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Cover artwork by prize winner
Marco Henriques, Reception Class,
Bentfield School, see page 9.

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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by **noon** on **11th July** for the August issue
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Stansted CM24 8HG
by **noon** on **8th July** for the August issue

EDITORIAL

One of the pleasures of living in Stansted is witnessing the splendour of mother nature as she brings our gardens and the surrounding countryside to life for another summer. The delightful gardens at Easton Lodge are celebrating its links to World War 2 with an open day, see page 35. Did you know there are over 300 varieties of the colourful Iris plant? Learn more on page 13. Sadly the area's 7/7a bus service is once again being threatened with closure by the operator. Your support is needed to help save this vital transport link, see page 21. Find out on page 13 when the St Clare Hospice midnight walkers will be out lighting up the streets of Harlow. From a donkey to a chinchilla, Hopefield Sanctuary in Brentwood invite you to adopt your own favourite animal; more information on page 14. Stansted is full of musical activity and events in the coming months, details can be found throughout the magazine. If you like a bit of history then read about the first officially recorded lottery on page 27. It might just be your lucky day!

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Stansted Network is compiled by Stansted Mountfitchet Parish Council.

THOUGHT FOR THE MONTH

You may have noticed that referendums do not foster 'togetherness'. They split the country, political parties and even families. They do foster exaggerated claims, personal insults, and very hot debates. Of course, one of the reasons for all this is because the issue is important, people get very worked up, they desperately seek all the ammunition they can to support their claims and deny the claims of those whom they oppose. But it is an unseemly exercise. The trouble is it might be more than unseemly. The divisions in our society may not heal that quickly, and the repercussions may only deepen the hurt.

Our rôle in society is to foster harmony, to bring opposing sides together, to show how to live with difference. We have not been good at it in the past, but we should see our rôle as tutors to society on how to get on with one another even when there are real differences. Whether this is the churches in the community or our community amongst other communities, we all have a role to play. Admittedly the churches have failed abysmally in the past, being the cause of disunity throughout the world. Sadly we church people have a reputation for being divisive. But that is changing now, the churches are working together a lot more, there are many things that we can do better together, like the Messy Church events we hold at St Mary's School in Foresthall Park. So why not all learn to enjoy the company and cooperation of people of other faiths, cultures and nations? But it requires the need to take the first steps, and that takes a bit of courage. After the mayhem of the referendum, when so much effort went into dividing us, surely it's time for a similar effort to go into reuniting us all over again.



Rev'd Stuart Veitch
Stansted Free Church



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www.sttheresasstansted.org

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Tel: 814809
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Priest Father John Garrett
Office Tel: 816889
Email: stansted@dioceseofbrentwood.org

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

Masses Saturday 6.00pm
Sunday 10.00am
Holy Days of Obligation 8.00am and 7.30pm
Mon, Tue, Thu, Fri 9.30am

Preachers for July

3rd 10.30am Action for Children - New Directions
10th 10.30am Rev'd George Lambdon - Communion
17th 10.30am Denis Walker
24th 10.30am Rev'd Roy Fowler
31st 10.30am Mike Render

Confessions
Saturday 10.00am
and by appointment

Baptisms By appointment

The Place on the Hill

A reminder that our free drop-in for all ages is now open every Monday, Wednesday and Friday (except bank holidays) from 9.30am-12.30pm. Refreshments, company, internet, computers, space for the children to play with toys and run around, plus a quiet area with comfy seating. Plus if you fancy keeping your mind active, we now have a jigsaw 'on the go' which anyone is welcome to add pieces to!

FRIENDS OF ST MARY'S CHURCH



On Sunday 14th August at 2.30pm-4.30pm there will be summer music at St Mary's Church; refreshments will be available. More details in next month's Link.



Sally Argent
Secretary
Tel: 812418

THE RELIGIOUS

SOCIETY OF FRIENDS (QUAKERS)

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

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

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

Meeting Sunday, 10.30am

Light Group 10.30am-11.30am 9th July. This is a guided meditation for personal enlightenment. You are warmly invited to attend.



THE SALVATION ARMY CAMEO (Come and Meet Each Other)

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

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

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

Church Hall Bookings Simon Wilson
Tel or text: 07582 856689
Email: stjohs.hallbookings@gmail.com

St John's Diary

Sunday

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

Monday-Tuesday, Thursday and Saturday

8.30am Morning Prayer

Tuesday

9.00am St John's Tots

Wednesday

9.00am Morning Prayer
10.00am Holy Communion

Thursday

The Coffee Pot 10.00am-noon

Monday-Thursday and Saturday

5.00pm Evening Prayer

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.

The Salvation Army, Bishop's Stortford Corps, CAMEO group meets at Stansted Day and Community centre once a month and would welcome anyone to attend. The evening usually takes the format of arrival and welcome; we then have a visiting speaker or activity and close with a time of fellowship over tea/coffee and biscuits. The group meets at 7.30pm on the third Tuesday of the month, for ten months of the year and the annual subscription is £10.00, however, non-regular attendees are also welcome for £1 per visit (the money covers the cost of hiring the hall and occasionally visiting speakers). So far this year we have had Essex Fire and Rescue, Energetix (magnetic jewellery), and Herts/Essex Air Ambulance.

In May the group enjoyed a 'By-gones' session where a gentleman brought along 15 antique items and conducted a quiz about what people thought they had been used for. It was interesting, fun and engaging and a good time was had by all who attended. Our next meeting on 19th July will be a Beetle Drive. Please do come along, we would love to welcome you. Our programme for the remainder of this year is:

16th August Alzheimer's Society (visiting speaker)
20th September Collections of a Transport photographer (Andrew Harvey-Adams)
15th November Bring and share craft evening.
Hope to meet you soon.

Lieutenant Megan Lowe
Tel: 507464

Email: Megan.Lowe@salvationarmy.org.uk



Although the precise figure is still to be ascertained, it looks as if the house-to-house collection this year has raised about £1,200 for the life-changing work of Christian Aid around the world.

This has been boosted by £528.80 from a concert, organised by Mary Warnett, at St Theresa's parish hall, where the U3A Choir treated us to classical songs and catchy jazz numbers, finishing with 'Thank you for the Music', a sentiment the audience could certainly endorse.



The choir with conductor Isobel Bradshaw. Photo by Tony Aldridge.



Catherine Dean

From the Registers

April

6th Peter Leonard Clements, age 73 - at Parndon Wood

May

5th Audrey Phyllis Ferrier, age 79 - at St Mary's, burial in churchyard
11th Keith Martin Childs, age 51 - at St Mary's, burial in cemetery
19th Gwendoline Agnes Campbell, age 93 - at Parndon Wood
19th Robert Richards, age 83 - at Parndon Wood
25th Rose Mary Milton, age 99 - at Parndon Wood

Sunday 10th July 3.00pm

Rev'd Paul Wilkin celebrates the 25th Anniversary of his ordination with a special service at which the Bishop of Colchester will preach, followed by a buffet tea in the church hall. Everyone is invited to come and celebrate with Paul, his family and friends from past parishes.



STANSTED MESSY CHURCH

www.stanstedchurches.com

Sunday 17th July 3.30pm-5.00pm at St Mary's School

Families are welcome to join in the excitement at the next **Messy Church** event. This enlivening and informal style of church for families has activities, celebration and food, and there is plenty of **FUN!** Children can try out a variety of craft activities linked to a theme that we will explore with songs and games too. After the celebration, everyone has tea - sandwiches, drinks, cakes, crisps, snacks, and fruit.



In May, the Messy Church theme was 'Amazing God' and craft activities included making fresh fruit kebabs, magic paper flowers, colouring posters, making God's eyes from wool, and playdough for the younger children. To demonstrate how amazing our bodies can be children were given challenges like throwing and catching bean bags, hopping, jumping and hula-hooping. There was amazing singing and dancing during the celebration too. So there is something for everyone! There are lots of photos of the event on our website.



We welcome families, particularly those with children aged under 12. However, older children are also welcome as long as they come with an adult. The event is arranged by Churches Together in Stansted and there is no charge. The next two events will be on **Sundays 17th July and 25th September**. For general information about Messy Church visit www.messychurch.org.uk.



Marion Dyer Tel: 814059
Richenda Whitehead Tel: 813875
Publicity Team

ST JOHN'S 300 CLUB

Congratulations to the winners in the first draws for the new year of the 300 Club which were held at the end of May:

£100 No 51 – Lily Suckling
£ 50 No 125 – Richard Lenton
£ 25 No 233 – Peter Ballard

The draws for July, which will include the extra bi-annual draw for **£200**, will be carried out on Sunday 31st July in St John's Church following the 9.30am service. Numbers are still available for anyone who may wish to join at a cost of £2 per month per number. Please contact me for an application form if you would like to take part.

Francine Cope
Tel: 814562



www.stanstedfamilychurch.com

Contact Howard and Ros Page

Tel: 810813

Email contactstanstedfam@yahoo.com

Our Christian beliefs are conventional, we are just doing church differently. For details of events see the What's On page of our church website, or contact us.



SUMMER SOIREE AT ST JOHN'S

There is still time to get tickets for the *music@stansted's* popular Summer Soiree in the Church and Gardens of St John's at 6.00pm on Saturday 9th July. The evening will feature the award-winning local young musicians Miles Bruce Jones (oboe), Imogen Miller (accordion), Christopher Wilkin ('cello), Felicity Henry (clarinet), Scott Hextall (piano), Marcus Dawe (flute) and singer, Ben Philcox. The first half of the concert will begin in the Church at 6.00pm, then at 6.45pm there will be a long supper interval in the Church gardens, with live music and licensed bar. It is always a wonderful family event. Tickets (including supper) adults £12, children £5, family ticket (two adults + two children) £25, available from Sonia Levy tel 815282, Absolute Travel, Chapel Hill or Nockolds Solicitors, Bishop's Stortford. For catering purposes, tickets should preferably be purchased in advance. Do come along, you will not be disappointed. For more information about music@stansted and future events please visit our website at www.musicatstansted.com.



Alan Corbishley



SUMMER SOIREE

6 pm Sat 9th July

St John's Church

Featuring award-winning local young musicians

Tickets Adults £12, Children £5, Family £25 (includes supper) from Absolute Travel, Chapel Hill; Nockolds, Bishop's Stortford; Sonia Levy 815282; or at the door.



