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Muddy Dog Challenge
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EDITORIAL



With so much division and conflict taking place in our world today, just imagine for a moment if you will, the idea of total peace everywhere! *Thought for the Month* provides us with some hope - we are reminded of a vision shared by Jesus of *Heaven on Earth* on page 2. Congratulations to Stansted Football Club for picking up a major award for good *Sportsmanship* on page 4. Please mind your *Ps and Qs* as you attempt this month's highly fun quiz on page 7. Phyllis Harrison, a former editor of *The Link*, is remembered on page 11. A wonderfully compassionate person, renowned for her hospitality and willingness to embrace people from all walks of life, she enriched the lives of the many who knew her. August is a time when many of us take a break from our daily stresses to enjoy some of the nicer things in life, see page 25. Finally, have you ever wondered where the wonder drug aspirin comes from? Find out on page 39.

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CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent separately (jpeg).
By email (preferred) to editor@stanstedlink.org.uk by noon on 11th August for the September issue or by hand/post by noon on 8th August to 7 Blythwood Gardens, Stansted CM24 8HG.

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THOUGHT FOR THE MONTH

Spaceship Earth

Just over 70 years ago, a Dutch sculptor was asked to create a monument to represent the newly formed United Nations in New York. His design was a hollow iron circle on a stand with a small pumpkin shaped object attached to it. When asked to explain the title of his work *Spaceship Earth*, he said that following the devastation of World War II it was necessary for the human race to reconsider their relationships. His image showed earth as a ship passing through space. If the crew did not act as a team and share their talents the ship would implode. The United Nations would be the vehicle to enable this necessary co-operation.

Just over 2000 years ago in the *Our Father*, Jesus shared a vision of His Father's will being "done on earth as it is in heaven". That vision was to bring about recognition that we are all brothers and sisters in the Family of God *Our Father*, whose wish is to replicate the love and peace of His heavenly realm. This was not to be achieved by fear of impending doom, but through the free acceptance of the unconditional love for others offered by Jesus.

David Morson
St Theresa's Roman Catholic Church

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Mon, Tue, Thu, Fri 9.30am

Confessions
Saturday 10.00am
and by appointment

Baptisms By appointment

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Office hours: 9.00am-12 noon Mon,
Wed, Fri
Email: st.johns.church@btinternet.com
Website: www.stanstedstjohns.btik.com

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

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

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

Meeting for Worship Sunday, 10.30am every week

Light Group (Guided Meditation) 10.30am-12 noon 9th September.
The 'Experiment with Light' is a process that helps people deepen their spiritual lives by discovering what it means to 'wait in the Light' as early Quakers did.

St John's Diary

Sunday

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

Tuesday

9.15am St John's Tots

Wednesday

9.00am Morning Prayer
10.00am Holy Communion

Thursday

10.30am-noon The Coffee Pot

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.

From the Registers

June

Baptisms

4th Willow Lilian Rose Thompson
18th Monty David Lawrence Chester-Pledger

Wedding

24th David Alex Dear and Cody Jayne Howard

Funeral

22nd Thomas Bernard Emery, age 92 - service at St John's followed by burial at Stansted Parish Cemetery



Contact: Howard and Ros Page
Tel: 810813

Email: contactstanfam@yahoo.com

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

Our @27 meetings are on alternate Tuesdays 1st and 15th August 7.30pm coffee for 7.45pm start. @27 is a house-church or homegroup-style meeting with modern worship music, a Bible-based *thought for the day*, discussion, prayer and more. If you are looking for Christians with a contemporary outlook, a desire to grow in our faith and a vision to benefit our community, why not get in touch? All welcome - you do not have to be a member of Family Church, or any church, to attend. Most of our community activities take a break in August, to give our volunteers a well-earned rest while many families are away or doing different things. It is a great time to be outdoors though - if you would like to join a prayer walk, or have a prayer-request, please contact us.



Ros Page



CAMEO (Come and Meet Each Other)

We meet at 7.00pm on the 3rd Tuesday of the month in the Day Centre. We usually have a speaker followed by fellowship over tea/coffee and biscuits; the cost is £1 per session. In June, the group enjoyed a wonderful talk by Helen Gibson about Bishop's Stortford history. She blended pictures with her phenomenal knowledge and showed the group how the face of Bishop's Stortford had changed over the years, including reference to the original Roman road. Helen also highlighted some historical features which are still visible in the town. We fully anticipate asking her to come again. Our next meeting is on Tuesday 15th August, when I hope to share some pictures and stories from my Salvation Army fundraising trek in Iceland. If you would rather join us for worship, the Salvation Army meets each Sunday at 10.30am in Markwell Pavillion, Castle Gardens, Bishop's Stortford. We stay for tea and coffee fellowship after the meeting and then a Sunday school runs from 12.00pm for our younger members. We have several other groups which we would be happy to tell you about if you would like to contact us. We hope to see you soon.

Lieutenant Megan Lowe
Tel: 507464

Email: megan.lowe@salvationarmy.org.uk

ST JOHN'S 300 CLUB

Many congratulations to the winners of the June draw:

£100: No 203 Christine Meachin
£50: No 234 Majel Elsom
£25: No 17 Doris Thistle

The August draw will be held on Sunday 27th August 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 be in with a chance of winning, whilst helping to support the work of St John's Church.

Ann Lee
Tel: 813310



STANSTED FREE CHURCH
Methodist / URC
Chapel Hill, Stansted CM24 8AG
www.stanstedfreechurch.org.uk

Minister Rev'd Roy Fowler
Tel: 814809
minister@stanstedfreechurch.org.uk

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

Preachers for August

6th 10.30am Bible Society Service – New Directions
13th 10.30am Rev'd Roy Fowler
20th 10.30am Julie Finbow
27th 10.30am Rev'd Roy Fowler – Communion

At our service on 6th August we have a visiting speaker who will be showing a PowerPoint presentation and talking about the work of The Bible Society. Everyone welcome.



FRIENDS OF ST MARY'S CHURCH

A reminder of the events over the next few weeks:

Macbeth Friday 28th July 7.00pm for 7.30pm

Tickets available from Goldings on Chapel Hill

Tea Party Weekend Saturday 29th and Sunday 30th July 11.00am- 5.00pm each day

Lots of things to do. Homemade jams and cakes, raffle and musical events! Free entry but donations welcome. If you would like a stall space please contact me.

Open Sunday 6th August 2.00pm-5.00pm Come to St Mary's for a tour of the church. Refreshments will be available.

Calendar Competition closing date Tuesday 15th August

Submit your photographs or artwork to the church by 15th August for display during Heritage weekend 9th/10th September. Help support St Mary's church.

Lynda Dale
Chairman

Tel: 07716 099474

Email: lynnydale@hotmail.com





**STANSTED
BOWLING
CLUB**

22nd June Ladies' friendly against Bishop's Stortford was an enjoyable game with a good win for Stansted.

2nd July Havers Park (Kent Cup) second leg, where Stansted retained the cup. Well done everyone. The picture shows Ed Taub receiving the cup from the Captain of Havers Park.



7th July Congratulations to Mike Thompson, who won the Perrin Rose Bowl.

Please feel free to pop in to watch any of the **August Home Fixtures** below. You will be made most welcome. All matches start at 2.30pm.

Weekend Friendlies

- Sunday 6th St. Chads (Cowan Cup)
- Sunday 13th Dunmow
- Monday 14th Bishop's Stortford (Cooper Cup)
- Saturday 19th Presidents Day
- Herts & Essex Seniors**
- Tuesday 8th Thaxted
- Tuesday 22nd Havers Park

Ladies' Friendlies

- Thursday 3rd Dunmow
- Thursday 10th Havers Park
- Thursday 31st Thaxted

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

ELSENHAM YOUTH FOOTBALL CLUB

We are looking to add players to our established squad at U11 going on to U12, that is, players who are currently in Year 6 and will be Year 7 in September. Weekly training sessions are on Monday evenings and matches on Saturday mornings. For more details, please contact me by email.

Bill Fegan
Email: billfegan@btinternet.com



STANSTED FOOTBALL CLUB

www.pitchero.com/clubs/stanstedfc2011

Football Is Back! Our new season is now under way with the **FA Cup tie** away to fellow Essex Senior League team Redbridge on Saturday 5th August being the highlight of the month. If the match is drawn then there would be a replay which has been arranged to be played at Bishop's Stortford FC on Wednesday 9th August. Note that, as in other years, arrangements between the Football and Cricket Clubs means that no matches are played at Hargrave Park until September.

The summer break saw the Club appoint a new Management Team after our previous First Team Manager left to find a club that plays at a higher level. We had many interested parties looking to take on the role, some with very impressive CVs of managing clubs at our level. However, after discussions we appointed Paul Pittuck as First Team Manager and Mark Healy as his Assistant Coach. Both have been hard at work assembling the squad of players together and putting them through their pre-season training routines three times per week. Other interesting news for the Club over the summer was at the League AGM, where I was honoured to receive on behalf of the Club, the League's Annual *Sportsmanship Award* for last season. This award is based on a point scoring system given by the opposition at all games played by the First and Reserve teams, the criteria being adhering to the FA's Respect Programme to match officials and opponents and the Club's hospitality to our opponents when they play at Hargrave Park. We also received the *FA Club Charter Award* which is recognition by both the National and County FA that Stansted Football Club is a well-run organisation. These two prestigious awards are as a result of all the hard work done around the Club by the Committee and volunteers over the years, whose efforts have now been rewarded. For all the up-to-date news on the team, please go to our website, Twitter or Facebook page.



Tom Williams
Secretary
Tel: 07921 403842

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We look forward to hearing from you!

