant under-spends. When there are under-spends it gives the Council an opportunity to replenish its reserves. These have grown from £4.25 million as at 31 March 2009 to £5.75 million as at 31 March 2010. The Council has also £2.2 million invested in the failed Icelandic Landsbanki Bank which it is seeking repayment. It is not known when this might be and how much of the original capital we will get back.

Budgeting is not an exact science but when there are significant variances (i.e. differences from what is forecast) it makes it more difficult for councillors to plan the delivery of services and set the council tax precept. Uttlesford like other local authorities relies upon central government grants for a large proportion of their income. In the current financial year 2010/11 this will account for £4.135 million. This accounts for almost 50% of the total funding required to provide our services. The Government has signalled that it intends to cut spending by 25% in most areas over the next four years in order to deal with the public sector deficit. Consequently, we can expect less funding from

central government in the future and will need to become more reliant upon ourselves. This will involve increased partnership working with other local authorities and delegation of some services to town and parish councils.

Day Centres Review

The Council provides Day Centres at Great Dunmow, Saffron Walden, Stansted, Takeley and Saffron Walden. A review of the Day Centres by the Scrutiny Committee began in April 2010. A progress report was given at a meeting in June which I attended. It was recognised that Day Centre services are valued by residents and visitors as they provide good value freshly cooked meals and opportunity for social interaction. It was acknowledged that although staff and volunteers are a valuable asset there is an increasing difficulty in recruiting and retaining voluntary help both to the management committees and for day to day provision within the centres. With the exception of Saffron Walden the day centres are not used to capacity.

Currently support given to management committees by the council is through a part-time basis by our tenant participation officer. I have argued for some time that this is insufficient. It was therefore pleasing to note that it is being recommended that there should be an Uttlesford Day Centres co-ordinator. The review is still on-going and further work is being done

DATES OF COUNCIL MEETINGS

1 September	Open Spaces
15 September	Full Council
29 September	Full Council

CONTACT DETAILS

Clerk - *Ruth Clifford*
 Admin Assistant - *Anne Court*
 Email: parishcouncil@stansted.net
 Phone/fax: 01279 813214 10am - 1pm
www.stansted.net

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 Email: cllrdean@uttlesford.gov.uk
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John Salmon Tel: 01279 814789
 Email: cllrsalmon@uttlesford.gov.uk
Geoffrey Sell Tel: 01279 815925
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Essex County Council Member

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Member of Parliament

The Rt Hon Sir Alan Haselhurst MP
 House of Commons, London SW1A 0AA
 Tel: 0207 219 5214/Fax: 0207 219 5600
 Email: haselhursta@parliament.uk

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PARISH COUNCIL MEMBERS

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Iris Evans	815848
Jo Freeman	812524
Bridget Gott	814440
John Hudson	814489
Peter Jones	813252
Janice Loughlin	812346
Tudor Owen	812825
Ruth Rawlinson - <i>V/Chairman</i>	814222
Jonathan Rich	813112
John Salmon	814789
Dan Scott	815098
Geoffrey Sell - <i>Chairman</i>	815925
Bill Stiles	813172
Valerie Trundle	813433

SKYWATCH

A monthly look at an aspect
of the night sky



Throughout the Universe stars are forever being created, living their lives and eventually dying in a massive explosion. Any star's life is a long time - think many millions of years - but they are far from all being the same. One particular feature is that stars come in different sizes, and size is important. The lifetime of a star is dictated by its size when it first lights up: that moment when the core of the star about to be is so hot that nuclear fusion takes place. Perhaps surprisingly, the larger the star at birth, the shorter the life (though we are still talking of billions of years) and there is also a theoretical maximum of how large a star can be. At least there was, until the announcement a few weeks ago that a star had been discovered that is many times larger than anything seen before and many times larger than believed possible. Not only that, the star quickly expanded from one to a large group of 'impossibly large' stars. The Sun is about 850,000 miles across and we are now talking about stars that are the diameter of the solar system. Just to make it interesting, these stars are not too far away. The reason that we hadn't seen them before is that they are just above the furthest horizon of the Milky Way, our galaxy. The diameter of the Milky Way is about 100,000 light years (that rolls in at about 600,000,000,000,000,000 miles, give or take) and our new to us stars are some number of light years further on.