Manuden Open Gardens

2 - 6 pm Sun 10th July

At least 15 gardens to visit

Teas ~ Plants ~ Paintings

Programmes available on the day
£5 (Children Free) from Village Hall or School

In aid of Children's Play Park, Guides & Brownies



Fri 15th July
7 - 10 pm

'Sonia's Place' 31 Chapel Hill

Tickets £10 includes food and first glass of wine
Vegetarian option on request
Tel 815282 or 816407
Lovely Food ~ Good Company

In aid of St John's Church Hall

WHAT'S ON IN JULY

1	Fri	Business Forum	@Home Stansted Road BS 7 for 7.30am
3	Sun	Windmill Open	1.30 pm - 5.30 pm
		Adult/Child Tournament	Tennis Club 1.30 pm
5	Tue	Stansted Seniors Group	Day Centre 1.30 pm - 3.30 pm
		Stansted is Well Read	Dog & Duck 8 pm
9	Sat	Summer Soirée	St John's Church 6 pm
		Lib Dems Tea in the Garden	7 Blythwood Gardens 3 pm-5 pm
10	Sun	Family Café	Day Centre 10 am - 11.30 am
		Manuden Gardens Open	School or Community Centre 2-6 pm
10 & 24	Sun	Skips	Lower Street 12.30 pm - 4.30 pm
11	Mon	Link copy due in today	before 12 noon
		100 Parishes Meeting	Day Centre 7.30 pm
13	Wed	The Crafton Room	Coach trip to Clacton 9.30 am
14	Thu	WI	Day Centre 7.45 pm
15	Fri	Hill Chill	31 Chapel Hill 7 pm - 10 pm
17	Sun	Stansted Fun Run	Bentfield Green 10 am
		Messy Church	St Mary's School 3.30 pm - 5 pm
		Saffron Walden Choral Soc	Thaxted Church 7.30 pm
19	Tue	CAMEO Beetle Drive	Day Centre 7.30 pm - 9.30 pm
20	Wed	Ugley W I	Ugley Village Hall 2.15 pm
21	Thu	Stansted U3A	St John's Hall 1.15 pm
		Lower St Flooding - Public Mtg	Queen's Head Pub 7.30pm
24	Sun	Open Day	Easton Lodge 11.30 am - 5 pm
26	Tue	Hearing Help	Day Centre 2 pm - 4 pm
27	Wed	Windmill Afternoon Tea	2.30 pm
28	Thu	Spangles Fun Day	Spangles Children's Centre 10am-11.30am



STANSTED 10K

Sun 17th July
Bentfield Green

NEW Children's 1K race 10 am
Adult Race 11 am

Adult £12 advance (£15 on the day) under 16 £6, Children's Race £3
Register in advance
at www.stansted10k.org.uk
Register on the day from 9.30am
More info tel: Sue on 01279 773751




Stansted Messy Church

3.30 - 5 pm Sun 17th July
St Mary's School, Hampton Rd

Activities ~ Celebration ~ Food

An exciting and informal style of church for families, particularly with children under 12
Older children also welcome - bring an adult!

www.stanstedchurches.com

Stansted Tennis Club

Anyone for Tennis?

With the Wimbledon Championships in full swing, Stansted Tennis Club is also running a number of events including an adult/juniors tournament on **Sunday 3rd July from 1.30pm**
Ladies Night Monday 11th July at 7.00pm

Contact Jon Budd (Secretary) 647020 for further information



Stansted Mountfitchet Windmill

Sunday 3rd July 1.30pm-5.30pm
Windmill Open

Wednesday 27th July 2.30pm
Afternoon Tea £2.50 - scones ~ clotted cream ~ homemade jam ~ a selection of cakes plus tea, coffee and squash




7.30 pm Sun 17th July
Thaxted Parish Church

S W Choral Society & Chamelon Arts Orch

Mozart Requiem Mass in D Minor
Mozart Symphony No 40 in G Minor
Wheeler Ceaseless Round of Circling Planets

Tickets: £18 - £28 from 01371 831421
www.the-trumpet.co.uk/community/thaxted-festival

UGLEY FARMERS' MARKET

Saturday 16th July

Ugley Village Hall

10.00am-12 noon

Meat ~ poultry ~ fish ~ eggs ~ bread ~ home baking ~ fruit & veg ~ chocolates ~ preserves ~ cut flowers ~ cards ~ ceramics ~ skincare ~ knitting and needlework

Refreshments with homemade cake and bacon rolls

THE FORGOTTEN GARDENS OF EASTON LODGE OPEN DAY

Sunday 24th July

11.30 am - 5 pm (last entry 4 pm)

Guided tours at 12.30 & 2.30 pm

THEME: WORLD WAR II

Adults £4 Under 16s Free
Bacon Baps & Cheese Rolls
Hot/Cold Drinks & Homemade Cakes

All Welcome Tel: 01371 876979



Lower St, Stansted

SUMMER FUN DAY - 'DEAR ZOO'

Thursday 28th July 10.00am-11.30am

More information on our Facebook page - www.facebook.com/spangles2 or from Centre Administrator Louise Hainsby 812348



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Mark Gurden MSc (Chiro), DC, PhD
Marcel Morelli MSc (Chiro), DC.
And Associates

Registered Doctors of Chiropractic



www.rainbowpreschool-stansted.co.uk



The children have been busy making Father's Day gifts and cards. They have also been enjoying events linked to the Euro 2016 tournament. Now that summer has arrived the children have been enjoying the sunshine. We are fortunate to have two very generous sets of parents who have been kind enough to donate funds to the pre-school allowing us to purchase a new sand tray which the children are enjoying tremendously. This has allowed us to put the funds raised at the Fun Day towards other projects.



As another academic year passes we say goodbye to the older children and wish them all the best in their new schools. We very much look forward to welcoming the new children to the pre-school in September and working with the new older group, making their transition to school an enjoyable one. We also look forward to welcoming the new parents to Rainbow and hope that some will look to support the school and children by joining the Committee and bringing fresh ideas for fundraising.

Rainbow Pre-School takes children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website for details. You need to put your child's name down now, however young, to ensure a place. Contact Gill Pursglove, the Pre-School Administrator, for further information via email at admin@rainbowpreschool.net or by phone on 814242.

Clair Rava
Parent/Committee Member



UGLEY WOMEN'S INSTITUTE

Our May meeting was our AGM during which we were reminded of the events of last year, next year's programme was announced and approved, and new Committee members welcomed. Our next meeting in Ugley Village Hall on Wednesday 20th July at 2.15pm will find us in the company of the very entertaining Lyn Croot who will be taking us on a virtual trip to her paradise island of Tobago. If this sounds like your idea of paradise why not come and join us? Visitors are always most welcome!

Andrea Fitt
Tel: 815922

Spangles has sprung into Summer with lots of new groups and sessions! The Wise Hippo is running a **Positive Birth Group** on the evening of the first Tuesday of each month; this started on 3rd May, contact Sophie on 07997 932188 for more information and to book your place.

Bosom Buddies, breastfeeding support and advice, continues to run alongside our **Baby Weighing Clinic** on Wednesdays from 1.30pm-3.15pm. Pop in and have a chat with our friendly peer support workers.

Walk and Talk is our new health inspired session that gives carers an opportunity to explore Stansted Mountfitchet and get to know new people. Every Friday at 11.30am after our Baby Time session. Duration 45 minutes.

Terrific Twos is a session on Fridays from 1.30pm until 2.30pm, aimed at two year olds to promote learning and confidence.

Just4Dads is a group especially for dads and their children; it is held on the 2nd Saturday of each month from 10.00am until 11.30am. These are the following dates for Summer: Saturdays, 9th July and 13th August.

We will be holding themed Summer Fun Days and Picnics on Thursday 28th July (Dear Zoo), Thursday 11th August (Teddy Bears Picnic), Thursday 18th August (Under The Sea) and Thursday 25th August (Beach Party) at 10am until 11.30am.

If you have a child starting school in September look out for our School Starters Events and help prepare your child for school. Our current timetables can be found on our Facebook page – www.facebook.com/spangles2. We look forward to seeing you and your under 5s in Spangles soon!

Louise Hainsby
Centre Administrator
Tel: 812348
Email: spangles@spurgeons.org

STANSTED IS WELL READ

The next meeting of our book group will be on Tuesday 5th July 8.00pm at the Dog and Duck in Lower Street, where we will be discussing 'Am I Normal Yet?' by Holly Bourne. You are very welcome to join us and don't worry if you haven't read the book as we find plenty of other things to talk about!



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

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Queen's 90th Birthday Project

The Stansted Business Forum is once again very pleased to be linking up with our local schools for a very special project to celebrate the Queen's 90th birthday. Pupils and students from Bentfield Green, Forest Hall and St Mary's schools have been busy producing some fantastic art and creative writing work over the last few months. A big thank you to all the teachers who have worked so hard to make this possible

The Forum and especially Millways, are proud to support prizes for the best work from each of the schools. One of our members, Barney Miller from the Design Mill will print all the prize winners' work (two shown below) in a special booklet. Copies of the booklet will be distributed to parents and prizes presented to the winners during special assemblies at each school in July. Well done to all the schools. You have produced some incredible work.

Her Majesty the Queen
Buckingham Palace
London
SW1A1AA

Dear Maam

My name is Holly Eichler and I am six years old. I am writing to you because I heard you were celebrating your ninetieth birthday.

Here are some interesting things I found out about you. Your favourite dogs are corgies. You have a secret door that only you know. Prince Charles is the oldest.

I would like to know what are your dogs' names? I would also like to know what is your favourite colour? What is your favourite chocolate?

Yours sincerely
Holly Eichler age 6 (*St Mary's School*)



Chelsea Ojimba yr 9 (Forest Hall School)

New Business Mentor Programme with Forest Hall School

As a Business Forum we are very keen to link with the local schools to support students and share expertise from our

business members. One of the aims of the programme is to help students to gain confidence and work with others in a business environment. Ten of our business members are involved in the mentor programme including areas such as media and video production, website designers, estate agents, solicitors and executive chauffeurs.

Andrew Blatt, Chairman of the Business Forum, is keen that students get first-hand experience of businesses and how they operate. Stephen Hehir, the Headteacher at Forest Hall School, believes that the mentor programme will give students the ability to develop their employability skills and make them successful when they enter the world of work.



On 8th June students met up with business mentors to get to know each other. Students will benefit from five meetings with mentors, some of which will take place in the workplace, between now and December. Students and mentors were positive after the initial meeting. One student felt it had been really good experience and is keen to talk to local businesses. One of our mentors, Graham Anderson from the Executive Choice Chauffeur Company, is very enthusiastic about working with young people. He says that students will gain a real insight into how small businesses work. Forest Hall School is benefiting immensely from the work of the Stansted Forum Business Mentor programme and is thankful for the mentors who are inspiring students to aim for the stars!

Our next meeting will be Friday 1st July at @ Home, Stansted Road 7.00am for 7.30am. If you would like to come along contact Peter James of Murdochs Estate Agents on 813318 to book a place.



Iris Evans
Treasurer

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Chris **01279 817111** info@mvcc.manuden.org.uk



STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

At the AGM on Thursday 19th May the Art Group, Knitting and Crochet group and Photography group all presented an interesting display of their work which revealed the many skills and enthusiasm of the group members. Well done and thank you.



The bus pass group visited Coggeshall West Street Winery and enjoyed a wine tasting session and a very informative talk about the complexity of growing and producing good quality wine in a very competitive market. After a lovely meal in the restaurant we looked around the shop, before catching the bus back to Stansted via Braintree. The next visit is to Rye Mead Wild Life Park on Tuesday 19th July. Contact Jenny Wraith.