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including school holidays

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The Coffee Pot

Every Thurs 10.30 am - noon
St John's Church, St John's Rd

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Alone or not, everyone's welcome at the Coffee Pot

A Community venture organised by St John's Church

WHAT'S ON IN AUGUST

Every Tue	St John's Tots	St John's Church 9.15 - 11 am
Every Thu	The Coffee Pot	St John's Church 10.30 am - noon
Every Mon, Wed, Fri	The Place on the Hill	Free Church 9.30 am - 12.30 pm
1 Tue	Stansted is Well Read	Dog and Duck 8 pm
6 & 20 Sun	Skips	Lower St Car Park 12.30 - 4.30 pm
6 Sun	Windmill Open	1.30 - 5.30 pm
	St Mary's Church Open	2 - 5 pm
10 Thu	Stansted W I	Day Centre 7.45 pm
11 Fri	Link copy due in today	before 12 noon
12 Sat	Hargrave House Summer Fête	Hargrave House 2 pm
14 Mon	Ladies' Night	Tennis Club 7 pm
15 Tue	CAMEO	Day Centre 7 pm
16 Wed	Ugley W I	Ugley Village Hall 2.15 pm
17 Thu	Stansted U3A	St John's Hall 1.30 pm
19 Sat	Farmers' Market	Ugley Village Hall 10 am - noon
22 Tue	Hearing Help	Day Centre 2 - 4 pm
26 Sat - 28 Mon	Flower Festival & Craft Fair	St James' Ch, Thorley noon - 5 pm
27 Sun & 28 Mon	Windmill Open	1.30 - 5.30 pm
28 Mon	Windmill Fête	Windmill 1 - 5 pm

Stansted is Well Read

8 pm Tue 1st August

The Dog and Duck
Lower Street

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For more details tel Anne on 898693
Email: stanstediswellread@gmail.com

All Welcome - even if you have not read the book!



Friends of St Mary's Church

Macbeth

7 for 7.30 pm Fri 28th July

Tea Party Weekend

Sat 29th & Sun 30th July

11 am - 5 pm each day

Church Open

2 - 5 pm Sun 6th Aug

To advertise your event here tel 814059 email: events@stanstedlink.org.uk
Inclusion is subject to editorial decision & availability of space

St James' Church, Thorley

Sat 26th - Mon 28th Aug
Noon - 5 pm

Flower Festival and Craft Fair

Refreshments served all day

Talk on St Barnabus History
Sat & Sun 3 pm

All welcome ~ Free Entry



Stansted Windmill ANNUAL FETE

1 - 5 pm 28th August
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SUMMER FÊTE

2 pm Sat 12th August
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Stansted Windmill Open Days

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Sun 6th & Sun 27th Aug
Mon 28th Aug
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Marcel Morelli MSc (Chiro), DC.
And Associates

Registered Doctors of Chiropractic

STANSTED HALL & ELSENHAM CRICKET CLUB

www.shcc.hitscricket.com

League results have improved dramatically at *the Hall!* The 1st XI has won five of the last six matches; the 2nd XI has won six out of six; both are now above mid-table and going well. Both teams are full of youngsters from our flourishing junior section. Rory McGurk is Club captain at the tender age of 22! *All Stars* cricket for 5 to 8 year olds has been a huge success. Almost 30 young boys and girls have joined and they are all kitted out by the ECB. Results for the U10s and U11s have improved dramatically under the coaching of Andrew Mackinlay with victories over Saffron Walden and High Roding amongst others. The U13s results have been variable but recently spinner Sam Robinson took six wickets for two runs including a hat-trick. The U15s have done well in the Bardfield League but less so in the West Essex competition. The Elsenham Place ground has not been used this season due to the pavilion fire in October. Plans are well advanced to build a new pavilion for the start of the 2018 season. The major obstacle will be raising money for the construction.



David Brown
Tel: 831011 or 07788 999663
Email: david1.r.brown@gmail.com



Stansted
Cricket
Club

Our thanks go to Linden House for a most generous sponsorship, which has allowed us to buy new shirts and caps for our senior teams. The Club still struggles in the league. After ten rounds the 1st XI have two wins and lie 9th in Division 1. The 2nd XI are bottom of Division 4, with one win. The Sunday XI have played six matches with four wins, one draw and one defeat. In Round 2 of the Cup we lost to Farnham by 19 runs. Noteworthy batting performances this month include E Pronk (102), J Subramaniam (93 no, 63 no and 58), J Monk (84 and 60), B Sammons (73 and 50), F Kirby (69 no), C Kirby (60 no) and B Gardiner (50).

Home matches for August

Sat 5 th	2 nd XI	Sawbridgeworth III	13:30
Sun 6 th	Sunday XI	Woodford Green	14:00
Sat 12 th	1 st XI	Epping Foresters I	13:30
Sun 13 th	Sunday XI	TBC	14:00
Sat 19 th	2 nd XI	North Weald	13:30
Sun 20 th	Sunday XI	Thorley	14:00
Sat 26 th	1 st XI	Hockerill I	13:30
Sun 27 th	Sunday XI	President's XI	11:30

The Open Weekend on 1st and 2nd July (part of the England Cricket Board's *Cricketfest 2017*) was a great success. We enjoyed cream teas and some six-a-side matches and a 10-a-side game. Players for the Tour to La Manga in early October should contact Ben Sammons on 07852 510330. 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

Stansted Tennis Club



www.stanstedtennisclub.co.uk

Adult/Child Tournament

Ten pairs took part in this popular annual tournament, which was held on Sunday 25th June. The round-robin groups were divided into two groups dependant on the age of the child. All pairs then qualified for the knockout stage. After lots of hard fought matches, the final was won by the father and son pairing of Michael and George Casey, who defeated mother and son, Ginette and Tom Basten 6-3.

Wilby Tournament

This adult doubles tournament is scheduled to be played on Sunday 20th August, starting at 1.00pm.

Junior Tennis Coaching

I am hoping to start up a new junior coaching group in September for Year 3 pupils. Please contact me as soon as possible if you would like to take part.

Club Tournament

Finals' Day this year is on Sunday 10th September. Please feel free to come along and watch the tennis and enjoy some refreshments.

Ladies' Night

Monday 14th August from 7.00pm. All lady members are welcome to come along and play.

Contacts: Jon Budd (Secretary) 647020, Chris Hollis (Chairman) 319155. If you would like to find out more about Stansted Tennis Club, please visit our website.



Chris Hollis

MIND YOUR Ps AND Qs

The solution to each clue consists of one or two words and contains at least one P and a Q.

1. Cannot be seen through
2. Joke
3. Artwork using layered materials
4. Anathema to a round hole
5. Old writing tool
6. Gear
7. Scene of famous accident in Massachusetts
8. Blue and commemorative
9. Ballroom dance
10. Home of the London Stock Exchange
11. Boules
12. Person of no importance
13. Wig (old spelling)
14. Start of autumn
15. Card game using a 32 card pack
16. Loss of use of both arms and both legs
17. A benefit of employment
18. A sudden spectacular advance
19. The use of long words
20. Wooden floor covering
21. Opera by Donizetti
22. Fear of water
23. Bodily type
24. Author of "The Naked Civil Servant"

Cliff Gilbert

Answers on page 39

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MUDDY DOG CHALLENGE

www.battersea.org.uk/muddydog

Over 500 people took part in the Muddy Dog Challenge at Stansted Park Estate on 10th June. Runners and their furry companions took on either the 2.5K or 5K course. Each course had many mud and water based obstacles. Even with the sun beating down many participants were caked in mud by the end. The water obstacles proved very popular in the heat. The participants have raised over £70,000 for Battersea Dogs and Cats Home. The 4th and final event takes place in Kent at the end of September.



Paul Burt Photography
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Email: paul@pbphoto.biz



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Saturday 26th to Monday 28th August noon-5.00pm. There will be a Talk on the *History and Architecture of the St Barnabas Centre* on Saturday and Sunday at 3.00pm. Refreshments served all day; ploughman's lunches noon-2.00pm daily. Free entry.

Sandra Ayres
Tel: 814471

WOMEN IN BUSINESS NETWORK CHARITY HIGH TEA

A charity high tea held at Linden House on 7th July heralded the arrival of the Women in Business Network (WIBN) in Stansted Mountfitchet. The networking group brings businesswomen together each month to share ideas and contacts in a mission to help each other to grow and develop their companies. WIBN meetings run to an agenda and include a business spotlight. Groups include just one person per profession, with members ranging from sole traders to representatives of larger organisations. Brittney Skeates is responsible for groups in Braintree, Stansted, Dunmow and Saffron Walden and can be contacted by email: brittney.skeates@wibn.co.uk. The funds raised from the high tea event were donated to Grove Cottage.

Kelly Clark
Tel: 01245 237751
Email: words@kellylouiseclark.co.uk



www.stansted10k.org.uk

This year's Stansted *Fun Run and Walk*, which also included a 1 mile race for all abilities, raised an incredible **£7,200**, from more than 330 runners and walkers. All funds have been split between three local charities: *St Clare Hospice*, *Grove Cottage* and the *Huw Johnson Club* in Stansted and a further £200 was donated to the *Henham and Ugley School Community Hall*. **We could not have done it without your help and we really appreciate all your support, thank you so much.** There has been lots of positive feedback and constructive ideas about how to improve the day, which we are working on for next year.



Results

The fastest and overall winner was Matthew Bainbridge in a time of 37.48 from *Grange Farm and Dunmow Runners*. The fastest female was Megan Evans in 41.23. The first male veteran was Danny Beazley in a time of 38.00 from *Bishop's Stortford Running Club*. The first female veteran was Fiona Halls from *Saffron Striders* in 43.53. Ben Sloan was the first male U16 in 44.35 and the first females U16 were twins Clare and Grace Malcolm, all three from *Hockerill School*. *Bishop's Stortford Running Club* was the fastest team home and the one mile was won by Louis Bacon in approximately 5-6 minutes. **A special mention has to go to Finley Marlor aged 6, who did both races!** The *Stansted Fun Run and Walk* will be back in 2018 as an even bigger and better community event, including easier online entry, more winning categories, a new one mile route, branded merchandise and more. **You won't want to miss it, save the date in your diaries - Sunday 10th June 2018.** Thank you once again to everyone who took part, and we look forward to seeing you again next year.

The Stansted 10k Committee



HARGRAVE HOUSE SUMMER FÊTE

Saturday 12th August 2.00pm, with tombola, raffle, face painting, bouncy castle, cream teas, BBQ, and much more. Entrance is only 30p. All welcome.

