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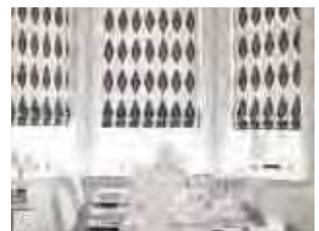
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Festive Front cover image:
Remi Peterson, from
Magna Carta Primary School

Stansted Mountfitchet Village Magazine

The Link

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EDITORIAL

Congratulations to talented six year old Remi Peterson from Magna Carta Primary, whose lovely drawing on this month's cover was selected as the overall winner of The Link's festive front cover competition on page 11. At the end of this Autumn term inspirational Headteacher Christine Tonkins will say goodbye to the pupils and staff of St Mary's Primary School for the final time. As she heads off into retirement, there is little doubt she will be greatly missed by this vibrant school, which she has led so impressively for almost 12 years, see page 13. With the season of good will fast approaching, we provide a reminder of the last posting dates for your Christmas cards on page 17. Did you know that as a nation, the UK tops the list as Europe's biggest spender at Christmas time? According to Uttlesford Citizens Advice the average person spends half their December salary on Christmas! On page 33 the bureau offers some practical advice on how to plan and enjoy an inexpensive Christmas 2017. *The Link team wish you a Christmas full of joy and happiness.*



CONTENTS

Advertising	Index to Advertisers	42	Fundraising	British Red Cross Gift Fair	4
Churches	Christmas services	2		Churches Together in Stansted Quiz	4
	Shalom	3		Operation Christmas Child Shoeboxes	4
	Stansted Family Church	3	Health & Wellbeing	Colds and Flu - the difference	37
	Stansted Free Church	3		Improving the Brain	37
	Stansted Quaker Meeting	3	Local Council News	Recycle your Christmas Tree	29
	St John's 300 Club	4		Stansted Network	21-24
	St John's Church	2	Local Roundup	Bloor Homes Development	11
	St Theresa's Catholic Church	3		Birchanger Wood	39
	Thought for the month	2		B S and District Footpaths	39
Children and Families	494 ATC Squadron	15		Gardens of Easton Lodge	27
	Elsenham Guides	25		Hundred Parishes	15
	Forest Hall School	9		Stansted Business Forum	31
	Magna Carta School	13		Stansted Windmill	15
	Messy Church	27		Stop Stansted Expansion	27
	Rainbow Preschool	25		Stansted Village Harvest Supper	14
	St Mary's School	13	Features	What's on in December and January	5
Community Christmas Events	Calling all Singers	7		Avoid getting into debt at Christmas	33
	Carols at Linden House	9		Beekeeping	17
	Celebration of Christmas	7		Christine Tonkins bids Farewell	13
	Come and Make Christingles	7		Confused at Christmas?	31
	Crafternoon for Mind	4		December Dates & January Japes	9
	Farnham Christmas Trees and Tributes	4		Festive Wines	35
	Friends of St Mary's	7		Front Cover Competition	11
	Grove Cottage Santa Dash	7		Last Posting Dates for Christmas	17
	Stort Valley Rotary Santa	4	Fun and Games	Seasonal Recipe	35
	Village Carol Singing	7		Stansted Heritage Embroidery	33
Clubs and Community Groups	Directory of Clubs & Organisations	42		Crossword	19
	Huw Johnson Club	27		Crossword Answers	43
	Inner Wheel	39		Demonyms Quiz	19
	Mountfitchet Garden Club	31		Demonyms Quiz Answers	35
	RSPB	25	Sports	Stansted Fun Run	43
	Stansted Local History Society	37		Stansted Football Club	43
	Stansted is Well Read	39		Stansted Hall Cricket Club	43
	Stansted Social Club	29		Stansted Tennis Club	43
	Stansted U3A	35	The Arts	B Stortford Choral Society	41
	Stansted Evening W I	17		music@stansted	41
	Stansted Social Life	29		Granta Chorale	41
	Ugley W I	29		Manuden Singers	41
				Rhodes Arts Complex	41

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 9th January for the February issue or by hand/post by noon on 7th January to 7 Blythwood Gardens, Stansted CM24 8HG.

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THOUGHT FOR THE MONTH

"You're taking out all the magic!" That was the accusation made against me a while back, when I suggested that the Christmas story didn't quite happen in the way it is so often depicted. If we read the Bible's accounts of his birth, we find that there is much that we might expect which isn't actually there. There is no donkey, for example, and no mention of an innkeeper. Even the word 'inn' is probably a mistranslation. It would be better to translate it as 'guest room' as it is elsewhere in the New Testament. Had we been in the town of Bethlehem that night we would probably have been unaware that anything special was going on at all.