The Saturday Seminar presented by Katherine Hammett, was entitled Elizabeth I The Female Prince. Katherine Hammett gave a most informative portrait of Queen Elizabeth I and the major influences and people involved from her birth and throughout her life. The presentation revealed the hidden meanings in the remarkable range and varied art of the time and concluded with a fun quiz. Yet another interesting seminar.

The Wednesday Walkers had an enjoyable walk in May, led by Jan, who took us along paths which some of us had not walked for a long time. Sally and Alan Rich will be leading a five mile walk from Tesco car park in Bishop's Stortford on Monday 11th July.

The next monthly meeting is on Thursday July 21st at 1.30pm. The speaker is Lucy Allen who is a stunt woman, talking about her film and TV work.

Contacts: Helen (Chair) 812945, Liz (Secretary) 813270, email: stanstedu3a@live.co.uk.



Suzanne Parra



**STANSTED & DISTRICT
LIBERAL DEMOCRATS**

Afternoon Tea in the Garden

Saturday 9th July 3.00pm-5.30pm at 7 Blythwood Gardens, by kind permission of Marion and Michael Dyer. Tickets £5, or £15 for families available from Catherine Dean 813579.

BEEKEEPING

I am pleased to report that the honey season has started quite well, with honey being extracted from hives across the membership of the Bishop's Stortford Beekeepers Association. With summer BBQs round the corner, I thought I would share with you a recipe I really like for spicy nuts with honey, to have with your pre-lunch drinks. So here goes;

Ingredients:

- 1 tablespoon sunflower oil
- 1 tablespoon freshly squeezed lime juice
- 1/2 teaspoon caster sugar
- 1/2 teaspoon garam masala
- 1/2 teaspoon hot chilli powder
- 1/2 teaspoon sea salt flakes
- Freshly ground black pepper
- 150 g macadamia nuts
- 1 tablespoon clear honey

1. Preheat the oven to 180°C/350°F /gas mark 4 and line a baking sheet with greaseproof paper.
2. Whisk to combine the sunflower oil, lime juice and caster sugar together, whisking until the mixture looks pale.
3. Keep whisking and add the garam masala, chilli powder, and season to taste with salt and freshly ground black pepper.
4. Add the nuts to the spice mixture, stir in the honey and mix together until the nuts are evenly coated.
5. Place the nuts in an even layer onto the lined baking sheet and roast in the oven for 5 minutes before turning them over and roasting for a further 8-10 minutes until they have a shiny, golden coating and are no longer sticky. Watch carefully towards the end of cooking to ensure the nuts do not burn.
6. Leave the nuts on the tray to cool. They will continue to harden as they cool and can be served either warm or cold.



John Dockerill
training@stortfordbees.org.uk



www.stansted10k.org.uk

Put your best foot forward for St Clare on Sunday 17th July!

This year features a 1k fun run/walk for children and families, in addition to the traditional 10k run across the beautiful Essex countryside on a multi-terrain course; starting outside the Rose and Crown Pub at Bentfield Green, and finishing on the green with a hog roast, music, and games galore. Being the 30th anniversary, participants are urged to make it the best ever by raising an additional £30 in sponsorship for St Clare Hospice. The 1k for children starts at 10.00am, entry £3. **All children under 12 years must be accompanied by an adult.** The 10k starts at 11.00am, registration from 9.30am, entry £12 aged 16 and over (£15 on the day), £6 under 16s. Our micro website has all the information you need for the day. You can also register at www.stclarehospice.org.uk/event/stansted-10k-and-1k-fun-run. The organising committee are looking for volunteers to marshal the course as well as helping on the green on the day. More information from Sue Fishpool on 773751, email: sue.fishpool@stclarehospice.org.uk.

Rebecca Hedges
Communications Officer

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St Clare Hospice has been celebrating the Queen's 90th birthday in style – using the occasion to thank its 550 dedicated volunteers. We have been marking the Royal occasion by holding tea parties and celebrations around the Hospice as well as in a number of the charity's eight shops.



Bunting and British flags decked our dining room as staff gathered to thank their 'Royal' volunteers on Wednesday 8th June. At the party, themed to celebrate our monarch's milestone birthday, the volunteer guests were encouraged to wear their very own crowns and tiaras, and to take part in a Royal family quiz. The volunteer who successfully matched up the members of the Royal family with their childhood photo was awarded a hamper of goodies!

Volunteers assist the clinical teams in a wide range of ways including hands-on roles like health care assistants and complimentary therapists, as well as supporting the Day Therapy groups and serving teas and coffees to patients and their families. A number of clinical volunteers were presented with long-service awards to recognise and thank them for their dedication. Amongst the awardees was Beti Newton who received a 10 years' service award for her time volunteering on the Inpatient Unit.



The award was presented by Director of Patient Care, Philip Ball.

Rebecca Hedges

Elsenham WI enter 6th Midnight Walk

St Clare's Midnight Walk, the largest event in the charity's calendar, will be returning to the streets of Harlow for the eighth year, on the evening of Saturday 2nd July. The neon-themed fundraising walk will 'light up the night' for St Clare as walkers step out in memory of loved ones who have been supported by the charity. Amongst those returning to the Midnight Walk are Lindsey Peters and Joanne McEwen. Lindsey (60) and Joanne (54), who both live in Elsenham and are taking part in the walk for the 6th year in a row. The pair were first moved to take part in the event in memory of two of their best friends, and continue to walk in their memory every summer. Tickets are now on sale priced £20 adults (16 years and above), £10 children (11-15 years). To register go to: <http://stclarehospice.org.uk/event/midnight-walk-2016/> or contact me.

Jade Clarke
Challenge and Events Fundraiser
Tel: 773756
Email: jade.clarke@stclarehospice.org.uk



Clare Kneen from Kneen Garden Design is a member of the Executive Committee of the British Iris Society and an RHS Judge. At her nursery, based in Little Walden, she 'field-grows' over 300 different varieties of iris, many of which are 'specialist' plants and also trials irises for the BIS and Wisley. Although not open to the public, all her plants can be purchased online. She explained that there is an iris for every situation in every garden. The main types grown are: **Bearded:** blowsy, large, colourful flowers in a variety of heights. Likes a sunny spot and good drainage, but will grow in dry soils as the rhizomes enjoy being baked in the sun. **Siberian:** neat upright plants, grows in clumps, will grow near water, but makes a good border plant in a sunny position. **Reticulata:** this tiny variety grows from bulbs planted in autumn. Flowering late winter or early spring; can be grown with alpines or in pots in well-drained compost. **Dutch irises:** also grown from bulbs used extensively by florists all year round, but when garden grown will flower in late May. **Pseuda corus:** 'Yellow Flag', vigorous and best planted in the wild garden, likes moist soil or shallow water. Also 'P.Laevigata', a choicer plant for the pond edge. **Foetidissima:** the only iris happy in the shade. Makes excellent ground cover under trees or in the wild garden, it has spiky foliage and soft yellow or purple flowers. A lively Q&A session followed the slide-show and a selection of plants was available for members to purchase.



The 6th July meeting is the Members Evening Visit to Spencers in Great Yeldham. The 3rd August meeting will be held, as normal, at the Day Centre.

Maralyn Harris
Chairman
Tel: 07919 478144

HOPEFIELD SANCTUARY

www.hopefield.org.uk

Devoted to providing a better quality of life for mistreated and unwanted animals, Hopefield Sanctuary in Brentwood, was set up 33 years ago when a courageous lady by the name of Paula Clark took up the fight to save a group of mistreated horses abandoned at Rainham Marshes. Passionate animal lover Paula and her husband Ernie were totally committed. They both gave up their careers and ended up pouring their hearts and souls into the successful development of the sanctuary, despite facing many challenges. The couple who went on to save many animals from cruelty and early death, were later awarded an MBE for their outstanding work.

More than three decades later with Paula and husband Ernie sadly departed, hundreds of animals, all with their own stories of ill treatment and abandonment, are still being given a chance to live out their lives in Hopefield's loving, caring environment. The sanctuary cares for a variety of animals including goats, horses, donkeys, sheep, pigs, ducks, chickens, rabbits and chinchillas. The visitor centre houses reptiles including iguanas, bearded dragons and one snake.

As a small charity, Hopefield relies completely on donations and the hard work of some 50 volunteers to keep the centre going. The public are encouraged to support the sanctuary not only by visiting, but by adopting an animal for a year for the princely sum of £15! Supporters of Hopefield now include high profile names such as singer Leona Lewis and actor Brain Blessed, who are both patrons of the sanctuary.

Family day out



A visit to Hopefield makes for an engaging, enjoyable family day out at any time of the year. Activities include the opportunity to meet and get close to some of the friendly animals, feeding and grooming them. You can also choose which animals you would most like to meet including reptiles, ponies, farm animals, exotic mammals and birds of prey. These exciting animal experiences are quite popular

and so must be booked in advance of your visit.

There's a gift shop and tea room at Hopefield which also caters for children's birthday parties. This can include a guided tour of the sanctuary, animal experiences, a dedicated member of staff for the party group, a private area for lunch and they will also provide party bags.

Upcoming events

With the school summer holidays in mind there are a number of exciting events planned at Hopefield including:

Fun Day: 24th July 11.00am-4.00pm

Hopefield Kids Fest!: 30th July 11.00am-4.00pm

Hopefield All About Pets Day: 7th August 11.00am-4.00pm

Birds of Prey: 14th August – 11.00am-4.00pm

Hopefield Dog Show: 18th September – 11.00am-4.00pm

Admission: adults £3, children £2, under 2s free. The sanctuary opens daily from 1.00pm to 4.00pm.

Hopefield Animal Sanctuary, Sawyers Hall Farm, Sawyers Hall Lane, Brentwood CM15 9BZ

Telephone: 01277 201110

Ken Whyne



www.birchangerwoodtrust.org

July and a time to enjoy the trees. They are fully leafed now and this provides a dense leaf canopy offering loads of cover for nesting birds, and protection for their juvenile brothers and sisters in which to undertake the challenge of life. For humans, the leaf canopy provides a lovely shaded area in which to meander along our paths, walk, or indeed run whilst exercising and is a real respite from the sun. The tree cover also provides a somewhat greater protection from the noise of the A120 traffic as it acts as a baffle.

Maintenance work in the Wood never ceases, even though it may be summer. Our small group of woodland volunteers are amazing people working throughout the year and are always looking for more helpers. These local residents give up a good part of their Saturday by channelling their efforts into maintaining this old ancient woodland for our enjoyment. They keep our paths clear, keep aware of possible dangers and accidents which can so easily occur when working with woodland machinery, our 'Big Boyz Toyz', they look after the growing trees by coppicing them, and nurture small sapling trees in the Compound until they are planted out in the Wood later in the year. In addition, they must work whilst we, the users are in the Wood and must consider nesting birds and wild animals who need to be protected and not disturbed during the breeding season. Birchanger Wood is a community asset. Please take your litter home so that the next person can also enjoy the ambiance of a litter-free environment and birds and animals do not suffer by eating something which can choke them or destroy their internal organs when ingested. Keep your green space clear and clean. Enjoy summer.