So recent is this discovery that there is still a lot to be found out, especially the answer to the question "How?" ... which allows me some space *sic* to mention another new find, this time on a planet called Earth. A British team of geologists working in New Brunswick, Canada, where the oldest surface rocks on Earth are located, were going about their business when one of their number, apparently by complete fluke, saw what looked like fossilised footprints in a smooth rock. And they were and are believed to be of one of the earliest creatures to venture out of the sea to dry land. We are talking about creatures living 300 million years ago and millions of years before dinosaurs. Again, there is a lot of work to establish more information from these prints. But what a delightful connection to how we got here.

Martin West
Mooncraft Productions



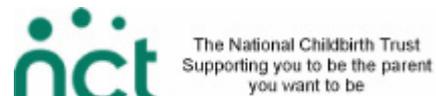
Stansted Cricket Club

The 1st XI continue to be runaway leaders at the top of Division 3 and have secured promotion with 13 wins from the first 15 matches (there are still three rounds of matches left to be played). The 2nd XI remain 6th in Division 6 with five wins from 15. The Sunday XI has had four wins and one draw from 10 matches to date. The club were also beaten finalists in the Farnham 6-a-side competition held on 1st August. The Fun Day on Sunday 11th July was a great success; we were blessed with hot sunny weather, and had 15 stalls run by various village organisations. Our thanks go to all who attended and to those who helped set up, run, and take down the stalls afterwards.

Cricket Week (24th-31st July) was also a great success with SCC narrowly winning the opening games against Stansted Hall and Essex Club and Ground, and losing the final game against Harlow. Significant contributions during the last month have been made by C Kirby (116no, 113no), M Chambers (100no, 76, 56no), M Johnson (86no), M Roach (78no), J Kealy (77), K Ayres (69), M Noori (67, 51), I Parsons (66), R Gardiner (63no,) H Fisher (56), B Baker (52) and D Roach (51). Ben Baker also took the first five wicket haul for the Club this season. There are no home fixtures in September as use of the ground passes to Stansted FC from 1st September.

Our Dinner and Dance is at the Hilton Hotel on Saturday 23rd October at 7.30pm. Tickets £20 include a three-course meal, award presentations and dancing. For tickets and further details please contact Ian Parsons on 07540 082003.

David Hedge
Hon Secretary



NCT Stansted Branch

We've had a lot of changes to the Stansted Branch of the NCT over the summer. Starting with the sad departure of our Chair Donna Butler, luckily we have now filled the position. Corrina Mottram, our previous Treasurer, has taken on the Chair's role and stepping into the Treasurer's shoes we welcome Clare Baker! With lots of movement in the Branch this means lots of exciting new ideas. However we are still looking for volunteers to join our Committee. If you are interested in joining our Committee or just would like to find out more about volunteering to help please contact us on the number below. We've had an exciting summer; we held the Cheeky Monkeys Tea Party on 4th August at Elsenham Memorial Hall. Even though the weather was terrible over 30 children attended with their parents/carers. We raised over £150 for the NCT Post Natal Support Line and Neonatal Intensive Care Unit appeal at Princess Alexandra Hospital.



Our next event is Tea & Toys, Friday 3rd September
Henham Church Hall 10.00am – 11.30am
Contact Bridget on 850986
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For more about the NCT please contact us on 08442 436281.

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494 (Stansted Airport) Squadron Air Training Corps

Two weeks ago I ventured up north to the Lake District for my Gold Duke of Edinburgh practice expedition. The expedition was organised as a London and South East Region event; however everyone bar one was from Essex. There were two boys groups and one girls group walking. This consisted of four days hiking and three nights camping as well as a pre-acclimatisation day. During the expedition we rotated round in a large circle so none of the groups met. Each day we hiked about 18 kilometres across the picturesque, yet rather steep hills of England's backbone with all our kit on our backs. One night we camped wild on top of a hill, with no civilisation within a kilometre radius. We pitched our tents next to a fast running stream so that we had water available for cooking and cleaning. When choosing an area to



pitch we had to take into consideration the ground; if it was boggy or rocky, a nearby running water supply; and shelter from the wind. Navigating through the valleys and hills is relatively simple, until you come across three too many streams than are marked on the map, or the cloud base is so low you can't see even half way up the mountain! Throughout the four days walking the four in my team had to face many challenges both physically and mentally. However, we also had many laughs. Being an all-girls group we struggled up the hills (whereas the boys seemed to almost run up them), but in the end, going downhill became worse than going up due to sore feet and joints being pounded hour upon hour. Although at times we wanted to cry and give up, we eventually battled through and came out just about in one piece. Now we just have to wait for our final expedition next summer, which will be in the French Pyrenees. I would like to thank all the staff who came with us on the trip, without whom it would not have been possible for us to complete our Duke of Edinburgh award. The organisation and time they put into the trip was invaluable.