But something very special was going on. Somewhere in that little town a baby was born who would become the centre of history. The vast majority of human beings would date all other events from the moment of this baby's birth. Billions of human beings would believe that the birth of this child was the most impor-

tant event ever to have happened. Some of the greatest minds in history would seek to understand and explain the significance of his birth and in doing so would turn upside down the way that human beings thought about themselves. Because of this child, the arrogance that sees human beings only in terms of their material and economic value is exposed as the evil that it is.

The child, of course, is Jesus. He probably wasn't born on 25th December but that is the date the church chose as the one on which to celebrate his birth. On that day the church celebrates the fact that the eternal God entered human history and lived a human life so that human beings could gain the life of his eternity. It isn't magic, it's real. The most real thing that has ever happened and, if you ask him, he'll make it real for you.



Paul Wilkin
Rector of Stansted

CHRISTMAS SERVICES



St John's

Sunday 10th December

4.00pm Christingle

Sunday 17th December

5.00pm Carol Service at St Mary's, Farnham

Christmas Eve Sunday 24th December

9.30am Holy Communion (no 8.00am service)

3.00pm Children's Christmas Eve Service

Come dressed as a character from the Christmas Story

11.30pm Midnight Mass

Christmas Day Monday 25th December

9.30am Family Communion

Sunday 31st December

9.30am Holy Communion (no 8.00am service)

Friends

Sundays 17th, 24th and 31st December

10.30am Meeting for Worship

St Theresa's

Sunday 17th December

Children's Service 2.00pm

Christmas Eve Sunday 24th December

10.00 am Mass and 7.00pm Family Christmas Eve Mass

Christmas Day Monday 25th December

10.00am Christmas Day Mass

Boxing Day Tuesday 26th December

10.00am Mass

Free Church

Sunday 17th December

10.30am Gift Service

Christmas Eve Sunday 24th December

10.30am Carols

Christmas Day Monday 25th December

10.30am Christmas Day Worship



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

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

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

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

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.



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



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

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

Preachers for December

3rd 10.30am Mike Render
 10th 10.30am Rev'd Roy Fowler - Holy Communion
 17th 10.30am Faith Paulding - Gift Service
 24th 10.30am Carol Service
 25th 10.30am Rev'd Roy Fowler - Christmas Day
 31st 10.30am Jerry Heyhoe

Preachers for January

7th 10.30am Karen Quelch
 14th 10.30am Rev'd Christine Fowler
 21st 10.30am Janet Bottoms
 28th 10.30am Rev'd Roy Fowler - Covenant Service

ROMAN CATHOLIC

St Therese of Lisieux

High Lane, Stansted CM24 8LQ
www.sttheresasstansted.org

Priest Father John Garrett

Office Tel: 816889
 Email: stansted@dioceseofbrentwood.org

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

Confessions
 Saturday 10.00am
 and by appointment

Baptisms By appointment

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 held on alternate Tuesdays; 7.30pm coffee for 7.45pm start. We will be meeting on Tuesdays 5th and 19th December, and 2nd, 16th and 30th January. @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. If you would like to join a prayer walk, or have a prayer-request, please contact us. *Wishing a very happy and blessed Christmas to everyone and a special thank you to all our fantastic volunteers for another year of hard work in various activities, groups and events. So much would not be possible without you!*



Howard and Ros Page

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

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 13th January. 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. **All are welcome to attend.**



SHALOM

Our Christmas Party is on Monday 12th December 8.00pm at 62 St John's Road (**please note venue**). Bring some finger food plus a reading or piece of music to share. There is no January meeting.



Marion Dyer
 Tel: 814059

From St John's Registers

October

Funerals

3rd Reginald John Farmer age 95 - service at St John's followed by burial at Stansted Parish Cemetery
 12th James Stockley, age 98 - service at St John's followed by cremation at Parndon Wood
 17th Cyril Peter Theodore Reed, age 92 - service at St Mary's followed by burial at Stansted Parish Cemetery



ST JOHN'S 300 CLUB

Many congratulations to the winners of the October draw:

£100	No 271	Gina Thomas
£50	No 116	Edmund Wilkinson
£25	No 118	Mary Greaves

The draw for December will be held on Sunday 17th December in St John's Church following the 9.30am service. There will be an additional prize of £200 for this month. The January draw will take place on Sunday 28th January. 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

OPERATION CHRISTMAS CHILD SHOEBOXES



A total of 211 boxes were packed this year by St Theresa's Wednesday Club, visitors to the Place on the Hill, and at the packing evening. Thank you to all who helped and also those who brought along completed boxes – because of you many children in Liberia will experience the delight of opening a special Christmas box filled with wonderful goodies.

Catherine, Eileen and Helen

CHRISTMAS TREES AND TRIBUTES at St Mary's Church Farnham



On Saturday 2nd December from 11.00am to 3.00pm, there will be an exhibition of Christmas trees decorated by the people of Farnham and the local community. There will be an opportunity to place a tribute to a loved one on the Memorial Tree. During the day there will be two performances by The Bishop's Stortford Gospel Choir at 11.45am and 1.45pm and also the Stansted Bell Ringers. Seasonal gifts and decorations will be available to purchase, together with light refreshments and wine. There will also be a raffle and all proceeds of the event will go to support the current fund-raising project of the church.