Daphne Wallace-Jarvis

Email: secretary@birchangerwoodtrust.org



MANUDEN GUIDES AT CHESSINGTON

www.girlguiding.org.uk



On 14th May, a group of guides from Manuden joined 90 other girls and leaders from our District, West Uttlesford, for a Really Wild Camping weekend at Chessington World of Adventures. After an excellent journey, we set up our tents, had lunch and were ready to explore the park.



There was such a range of things to do to keep everyone happy - hair-raising rides, gentle rides, animal shows, all in well set-out and cared for surroundings, with plenty of staff on hand to help out. Once the general public had left, we were taken to look at the animals, some of whom had decided to go to bed, but there were still plenty to see. Then on to the restaurant for pizzas and pasta which were most welcome.

There were games organised at our campsite, an impromptu campfire, and hot chocolate before we settled down to sleep. It was very **cold**, but everyone was in good spirits the next morning for breakfast and taking down tents, ready for another day in the park. All made sure they re-visited favourite rides, went on new ones, and visited the other things on offer, as well as a little shopping and eating. The journey home was equally straightforward, and everyone agreed that it had been a great experience, and a good chance to meet up with others in our newly-formed district. We were grateful to the Jack Petchey Foundation for funding the award that Issy Murdoch achieved, which went towards the cost of the trip.

Manuden Guides meet on Tuesdays in term time 7.30pm-9.00pm in the Manuden Village Community Centre. Girls aged ten and over are most welcome to join us. Please contact me for more information or see the website.



Glynis Prothero
Tel: 814145
Email: glynisprothero@aol.com

PUBLIC MEETING

Flooding in Lower Street and Gall End Lane

A meeting will be held in the Queens Head Pub on Thursday 21st July starting at 7:30pm. The purpose is to provide information outlining what's been happening since the flood of February 2014 and the on-going long-term plan for the future. Why is the meeting in the Queens Head Pub? It was the most badly damaged by floodwater. All are welcome.

Ray Woodcock
Tel: 816468

The past month has been filled with 'Special Guest' appearances at the Huw Johnson Club. The Fire Brigade from Stansted came to give us an overview of fire safety, and we were shown their different uniforms and breathing apparatus. We then had an opportunity to look around one of the fire engines and all the equipment they use. It was great fun – the members loved it and we all learnt a lot. Thanks so much to the guys from the unit who volunteered to come down on their training night, and who made it such a good evening.

We also had an evening of music from the Bishop's Stortford Woodwind Band. We always enjoy dancing and singing along, and even getting to join in as the percussion, although not always in time! Thank you to everyone in the Band for giving up their Thursday evening once again to entertain us.

And continuing on a musical theme, we've also had a group-based music session, run by Amy Ellis, a local Music Therapist. Armed with lots of different instruments, we created our own orchestra, with different members conducting. As smaller groups, we then put together musical 'Soundscapes', based on different themes. From the jungle to outer space, it was amazing the different pieces and sounds we were able to make – very atmospheric! A huge thank you to Amy for volunteering her time and for a great night.

A big thank you to the *Dog and Duck* pub in Lower Street, who have put collection boxes to raise money for the Club in their bar. If you have any spare change, please do drop it in; we rely entirely on voluntary funds so every bit counts!

If you would like any more information about the Club, please contact Sandra Embleton (812627) or myself (461270).



Katharine Collis

BLANKETS GALORE

Two local Churches, Henham and Elsenham, support Christian Hope International, which seeks to bring aid to those in need in Africa and Eastern Europe. The WI has, for a long time, made up knitted squares into blankets for various causes and now we have been joined by many of our friends.



These are some of the blankets which have recently been sent out by lorry to Rwanda along with other items of need. Thanks go to all the people who have knitted squares this winter and are still doing so!



Judy Colliver
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July Walks approx four miles

Thurs 14th July 7.00pm: Takeley Holy Trinity Church (Take car up Track to Church) G/Ref:TL475188.Sat Nav CM22 6QL
Autumn/Winter walks re-commence on 11th September.
There are no BSDFA scheduled walks in August.

Time to enjoy the summer in family groups, with friends or if you wish, take recreation alone. We have booklets of local walks for sale (available at the Bishop's Stortford Tourist Office for £6) that include detailed descriptions of 21 walks and diagrams. The circular walks are local and all give a guide as to the mileage. Whenever you do take a walk, remember, take a mobile phone with you in case you need help or assistance, some water to drink, and maybe some plasters and a bandage in case of cuts or sprains, and of course, take your camera!

Anniversary Calendar Event

The BSDFA is 60 years old on 18th March 2017. Sylvia, our Secretary, has had her first session working with the Bishop's Stortford Museum Curator. She has been digitising some of our store of records in preparation for our Anniversary display at the Museum in March next year.

Problem footpaths

Rye Street to Stansted Road public footpath FP061, which runs from behind the Shell Garage in Stansted Road to Cannons Mill Lane is completely blocked (June) as a result of an incident on the garage forecourt involving a car crashing into the fence and a concrete post that borders the footpath. There is no way through this path. The garage staff are aware of the problem and the incident has been reported to the Herts County Council(HCC) Public Rights of Way(PROW) team. Berden and Clavering - several public footpaths and bridleways have recently been officially approved for diversion, so be aware when trying to follow currently available small scale walking/riding maps.

Much Hadham - a request to divert public footpath FP22 is currently with HCC PROW. The path runs from the rear of the Almshouses, Tower Hill, Much Hadham, through St Andrew's School. The proposed new route would be south of the school, eastwards to meet Oudle Lane.

Thorley - public bridleway 20 has had the bridge (just west of the woods) decking collapse. Temporary repairs have been carried out and a total bridge replacement will take place later this year.



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

WANTED FOR THE LINK

We're looking for photographs of Stansted, in particular, seasonal ones. If you have any, or are inspired to take some, keep the seasonal theme in mind when capturing images of our locality. It's possible that one of your photos could feature on the front cover of the magazine! Also any photos taken of the Queen's birthday celebrations are welcomed. Please email as a jpeg to editor@stanstedlink.org.uk, or post photograph to 7 Blythwood Gardens, Stansted CM24 8HG.

Birchanger Nursery Update

It was a fun filled half term planting lots of things in different places of our garden, including sunflowers in welly boots! The children were delighted to see the seeds shoot up and enjoyed the fruits of all their hard work including beans, tomatoes, sweetcorn and carrots.



Our new Forest School got off to a great start and children have loved visiting the woods learning about the boundaries and the 'fire circle'. They have collected sticks, climbed, balanced, collected worms, observed birds, made stickmen and a wormery.

Whilst practising for our sports day the current topic is the Olympics and we are looking into some of the countries participating in this summer's events. We like to encourage children to think about the wider world and about how staying active is important to our health. They loved attempting to form their bodies into the shape of their initials in the way Mo Farah does the 'Mobot'!

Birchanger Nursery is a local preschool facility in the grounds of, but separate from, Birchanger Primary School. We provide a safe, caring and stimulating learning environment for children aged 2 to 5. To arrange a visit please telephone 810800 or email

admin@birchangernursery.org, or see our Facebook page <https://www.facebook.com/BirchangerNursery>. We will be offering Forest School to all children from September with a few places left for 2017 school-starters so please contact us asap if you wish to secure any sessions for later this year.

Nadine Lloyd
Birchanger Nursery Committee



www.stopstanstedexpansion.com

The long drawn out battle over compensation due to local residents for the devaluation of their property caused by airport expansion continues. We have recently issued a public statement revealing details of the legal action we intend to take on behalf of the residents, the legal team appointed, the postcode areas affected and the scale of the house-price devaluation.

Campaign Office
Email: info@stopstanstedexpansion.com

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

MEMORIAL GARDENS

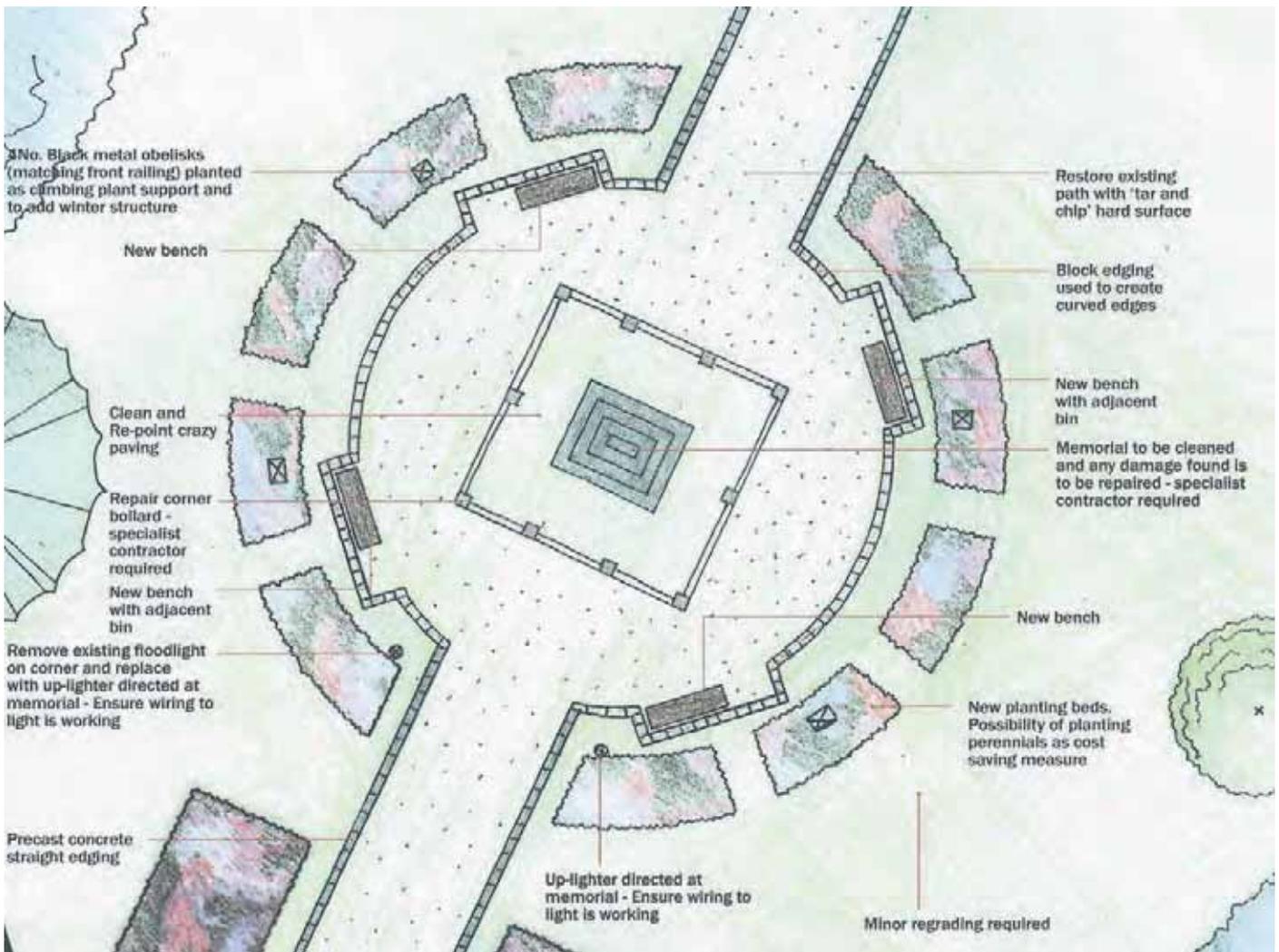
The Parish Council is hoping to make some improvements to the Memorial Gardens. A local firm of landscape architects has been commissioned to produce some proposals and has submitted two options which the council will now consider.