Hayley Wright
Activities Co-ordinator
Tel: 817272

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IN MEMORIAM

PHYLLIS BINNS HARRISON

27th June 1919-22nd May 2017

The daughter of Rev'd George and Ada Reith, Phyllis' first home was at the manse in Clunie, Perthshire, followed by Dumfries where she started school. At an early age, she learnt her *Latin Roots* which she said stood her in good stead for the rest of her life. Her father died in 1929, so Phyllis and her brother Ivor were sent south to Christ's Hospital schools. She did very well academically, particularly languages, and at sports, becoming head girl. Phyllis won a place at Oxford to read Latin and French but because there were no bursaries available she could not afford to take up the place. However, the family moved to Bloomsbury where Phyllis won an exhibition to Westfield College to study French and German. As a linguist she was snapped up by the Intelligence Service when she graduated, working in the Censorship Office (a branch of MI6) where her boss had links to Bletchley Park. Like many of her generation she did not disclose much of what she did, but we know she looked for codes in prisoners' letters and read the correspondence of Rudolf Hess who parachuted into Scotland to try and negotiate a peace treaty with Churchill. However, Phyllis was very anti-war so registered as a conscientious objector and left the Censorship to work in a youth club in the East End. By this time she had met her husband Bruce who worked with her brother.

After the war she went abroad with the American Quaker Relief Service and worked with displaced persons in the south of France, escorting some of them over the border into Spain under the eye of armed guards! Then she spent six months in Vienna, when on one occasion she and her friend jumped out of a train window to evade the Russians. This period in her life had a huge impact on her and she witnessed a lot of hardship. In 1948 she married Bruce at Crown Court Church of Scotland in Drury Lane, Covent Garden, when she was given away by her uncle - Lord Reith, the first Director General of the BBC. Married life started out in Palmers Green, where son Roger and daughter Claire were born; son Andy came along after the move to Enfield in the early 50s. Phyllis was renowned for her hospitality and her ability to get on with so many different sorts of people; visitors came from all over Europe and America from all walks of life. Bruce and Phyllis ran the youth club at Trinity Methodist Church in Wood Green, making many friends. As well as being a very talented poet, she acted in the Trinity Players and brought the house down with her antics. In Enfield, Phyllis ran a Brownie pack, and a Ranger unit. She volunteered with what was then known as the Enfield Society for Mentally Handicapped Children and invited children to tea to give parents a much needed break.

In 1972 they moved to Ugley Green where they became stalwarts of Stansted Methodist Church, supporting Churches Together in Stansted, including the exchange trips to Chevetogne in Belgium. Phyllis edited *The Link* magazine for about ten years. She loved life in Ugley Green, starting an evening fellowship that still exists, and joining the Ugley WI, where she was president at one time. She volunteered at Elmhurst Old People's Home and the Citizens' Advice Bureau. In all these spheres she has enriched everyone with

her poems and clever sketches which brought great amusement. Phyllis loved the outdoors and she was never happier than walking the hills in her beloved Scotland and the lanes and fields of Essex and Hertfordshire. Her walking partner was Bruce until his untimely death 25 years ago. She knew



all the foot-paths around here. As her health declined in recent years, walking became more of a trial but she always looked at life with courage and good humour – retaining as she would put it a 'sense of proportion' about

things. Above all she loved her family and was especially proud of her grandchildren's achievements and the more recent arrival of three great granddaughters. The last few months have been particularly difficult but we are thankful that she remained active for so long. Well done good and faithful servant.

Claire Heald

Z-HEALTH: BRAIN BODY COMMUNICATION - IMPROVE THAT AND EVERYTHING IMPROVES

In recent issues of *The Link*, you may have noticed there have been some unusual balance exercises which are part of a new system called *Z-Health*. This improves communication between brain and body by exploring all the inputs into the brain, how the various parts of the brain interpret those inputs. Since the brain is basically a lump of grey jelly in a bony box, it relies on information from our eyes, ears and the body, so it can direct us to our next task. Problems arise when the quality of that information is poor; for example poor balance, stiff joints, declining vision. If we stand on one leg, shut the eyes and then nearly fall over, this is a good example of how the brain is getting confusing signals from the eyes and the inner ears. Eyes shut usually results in a major wobble to one side, which shows the inner ears are not pairing well to keep us upright. Whilst you may think your balance is fine with your eyes open, what will happen when in poor light? Walking along a slightly uneven pavement in broad daylight should present no problems; but what happens in freezing fog? As we age, the brain/body communication degrades and the brain gets less certain about the outside world and slows us down by creating pain and illness and, eventually, decrepitude. Clean up the various inputs to the brain and so on, and pain levels drop, we stand up straighter and move more freely. That is what Z-Health aims to do.

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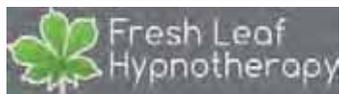
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WHATEVER THE QUESTION – WALKING MAY BE THE ANSWER!

With a start being made on both Elms Farm and Walpole Farm developments, the installation of a new pedestrian crossing along the Cambridge Road, plus all the necessary scheduled work by the utility companies, Stansted roads are set to become even busier and more chaotic than they are at the moment. According to the TV presenter Julia Bradbury, walking is now one of the most popular national pastimes; brilliant news as walking must be one of the best forms of gentle exercise that's both inexpensive and available to most. Instead of being seen as just a pastime, walking should be regarded as an important part of normal everyday life. Julia and I have one thing in common (other than our good looks of course), we were both brought up to appreciate the countryside and to enjoy walking. In my case using *Shanks's pony* was not optional. With no family car and never getting the hang of a bicycle (don't ask), it was the only way for me to get from A to B locally, and to travel further afield I used public transport. Despite being able to drive 60 something years on, I still prefer to walk wherever possible and enjoy the experience. (A brisk walk in the fresh air is a great stress reliever and reviver of spirits.) Going to and from Stortford is also much easier, and quite sociable on the bus; free for some and no parking problems; it's a no-brainer!

Instead of automatically jumping in the car next time you need to pop to the local shops for the paper or a pint of milk, try walking. Going in the car might seem the swifter, easier option - but is it? Having negotiated the congested village roads there is still the problem of finding a parking space; how much healthier and possibly quicker to walk.



Who knows, you might meet someone interesting to chat to along the way; even me - or better still the lovely Julia Bradbury! Why not give it a go?

Loki

INTERESTING FACTS - VILLAGE OR TOWN?

Forest Green Rovers is a football team which has just been promoted to Division 2 of the EFL. Its home is the town of Nailsworth, which has a population of just 6,000 - about a thousand less than the village of Stansted Mountfitchet. Which made me wonder about something: How come we are a village and Nailsworth is a town? There isn't an accepted definition when a village becomes a town, just as there is no definition of when a pond becomes a lake or for that matter, when a gym becomes a leisure centre! It is down to the local community to decide if it wants to be a town or village and even after The Walpole Farm and Elms Farm Estates are completed, we will still be some way off the population of the village of Kiddlington in Oxfordshire which claims to be the largest UK village with a population of 16,000!

Trevor Lloyd
Tel: 813214

A FLEDGING SUCCESS STORY

For the previous three springs, I have had blue tits nesting in the box in my garden. I have seen the parents going in and out and heard the chicks 'chattering' away, but I have always missed them fledge. So, as a Christmas present, I was given a simple nesting box camera (which relays live pictures direct to my TV), which I duly installed. Then I waited. I observed blue tits in the garden, but they were not showing any interest in the box, or so I thought. Then on 10th May, I heard the distinctive sound of baby birds coming from the box! The next 15 days were wonderful. I learned to recognise the parents' call to the chicks before bringing in food – so the chicks were ready with their mouths open. I watched and learned to distinguish between the parent birds, the male coming in, feeding the first mouth available and the female who would feed systematically then do some house-keeping. I recognised a parent's alarm call and saw the chicks' reaction, flattening themselves down in the base of the box in complete silence. At night, the female would brood the chicks but as they developed sufficient feathers, she just joined them for the night.



Towards the end of the fortnight, room in the box was at a premium. At first, I had counted eight chicks, but on fledging it turned out to be 10! By 24th May, feeding had become frantic, the adults in and out of the box non-stop to keep up with demand. The chicks now completely filled the box, had virtually lost their gapes, looking much like their parents and a lot of 'wing flapping' was going on. I decided that if I were Mum and the following day was nice, I would get the chicks out of the nest first thing to give them the whole day to settle down in their new environment. So I got up at 6.30am and sat glued to my TV as I watched the wonderful and courageous process of fledging. It took many occasions of gripping the side of the hole and peering out before, in turn, they all went, except one. It stayed in the box, bewildered it seemed. The parents came in three times to feed it, then, at last, it plucked up the courage and made it out. I went into the garden and watched for half an hour as the chicks flew from tree to tree relishing their new-found freedom and calling to each other but, within two hours, they had gone. I felt so privileged and at the same time, bereft.



Jenny Wraith
Tel: 816524
Email: motherwraith@talktalk.net

STANSTED IS WELL READ

Our book club meets on the first Tuesday of every month at the Dog and Duck in Lower Street and our next meeting will be on Tuesday 1st August at 8.00pm where we will be discussing *The Great Gatsby* by F Scott Fitzgerald. This cautionary tale of the decadent downside of the American Dream is regularly named one of the greatest novels ever written in English, and both the book and its author have seen a marked resurgence of interest following the 2013 film starring Leonardo DiCaprio and Carey Mulligan. Please join us, and don't worry if you have not read the book as we find plenty of other things to talk about!



Anne Watson
Tel: 898693

Email: stanstediswellread@gmail.com

STANSTED SOCIAL CLUB AT HEART OF THE VILLAGE

www.smsc.uk.com

We are starting to get more enquiries and bookings for private functions at the Club, such as christening parties and wedding receptions. If you are not familiar with the layout of the building, we have plenty of space to host your event, can provide catering and, best of all, there is no hire charge! Should you wish to hold an event at the Club, either pop in and discuss your requirements with Darren Burford, or email us. Excitement is building around the Treasure Chest draw! The total prize fund is now over £700 and with just four keys remaining, the chances are better than ever to walk away with the cash. There is no better time to join, especially as membership is just £20 a year.

In July we had some great entertainment on offer, including *The King Pins*, aka *Sax on Fire*, and *Retrovox*. We also had regular disco nights and karaoke. Upcoming events in August, will see *Repertoire Dogs* putting on a classic performance at the Club on Saturday 5th. On the weekends of 12th and 19th we will have a *Freddie Mercury* tribute act, *Complete Madness* and an *Elton John* tribute. We are working on a more varied programme of entertainment in 2018, where we plan to mix things up a bit and try a few new events. Should you play in a band, or know a local group who might want to appear, please send the details through to me. Keep checking our Facebook page or website for regular updates and details about what's on.

Andrew Sharpe
Tel: 812992

Email: stanstedclub@gmail.com

HILL CHILLI

Friday 8th September 7.00pm–10.00pm 'Sonia's Place' 31 Chapel Hill in aid of St John's Church Hall Funds. Tickets £10 from 815282 or 816407. Vegetarian option on request. Lovely food and good company.