If you are aged between 13 and 16 and interested in joining us, contact us for more information. Tel: 681559 Mondays and Fridays 7.15pm – 9.30pm (24 hr Answer phone).
Email: 494@aircadets.org.

Alice Brooks



Stansted Evening Women's Institute

Our September meeting will take place as usual in St John's Hall on Thursday 9th at 7.45pm, when we are looking forward to hearing from some members of the Parish Council on 'The Workings of the Parish Council' - an insight into what serving on the local Council entails. Many of our members, both past and present, have served on the Council, including being Chairman, and I am sure they brought their WI skills to the Council meetings! It will be interesting to hear the work of the different committees, and maybe inspire present members to stand for election. The competition for that evening is a photograph of Stansted and we expect a large entry for that. The deadline for copy this month came before our August Meeting so I hope to give an account of the Guide Dogs for the Blind next month. We welcome visitors as always to our meetings.



Judy Colliver
Brenda Ryan
President
Tel: 812725

SignuptoSing YOUTH CHOIR Autumn Project - John Rutter's *Feel the Spirit*

SignuptoSing is a vibrant youth choir based in Saffron Walden. It draws singers from primary and secondary schools in the town and surrounding villages as well as further afield in Cambridgeshire and Hertfordshire. It is open to singers aged 8-18 who sign up for each particular project rather than necessarily making a longer term commitment. Some projects are targeted at smaller age ranges while larger projects may also involve a SignuptoSing Orchestra. The choir's director is Janet Wheeler, a highly regarded composer and conductor who enjoys introducing young people to the many and varied facets of choral singing. Janet currently directs five choirs, including the Saffron Walden Choral Society, the Granta Chorale and the Saffron Walden County High School Youth Choir. The SignuptoSing choir gave a first acclaimed performance of Vivaldi's 'Gloria' in St Mary's Church, Saffron Walden in April.

The choir's next project is **John Rutter's *Feel the Spirit***. This cycle of seven spirituals, arranged for mixed choir, is an energetic and exciting piece to work on. John Rutter's vivid and expressive arrangements bring new life to such well-loved titles as 'Joshua fit the battle of Jericho', 'Steal away', and 'When the saints go marching in'. The autumn course is on Mondays, 6.00pm-7.30pm from 6th September at Saffron Walden County High School, preparing for a concert performance on Friday 19th November. The course fee is £50 (siblings £10) which includes a personal score.

Want to check out the choir before deciding?

Come to a free 'taster' session of John Rutter's *Feel the Spirit* on Saturday 4th September 9.30am-12 noon at Saffron Walden County High School. Please sign up in advance via the website: www.signuptosing.org or for more information please email: info@signuptosing.org or telephone the choir's administrator Steph Green on 01799 521614. **SignuptoSing - soon!**

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Fun House

Saturday 7th August saw Spangles join forces with the Stansted Romeera Leisure Centre to run a children's active play session. With the growing community at Foresthall Park, invitations were sent out to these residents with a view to meeting other families. The children thoroughly enjoyed the bouncy castle, trampoline and other equipment. The Leisure Centre runs the Hall of Fun every Wednesday and Friday morning between 10.30am and 12 noon. Please call 648580 for information and booking.

Spangles and Romeera Leisure Centre will be teaming up again from 10.00am and 2.00pm on 24th September to support the Macmillan Biggest Coffee Morning. Apart from the coffee and cake there will be plenty to do for the children. There will be a small charge but all proceeds will go to the Macmillan cancer charity. Keep an eye on the Spangles website and posters for more information.

Breast Start is a weekly breastfeeding group every Friday from 10.00am-12 noon at Spangles. Together with the Stansted Health Visiting Team we introduced this group to give mothers the information, advice, and confidence to breastfeed their baby. Please feel free to drop by for a chat and a drink. It is always nice to meet other breastfeeding mums, share tips and support each other with advice and experience. Older siblings are also welcome to the group. For further information call Stansted Baby Clinic 814805 or Spangles Children's Centre 812348.

Amanda Fitchet

STANSTED NURSE SEEKING DONATIONS FOR AFRICAN ORPHANAGE

I am a children's nurse, who lives in Stansted and works in London with children who have cancer. I am travelling to Kenya in October and will be providing medical assistance, as well as teaching families about their health. I am looking to take some clothes and stationery items with me that I will be handing out at orphanages and schools. I would love to hear from anybody who can help out with donations of any unwanted items that might be of use; I would also welcome items from any local companies. If you have anything to donate, please contact me. Many thanks.