This is a popular and sensitive location right in the centre of the village and we appreciate residents will be concerned that the character of the gardens is maintained, particularly as the war memorial is a place where people value peace and quiet to pay their respects. We think that the designs are very sympathetic to the history of the gardens, but we welcome feedback from residents before the final design is agreed.

We will now have to submit funding applications to get the money needed to pay for the hard landscaping and planting. Positive support from residents always helps secure funding, so please get in touch with us if you support the project and if you have any comments to make on the designs.

We already have one resident who has asked if he can donate a bench in the gardens to his parents' memory. If you are interested in doing something similar in memory of a loved one, please contact the Parish Council Office.

The drawing below shows one option we are considering. A full set of drawings is available to view on the Parish Council website -www.stansted.net



ALLOTMENTEERING

At present the only allotments we have in the village are the 30 or so plots on the Pennington Lane site but both the Walpole Farm and Elms Farm developments include allotments which, at some point in the future, will be transferred to the Parish Council to manage. We have started a dialogue with Pennington Lane allotment holders, and it is possible that these plots will also come under the Parish Council umbrella.



It will be some time before we are ready to allocate the new allotments but it has been agreed that the Parish Council will manage the waiting list for all allotments. There are a few spare plots at Pennington Lane and if you are interested in a plot or would like to put your name on the waiting list, please contact the Parish Council by email for an application form or

collect one from our office at Crafton Green.

Allotmenting has many potential benefits to both the individual allotmenteer and the wider community:

- It's great exercise which is good for both your physical and mental health.
- It's a very social activity. Allotmenters spend a lot of time chatting to each other and it's not just about greenfly and the weather.
- It can be a fun activity for all the family to be involved in.
- Your family benefits from really fresh produce which contributes to a healthy diet at a fraction of the price you would pay in the shops.
- Allotments are havens of bio diversity and potential sanctuaries for endangered species..
- It reduces food miles and hence carbon emissions as well as reducing packaging waste
- Allotments are very inclusive and classless places. Retired gentlemen still tend to predominate but

there are plenty of ladies who have very fruitful allotments and enjoy tending their plots.

- It was once considered an answer to excessive drinking!

You don't need to be an experienced gardener to grow fruit and vegetables successfully. There is lots of advice on the internet and your neighbouring allotmenters will be more than happy to pass on a few tips.

STATION CYCLE PARKING

Our picture below shows Councillor Peter Jones inspecting the new cycle parking facility that has been installed at the station. On the day of our visit there was just one cyclist who was taking advantage of this free facility. Hopefully more people will consider leaving their cars at home and cycling to the station as they become aware of the facility.



The financial benefits are considerable, given a season ticket to park your car will cost you £829.50 and you will be doing something positive for the wider community by reducing congestion and pressure for parking spaces.

LITTER AND ENVIRONMENTAL RANGERS

We are pleased to announce the appointment of a permanent replacement for Gerard Frogley who retired just before Christmas. Lucy Loveridge started work in June and joins her brother, Levi who has been



on the Council staff for a number of years. If you shop at the Co-op in Cambridge Road you may well

have met Lucy who worked in the shop for many years. Although she enjoyed her job at the Co-op she

loves the great outdoors and in her new role she will get plenty of opportunity to be out and about.

Gerard's retirement prompted a review of our litter collection service which led to the new job title. As well as picking litter and emptying the bins, Lucy and Levi will be keeping our footpaths clear of vegetation and supporting our handyman as and when required.

WATER MANAGEMENT



Do you have an interest in the drainage network within your community?

The Where Does Water Go? Project aims to identify critical watercourses and their owners and where needed send riparian responsibility reminders to ensure watercourses are free of obstructions. This information is used to understand drainage networks, assist during flood investigations and help to identify potential sites for Essex Fire Service Volunteer Events.

The project involves mapping open watercourses (ditches) and culverts (pipes), noting the condition as well as invasive species and pollution. All equipment required and a half day training course is provided, all you need is a few hours spare time.

If you would like any more information or to sign up please contact:

Ruth Clifford on 01279 813214 or ruth.clifford@stansted.net

BUS SERVICES

The 7/7a bus service is once again under threat. This is a really important service for many residents who rely on public transport to get to the hospital, go shopping and visit friends and relatives. A public consultation process has started and it is important that as many people as possible voice their opposition if a campaign to save the service is to be successful. It is also one of those 'use it, or lose it' scenarios so the more people who actually get on the bus on a regular basis the more powerful the case to save the service is. A public meeting will be held on Thursday 30th June at 1.30pm at OSCA in Henham. Do your best to get to the meeting and show public support for the service to continue.

NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Thom Goddard writes

By the time you read this England will either still be in Europe or making their preparations to leave. But enough about the European Championship 2016, here is an update on what is happening at UDC.

Overview

We welcomed a new Chief Executive, Dawn French, and together have worked with residents and staff on the key issues that are pertinent to them. Uttlesford is a rural district set in the midst of the UK's most enterprising corridor. The Council is producing a Local Plan that caters for future housing needs and other requirements whilst balancing the demands of today with the historic charm of our heritage.

The Local Plan

The Planning Policy Working Group meets regularly and is dealing with the necessary strategies to complete a successful Local Plan. The PPWG feeds back to the full Council who will make a decision on the Plan's structure at its meeting on 26th July. The structure involves deciding if there should be a new settlement or incremental increases to existing towns and villages.

Whatever the decision by UDC on 26th July, there are going to be a series of public exhibitions and meetings in October to discuss the plans. There will also be a full consultation with members of the public in November this year.

Castle Maltings

The Castle Maltings development in Lower Street has raised concerns within the Council as to how developers can change approved plans. The alteration to the building's official documents was carried out without District Councillors' knowledge. A review is under way. Meanwhile the developer has submitted a standard planning application for the desired 'rooftop amenity area'. However, the Planning Committee refused to approve it as a non-material amendment.

Mead Court

The second phase of the Mead Court development is due to be handed over at the end of July or the beginning of August. The delay in completing the second phase is due to asbestos being found on the site. This has now been cleared. There will be a small handing over ceremony and then the 15 properties will be

available through the Uttlesford choice based letting scheme.

Councillor Initiative Grants

At the end of the Council year, in May 2016, each of the District Councillors was given £3,000 for community initiatives and was able to carry over their money from last year. For me this means £4,800 and if Terry, Alan and Geoffrey have similar amounts there would be over £16,000 available. So please contact us with ideas as to how we can help fund initiatives that will improve people's lives in our wonderful area.

All the best and here's to a great summer!

DATES OF PARISH COUNCIL MEETINGS

July

- 6th Full Council
- 20th Highways (7.00 pm)
Finance & General Purposes (8.15 pm)
- 27th Full Council

CONTACT DETAILS

Clerk - Ruth Clifford. Admin Assist - Anne Court
Assistant to the Parish Clerk - Trevor Lloyd
Email: parishcouncil@stansted.net
Phone/fax: 01279 813214 10.00am-1.00pm
www.stansted.net

PARISH COUNCIL MEMBERS

Maureen Caton (Chairman)	813914 m.caton@hotmail.co.uk
Mark Capell-Helm	815157 mawihtec@live.co.uk
Catherine Dean	813579 catherinemarydean@btinternet.com
Samantha Dunn	810859 cllr.samanthadunn@stansted.net
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Matthew Jessup	816591 matthew@in2it.biz
Peter Jones	813252 peter@lowerstreet.com
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John O'Brien	816772 johnedobrien@gmail.com
Rachel Rands	817413 rachelrands@btinternet.com
Frances Richards (Vice Chairman)	812748 frannie.richards@gmail.com
Juliet Richards	496531 julz_dot_com@yahoo.co.uk

John Salmon	814789 dandjsalmon@gmail.com
Geoffrey Sell	815925 sellgeoffrey@yahoo.co.uk
Daphne Wallace-Jarvis	812259 dwjjwj.444@gmail.com

UTTLESFORD DISTRICT COUNCIL MEMBERS

Alan Dean	813579 cllrdean@uttlesford.gov.uk
Terry Farthing	661555 cllr.farthing@uttlesford.gov.uk
Thom Goddard	01371 879122 cllr.goddard@uttlesford.gov.uk
Geoffrey Sell	815925 cllr.sell@uttlesford.gov.uk

ESSEX COUNTY COUNCIL MEMBER

Ray Gooding	813103 cllr.ray.gooding@essexcc.gov.uk
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MEMBER OF PARLIAMENT

The Rt Hon Sir Alan Haselhurst MP
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alan.haselhurst.mp@parliament.uk

Friday 1st July Surgery

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The Old Armoury, 3 Museum Street, Saffron Walden
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Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Parkinson's UK Uttlesford Support Group	Vivian Falk, Chairman Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk
Beavers Age 6-8	Wayne Browning Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Bowls Club	Doreen Scraggs, Hon Secretary Tel: 815036 Email: doreenscraggs@talktalk.net	Rainbows	Sue Pollard Tel: 813734
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Rotary Club	Jan Durkin 01799 516186 Email: jandurkin94@gmail.com
Brownies (Wednesday)	Sue Pollard Tel: 813734	Royal British Legion	John Segar Tel: 813289
CAB	Tel: 08444 775986	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Corkers Netball	Lisa Menzella Tel: 07827 988732	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Cub Scouts Age 8-10½	Roger Musgrove Tel: 07736 616665/01799 543466	Stansted Football Club	Tom Williams Tel: 07921 403842
Day Centre	Tel: 815091	Stansted Hall and Eisenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david.r.brown1@btinternet.com
Explorer Scouts	Fintan Lambe Tel: 817937	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Friends of St Mary's Church	Keith Ayres Tel: 07768 023830	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	Tennis Club	Chris Hollis Tel: 319155 Email: chrishollis2@btinternet.com
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Thornbury Badminton Club	Marion or Shirley Tel: 869896 or 815871
Helpline	Tel: 07704 553727	U3A	Helen, Chair Tel: 812945
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Inner Wheel Club	June Milne, President Tel: 01371 875370 Email: june.milne@ymail.com	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Youth Centre	Linda Barnes Tel: 07947 548051
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill)	Molly Clark Tel: 816768		
Mountfitchet Club	John Robinson Tel: 812755		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		

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

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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

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Nature Notes

Blackberry *Rubus fruticosus*

Bramble as it is also known, is a common plant and an opportunistic thug, and will quickly take over any waste ground. Early herdsman found that the hostile thorns made it an excellent stock proof hedge. In the era of magical medicine, there was a practice of passing babies and people through the branching loops of blackberry to cure ruptures, rheumatism, boils and whooping cough. Loops are formed naturally; as the branches touch the ground, they put down roots. For the 'magic' to work, both ends need to be anchored. It seemed a hazardous operation for both practitioners and patients!