STANSTED EVENING WI



Ann Watson was our delegate for the NFWI Annual Meeting held in Liverpool in June, and Jenny Wraith and I accompanied her as observers. We travelled there by coach with other Essex WI members, staying in the Mercure Hotel right by the Albert Dock. Over 4,000 women were gathered for the meeting, which started with the usual rousing rendering of *Jerusalem*. Ann had never been to such a large WI meeting before and was really impressed. There were interesting discussions on both resolutions, *Alleviating Loneliness* and *Plastic Soup*, from experts as well as ordinary members. Both were carried and it is hoped that WIs will be able to help carry out the practical suggestions made.



The guest speakers for the day were Jo Fairly, founder of *Green & Black's* chocolate and Susie Dent, the Lexicologist from Channel 4's *Countdown* programme. Jo's Company was a founder member of the *Fairtrade Foundation* using cacao from farmers in Central America. Susie gave a very interesting talk on the origins of words and told us that she welcomed new words that have come into our vocabulary – speech is always evolving. The meeting ended with entertainment by a band called *The Retros* and members were free to join in and yes, dance in the aisles! We had time the next day to walk around the city, visit the wonderful Metropolitan Cathedral of *Christ the King Liverpool*, designed by Frederick Gibberd and of course the *Cavern Club*!

We had a lovely outing to the *Beth Chatto Gardens* at Elmstead Market in June. It was a beautiful day; the gardens were looking their best and with over 2000 different varieties of plants, plenty to see. Beth Chatto herself is now over 90 but can still be found sometimes working there. We were given tea before coming home by Elmstead Market WI in their nearby hall, which was a lovely way to end the day. Our next meeting is on Thursday 10th August 7.45pm in the Day Centre, when the speaker will be William French: *Butler to the Queen*. Visitors welcome. For more information contact Brenda Ryan on 812725.



Judy Colliver



www.mountfitchetgardenclub.co.uk

Fifty Essential Perennials Every Garden Must Have! was the title of Paul Harrison's talk. His large garden is filled with perennials that suit sun, shade, damp, dry and anything in between. Before the slide show, members were given a list of the plants to be shown, with both the colloquial and Latin name, so that personal 'Wish Lists' could be made, plus a list of suppliers where some of the more unusual seeds and plants could be obtained. As each plant was shown, advice was given on position, size, type of soil, whether happy in a pot or open ground, easy to grow or needing nurturing. A selection of plants was available for members to purchase.

August meeting

The Club will not be meeting at the Day Centre in August. An evening visit has been arranged to Piercewebbs in Clavering on Wednesday 2nd August. Details are on our website or contact me. Meet at the garden by 7.30pm. Our meeting on Wednesday 6th September will be at the Day Centre when our guest speaker is Darren Lerigo. His talk is entitled *Diluted – The Importance of Water!* This meeting will include **Members' Photographic Competition for the Green Bowl**. Title: *Water in the Garden* (can be anything from a lake to a garden pond or bubbling fountain).

Maralyn Harris
Chairman

Tel: 07919 478144

Or contact tab on the website



The Club is on its summer break, following our excellent annual summer BBQ, kindly provided by the Embletons. We had a very busy last few weeks of term – our annual Sports Evening, held at the Lenton's house, was blessed by lovely weather. Thanks to the support of Daniel Robinson and Sons, the Bishop's Stortford Ukulele Society came along one evening to play for us; we joined in with singing, dancing and percussion accompaniment, which was great fun! Thanks to everyone involved for arranging this. We have a few months off from our regular Thursday evening meet-ups, but we still have our Summer Picnic, where we invite members and volunteers who have supported us over the last year to enjoy an afternoon of fun. We are also going bowling in September in Braintree along with dinner; all of these are being provided free to members and volunteers, thanks to the generous support we have received from the community over the past year, including a wonderful £2,133.31 donation from the Stansted Fun Run Committee. We are keen to recruit some new volunteers for our Thursday evenings, so if you would like to learn more about the Club or are interested in helping out (as a helper, a car/bus driver or as a bus escort) please contact either myself or Sandra 812627; we would love to hear from you!



Katharine Collis
Tel: 461270



STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

On 2nd July **Stansted Mountfitchet Strummers** performed their first public gig, playing for half an hour, with other groups at Sworders Field in Bishop's Stortford.



At the **June Saturday Seminar** Gailie Pollock spoke about setting up the Rhodes Theatre and including more challenging material. She also spoke about slotting actors into the right parts, projection, and the place of TV soaps. Please note that the Saturday Seminar planned for 30th September has been postponed. The **Stitch'n'Bitch Group** visited *Follow the Thread* textile exhibition at Braintree Museum. Exhibits included beaded work from the 18th century to modern day with LED lights. Jan Petchey organised a trip to see the Carole King musical *Beautiful*. It was a stunning performance by all the cast and the songs were well known to most of us!



The Art Group enjoyed a demonstration from artist Sylvia Paul, using acrylic and collage. In June, the **Art Appreciation Group** had a splendid walk viewing the sculpture sited in Harlow town centre. The next visit is on Wednesday 16th August to Norwich to see the work of Paul Nash, surrealist painter and war artist.

Malcolm Wells spoke at the June monthly meeting, about *Canine Partners* and how the organisation purchase and train dogs to assist and be companions to their disabled owners, providing practical help, and independence. The next monthly meeting will be at St John's Hall on Thursday 17th August at 1.30pm for chat, tea and biscuits. **The Group Leaders** lunch is on Wednesday 2nd August at the Day Centre, in appreciation of all their hard work. Barn Dance tickets will be on sale for Saturday 28th October.

U3A contact details via the website or call Helen (Chair) 812945, Liz (Secretary) 813270.



Suzanne Parra

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**STANSTED
MOUNTFITCHET
WINDMILL**

On 26th June Students from Forest Hall School came to the Mill as part of their Community Day. Sadly, the weather was unsuitable for work outside the Mill, so the planned painting had to be cancelled. But they swept and dusted all the floors in the Mill and learned something about milling. It was the first time that some had been inside a windmill.

Windmill Fête 28th August. Whilst we welcome items for the Bric-à-Brac, Tombola and China Smashing; on no account must any items be brought to the Windmill. Give me a ring and I will do my best to arrange for them to be stored. Please, no clothes or shoes. This is a special year for our Fête it being 230 years since the Windmill was founded, and having been given a share of a Lottery Grant there will be extra attractions for the children to enjoy. So please come along and enjoy the afternoon from 1.00pm-5.00pm. Also look out for our splendid new Windmill bunting made and kindly donated by Helen Webb. You may have seen the Contractors working at the Windmill recently, carrying out much needed painting and remedial work to the plaster on all the floors. **Windmill Open: Sunday 6th and 27th August, Bank Holiday Monday 28th August 1.30pm-5.30pm.**



Molly Clark
Co-Trustee
Tel: 816768

**GARDENING TIPS FOR THE
HOLIDAY SEASON**

When you go on holiday do ask friends or neighbours to help keep your pots, containers and growbags moist. If not, they will almost certainly die during your absence. If you have a water butt in the garden, ensure the water is covered to discourage biting insects from multiplying and becoming a nuisance to you and your family. Many flowering perennials benefit from being dead-headed (removing faded flowers). This is a hormonal response as the plant detects that it has lost its potential seeds and generates more flowers to replace the lost seeds. Plants that particularly benefit are the likes of coreopsis, heleniums, pelargoniums (zonal geraniums). If you like to fertilise your lawn, then during August switch to a high phosphorous containing fertiliser and natural fertilisers. Both are better for the long-term good of the soil than artificial fertilisers, as they contain less salts, which can kill other beneficial micro-organisms. August is a splendid month for taking cuttings of your favourite plants. Pelargoniums, fuchsias and other tender perennials are the ones to target. Cut off a strong non-flowering shoot about 10cm long. Remove all but two leaves and stipules; trim the cutting immediately below a joint (node). Use fresh rooting hormone. Place the cuttings at the edge of a peat free compost filled pot, mixed with a free draining material such as grit, perlite or vermiculite. Water the cuttings in, and store out of direct sunlight; north facing window sills are great places. They will root in around a month if kept just damp.



Paul the Gardener

WALPOLE FARM DEVELOPMENT



Photo by Yvonne Ayres

Friday 7th July - another hot day, and an early start on the harvest in the fields by Pennington Lane; the contrast between the combine racing against time to bring in the harvest before the forecast storms, and in the next field machines ripping up the farmland to build on - sad but I suppose people have to live somewhere. Ironic to see last year all the posters on the Hargrave Estate objecting to the new development; there was a time when residents in my area, Bentfield, were objecting to the Hargrave Estate!



Peter A Webb

Work on a new roundabout on the B1383, close to the junction with High Lane began in July. The roundabout is being put in place ready for the development of the new housing estate next to Walpole Farm. The estate will have a SuDs (Sustainable Drainage System) close to this roundabout but it is disappointing that the developers have ignored the plea to increase the water storage capacity of the SuDs. This plea is supported by Essex County Council Lead Local Flood Authority and will not need more land, just a bigger or deeper hole to hold more water in the event of flood water travelling along Ugley Brook towards Lower Street. The developers still have time to reconsider but if not, we can only hope that this development does not cause more flooding in our village.

To the developers, it's your decision?

Ray Woodcock
Tel: 816468

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

CONTACT GUIDE

Services Provided by Stansted Parish Council

Maintenance of the play areas in the village and all public open spaces.

Grass cutting – play areas, all land owned by The Parish Council, Memorial Gardens and Fountain.

Street lighting.

Maintenance of Stansted Cemetery.

Telephone 01279 813214

Website www.stansted.net

Services Provided by Uttlesford District Council

Housing – Council and Housing Association, homelessness.

Environmental Health – Air quality, noise, food, abandoned vehicles.

Planning - Residents, business, census.

Waste - Recycling, refuse collection.

Parking - (see Parking Partnership below)

Telephone 01799 510510

Website www.uttlesford.gov.uk

Services Provided By Essex County Council

Education – Schools, colleges, adult learning.

Social Services – Welfare.

Highways – Grass verge, hedgerow and tree cutting, road and pavement repairs.

Libraries – Learning centres, local history.

Registrar – Births, marriages, deaths.