Tiffany Russell
Tel: 07825 667 000
Email: tifanirussell@hotmail.com

MALAPROPISMS!

You do get some strange requests as a veterinary surgeon. Last week a gentleman brought in his six month old cat to be 'splayed'. Brief visions of some sort of mediaeval dungeon flashed through my mind before I realised, of course, that he meant spayed! This got me thinking about other variations on commonly used terms and neutering does seem to produce its fair share. I have in the past been asked to 'incarcerate' a tom cat (it's that dungeon thing again), and a few months ago one of the receptionists said they'd got a gentleman on the phone asking how much we would charge for 'castigating' his colt. I thought of a sliding scale of a few pounds for a brief telling off up to a hundred for a full-scale public humiliation!

One of the hot topics among vets at the moment is when to neuter female dogs. Traditionally the advice has generally been to let a bitch have a first season and then to neuter a couple of months after that. However, recently many vets have started to neuter before a bitch's first season and some rescue organisations now advocate early neutering at 4-5 months of age. There are many advantages to early neutering. The operation is more straightforward as the bitch is rarely overweight, and therefore the risks of haemorrhage and other complications are reduced, as are the number of unwanted pregnancies and abandoned puppies. It also reduces the incidence of mammary tumours to practically zero. The concerns with early neutering seem to centre mainly on whether neutering at a young age increases the likelihood of a bitch developing urinary incontinence when it is older. Some vets are of the opinion that it does and some vets that it doesn't. However the first study into this problem was published a few months ago and revealed that in that particular sample of bitches, the age of neutering had no effect on whether a bitch went on to develop incontinence or not. Obviously more studies need to be carried out, but it's interesting stuff. At the surgery, we are now more relaxed about the advice we give. Most people still want to let their dogs have a first season before neutering, but if requested, we will do it before. If you are in any doubt, please ring us or drop in for a chat and we can explain the advantages and disadvantages in more detail and we also have information leaflets that you can take away with you.

Back to malapropisms: we had a CV sent to us once by a prospective vet saying they were fluent in Portuguese and Spinach; and one of the best I've heard was a client ringing up to speak to the 'vegetarian'. As luck would have it, I'm one of those too!

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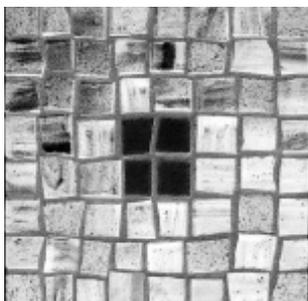
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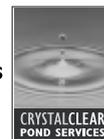
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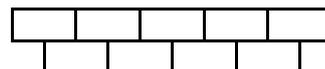
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Summer Time at Grove Cottage

After a long spell of dismal weather we were delighted to see the sunshine so that our clubs could enjoy some summer outings. The Wednesday Evening Club for adults was first off the mark with a visit to the County Show. The Saturday Club for 8-14 year olds made their traditional trip to the seaside but to Walton-on-the-Naze this time rather than Clacton. Later they spent a day at Willows Farm Village. The younger children had a very enjoyable excursion to see the animals at Broxbourne Wildlife Park.



Although the Grove Cottage clubs take a break during the school holidays, we ran three full day holiday outings in August for under-eights. We visited Old MacDonald's Farm at Brentwood, the Sealife Centre at Southend and Paradise Wildlife Park at Broxbourne. This was a pilot run to discover the difficulties. About 18 children participated in each outing. The days seemed to be a great success and the parents were very pleased to have a break during the long holiday. I am sure we will be able to expand this activity next year.

Our Special Needs Nursery grew from eight to ten children during the last school year. In response to requests from parents we will open on an extra day next term so that we can offer 15 hours rather than 10 hours per week. The new Tuesday evening Youth Club for 15-25 year olds got off to a good start last term. We began with eight members and expect more to join after the summer break. We need more helpers so if anyone would like to get involved please leave a message on 656085. You can find us on Facebook at Grove Cottage Bishop's Stortford Mencap or at our website www.mencapgrovecottage.org.

David Scott

STANSTED 'LINK' ADVERTISING

We still have a few black and white spaces available for new advertisers from the November edition onwards. Please visit www.stanstedlink.org.uk or telephone 814059.