Early herbalists used the leaves to relieve diarrhoea, which would have been a very common complaint in the days before hygiene was understood. At the time of the American Civil War, 1861-65 the 'Tennessee Trots' or 'Runs' was an unwanted misery, killing twice as many men than those who fell in battle. Truces were called so that the soldiers from both sides could collect blackberry leaves to alleviate this problem.

Today we understand that the fruit is rich in bioflavonoids and Vitamin C; the antioxidants are said to be a top cancer fighter and Vitamin K can alleviate labour pains as it is a muscle relaxant. The anti-ageing compounds are said to tighten the tissue, giving younger looking skin, as well as keeping the brain alert.



This plant is of the Rosaceae family; the flowers in early summer are a pretty pink and white; in autumn the leaves of the arching branches turn into shades of crimson and red. It was said that the berries should be picked before Michaelmas, as the Devil would claim them, and they were not fit to eat at that point. Today we would think they'd been frosted!

Bee's Daughter

QUIZ - TRADESMEN'S ENTRANCE: ANSWERS

20. Weaver
Farmer, 16. Porter, 17. Barber, 18. Turner, 19. Potter,
11. Falconer, 12. Chandler, 13. Painter, 14. Barker, 15.
6. Hunter, 7. Thatcher, 8. Tyler, 9. Tailor, 10. Cartwright,
1. Miller, 2. Cooper, 3. Fletcher, 4. Archer, 5. Tanner,

QUIZ – TRADESMAN'S ENTRANCE

All the answers are surnames that are trades.

1. Windy grinds down the wheat into flour (6) -----
2. Barrel maker (6) -----
3. Maker of arrows (8) -----
4. Fired the arrows (6) -----
5. Turns hide into leather (6) -----
6. Goes on safari to shoot big game (6) -----
7. Puts reeds on roofs (7) -----
8. But some use slate or ceramic plates (5) -----
9. Sounds like Ms Swift could make a suit (6) -----
10. He could mend a broken hay wain (10) -----
11. Trainer of birds of prey (9) -----
12. Shop for all things nautical (8) -----
13. Monet or Picasso held the boat's bow rope (7) -----
14. Comedian Ronnie could be an MC (6) -----
15. We plough the fields and scatter (6) -----
16. Carries the luggage (6) -----
17. 'Get your hair cut' (6) -----
18. Lathe work for the British Artist (6) -----
19. Harry makes things out of clay (6) -----
20. Sigourney enmeshed with thread (6) -----

Compiled by Roger Wardle. Answers below.

GARDENING TIPS

Once strawberry plants are fully harvested, start preparation for next year's crop. Clear away straw or other material utilised to protect the fruits on to the compost heap or elsewhere as appropriate. Strawberry mats should be thoroughly cleaned and stored for next year. Cut the plants to around 5cm from the ground, if you have lots of them in a bed, you can use a lawn strimmer (they are tough enough to handle it). Look out and remove any plants showing signs of viruses. Stop any unwanted runners from rooting. Apply tomato or rose fertiliser to the bed, and irrigate to take the fertiliser into the soil.

To maximise the number of flowers you receive, regularly dead-head your plants where realistically feasible. Try to ensure during hot dry weather that containers and pots do not dry out. Should the worst happen and they dry out completely, then the best approach is to rehydrate them by very slowly dripping water into the middle which will gradually percolate through the soil structure. If the plants have wilted badly whilst dry, dead-head thoroughly and cut them back slightly if they are looking the worse for wear. Do not feed until they are showing signs of perking up, otherwise you could over tax their growth mechanisms whilst they are poorly.

Save seeds from perennials and bedding plants as the seed pods start becoming available, pick a near ripe seed stem/head from the plant, place upside down into a paper bag, the seeds will drop off as they dry out completely. Label the bag with the plant details so you know next year



what you have in the bag. Bear in mind that plants will not necessarily come true (the same form and colour) from seed, but that's half of the fun of sowing your own seeds.

Paul the Gardener



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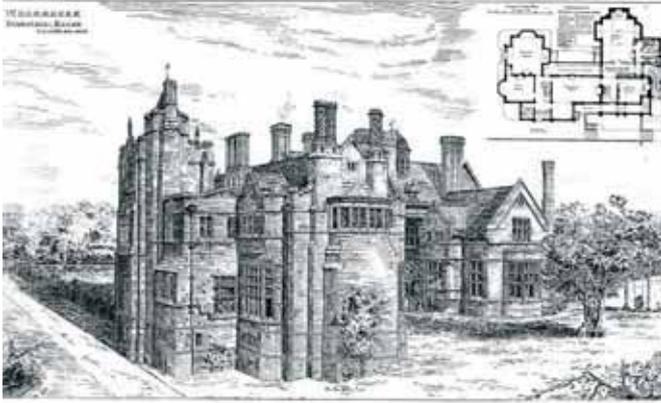
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DID YOU KNOW THAT ...

From the 16th century Woodhouse, Silver Street was described as a cottage. One definition of cottager is, 'one who lives on common land without paying rent or having land of his own'. Sir James Blyth refronted the old fashioned house and after his marriage in 1843 he renamed it Blythwood House.



In 1663/4 George Parker bought 'the cottage' and 24 acres of woodland called Conningree Wood for £213 from Mary Stilgo. George was a haberdasher whose London home was Adam and Eve Court, St Botolph's, Aldgate without, (off Petticoat Lane). The Court name refers to The Fruiters Company whose crest depicts Adam and Eve in the Garden of Eden. The Parkers were a long established wealthy family who possibly lived at the London address from or before Thomas Parker, who recorded the death of his servant Fraunces, a Blackamoor on 8th January 1591 at St Botolph Aldgate, London.

George Parker left the cottage and Conningree Wood to Thomas Stock of Elsenham, "which lately (I) bought of one Thomas Clarke of Stansted, Yeoman, and Joanne his wife on a leasehold for 2,000 years" in 1663. His son, Thomas Parker, also a haberdasher of London, in his will in December 1699 gave Thomas Stock of Elsenham the family home in Aldgate "all his estates in Stansted and Elsenham occupied by ----- Chapman. To Henry Stock he left, "my **Million Lottery** Tickets and the money thereon"!

The charter for this Million Adventure, the first official recorded lottery, was granted by William and Mary in 1694, initially 100,000 £10 tickets. The prizes equalled the money raised, thus the lottery money was an interest free loan to the Government. Prizes were in the form of silver plate and other valuable commodities. In later years the Government sold the lottery ticket rights to brokers, who in turn hired agents and runners to sell them. These brokers eventually became the modern day stockbrokers.

The English State Lottery ran from 1695 to 1768. As there are only four years between the beginning of the lottery and Thomas Parker's death, he must count among the first stockbrokers in the country, and probably the wealthiest resident to live in Stansted.

Ralph Phillips

Source: Essex Records Office



THE HUNDRED PARISHES SOCIETY

We aim to raise the level of knowledge about our wonderful area. Our website www.hundredparishes.org.uk is a mine of information, with links to more detailed resources and suggestions for walks, as well as advance notice of events related to local heritage, conservation or culture.

Recently, members were treated to a fascinating talk by geologist Gerald Lucy. His presentation on the last hundred million years put into perspective the minuscule period of man's existence, around 250,000 years, and the even smaller time span for which there is recorded history. Today's coastal erosion is part of a continuing process that has seen gradual but dramatic realignments of the Earth's surface over the last four billion years. The changes over such a long period of time are difficult to comprehend. The continents as we know them were once one big land mass. Fossils in the Himalayas date from when that area was beneath the sea. British coal was formed long ago when the UK was somewhere near the Equator. Nearer home, and much more recently, the River Thames once flowed through Harlow and Chelmsford before joining the Rhine (there was no North Sea then). Our local flintstones were created in a thin layer of chalk by chemical reaction; and our so-called Hertfordshire puddingstones were dumped by a retreating glacier. Gerald gave us much to think about.

Our next talk will be in Stansted Mountfitchet at Crafton Green Community Centre on the evening of 11th July, starting at 7.30pm and open to members and non-members. Our speaker, Tony Morton of Essex Wildlife Trust, will address another aspect of our heritage with a talk about woodland in and around the Hundred Parishes. Please come along – the £5 entry fee for non-members includes tea and biscuits.

Ken McDonald,
Secretary



Sunday 17th July 7.30pm at Thaxted Parish Church

Mozart *Requiem Mass in D Minor* and *Symphony No 40 in G Minor*, and Wheeler *The Ceaseless Round of Circling Planets*
The choir will be accompanied by the Chameleon Arts Orchestra, with soloists soprano Erica Eloff, mezzo-soprano Anna Huntley, tenor James Slimings and bass Jonathan de Garis. From the melancholy grandeur of the opening chorus, through the stormy terrors of *Dies Irae* to the sublime minor-key consolations of *Lacrimosa*, Mozart's *Requiem* expresses more profoundly than almost any other choral work the bitter anger, personal grief, and spiritual hopes which accompany the loss of a loved one. This epic masterpiece is complemented by Mozart's *Symphony No 40*, a work of enormous emotional and dramatic power. The concert will also include a new work by Janet Wheeler, who is both music director of SWCS and a prize-winning choral composer. Rooted in melody and tonality, her distinctively individual sound reflects her passion for musical innovation. **Tickets** from the Thaxted Festival box office 01371 831421 or www.the-trumpet.co.uk/community/thaxted-festival.

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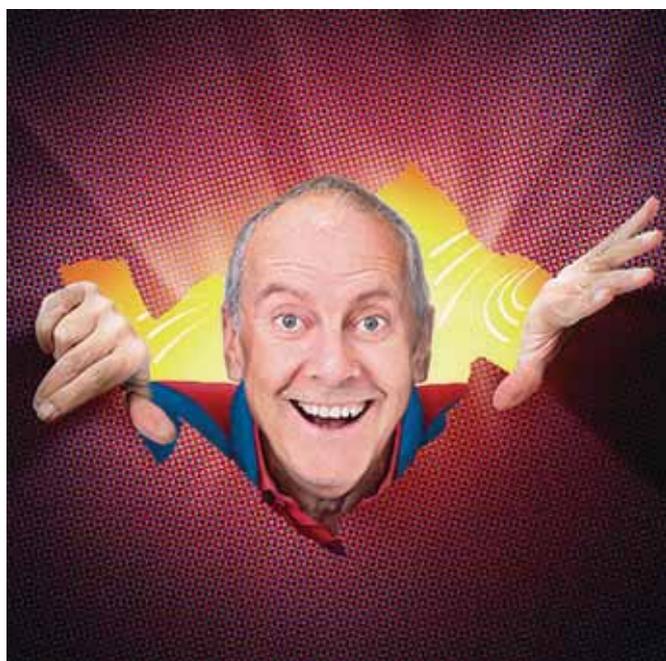


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Gyles Brandreth, wit and word-meister, former MP and star of *The One Show*, *QI* and *Have I Got News For You* will be taking his new show **Word Power!** to the Rhodes Arts Complex in Bishop's Stortford on 16th July.