Telephone 0345 743 0430

Website www.essex.gov.uk

North Essex Parking Partnership

For issues related to street parking and parking tickets

telephone 01206 282316 or go to their website

www.parkingpartnership.org/north

Airport Parking Hotline

If you suspect there are vehicles in your street that have been parked by people using Stansted Airport contact the free helpline on 0800 731 2385.

Local Residents Airport Express Set Down discount scheme

This scheme is open to all residents living within a ten mile radius of Stansted Airport. To apply you need to complete an application form - to request this, please

email DD_carparking@stanstedairport.com. Full details, including terms and conditions, are detailed on the application form.

Airport Noise Complaints

Email: stanstednoiseline@stanstedairport.com

Tel: 0800 243 788

POLICING ISSUES

Essex Police are looking for volunteers to become part of their Active Citizen (AC) scheme. Their leaflet describes an AC as a link between police and the local community who would undertake a range of activities including knocking on doors in areas affected by crimes such as burglary and giving basic crime prevention advice. ACs are given a uniformed jacket so they are recognised in the community. Their role is described as non-confrontational and they are promised support. If you are interested you are asked to email active.citizen@essex.pnn.police.uk for an application form and more information.

FURTHER UPDATE ON THE 7/7A BUS ROUTE

We have definitely secured the 7/7a bus until 2020. However there are some minor changes to the timetable from 28th August, as you will see from the new timetables printed on page 31 of this edition of the Link. You will find these changes at the end of the timetable: the schooldays only bus 7a leaves the Bishop's Stortford Interchange at 1600 instead of 1550, and the next 7a leaves at 1825 instead of 1815. In the other direction, the 1705 bus from the Airport now leaves ten minutes later at 1715. There does not seem to be any change to the times of the 301 or the 510 at the moment.

Although the damage to the bus shelters on Forest Hall, plus the lack of timetables on other bus shelters in the village, eg Cambridge Road and Clarence Road, have been reported several times over many months, it does not seem that any work has been undertaken as yet, either in repairing bus shelters or replacing timetables! However we will keep on trying!!

Just a reminder - keep using the 7/7a if you wish to keep the facility beyond 2020!!

STANSTED IN BLOOM

Saturday June 24th saw a lovely day for our walk around the 18 Stansted In Bloom gardens. We had to drive to several of the gardens as the entries stretched from one end of the village to the other. The standard was very high, and it was obvious that much effort had been given to the preparation of displays ready for our competition.

On Saturday July 1st at 10am in the Day Centre, we held the presentation of plaques to the winners of each category.



Small Garden Caron Jones and Andy Monk



Large Garden Barton family



Tubs Derek and Faith Fuller



Communal Garden David and Chris Mallyon



Hanging Baskets Ian Stack



Prizewinners and Judges

Photographs by John Hudson

SUMMER GARDENING



The Memorial Gardens are now looking lovely with the summer planting. Each of the four beds has three roses; a Peace Rose, a Freedom Rose and a Remembrance Rose. These roses were chosen to honour and remember those who have fought for our freedom and country over the years.

NEWS FROM THE DISTRICT

Cllr Geoffrey Sell writes:

Local Plan

The Local Plan continues its tortuous process. Full Council on 11 July will decide whether or not to recommend the draft plan for public consultation. Councilors will have mixed feelings. There is an acknowledgement that there is a need for more housing. On the other hand, more housing will take more of our green fields and create additional pressures on our infrastructure.

The draft Plan includes proposals for three new settlements at North Uttlesford (Great Chesterford), Easton Park (Nr Great Dunmow) and west of Braintree (Stebbing). These three settlements will accommodate the majority of the 5,900 new homes required to meet the district's growth needs up to 2033.

Stansted Mountfitchet is listed as a Key Village. This means that it has facilities such as day to day shopping, GP services, primary education, public houses, nearby towns and London Stansted Airport. Stansted has 62 dwellings allocated under the draft Plan. There is an acknowledgement that we have already taken a lot of housing. Planning permission already exists for 215 houses, primarily Elms Farm (53 houses) and Walpole Farm (147 houses). The bulk of the allocated 62 new dwellings would be at land east of Cambridge Road and west of High Lane. This is the triangle of land adjacent to St Theresa's Church. The scale of the development would be 40 dwellings.

Highways

I am a member of Uttlesford's Highways Panel which consists of the four County Council members for Uttlesford and five district councillors. There are a number of schemes affecting Stansted which are due to be completed in 2017/18.

- a) Church Road-traffic calming: installation of additional traffic calming from Church Road junction with Bury Lodge Lane (bridge) in a westerly direction to the point of the first build-out installed in the previous scheme
- b) Cambridge Road crossing: new zebra crossing on Cambridge Road
- c) Foresthall Road speed limit: convert current section of derestricted to 40 mph
- d) Grove Hill signal improvements: improve signals at junction of Grove Hill and Lower Street. Consider installation of more visual weight restriction signs.

INFORMATION FROM UTTLESFORD DISTRICT COUNCIL

Did you know that in Uttlesford alone, it is estimated that over 1,000 people aged over 65 are living with dementia and this figure is expected to almost double by 2030? The impact that dementia can have on individuals and their families is profound.

Following the continued success and work of the Saffron Walden Dementia Action Alliance (SWDAA), which has been running since 2013, we would like to propose the formation of a district-wide DAA in order to support the work of the SWDAA and also to help others living with dementia across the rest of Uttlesford.

This is an invitation for anyone (individual or organisation) to start the conversation and plan how we initiate and grow our Alliance. Therefore, please feel free to share this invitation more widely with those who you feel may be interested. In particular, if you know anyone who is caring for someone or living with dementia themselves, then they would be most welcome to join.

We would like to invite you to Uttlesford District Council offices in Saffron Walden on **Tuesday 22nd August, 2-4pm** to plan how we can take this forward.

Please let me know if you are able to attend, preferably by email, before **14th August**.

Faye Butler
Senior Health Improvement Officer
Tel: 01799 510537
Email: fbutler@uttlesford.gov.uk

REQUEST FROM HIGHWAY LIAISON TEAM

May I ask for your support in helping us get information out to local residents about Highways via social media channels, particularly Twitter? Essex Highways is about to start its own Twitter channel, @essexhighways. We would like to use Twitter to get information about work on roads, pavements, footpaths and bridges out to as many interested members of the public as possible. Would you be happy to have your Twitter account, if you have one, added to relevant tweets, please? For example, our tweet about pothole repairs on Acacia Avenue, Essexville might include @Essexville, to give you the opportunity to re-tweet it if you think it useful.

Please let me know if you think we can support your effort to mobilise activity on Highways issues in any other way. Please email your Twitter address and Town/Parish to communications@essexhighways.org. Thank you.

DATES OF PARISH COUNCIL MEETINGS

There are no meetings in August

September

6 Open Spaces
20 Full Council

CONTACT DETAILS

Clerk - Ruth Clifford
Assistant to the Parish Clerk - Trevor Lloyd
Administration Assistant - Emma Philbrick
Email: parishcouncil@stansted.net
Phone: 01279 813214 Mon - Fri 10.00am - 1.00pm
www.stansted.net

PARISH COUNCIL MEMBERS

Maureen Caton (Chairman)	813914 m.caton@hotmail.co.uk
Catherine Dean	813579 catherinemarydean@btinternet.com
Samantha Dunn	810859 cllrsamanthadunn@stansted.net
John Hudson	814489 johnedhudson@gmail.com
Matthew Jessup	816591 matthew@in2it.biz
Peter Jones	813252 peter@lowerstreet.com
Jo Kavanagh	815157 jo.kavanagh.248@gmail.com
John O'Brien	816772 johnedobrien@gmail.com

Rachel Rands	817413 rachelrands@btinternet.com
Frances Richards (Vice Chairman)	812748 frannie.richards@gmail.com
John Salmon	814789 dandjsalmon@gmail.com
Geoffrey Sell	815925 sellgeoffrey@yahoo.co.uk
Valerie Trundle	813433 Prtvrt@btinternet.com
Daphne Wallace-Jarvis	812259 dwjjwj.444@gmail.com

UTTLESFORD DISTRICT COUNCIL MEMBERS

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

As we go to press there is one vacancy on the Parish-Council

ESSEX COUNTY COUNCIL MEMBER

Ray Gooding	813103 cllr.ray.gooding@essexcc.gov.uk
-------------	--

MEMBER OF PARLIAMENT

Kemi Badenoch MP kemi.badenoch.mp@parliament.uk

Parliament office contact details not yet available and no dates set yet for Stansted surgery.

POLICE

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James.graham@essex.pnn.police.uk

NEIGHBOURHOOD WATCH

www.stanstednhw.org.uk

PARISH PUBLIC TRANSPORT REPRESENTATIVES

Valerie Trundle - 813433 Joy Thomas - 813871

STANSTED LIBRARY OPENING HOURS

Stansted Library operates from a temporary home in the car park at Crafton Green.

Monday	10.00 am - 4.00 pm	Mobile Library
Wednesday	1.00 pm - 6.00 pm	Day Centre - Click&Collect Service
Saturday	10.00 am - 4.00 pm	Mobile Library

For more information contact
Jenny.Salisbury@essex.gov.uk or
Anthea.Wearn@essex.gov.uk

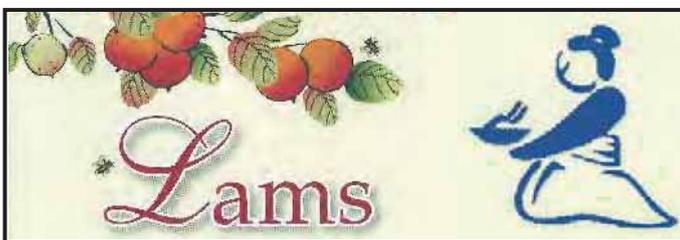
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Alzheimers Society	Tel: 01371 872519	Parkinson's UK	Vivian Falk, Chairman
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk
Arts Club	Michelle Wray Tel: 07528 317907 Email: michelle.wrayj@gmail.com	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Beavers Age 6-8	Wayne Browning Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rainbows	Sue Pollard Tel: 813734
Bowls Club	Doreen Scraggs, Hon Secretary Tel: 815036 Email: doreenscraggs@talktalk.net	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Wednesday)	Susan Scott Tel: 810955	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
CAB	Tel: 08444 775986	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Corkers Netball	Lisa Menzella Tel: 07827 988732	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Cub Scouts Age 8-10½	Roger Musgrove Tel: 07736 616665/01799 543466	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Day Centre	Tel: 815091	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Explorer Scouts	Fintan Lambe Tel: 817937	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Tennis Club	Chris Hollis Tel: 319155 Email: chris.hollis2@btinternet.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Thornbury Badminton Club	Marion or Shirley Tel: 869896 or 815871
Grove Cottage	Andrea Charity Tel: 656085/ 07795 483674	U3A	Helen, Chair Tel: 812945
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Helpline	Tel: 07704 553727	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
History Society	Peter Brown, Chairman Tel: 812816	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Youth Centre	Linda Barnes Tel: 07947 548051
Inner Wheel Club	Kate Muskett, President Tel: 850228		
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com		
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill)	Molly Clark Tel: 816768		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		

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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AUGUST FESTIVALS, FAIRS AND FÊTES

Birthstone: Agate Flower: Gladiolus

Known as *Augustus* by the Romans in honour of Emperor Augustus Caesar, the Anglo-Saxon name for August was *Weod monath* (weed month) due to the rapid growth of weeds and plants. August is traditionally holiday time and many music festivals are held all over the UK including the **Royal National Eisteddfod**; this originated in medieval times as a gathering of bards and minstrels across Wales vying for the prized chair at the noble's table. This festival of Welsh arts and culture takes place in the first week of August.