STANSTED BOWLING CLUB

This is the last but one report for this season, which continues to go very well for our Club. Our first team are now league champions and have been promoted. Congratulations to captain Del Sharp and all the first team players for a job well done - well bowled, gentlemen. Our second team continue to put in some splendid performances particularly as it is their first year in this competition and it bodes well for next season with the experience they have gained, and our ladies team are still continuing in their winning ways. Congratulations again to Del for leading us to a splendid win in the Inter-village Trophy. Alas, our senior team has not had too much success so far this year, but there have been some splendid close matches and the convivial atmosphere and friendships made in these games more than make up for the disappointing results. Many thanks must go to Stephen Hill, our senior's captain, for all the hard work and effort that he puts into arranging and overseeing these matches on the Club's behalf.

We now look forward to the remaining games of the season and thanks to the recent rain, and some dedicated hard work by our members, the green is both looking and playing very well. We are hoping to bring in some interesting and inventive ideas for next season, and more of this in the next edition of the 'Link'. Don't forget you are welcome to come and join us any Friday evening if you would like to try your hand at lawn bowls; just come along with some flat shoes and an open mind!

During the winter, several of our members will be bowling indoors at the Turpins Indoor Bowling Club, which is situated behind the Lord Butler Centre, in Peaslands Road, Saffron Walden. Turpins are looking for new members and if you have not bowled before and would like to try indoor bowling, there will be an open day on Saturday 25th September, where instructors will be available to advise and let you have a go. I am sure that you will really enjoy the experience. Why not pass those cold winter days with new friends (and possibly some old ones) and gain some beneficial exercise at the same time! Please contact Stephen Hill on 814359 for more details. There is also a Macmillan coffee morning on Friday 24th September, at the Turpins club, for those who would like to support this fine charity.

Enjoy the rest of the summer ...

Edward Taub
Secretary

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New Head Boy and Head Girl

Congratulations to Robert Hucks (formerly of Great Easton Primary School) and Mollie Barnard (Elsenham Primary) on being appointed as Head Boy and Head Girl for 2010/2011. They are joined by Deputy Head Boy, Ciaran Palmer (Takeley Primary), Deputy Head Girl, Amber Reilly (Henham and Ugley Primary), and Senior Prefects, William Billings (St Mary's Primary), Jack Clements (Farnham Primary), Julia Studholme (Elsenham Primary) and Katie Law (Takeley Primary), as



the senior team of students. Robert follows in the footsteps of his brother Jonathan, who was Head Boy in 2005/2006, thus becoming the second pair of siblings to become head students of MMCC – James Berry, Head Boy 2003/2004, and Helena Berry, Head Girl 2008/2009, were the first to achieve this honour.

MMCC 50th Anniversary

September 2010 marks the 50th anniversary of the inauguration of Stansted's Secondary School on the Forest Hall Road site. Those connected with the school during that time will have known it under several guises beginning with 'Stansted County Secondary School' in 1960, 'The Mountfitchet High School' from 1972, and MMCC today. On 14th July, we held a celebration evening that included a wonderful exhibition of memorabilia, tours of College, and musical entertainment from students. It was fascinating to meet people who had been students here many years before, including one lady who came up from Cornwall especially for the occasion. She had been a student from 1958 to 1963 and was educated on both the original site in the village and the current one. Phillip Gough, Headteacher from 1972-83, also attended and was given a guided tour by Miss Mullis. Maggie Smith, Head of History, and Andy Davies, former Assistant Headteacher, have compiled a fascinating booklet to mark the occasion. Entitled 'Memories of Fifty Years of Secondary Education in Stansted Mountfitchet 1960-2010', it contains photographs and contributions from former and current members of staff and students, and is available from College reception at just £3 per copy.

Mr P Smith
Deputy Headteacher

Japanese Day

On 13th July, MMCC held a Japanese Day as part of its multicultural programme. The normal timetable was suspended in favour of a day full of Japanese themed activities with the students working in mixed-age groups. Three Japanese volunteers from the Japan Foundation introduced everyone to the intricacies of the Japanese language. Students produced

designs for beautiful Japanese wall hangings and elaborate Japanese gardens. The College's flourishing Manga club introduced their peers to the art of drawing Manga characters whilst Japanese theatre came to Stansted with the story of *The Peach Boy*. All students were given the opportunity to sample some authentic Japanese fare produced by the College's in-house catering team. Students were also able to create their own Haiku poems noting the similarity to the art of Twittering. The Maths Department led the creation of some Origami wonders whilst the Science department investigated just how sticky rice has to be to create the perfect sushi! Overall, the day was very successful and enjoyable, as reflected in the following student comments: "I had a great day; there was lots to do; it was really fun and I learnt to speak a little bit of Japanese." (Year 8) "I really enjoyed all the activities during the day, particularly learning Japanese. I thought having the vertical groups was good because I got to speak to people and work with people I don't know." (Year 10) "I liked Japanese Day because it was different and fun. I would love to do this again." (Year 7)

Miss S Foster
Head of Modern Foreign Languages

Primary Schools Gifted and Talented Day

On 8th July, 15 Year 5 students from local primary schools were given the opportunity to be involved in a day of creative arts at MMCC. The theme of the day was an exploration of the story of Rama and Sita. Students were split into two groups and took part in hour-long sessions in music, where they developed a soundtrack to the story, art where masks were made of the characters and drama where the story was brought to life using physical theatre. The day culminated in a final performance where parents came to see the masks and music in action through a highly spirited performance by the youngsters. We look forward to offering more opportunities such as this in the next academic year.