A two-hour show that takes you on a roller-coaster ride around the amazing world of words; to make you laugh, even cry. It's based around Gyles' lifelong love of words and includes stories from his life in the theatre and politics. His favourite word currently is YEX; an old word for a HICCUP, very useful for playing Scrabble. He also likes to SQUIDDLE, waste time in idle talk. (He admits to doing quite a bit of that.)

To book tickets to the show, contact the Rhodes Box Office on 710200 or see website.

THE KILLING



Feeling completely bereft (again) after the conclusion of *The Bridge* (season 3), and a bit desperate to make connection with something else gripping and compelling, I decided that another viewing of Denmark's *The Killing* (season 1) would fill that void. Of course, *The Killing* (that came to UK screens in 2011) was what brought the attention of Nordic Noir (programming from Scandinavian countries) to UK audiences. Other gems have been *Borgen* (four seasons), *River*, the recently screened *Marcella*, *Fortitude*, *Trapped*, *Follow the Money* and *Blue Eyes*.

Many won't have heard of the shows. Quite a few of them are foreign and they are frequently screened on BBC4. I'm a huge fan of anything Nordic Noir. Why? In one word: quality. Of course it's subjective, but if you like something a bit more challenging and cerebral then I urge you to seek out Nordic programming. The edge-of-the-seat French drama, *The Disappearance* is their latest offering.

The Killing is layered and complex. Sara Lund (Sofie Gråbøl) is a detective of extraordinary ability. Her unwavering and channelled focus is what puts her ahead of her colleagues at every turn. Her astuteness earns respect, but at the cost of her personal life, slowly crumbling around her.

The plot centres on the murder of a young woman, a 19-year old at the start of her life. Desperately missed by her family, owners of a local-run business, the depth of mystery surrounding her life and circumstances of her death dredge up secrets, rocking the foundations of her parents' solid marriage. Alongside this story is the election campaign for Copenhagen's mayor, with upstanding and virtuous Troels Hartmann (Lars Mikkelsen, brother of Mads Mikkelsen), the leading runner. Somehow, his team's campaign gets embroiled in the girl's murder case. It's long but not drawn out; the acting and scriptwriting are superb and it's a story that won't be easily forgotten.

Anna Nolan



www.musicatstansted.co.uk

July is the month for new members to join and existing members to re-join **music@stansted** for the new season beginning in October. All our concerts are at St John's, and the season gets under way on Saturday 15th October at 7.30pm with a return visit to Stansted by the internationally renowned *Kammer Philharmonie Europa*. This will be followed on Sunday 4th December at 3.00pm when *Riyad Nicolas* will be giving a piano recital. The first concert of 2017 will be given by *The Globe Ensemble* on Sunday 29th January at 3.00pm, and the final concert of the season will be a recital by *Tim Lowe* ('cello) and *Andrew Brownell* (piano) on Saturday 18th March at 7.30pm. We always welcome new members and now, before the start of a new season and with a joining discount, is the ideal time to join. While tickets for each concert will be £15 (£60 for the four concerts), season ticket prices are: Individual £45, Concessions £40. **If paid before 31st July** the Individual price is £40 (equal to £10 per concert) and Concessions £35 (£8.75 per concert). We shall continue our policy of encouraging a younger audience by offering free entry to under-18s. To join or renew, please send a cheque payable to Music at Stansted, together with a note of your name(s), address, telephone number, and email address (this really helps us to keep you informed throughout the season) to: The Membership Secretary, c/o 25 Chantry Road, Bishop's Stortford CM23 2SD. Check out our website for general information, or if you have a specific enquiry please email: contactus@musicatstansted.co.uk.

Alan Corbishley

STOP PRESS

Construction of Stansted's new Community Building/Library will commence at Crafton Green on 4th July. Details of the temporary library service will soon be available on the Parish Council website www.stansted.net.

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STANSTED FOOTBALL CLUB

This month we will see how fit the players are who have returned from their summer break, as pre-season training in terms of fitness conditioning, coaching sessions and friendly matches will start, as we build up to what could be our first competitive game of the new season, the FA Cup Extra Preliminary Round scheduled to be played on 6th August. There is an open invitation to players who are aged over 16 to attend these sessions as we will have both a first and reserve eleven competing in the Essex Senior League next season.

Our management team are keen to coach players who, in their opinion, will strengthen the Club and help them to progress. Alongside these sessions we now have in place some interesting pre-season friendly games against Broxbourne Borough FC, Gallywood FC, Harwich FC, Maldon & Tiptree FC and Bedford United FC, a good opportunity for new players to impress. If interested in being part of our developing Club, then look out for details of training dates on our social media or by contacting me on the number below.



Tom Williams
Secretary
Tel: 07921403842



STANSTED BOWLING CLUB

Chris Bushnell Memorial Cup resulted in a draw between Peter Page and Michael Shewry; play-off won by Peter Page.

A Team won their last four matches. Congratulations.

B Team won their first match of the season against Dunmow, lost to Stansted 'A' and Quendon 'B', but won against Elsenham 'C'.

Friendlies against Havers Park and Buntingford were both won by us.

Bishop's Stortford (Cooper Cup) on 4th June Stansted won the first leg and are looking forward to the return at Bishop's Stortford in August.

Cawkell Cup resulted in a draw between Joan Aston and Michael Shewry, and Joan Aston won the play off.

July Home Fixtures

Saturday 2nd at 2.30pm Emerson Cup (Club Competition)

Friday 8th at 2.00pm Barley

Sunday 17th at 2.30pm Elsenham (Daniel Robinson Cup)

Friday 22nd at 6.00pm Charles Wilson (Club Competition)

Sunday 31st at 2.30pm Griffin

You are more than welcome to come and watch any of the above home games.

Doreen Scraggs
Hon Secretary
Tel: 815036 or 07812 483178
Email: doreenscraggs@talktalk.net

Stansted Tennis Club



www.stanstedtennisclub.co.uk

President's Cup

The round robin first stage of this afternoon/evening tournament in which 16 players took part, involved Mens' and Ladies' doubles. This was followed by a knockout Mixed Doubles tournament. In a very tense final, which kept the audience gripped until the last few points, Rick Lim and Carol Cook defeated Chris Hollis and Sue Simpson 6-5. Fish and chips from Churchill's were enjoyed by players and spectators once the tennis had finished.

Adult/Child Tournament

This is scheduled for Sunday 3rd July starting at 1.30pm.

Courts

We are pleased to say that the courts have finally been patched and painted. With brand new nets and bands, the Tennis Club is looking almost brand new. Thank you to all members for their patience and co-operation over the last month or so!

Ladies' Night

The next Ladies' Night will be from 7.00pm on Monday 11th July. All lady members (especially new ones) are welcome to come along and play.

Club Tournament and Hospital Cup

The competition season is now well under way. Please can all members who have entered either of these summer tournaments make sure they are up to date with arranging and playing their current matches.

Tennis balls

These can be purchased for £1 for a tube of four from Jan Hollis at 105 Cambridge Road.

Contacts

Jon Budd (Secretary) 647020 or me (Acting Chairman)
To find out more about the Club, please visit our website.



Chris Hollis
Tel: 319155



MANUDEN OPEN GARDENS

Sunday 10th July 2.00pm-6.00pm

At least 15 gardens and allotments to visit plus teas, plants and paintings. In aid of the children's play park and the Guides and Brownies. Tickets £5.00 (children free) and programmes may be bought on the day from the Manuden Village Community Centre or the School.

John Archer
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THE CRAFTON ROOM Stansted Day and Community Centre



Stansted Cricket Club

With the sun shining we are set for a summer of fun here at the Crafton Room. 11th June saw nearly 60 people gather together to celebrate the Queen's 90th birthday. The Best of British was brought to us by Mike and Lou from 'Somethin' Else'; exclusive commemorative coins were presented to our own VIPs celebrating their 90ths this year and this was followed by a delicious high tea. Thank you to the Parish Council for providing the entertainment, District Council for the medals, and of course our wonderful volunteers who made cakes, decorated the hall, served the drinks and all the numerous behind the scene jobs without whom these events would not be possible.

On Wednesday 13th July we will be having a coach trip to Clacton; why not come and join us for a day by the sea? Just call or pop in to book your place £15.00 pp, the coach will pick up at the respectable time of 9.30am from various points around Stansted; sit back and enjoy the ride. Once there the day's your own. Sit on the beach? Fish and chips on the front? A bit of retail therapy and an ice-cream to finish? All this in one day and we will be back home in time for tea. Put the date in your diary.

Once we are in to August we will be holding a seniors quiz afternoon on Wednesday 3rd at 2.00pm so don't sit home alone while your friends are on holiday and your usual clubs are having a break, come along! There will be prizes up for grabs and if you are still not tempted we will be serving a clotted cream tea featuring Iris's famous scones. All this for just £2.00 pp. We look forward to seeing you, a warm welcome awaits you.



Julie Beck, Manager
Tel: 815091
Juliebeck1989@gmail.com

The Club is very grateful to Uttlesford District Council for the recent award of a £500 sports grant towards a new flat sheet cover. Mixed success has been experienced on the field; after six rounds of league matches the 1st XI are now 6th in Division 1 with two wins and the 2nd XI are bottom of Division 4 with one win. The Sunday XI have had two wins, one draw and four defeats. A close friendly at home to Stansted Hall saw the visitors, chasing 271, win by four wickets off the third ball of the 40th over. We still await notification of the date for the delayed 2015 HECL Cup Final against Matching Green. Notable individual batting performances to date include:- B Sammons (122 no, 75), C Allen (113), B Baker (103), I Parsons (103 no, 97), J Monk (103 no, 100, 79, 52), J Subramaniam (93), M Johnson (79, 74, 61, 51 no), P Devoti (78, 57), P Armitage (78 no, 62) and K Ayres (77). On the bowling side J Monk took 6-30 (including a hat-trick) at Furneux Pelham and B Sammons took 5-41 at Matching Green. Home fixtures for July are:

Sat 2 nd July	1 st XI v Hatfield Heath	13:30
Sat 9 th July	2 nd XI v Hockerill II	13:30
Sun 10 th July	Sun XI v Ashdon	14:00
Sat 16 th July	1 st XI v Hockerill I	13:30
Sun 17 th July	Sun XI v President's XI	11:30
Sat 23 rd July	2 nd XI v Rickling Ramblers	13:30
Sat 30 th July	2 nd XI v Matching Green II	13:30

The Club would like to invite anyone interested in scoring on a regular basis to contact me. Adults wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471.



David Hedge
Hon. Secretary
Tel: 812509
Email : dchedge49@gmail.com

MEMORY TEASER

The identity of the 1971 Stansted Carnival beauty queen pictured in John Hudgell's photo below (printed in last month's magazine) remains a mystery. If you think you recognise her please call us on 812235 or email editor@stanstedlink.org.uk and put us all out of our misery!



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CEVICHE OF TUNA



No cooking needed, just fresh ingredients and a sharp knife. Serves four starters or two main courses.