Lammas Day is on 1st (also Picnic Day in Northern Territory, Australia). Lammas comes from the Anglo-Saxon word *Hlafmaesse* (Loaf Mass) and marked the beginning of the harvest. Farmers made loaves of bread from the new wheat crop to be used as the Communion bread during a special mass at their local churches; a celebration predating our Christian Harvest Festival held at the end of the season. The Lammas Fair was a time for foretelling marriages; two young people who agreed to a 'trial marriage' for the 11 days of the fair, could part after that if they didn't get on. An interesting concept!

Edinburgh International Festival, from 4th to 28th of this month, is a celebration of the performing arts with live concerts, plays, ballets, operas and other shows. Together with the Edinburgh Fringe featuring its famed 'alternative' entertainment, the Edinburgh Festival celebrates its 70th anniversary this year. The **Glorious Twelfth** is traditionally the start of the shooting season for red grouse in the UK, postponed to 13th August if 12th is a Sunday.

International Lefthanders Day is on 13th and the Late Summer Bank Holiday in England, Northern Ireland and Wales this year is on Monday 28th as is the annual **Notting Hill Carnival** – and here in Stansted the **Windmill Fête** takes place; an event not to be missed. August comes to an end on Thursday 31st marked this year by National Burger Day here in the UK; yummy. Enjoy all this month has to offer.



Yvonne Ayres

STANSTED MISSES OUT ON TOP 50 PLACEMENT

A panel on The Sunday Times has been researching the 50 best places to live in rural Britain - taking into account hard data on house prices, schools, crime rates and transport links. They also considered other factors, such as the local pub and parking penalties. Only one Essex village made it onto the list: Dedham in Constable Country. Although we are not a picturesque village, there are many positive things about living in Stansted. It is a very friendly place; people usually make eye contact, smile and say good morning. There are also lots of interesting and attractive buildings and street scenes. Many of you will have a copy of the new Village Trail leaflet pushed through your door by students from Forest Hall School as part of their Community Day; on the next sunny evening why not try the village walk trail route with your leaflet and learn about our village?

Trevor Lloyd
Tel: 813214

DID YOU KNOW THAT ...

In 1281 a City of London Regulation prohibited pigs from wandering the streets and 16 years later banned their sties from the street? In 1283, they prohibited tallow-melting in the streets as well as the scouring of furs. In 1311 the flaying of dead horses was also banned. A City of London Regulation in 1297 required every man to keep the front of his tenement clean, and in 1309 prohibited the casting of filth from his houses into the streets and lanes. At the start of the 18th century the country's population probably numbered around five and a half million. *'In the towns, houses, including cellars, were desperately overcrowded; there were no sanitary systems, and streets were unpaved and filthy. In the early part of the century only about one child in four born in London survived'.* "A statute of 1284 required underwood and wood banks to be removed from within 200 feet either side of the King's highway". Oliver Rackham, author of 'The Last Forest', had this to say on an anti-highwayman's trench in Takeley Forest: "Another pointer to this early Act is the existence of a strip of open land between the northern coppices and Takeley Street (through which the railway was later to pass). Such narrow clearings called Trenches, were customarily made alongside main roads to give travellers a sense of security from highwaymen lurking in the bushes".



There are **Karseys** (see picture above) still surviving in Stansted although probably serving as garden sheds. You may think that the above largely applies to London and not Stansted. Then cast your eye to the ground when next approaching the station. There you will notice a raised cobbled way crossing Water Lane apparently into a blank wall which, before the Station Master's office was built, used to be the station's main entrance. This is from the days when horses with coaches or carts were standing long hours at the station forecourt awaiting the trains. At least the liquid filth generated ran off the pathway. Then there is the ancient woodland, known as Woodfields to the south of Chapel Hill. In 1703 the Society of Friends purchased six by four poles of Conygree Wood for a Meeting House. How did the wood get that name? Many people suggest it's to do with rabbits, but Nuttall's Dictionary 1902 gives a secondary explanation, and that is 'Cony-catcher' a thief, or a cheat.

Ralph Phillips



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FOREST HALL MASTERCHEF DAY

Industry chefs **Ed Fulcher**, Head Chef for the Lord Mayor of London and **Matt Wright**, an ex-chef now working in hospitality recruitment, were at Forest Hall recently to work with some of our KS4 students. The chefs worked with the students to recreate a simple Victoria sponge: making a basic Chantilly cream, filling and hold a piping bag, piping techniques, melting chocolate, and making a basic ganache and a fresh berry purée.



All students had a chance to be creative and use their new skills to plate up a fantastic set of Victoria sponges with a twist. Even headteacher Mr Hehir got involved! We would like to thank Ed and Matt for their time and expertise.

Adam Smith
Email: smitha@bmatrust.org.uk



Town Twinning

The Forum is delighted to be involved alongside the Parish Council in exploring the possibility of Stansted twinning with Rungis, a French village located just a short distance from Paris. The village itself in terms of like-for-like is smaller with 6000 residents (Stansted is approximately 7500), and importantly the residents come across as really sociable and pleasant. We had a tour of the local schools and library, and one of our delegation was sent from Forest Hall School to explore the possibility of setting up a school exchange programme with Rungis. Other exchange opportunities discussed included a programme between our retired residents, and a programme involving the Air Training Corps.

Business potential

The business possibilities could be enormous. Rungis has the second largest indoor wholesale market in the world, selling fresh produce such as fruit and vegetables, meat, fish, dairy products and cut flowers to 18 million customers, occupying a similar size to our Stansted airport! The market turnovers over 8.9 billion euros annually and employs 12000 staff!



The mayor and his team are very welcoming and really would like to twin as they see many benefits for both villages. They have been working for three years on the twinning project and feel Stansted is the first village that ticks all the boxes. If you have any further questions on this exciting proposition please do not hesitate to contact me.

Peter James
Tel: 813318
Email: peter.james@murdochsestateagents.co.uk



www.rainbowpreschool-stansted.co.uk

We hope all our families are enjoying the summer holidays. The staff too are having a well-earned rest to be ready to welcome faces old and new in September. We are hoping the work to re-decorate our hallway will have been completed and that developments in the garden will have taken place during the holidays. The picture below shows our Adventurers group on their trip to the fire station. Many thanks to the crew who made the children's visit so exciting; they could not stop talking about it!



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Out and About

We have been helping out recently at lots of running events. Did you notice us? We were handing out water at the *Race for Life* event as well as helping out at the *Stortford 10 mile run* and the *Stansted 10k Fun Run*.



Volunteering is just a part of what we do at Air Cadets. We have also had recent trips to the climbing wall in Harlow and have had an evening designing and building our super-sleek go-kart ready for an inter-squadron competition. We are very fortunate to be based at the airport and enjoy lots of visits behind the scenes to see the operational side of keeping everything ticking along smoothly, including Air Traffic Control. We also get to see where the celebrities go and a glimpse of their private jets - well worth the visit every time! Due to some cadets moving away to University and work placements we have some vacancies. If you are interested in joining Air Cadet Squadron 494 then do get in touch. We welcome both boys and girls from age 12 (in year 8) to age 17. Please email us to find out more or see our facebook page (search 494 Squadron Stansted).

Rachel Alexander
Email: oc.494@aircadets.org

BOUNCY PICNIC 2017 – BIGGER and BRIGHTER!

This year's *Bouncy Picnic* - a free event for the whole community took place on one of the sunniest days of the year so far. The Recreation Ground was covered with people enjoying their picnics alongside a brightly coloured choice of inflatable activities for all ages. As well as the usual bouncy castles and inflatable obstacle runs, we had more combative activities such as gladiator jousting. Competition was fierce on the bungee, with friends challenging one another, and parents versus older children too! This was the first year we have been able to provide activities for the 11+ age group with the help of Lottery Funding secured by the Parish Council, we are grateful for their support. The main event was jointly sponsored by Stansted Family Café and Stansted Messy Church; a big thank you to all the volunteers from both organisations.



More than 300 hotdogs were served, and more than 100 litres of squash/water were provided on a day so hot that many people took refuge from the sun under the trees. As usual we were encouraged by how well the extra litterbins were used – thank you to everyone for keeping things tidy.



Ros Page
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thescreen listings for August

Monday 7th 8.00pm - *Churchill* (PG) follows Britain's iconic Prime Minister Winston Churchill in the days before the infamous D-Day landings in June 1944. Tickets: £8, concession £6, family £24

Tuesday 8th 8.00pm *Wonder Woman* (12A) Mums and Daughters Special. Tickets: Mother and Daughter Special £10 for 2 tickets, £8 adults, £6 concession, £24 family

Wednesday 9th 7.00pm - *RSC Live Titus Andronicus* (12A) Shakespeare's gory tragedy. Tickets: £15, under 16 £10

Thursday 10th 7.30pm - An Audience with Philippa Gregory. The bestselling author will be here for one night only to discuss her latest novel, the final in the Tudor series. This talk is in partnership with Waterstones. Tickets: £5

Friday 11th 8.00pm - *Whitney: Can I Be Me* (15) DocuFriday telling the story of Whitney Houston's incredibly poignant life story. Tickets: £8, concession £6, family £24

Saturday 12th and Monday 14th 8.00pm - *Hampstead* (12A). A heartwarming story which threatens to 'do a Notting Hill' for leafy North London. Tickets: £8, concession £6, family £24

Sunday 13th 3.00pm - Live Encore: *Andre Rieu's 2017 Maastricht Concert* (U). This spectacular Maastricht concert features the maestro in his element, with his 60-piece Johann Strauss Orchestra. Tickets: £15, under 16 £10. For tickets contact the box office on 710200 or book online.