'Teachers'

In a busy end to the term for the Creative Arts Department, Year 10 GCSE Drama students held two marvellous performances of John Godber's school-based, 1980s comedy. A full report will appear in the next 'Link'.

Miss C Beard
Head of Creative Arts

Open Evening

Open Evening for prospective students and parents for entry in September 2011 is being held on Tuesday 21st September from 6.00pm-9.00pm. Our new Headteacher, Catherine Anderson, will be speaking in the Hall at 6.15pm and 7.15pm. We are also offering an opportunity for informal tours of the College between 9.15am and 11.00am on Tuesday 21st September. Formal tours, with either Ms Anderson or Mr Smith, are available on Thursdays and Fridays by appointment. Please contact Ann Williams, Headteacher's PA, on 813384.

Mr P Smith
Deputy Headteacher

MMCC PTA - Car Boot Sale

Sunday 26th September - 11.00am-2.00pm (setting up from 10.00am). Pitches on the day £7.00 for cars, £12 for vans and lorries. Hot snacks in College canteen. Tel Tina on 814371 or Yvonne on 813071 or visit www.mmccpta.org.uk.

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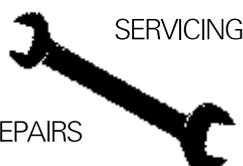
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STANSTED FOOTBALL CLUB

Football has resumed for the 2010/2011 season and our first game was away to Basildon on 7th August with the result Basildon 0 Stansted 2 - goals scored by Scott Honeyball and Dwight Gayle so the season has got off to a great start. At the time of writing this article we still do not have the fixtures list for September when our home matches will commence, but the fixtures will be advertised on the board outside the Club and a warm welcome to all that attend our matches.

I would like to take this opportunity to thank UK Packaging for sponsoring the home kits for the 1st and reserves teams and PHL Ltd for sponsoring the away kits. Without the support of companies like yours it would be difficult to exist so a great big thank you from all here at Stansted FC.

We now have table football installed in the Clubhouse so, along with the quiz machine, pool table and large screen with Sky TV, there are even more reasons to become a member. Please come along and get a taster of our facilities. There is still time to take an advertising board for the upcoming season – all advertisers will also be featured in our programmes as well as our website <http://stanstedfc.intheteam.com>. If you are interested please contact Larry Woods on 07866 765176.

Lynne Furber
Treasurer

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Volunteers play an integral part of improving the quality of life for the community that you live within. Neighbourhood policing forms an important part within the future of policing which aims to embrace even further the wider police family by including volunteers and the community within the policing of Essex. We are looking to recruit new members in your area; if you would like more information or would like to join Community Speed Watch please contact either Road Policing Department on 01277 636632 or Stansted Neighbourhood Policing team on 07801 461666.

Essex Police

PILATES EXPLAINED

Exercise from the inside out. Lots of people are talking about Pilates, but what's it all about? Pilates involves training the core stabilising muscles to support the body and limbs before and during movement. Most exercises are performed on a mat and are slow and controlled, using opposing muscles as resistance. Often we will use equipment such as flexible bands and weighted balls. Some studios also have versatile machines (called reformers!) which use springs and pulleys to focus the effort into targeted joints and muscles.

Joseph H Pilates developed the safe and effective exercise system in the UK between the two world wars. Born in 1870 in Dusseldorf, he came to England in 1912, where he worked as a circus performer, boxer and fitness trainer. He was interned in the UK during the First World War, and moved to New York where he opened his studio and remained until his death in 1967.

Since its beginnings in the '30s and '40s Pilates has become more and more popular with all ages and with people of all fitness levels. Originally popular in the ballet and contemporary dance community, it has become an essential part of training for people in all sports, but Pilates is not just for sports people and dancers. Many people enjoy Pilates as their only exercise, as it improves mobility, muscle tone and keeps the body- especially the spine - healthy. In fact many osteopaths and physiotherapists recommend Pilates as part of rehabilitation after injury, and it is great for keeping in shape during and after pregnancy. Pilates is practised in purpose-built studios with high-tech equipment, but more often in leisure centres, homes or in village halls with just a mat. The basic principles are: breathing, pelvic placement, ribcage placement, shoulder stabilisation and movement, head and neck placement.