Ingredients

- 500g tuna (fresh as possible and from the middle)
- 3 limes (1 juiced, 2 segmented)
- 250ml coconut milk
- 50g palm sugar (from Waitrose)
- 50ml water
- 1 red chilli (deseeded & finely diced)
- 4 radishes (finely sliced)
- 4 spring onions (finely sliced)
- 1 coriander (fresh leaves, picked for scattering)

Method

1. Cut the tuna into smaller tubes (or strips), then tightly wrap in cling film and refrigerate
2. To make the coconut and lime dressing, firstly dissolve the palm sugar in the water by heating it gently. Cool and add it to the coconut milk along with the lime segments and lime juice
3. To serve: with a sharp knife cut the tuna thinly, remove any stray cling film and scatter over your serving plates covering most of the plate
4. Generously dress the tuna with the coconut and lime dressing. Season with a little rock salt and pepper.
5. Leave to stand for 5-10 minutes, then finish with sliced radish and spring onion followed by the coriander.

Recipe courtesy of Luke's Cooking Club which meets every 3rd Wednesday 10.00am and 6.30pm at The Lemon Tree Restaurant, Bishop's Stortford. Luke demonstrates two or three dishes based on a theme, followed by an opportunity to taste the dishes and match the food with wines. See www.lemontree.co.uk/luke-cooking-club or call 757788 email: mail@lemontree.co.uk.



INNER WHEEL CLUB OF BISHOP'S STORTFORD

The speaker for our Inner Wheel May meeting at the Day Centre was a very interesting lady, Tracy Mackness, who told us all about the trials and tribulations of her young life. Daughter of a market stallholder in Romford, where she often helped out during her young years, Tracy was also rebellious and got into bad company which led to all sorts of problems during her youth. She later spent time in prison, which she used to good advantage by helping on the prison farm, and learning about animal husbandry, particularly with pigs, which she had grown to love. Tracy decided to learn all she could about breeding and raising pigs, and also took courses in sausage making, with a view to starting her own business following her prison release. She is now the owner of the successful "Farm to Fork" Giggly Pig Company, with its distinctive pink and black vans, which sell her sausages and pork products all over the eastern region at farmers markets, county shows etc. She is passionate about her home-reared pigs, farming and the challenges of running a small business, and has now written a book about her past called -'Jail Bird - The life and crimes of an Essex Bad Girl'.

Tracy's talk was inspirational in terms of turning her life completely around from Bad Girl to Good Girl, and with her determination and strength of character, she has now achieved the success she aimed for. The evening concluded with a sausage tasting, which we all enjoyed and had the opportunity to buy a varied selection of her products. New members warmly welcomed at our monthly meetings. Further details from President June Milne (Tel. 01371 875370) or the undersigned.



Brenda Cox
Email: brenda@coxco.demon.co.uk
Tel: 812191



Sunday 24th July is the date for this year's celebration of the Garden's fascinating links to World War II, with *Perfect Vintage*, a fantastic duo providing classical wartime songs throughout the afternoon. World War II vehicles and re-enactors will be on site as well as special displays relating to our links with the RAF. If you have a vehicle or other memorabilia you would like to bring along please get in touch as soon as possible. There will be lots for children to do including being able to take part in a special WWII themed quiz trail for only £1 each – with a prize at the end. Gates open at 11.30am and the gardens close at 5.00pm with last entry at 4.00pm. Guided tours 12.30pm and 2.30pm. Entrance is £4.00 for adults and children are free. Dogs kept on a lead are welcome. Refreshments will be available from 'Daisy's' until 4.30pm. Picnic facilities are available in the walled garden.

Sunday August 21st Open Day - Pirate Trail for our younger visitors with quizzes and challenges, and craft stalls. For further information contact 01371 876979, email enquiries@eastonlodge.co.uk or visit website.

Helen Carter



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THE GASMEN COMETH!

Some weeks ago, one of the residents reported a gas leak at the Church end of St John's Road. When the gasmen located the leak, they could only effect a temporary repair due to the condition of the main pipe (probably 100 years old).



When the work started holes had to be made at the take-off points of all the houses. This created traffic difficulties from Chapel Hill to St. John's Crescent. Lorries could not get through, so nobody got their rubbish collected. When all was ready, it took nearly two weeks, we all lost our gas and a new pipe was slid through the old one and the houses reconnected; we were without gas for only a few hours. It will take another week or more to complete the job. But better to have a good job done rather than a bigger disaster later on.

David Manley

FOR WHOM THE BELL TOLLS?

We were in London recently and visited the Old Operating Theatre Museum, housed in the tiny timber framed herb garret at the top of St Thomas's church, which was part of the old St Thomas's hospital. It's a fascinating place with the oldest operating theatre in Europe complete with wooden table and tiered gallery, large displays of old surgical instruments, and manuals on how to amputate legs in less than a minute (which my husband seemed to find worryingly interesting). One of the souvenirs was a poster with a list of nurse duties taken from the 1800s, which included; 'you shall, in all things be attentive, diligent and obedient to the matron of the hospital, you must scour and make clean the beds, floors and whole ward and tables, passage, stairs and garrets, you are to wash all the foul rollers, rags and bolsters, you must attend the butler at the ringing of the beer bell'.

It got me thinking about the role of our practice nurses and how nurses these days are so much more than glorified cleaners. In modern veterinary practice nurses monitor anaesthetics, take blood samples, put animals on drips, take X-rays and even carry out minor surgery. They have their own appointment slots (some are free) during the day where they give advice about diet, pet behaviour, neutering and worm and flea prevention among others. They also clip claws, take out sutures, change bandages and often have specific areas of expertise; one of our nurses has a certificate in anaesthesia and critical care, another has one in cat behaviour and Jo, our Stansted nurse, has extra qualifications in dog behaviour and training. If a problem does turn out to be more complex, you will be referred to a vet. We work in a partnership with our nurses these days, quite a step forward from scrubbing foul rags and answering the beer bell, although when I was chatting to them about this they did raise the idea of a Prosecco bell at perhaps 5.00pm every day!



Ilse Pedler
Mercer and Hughes Veterinary Surgeons



STANSTED
MOUNTFITCHET
WINDMILL

National Mills Sunday was popular both with the tours of the Mill and the sale of plants, which produce donations for the much needed funds to support the maintenance of the Mill. Our thanks go to John Salmon who provides the plants. This year we have displayed the surplus plants outside 'Carte Blanche' so I would also like to thank those supporters who selected them and for their honesty in putting their donations through the letter box.

On Sunday morning 5th June Radio Essex began their 'Quest' programme from the Windmill. Their presenters Liana Bridges and Barry Lewis were met by our Vice-Chairman Ted Pretty and myself. They had a series of clues to lead them around Essex to a final destination. After a short interview they departed for Newport to endeavour to resolve their next clue.

Our Afternoon Tea at the Windmill will be on Wednesday 27th July at 2.30pm. We are keeping the price at just £2.50 and there will be scones, clotted cream, homemade jam and a selection of cakes, plus the usual tea, coffee and squash. I hope you are all looking forward to the Fête and crossing your fingers for better weather than we had for the last two years! There will be a Fête meeting on Tuesday 5th July in the Mill at 7.30pm. Meanwhile we are looking for storage space for the Bric'A'Brac etc. So if anyone has some space in a garage or outbuilding that we could use for storage from mid-July until the first week of September I should be very pleased to hear from them. Finally, we send our good wishes to Bridget Gott for a speedy recovery following her recent operation.

Windmill Openings 1.30pm-5.30pm: Sundays 3rd July, 7th and 28th August, Monday 29th August.

Windmill Fête Bank Holiday Monday from 2.00pm.to 5.00pm.



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STANSTED MOUNTFITCHET EVENING WI



The May meeting was our AGM and when we discuss the Resolutions going forward to our National AGM in June. Lyn Brister from Elsenham WI, our nearest County Adviser, came to assist us in this. We were asked to discuss and vote on the proposal that 'the Government and the NHS to provide facilities to enable carers to stay with people with Alzheimer's disease and dementia that have been admitted to hospital'. The majority of us decided to abstain from voting on the grounds that the term 'facilities' was not defined and could mean anything. It will be interesting to hear what the National AGM will make of this. The other proposal was asking all supermarkets to sign up to a voluntary agreement to avoid waste, and pass on surplus food to charities. It was generally felt that this was already being done, but we voted for it as it did stress 'all' supermarkets.

I stepped down as President having really enjoyed my term of office and representing the Institute in various ways. Brenda Ryan is now taking over, a position she has held several times before, so we will be in good hands. Sue Holland, who has been our Treasurer for over 20 years, also decided to step down. We thank her for all her hard work over the years. Linda Gurr has agreed to take on this post and we have some new members on the Committee.

Sally Smith has designed and made a card for us to send to the Queen to mark Her Majesty's Official birthday in June, we hope she likes it – we do!



We enjoyed our trip to Cambridge when we had a free morning to shop, explore the market or just drink coffee, before we were taken to Jesus Lock to board the Georgina for a cruise up the river to Baits Bite Lock and a cream tea. Despite lack of sunshine it remained dry and we watched lots of rowers sailing past and the many swans.

July 14th - Irene Jones – 'Dyeing silk in a microwave'. 7.45pm
Day Centre – All Welcome.



Judy Colliver

President: Brenda Ryan - 812725

STANSTED HALL & ELSENHAM CRICKET CLUB

At long last the sun is shining and the long-sleeved jumpers have been discarded. The 1st XI, having been promoted last season, have made a good start in Division 2 winning four of their first six matches. Unfortunately both opening bowlers – Mark Vowels and Dan Footman - are injured and are out for the season. On the bright side the McGurk brothers are now available and are performing well (Rory took 8-42 v Farnham). The 2nd XI have also made a good start winning three of their first five matches. The Sunday XI have just started playing and had a fantastic match against Stansted recently with both sides fielding many youngsters.

The juniors are now busy coaching and having matches thick and fast. We recently had 55 children at a Friday evening session, which included 10 girls. Almost a team – anybody want to make the numbers up? The Club would like to thank parents who are helping on training evenings and on match days. The day trip to Lords is getting closer – 15th August. Our Cricket Camp is on 16th and 17th and our U11s will be involved in the Mini Matchplay on 24th and 25th August. Jon Robinson is also trying to organise an U13 competition during the summer holidays.

We had a stall at the Elsenham Fête for the first time. With the population explosion in Elsenham about to start the Club will be very proactive to encourage more members. All in all a busy few months ahead - let's hope that the sun continues to shine.



David Brown
Tel: 831011



RSPB STORT VALLEY LOCAL GROUP

It has been good to see some Stansted residents at our meetings. There will not be a Tuesday meeting in July and August as we take a break for the summer. Talks/meetings will resume in September. Details to follow or check

<http://www.rspb.org.uk/groups/stortvalley/events/>
The next morning walk will be on Sunday 21st August at Patmore Heath near Bishop's Stortford. We will meet there at 9.00am. Call **Lee Jaques** on 07454 801894 for more details. You might wish to bring along a packed lunch or snack.

Sheila Bowles
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