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7 and 7a BUS TIMETABLE CHANGES

The times of some of the 7/7A buses after 4.00pm (16.00) are changing from 28th August. See new times below (X at the top of the column denotes that this bus runs on schooldays only). The changed times are in red. For more information see www.traveline.info or call 0871 200 22 33.

Monday - Saturday	7	7	7	7a	7								
										X			
BS Interchange	06:00	06:39	08:15	09:00	10:30	11:30	12:45	13:30	15:00	16:00	17:15	18:25	19:30
Herts & Essex Hosp	06:08	06:51	08:27	09:12	10:38	11:38	12:53	13:38	15:12	16:14	17:27	18:33	19:38
Birchanger	06:16	06:59	08:35	09:20	10:46	11:46	13:01	13:46	15:20	16:20	17:35	18:41	19:46
Bentfield Green				09:24		11:50		13:50		16:24		18:45	
Croasdaile Road				09:26		11:52		13:52		16:26		18:47	
Opp Bell & Feathers				09:28		11:54		13:54		16:28		18:49	
Chapel Hill	06:22	07:05	08:41	09:31	10:52	11:57	13:07	13:57	15:26	16:31	17:41	18:52	19:52
Maitland Road	06:26	07:09	08:45	09:35	10:56	12:01	13:11	14:01	15:30	16:35	17:45	18:56	19:56
Lower Street	06:28	07:11	08:47	09:37	10:58	12:03	13:13	14:03	15:32	16:37	17:47	18:58	19:58
Elsenham Station	06:34	07:17	08:53	09:43	11:04	12:09	13:19	14:09	15:38	16:43	17:53	19:04	20:04
Henham Church	06:39	07:22	08:58	09:48	11:09	12:14	13:24	14:14	15:43	16:48	17:58	19:09	20:09
Elsenham Crown	06:46	07:29	09:05	09:55	11:16	12:21	13:31	14:21	15:50	16:55	18:05	19:16	20:16
Stansted Airport	06:57	07:40	09:16	10:06	11:27	12:32	13:42	14:32	16:01	17:06	18:16	19:27	20:27

Monday - Saturday	7	7 X	7a	7								
Stansted Airport	07:07		08:49	09:20	10:20	11:35	12:45	13:50	14:40	16:05	17:15	18:20
Elsenham Crown	07:18		09:00	09:31	10:31	11:46	12:56	14:01	14:51	16:16	17:26	18:31
Henham Church	07:25		09:07	09:38	10:38	11:53	13:03	14:08	14:58	16:23	17:33	18:38
Elsenham Station	07:30		09:12	09:43	10:43	11:58	13:08	14:13	15:03	16:28	17:38	18:43
Lower Street	07:36	07:52	09:18	09:49	10:49	12:04	13:14	14:19	15:09	16:34	17:44	18:49
Maitland Road	07:38	07:54	09:20	09:51	10:51	12:06	13:16	14:21	15:11	16:36	17:46	18:51
Chapel Hill	07:42	07:58	09:24	09:55	10:55	12:10	13:20	14:25	15:15	16:40	17:50	18:55
Bentfield Green			09:27		10:58		13:23		15:18		17:53	
Croasdaile Road			09:29		11:00		13:25		15:20		17:55	
Opp. Bell & Feathers			09:31		11:02		13:27		15:22		17:57	
Birchanger	07:48	08:04	09:34	10:01	11:05	12:16	13:30	14:31	15:25	16:46	18:00	19:01
Birchwood School		08:20										
Herts & Essex Hosp	07:55		09:41	10:08	11:12	12:23	13:37	14:38	15:32	16:53	18:07	19:08
BS Interchange	08:03		09:53	10:16	11:20	12:31	13:45	14:46	15:40	17:05	18:19	19:16

LETTER TO THE EDITOR *PEDESTRIAN CROSSING*

By the time readers receive this issue of The Link, work will have started on the pedestrian crossing on Cambridge Road close to Normans Way. There will be some disruption to traffic flow whilst this work is being done, but this crossing is badly needed so please be tolerant. The Parish Council has been pressing for this crossing for many years.

Ray Woodcock
Tel: 816468

MOUNTFITCHET GARDEN CLUB COACH OUTING Saturday 23rd September

Visiting two gardens: **Furzelea Garden** in Danbury where tea/coffee/cake will be served (included in entry price) and **RHS Hyde Hall** in the afternoon. This trip coincides with the Hyde Hall Autumn Plant Fair. Main departure 8.30am from the Day Centre. Pick up points: Burton End, Takeley, and Dunmow. Cost: £18 - includes entry to gardens, coach and tip. We have a few vacant seats so if you wish to come, please call Maralyn Harris on 07919 478144. *Please leave a message if no reply as I may be driving – thanks.*

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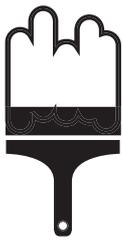
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Email: lesleyprowse@aol.com



There are no August **Sunday Walks**.

I appear to be a one-person-accident-zone! Quite a problem when you are a walker, so apologies to all for my absence on many of the walks this year. This month, I have decided to respond to some general enquiries about public footpaths, bridleways, and other tracks. These are termed Public Rights of Way (PROWs) and are identified on the appropriate local Ordnance Survey (OS) Map. In addition the Definitive PROW maps have to be kept and maintained by the relevant Local Highways Authority, and many authorities have an Interactive map of PROWs on their websites. Each Highways Authority is responsible for ensuring the maintenance of PROWs in their area. The actual land under a PROW is usually privately owned by a farmer, private individual, company, or charity, but not normally by the Highways Authority. Footways and pavements alongside roads, are usually owned by the Local Highway Authority, except where the road concerned has not been adopted. If reporting an issue in respect of a public footpath to your local Highway Authority, you will probably be asked for a reference number in order to identify it. These numbers are not shown on OS maps, because each parish has its own set of numbers for the paths within its boundaries, each usually commencing with number 1. This can make life interesting when walking along a continuous public footpath which crosses Parish boundaries; for example, Public Footpath No 27 within Stansted Parish, becomes Footpath No .5 when you cross into Birchanger Parish. Fortunately these numbers can be obtained on the Highway Authority Interactive Maps.

In addition to Public Rights of Way, there are Concessionary Paths. The concession can be removed at any time and some of these paths are not shown on OS maps. Also, there are paths where members of the public have walked for years, but these have no status and are not Public Rights of Way and therefore not identified on any maps. You could be requested not to walk along them by the land-owner.



Without an OS map, general direction guidance is provided by *finger* posts and way-markers, sometimes a post or a coloured disc, or combination of both. Yellow designates a public footpath; blue refers to a public bridleway (which

incidentally should be the width of a cart); red is usually a track open to all users (including 4x4s); white usually defines Special Paths such as Millennium Walk, Acorn Way etc. Oh what a tangled path we tread.



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



www.birchangerwoodtrust.org

It is August already! So here's a little poem for Summer:

Let's go down to The Wood today.
 Go on, swing along, run or play,
 Walk in the trees without a care,
 Wander in our green lung of fresh air.
 The Family, the dog, all ages too.
 Healthy for All, for Us and for You.

How do you get there?

Take the Public Footpath, off Heath Row Bishop's Stortford, and along a good wide track into Birchanger Wood. This is a good track and is clearly marked by a *Finger Post*.



Find it approximately opposite house number 124, Heath Row, postcode: CM23 5DG. If you go by car, **please** park courteously along Heath Row. Buses 509 and 309 also run along Heath Row, roughly every half hour.

Alternative entrances are:

From Woodfields or Northolt Avenue off Heath Row - no real parking available; or from the top of Parsonage Lane, going towards the Dunmow Road, just before Birchwood School. There is also a hidden entrance off the Dunmow Road, just after the roundabout with Parsonage Lane going in the direction of the Airport. There is no parking, but a number of buses from Bishop's Stortford do stop there. Finally, there is a narrow track from the far right-hand side of *Wickes* and *Pets at Home*, on the Stansted Road, Bishop's Stortford. There is no parking, and the stores can clamp visitors not using the stores. Enjoy summer.



Daphne Wallace-Jarvis
 Email: secretary@birchangerwoodtrust.org

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LOOK AFTER YOUR CHILD'S TEETH

Lower back pain

The Chief Medical Officer report of 2005 stated that around 80% of people experience lower back pain in their lives and that approximately 150 million working days are lost each year because of this. It is estimated nationally that around 20%-30% of GP appointments are taken up with patients presenting with lower back pain. This has led to schemes being put in place across the country to improve the service for such presentations. In July, the surgery started a pilot project with local chiropractors and physiotherapists (musculoskeletal, or MSK practitioners) to try and improve the quality of care for this very common presentation, by offering patients presenting with lower back pain a telephone assessment. The patient will be called by the MSK practitioner and assessed using a nationally accepted screening tool to determine the best course of action. This may include simple advice on self-management, physical examination, or referral into the NHS physiotherapy service for example. Due to the scale of the likely demand, the number of appointments being offered per day with the MSK practitioner are limited to ensure we can iron out any teething problems with the system. Whilst the service model is unique locally, it is based on a model used elsewhere in the NHS and helps improve access and improve quality. Patients who prefer to see one of the GP's or primary care practitioners will of course still be able to do so.

Other news

Whilst Dr Humphrey formally left as a partner at the end of March, she has continued to work for one day a week assisting with the ever-increasing list size at the practice. She will be greatly missed by patients and staff and we wish her and her family the very best for their new life in Yorkshire. The practice also has a new practice manager in Teresa Buglass, former deputy practice manager at Thaxted surgery, who has already started and will be full-time from 1st September.

Barry Chandler
Practice Manager
Tel: 813200



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



Marion and Mike Dyer
Tel: 814059

Four out of five toddlers were not taken to the dentist last year despite NHS treatment being free for children.