I started Pilates after an abdominal operation to remove bowel cancer left me with nerve and muscle damage. I then trained to be an instructor, and now teach full-time at my studio at home, and in halls and leisure centres around the Stansted area.

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STANSTED LUNCH CLUB

July Lunch (50 guests and over 60 apologies)

On 14th July we were pleased to welcome Richard Cowie, CEO of St Clare Hospice, and some of his colleagues, to The Stansted Centre, home of Weston Business Centres, which sponsored the Club's 77th lunch. As a Trustee of St Clare I thank most sincerely all those who attended to support St Clare and its work caring for those with life threatening illnesses. I would also thank Jane Stock and Sue Ganny of Weston Business Centres for hosting the lunch, and their cheerful staff for once again putting on such an excellent spread and for serving it with such panache and courtesy.

With great passion, Richard spoke of the care and services that St Clare and Isabel Hospice, which was also represented at the lunch, provide for the local community and of the difficulties of fundraising in the present brittle economic climate. On fundraising, Richard said that while loyal corporate supporters have remained incredibly generous, they are themselves under immense financial pressure. The impact that a corporate supporter can make on a charity like St Clare is huge. Weston Homes, which has generously sponsored this event, has been fantastically supportive of St Clare over many years and this year has already raised over £30,000. However, the reality is that many others have had to remove their support and others that are keen to get involved with a local care charity just aren't able to. Whilst St Clare needs to raise a substantial sum each year to enable them to provide specialist care to hundreds of people, for the business community this isn't a realistic option at present. I earnestly hope that as the economy strengthens and confidence returns, so the corporate sector will once again be able and willing to support St Clare through the exciting stages of its development that are already in train.

Future Lunches

29th September 2010 – Potheary Witham Weld

17th November 2010 – Sworders Fine Art Auctioneers

Sponsorship

We do need support in 2011 and I should be most grateful if prospective sponsors would contact me.

Forthcoming Events

As President of the Bishop's Stortford Inner Wheel Club, Elizabeth Earl has decided that her charity during her year of office will be St Clare Hospice at Hastingwood and she is holding a joint Fund Raising Dinner on Wednesday 6th October at The Weston Business Centre, Parsonage Road, Takeley (7.30pm for dinner at 8.00pm). The speaker will be Tricia Stewart, the instigator of 'Calendar Girls' who has such a close connection with Hospices as well as raising money for leukaemia and other cancer charities. Everyone is welcome – including men!! – and it will be a pleasure to see local businesses, service clubs and organisations represented at this dinner. The price for a table of eight is £280.00 but tickets can be purchased individually for £35.00. Please let Elizabeth know as soon as possible if you are able to support this joint venture – she expects a sellout so she will need to know by Wednesday 22nd September at the latest. If you would like to receive this correspondence by email so that you can

forward it to other persons, please contact Elizabeth on dgearl@btinternet.com.

At this time of year, Barry Root organises many racing events through Essex Racing Club. If you are an enthusiastic punter why not contact him on 07721 530205 or email essexracingclub@btinternet.com.



Photo: Richard Cowie

Coleen Birt, Elizabeth Earl and Maureen Smith.

Taken by Mr Tony Smith of St Clare Hospice



Alastair Richardson

Tel: 07850 295109

Email: amg.richardson@gmail.com

NEWS FROM THE DAY CENTRE

While the Day Centre was sorry to lose the services of Liz Ironside at the end of July, we are delighted to welcome back Kat as our new manager. We know that her lively personality and quiet efficiency will maintain the ethos of the Day Centre that has been established over many years. A recent innovation to our repertoire has been the establishment of an Art Group, which meets on Monday mornings from 11.00am-1.00pm. Come along all you budding Van Goghs, paint away the Monday blues, and you may even add to the gallery of masterpieces already displayed on our walls. Whatever your preference, a warm welcome and delicious home-cooked fare always await you at The Crafton Room.

Helen Walker
Chairperson

It is with great pleasure that I have returned to my position as Day Centre manager. I am delighted to see the same members attending regularly, as well as our brilliant team of volunteers plus some new faces. As always we are on the look out for more volunteers to help us serve teas, coffees and lunches. We are also very much in need of anyone who thinks they could spare some time to help with lifts to and from the Centre once a fortnight; this is a thoroughly rewarding experience and is a service that is relied upon by our members. If you think you can help or to find out more, please contact me. Watch this space for upcoming events, activities and general Day Centre news!

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Volunteers are hugely important to the work of St Clare Hospice. Some volunteers choose to work in the In-Patient Unit (IPU) talking with patients, helping to serve food, making cups of tea for patients, their families and for staff. Others give their time to collect money for an hour or so outside our major stores, both the local Sainsbury's and Tesco's welcome the opportunity to support the Hospice throughout the year. Some volunteers just want to help out at our events soaking up the atmosphere that they generate. Either they marshal, help with registration or sell goods to enhance the experience for participants. Perhaps you are interested in the retail side of the organisation. We have superb volunteer support in all our shops. The Dunmow and Saffron Walden shops and the Hospice Bookshop in Bishop's Stortford each have their own uniqueness and attract many customers to both donate and to buy from them. There are many volunteer opportunities. For further information please contact Chris Crump on 01279 773700. The Stansted Friends of St Clare Hospice is always looking for new recruits to join the Group to help with ideas for their fundraising. Please contact Caroline Bore on 01279 773751 or email: Caroline.Bore@stclarehospice.org.uk.

Would you like to hold an event in aid of St Clare Hospice? Help and support is available. An event can be as little or as grand as you wish to make it. We are most grateful to all those in the community who contribute to ensuring our services continue and grow. One event coming up is the Fishing Competition at the picturesque Clavering Lakes on Saturday 2nd October from 8.00am until 4.00pm. Keith Arthur, Radio Five Live presenter and Sky TV presenter, will be attending to chat and encourage participants at the event. Keith can also recommend the food at the Lakes' Lodge for supportive family and friends. Please contact me for registration forms. There are eight pegs left on the Match Lake but several pegs are still available on the Silver Fish Lake. The Halloween Walk hosted by Spangles is going ahead again this year in October and we thank their hardworking staff for this event for both children and adults – fancy dress compulsory! Please contact me for details of any of the above, or if you are interested in hosting an event.



Photo: Steve Earley winner of last year's fishing event with Keith Arthur, from left to right.



Caroline Bore
Community Fundraiser

Tournament Results

The 2010 Bristow Doubles Tournament took place on Sunday 18th July. This year's champions were Lawrence Hogg and Thomas Taplin, who defeated Matt Hollis and Conor Hutchinson 6-1 in the final. We were delighted that Paul Bristow's parents, Derek and Win, came to the Club to present the trophy. The Senior Wilby Tournament took place on Sunday 1st August. Ten players took part and the trophy was won this year by Daphne Lunnon and Thomas Taplin who beat Ed Wombwell and Simon Thwaites 6-4 in a very close final. Honorary club member, Angela Wilby, presented the trophy as well as generous gifts to the finalists.

Dates for your diary

Tournament details will be circulated via email where applicable, but will also be available in the clubhouse. Club Finals will take place on Sunday 12th September. Members and non-members are welcome to watch the finals throughout the day. The next Ladies' Open Evening is at 6.30pm on Monday 13th September. The Hospital Cup Finals will take place throughout the day at Thaxted Tennis Club on Saturday 18th September. The Clower Boys' Doubles Tournament is on 19th September at 12.45pm. The Adult/Child Tournament is on 26th September at 12.45pm.

Coaching

For details please contact Chris Hollis on 319155 or Martyn Taplin (Monday night adult coaching session) on 816386.

Used tennis balls

Used tennis balls can be purchased for £1 per tube of four - choose your own! Please contact Jan Hollis on 812073.

Club Playing Sessions

Members are encouraged to attend these open sessions:
Wednesday from 10.00am and 6.00pm
Friday from 9.30am. Sunday from 10.00am

Contacts

Richard Mott (Secretary) 466348, Janet Hollis (Chairman) 812073, Daphne Lunnon (Membership Secretary) 817574.

Chris Hollis

COCONUT OIL

I hate to be a wet blanket, but I'm afraid that's what I'm going to be, regarding Stuart Doyle's mention of using coconut oil to aid weight loss, in the August 'Link'. As a dietitian, registered with the Health Professions Council, and working in the NHS, my patients and I have often wished for a magic wand when considering weight management. This has remained elusive though, and sadly, coconut oil does not fit the bill either. Moreover, unlike most other vegetable oils, it contains a lot of saturated fat, so is not great for anyone trying to keep their cholesterol levels down. Sorry! Stuart's other advice about eating regularly and getting exercise is helpful though.

Sue Thrush

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