Recent figures revealed by the Faculty of Dental Surgery, shows that the vast majority of parents are not taking their young children for regular dental check-ups. It comes amid soaring numbers of children needing to have bad teeth extracted in hospital. Official guidance recommends children should start having regular check-ups as soon as the first teeth appear. Dental check-ups are as much about getting children comfortable in a dental environment as it is about checking teeth. Simply getting a child to open their mouth for a dentist to look at their teeth is useful practice.

First impressions are vital if we want children to have a long-term positive impression of dentistry. If a first dental visit results in a stressful, traumatic experience, this could have a serious lifelong effect on a child's willingness to engage in the dental process. Many oral health problems are easily preventable. A dentist will look at the health of the teeth and gums, and also screen for oral cancer. Some basic prevention advice includes:

- Brushing children's teeth as soon as they erupt; brushing before bed and at least one other time daily using a fluoride toothpaste
- Having regard for the strength of fluoride toothpaste, and after brushing, spit out the excess toothpaste and do not rinse
- Eating a healthy, balanced diet and reducing the amount of sugar consumed will help prevent dental cavities

Castle Dental is a brand new state-of-the-art dental practice which has recently opened its doors in the heart of Stansted. We welcome all patients, especially families with children, to register for a dental check-up. Our friendly team and relaxed atmosphere will ensure you and your family have a positive experience. We are currently taking new NHS patients - register now before we reach full capacity. We also offer private treatment, Denplan and implants. Please call us for further information.

Issa Abdul-Ghani
Principal Dentist
Tel: 815166



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LIVING WITH AN ELDERLY DOG

Now Broccoli has reached a certain age, I thought I would share with you some of my experiences of living with an elderly dog!

- 1 Is it deafness or is it selective hearing? In my experience it is a fine line and in the early stages it definitely seems more convenient to ignore the commands of 'come,' 'stay,' or 'get away from that fox poo or I'll kill you.' However as time progresses it does become more obvious that the deafness is real and in the end you feel you are shouting everything including 'Good boy' much to the alarm of fellow dog walkers. However deafness does have its advantages too; Broccoli used to be terrified of fireworks but now he sleeps through them
- 2 Old dogs don't have to go for a walk. It often surprises me how upset an owner gets when their 15 year old dog doesn't want to leave the house, sometimes I almost say 'he's 105', he wants to sit in an armchair watching Cash in the Attic with a cup of tea and a copy of Sporting Life! Broccoli chooses his own walks these days, sometimes 15 minutes, sometimes 30 and sometimes he sniffs the air from the back door and goes back inside and turns the TV on
- 3 Equipment for elderly dogs. Invest in as many sample carpet squares as possible; older dogs find it increasingly difficult to get up on wood or laminate floors. However do make sure the squares don't slip either. One client told me that they thought they'd done a great job of putting them at strategic places until they called their dog into the kitchen and watched it set foot on the first square and skate slowly across the floor revolving majestically as it went! I have also invested in a dog whistle – see point 1 and (don't laugh) a dog rucksack to carry Broccoli on longer walks, because of course as in point 2, I am still an owner and still obsessed with wanting my dog to go for a walk, actually it is more to do with us still wanting to go for long walks on holiday. As Broccoli only weighs 5kg, a dog rucksack is a viable option. Please don't try this with a German Shepherd ...
- 4 Old dogs get forgetful just like people. We often find Broccoli standing in the middle of an empty room with that 'what was it I came in here for' look on his face and then, of course, because he can't hear us coming, when we bend down to stroke him he jumps out of his skin and gives us the 'stop creeping up on me' look
- 5 Bladders become weaker with age, I'm sure you all know the saying that as you get old, never pass a toilet without using it, well I find with an older dog it's never miss an opportunity to let the dog out into the garden for another wee. Of course this point combined with points 1 and 4 can often lead to the perfect storm of an old dog not hearing the call to go outside, wandering into an empty room, forgetting why they were there and then thinking oh well perhaps it was for a wee, I'd better do one now.

So there you have it, the joys of living with an elderly dog but of course really we wouldn't have it any other way, would we?



Ilse Pedlar
Mercer and Hughes Veterinary Surgeons

NHS WEST ESSEX CCG – HAVE YOUR SAY

www.westessexccg.nhs.uk



Clinical Commissioning Group (CCG) announce public consultation on proposals for service changes

People in West Essex are being asked for their views on proposals designed to make best use of the money available to the local NHS, while helping as many people as possible to live healthier, longer lives and avoid preventable illnesses. These proposals are being put forward by West Essex Clinical Commissioning Group (WECCG) and come as the CCG faces a number of challenges. The number of people who need health service support is increasing and many people are living longer, often with complex conditions. A limited budget, care that is expensive and national and local shortages of NHS staff mean that we have to make sure that doctors', nurses' and other specialists' time is used wisely. These proposals are about:

1. Reducing or stopping the availability of NHS-funded IVF (in vitro fertilisation) and specialist fertility services
2. Limiting the routine prescription of medicines and products that can be bought (from a pharmacy) without prescription for short-term conditions and minor ailments.

Dr Christine Moss, Clinical Director of West Essex CCG said, "We are not acting in isolation; the proposals we are seeking views on are also being put forward in Hertfordshire. While we accept our proposals around changes to IVF and specialist fertility treatments have the potential to make a significant difference to some patients' lives, we have to be realistic about what we can afford. Our proposed changes to limiting the routine prescription of medicines will, over time, save money; they are also aimed at freeing up more GP appointment time by encouraging patients to use the expertise of community pharmacists, who can advise on minor illnesses. We will be holding public events; speaking to people across West Essex; attending community and local health and social care meetings; taking opinion online and communicating with people via social media." Details of all these events will be advertised on the website. Consultation documents have been produced which give more detailed information on each of the proposals, why we are considering them, and a survey asking you what you think. The surveys will close on Thursday 14th September. Give your views at: www.healthierfuture.org.uk/ivf and <https://surveys.essexinsight.org.uk/Overthecounter>.

West Essex CCG Communications Team
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"Risk of bodily injury caused by force and weight of water, risk of drowning, risk of injury from falling set pieces and bad visibility in water thus making escape routes hard to find" - some of the hazards faced by stuntwoman Lucy Allen, speaker at our June meeting, whilst working on the multi-Oscar winning film *Titanic*. She gave us the history of the ship - reading from eyewitness accounts of the night on which the *Ship of dreams* became the *Ship of nightmares*. She enthralled us with tales of working on the film, her 21 weeks in Mexico in a specially created studio, showed us photos taken behind the scenes and proudly displayed her stunt crew T shirt. She judged our competition for a ship or a boat and joined us for tea before departing on a hopefully risk free journey home. Brenda Harley will be speaking on *How I became a reel old sew and sew* at our next meeting in Ugley Village Hall on Wednesday 16th August at 2.15pm. Why not join us? You would be most welcome.

Andrea Fitt
Tel: 815922

Meadowsweet *Spiraea ulmaria* *Filipendula ulmaria*
This sacred herb of the Druids gave its name to the most famous drug in history. Meadowsweet has been used by the ancients, valued as a strewing herb, and medicinally, it could ease pain, bring down fevers and soothe the stomach.



The plant's most interesting active ingredient is salicylic acid. In 1830 apothecary Johann Pagenstecher used meadowsweet to treat toothache and rheumatism. He developed it into a powerful remedy and published the results in a Swiss journal. This led to alkaloid specialist Karl Lowig experimenting with the tincture, and thinking he had found a new substance, he named it spirsauere after the meadowsweet. It was realised later that he had discovered salicylic acid, more often associated with the willow. It took a further 60 years to synthesise this useful chemical. In the spring of 1899 three scientists working for Bayer, finally produced the elusive pill. Eichengrun, Dresser and Hofmann managed to synthesise the salicylic acid. They agreed to use the old Latin name for the meadowsweet, spirea, thus the A-SPIR-IN was born. This drug could bring down fevers and relieve pain, just as the plant had done. This was the first *wonder drug* of all time. The man who truly discovered the aspirin was Arthur Edward Eichengrun, a talented scientist with many discoveries to his name. In 1941 he visited the Hall of Honour in the Deutsche Museum and saw displayed the white crystals of aspirin, lauding the success of Hofmann and Dresser, not him! Tragically, being Jewish had precluded him from getting the credit he so rightly deserved.

Bee's daughter

Reference material, *Aspirin* by Diarmud Jeffreys



BEEKEEPING: HEATHER HONEY v MANUKA HONEY

This month I am writing about heather honey, which is the British equivalent of New Zealand manuka honey, only much better. I am sceptical about manuka honey, as it was invented by New Zealand in the 1980s to get a premium price for their honey. It is supposed to be honey which comes exclusively from the tea tree, but I have been to New Zealand and never seen acres of tea trees with bee hives in the middle of them. However, I do know that beekeepers in Britain take their hives onto the heather moors where the bees can collect nothing but heather pollen and nectar. Heather honey has its own unique flavour, due to its higher protein content, about 3% compared to 0.5% in normal honey. It is also a jelly, not a liquid (technically it is 'thixotropic'; it becomes liquid when agitated but then returns to a jelly). It also has a higher water content than the normal of 20%, so can ferment in the longer term. To collect heather honey, beekeepers will take their hives to a remote spot on the moor at the beginning of August until mid-September, and place them at the base of a hill, where the bees will bring honey down, rather than up to the hives. This also gives them shelter from the weather. Extraction is difficult because of the gelatinous nature of the product, and the equipment has to be agitated to change the honey to a liquid, or a honey press can be used instead of a rotary extractor. To get over this, it is common for beekeepers to sell heather honey on the comb, which some consumers like. For these reasons, heather honey does attract a premium price, which is well deserved; and manuka honey, does that deserve a price premium? I think you know my answer to that.



John Dockerill
Chairman
Email: chair@stortfordbees.org.uk

MIND YOUR Ps AND Qs (Answers)

- | | |
|--------------------|------------------------|
| 1. Opaque | 2. Quip |
| 3. Appliqué | 4. Square peg |
| 5. Quill pen | 6. Equipment |
| 7. Chappaquiddick | 8. Plaque |
| 9. Quickstep | 10. Paternoster Square |
| 11. Petanque | 12. Pipsqueak |
| 13. Perruque | 14. September equinox |
| 15. Piquet | 16. Quadriplegia |
| 17. Perquisite | 18. Quantum leap |
| 19. Sesquipedalian | 20. Parquet |
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