Barbara Stubbings
Tel: 776168



Thank you very much to everyone who came to the **Gift Fair** on 11th October and helped to make it such a success. The event raised an amazing £13,000.

Rosina Kirkwood and Christine Stiles



STORT VALLEY ROTARY

Santa Collection



Santa will be at the main supermarkets in Bishop's Stortford between 2nd and 22nd December and at the Stansted Coop on Wednesday 13th December 10.30am-4.30pm. As usual we are collecting for local good causes.

Martin Budzinski
Tel: 07803 878961
Email: martin@voucherpacks.com



Quiz Night Saturday 20th January 7.00pm for 7.30pm at St Theresa's Parish Centre, High Lane. Entry £8, payable on the door. Please bring your own food and drink. There will be a raffle. All proceeds to Churches Together funds.

David Morson
Tel: 850209



CRAFTERNOON

Come along to our fundraising afternoon in aid of the mental health charity **Mind**. Have fun, make friends and learn new crafty skills! Wednesday 6th December 12.45pm-3.00pm in St John's Hall. The £5 entrance fee will give you a chance to learn crafts like **arm knitting, finger knitting, tissue paper wreath making, Christmas card making and crochet**. All ages and abilities welcome. As well as free crafts for children there will be homemade cakes and teas on sale, plus advice on sewing and other crafty conundrums!

Sam Debbah
Tel: 07866 185704
Email: tuftydawn@googlemail.com



St John's Church
3 pm Sun 3rd December
Daniel Shao flute

3 pm Sun 21st January
Piattini String Trio

Tickets: Adult £15, Conc £12, under 18 free from Absolute Travel; Nockolds, B Stortford; Sonia Levy 815282; or on the door

Manuden Singers & Players

*Haydn Mass for St Nicholas
 Handel Chandos Anthem
 Haydn Te Deum*

7.30 pm Sun 3rd Dec

St Mary's Church, Manuden

*Tickets £10 adults, £5 students
 Tel Fiona 812157 or at the door*

Proceeds to Church Roof Fund



CRAFTERNOON

12.45 - 3 pm Wed 6th Dec
St John's Hall

Come and learn new skills incl

Arm and Finger Knitting

Tissue Paper Wreaths

Christmas Cards - Crotchet

Entry £5 in aid of Mind

All welcome ~ Refreshments

WHAT'S ON IN DECEMBER & JANUARY

December

- 2 Sat/17 Sun Stansted Family Café
- 2 Sat Grove Cottage Santa Dash
- Mill Christmas Opening
- B S Choral Society
- 3 Sun music@stansted
- Manuden Singers Concert
- 5 Tue Stansted is Well Read
- 6 Wed Crafternoon for Mind
- Mountfitchet Garden Club
- 7 Thu Local History Society
- 8 Fri A Christmas Carol
- 9 Sat /10 Sun Festival of Christmas Displays
- 11 Mon Shalom Party
- 12 Tue RSPB
- 14 Thu Stansted U3A
- Stansted W I
- 16 Sat Celebration of Christmas
- Mon 18/Wed 20/Fri 22 Make Christingles
- 22 Fri Village Carol Singing
- 23 Sat Village Carol Singing
- 24 Sun Carols with St John's Choir

- Day Centre 10 - 11.30 am
- Grange Paddocks 10.45 am
- Windmill noon - 5 pm
- All Saints, Hockerill 7.30 pm
- St John's Church 3 pm
- Manuden Church 7.30 pm
- Dog and Duck 8 pm
- St John's Hall 12.45 - 3 pm
- Day Centre 7.30 for 8 pm
- Day Centre 8 pm
- St Mary's Church 6.30 for 7 pm
- St Mary's Church 11 am - 5 pm
- 62 St John's Road 8 pm
- B S Community Centre 7.30 pm
- St John's Hall 1.30 pm
- Day Centre 7.30 pm
- St John's Church 3 pm
- Free Church 10 - 11.30 am
- Meet behind Post Office 7 pm
- Meet Hargrave House 3.30 pm
- Linden House 7 - 8 pm

January

- 2 Tue Stansted is Well Read
- 4 Thu Local History Society
- 6 Sat Granta Choral Concert
- 7 Sun Christmas Tree Recycling
- 7 Sun/20 Sat Stansted Family Café
- 9 Tue Link copy due in today**
- RSPB
- 11 Thu Stansted W I
- 17 Wed Ugley W I
- 18 Thu Stansted U3A
- 20 Sat Churches Together Quiz
- 21 Sun music@stansted
- 23 Tue Hearing Help
- Inner Wheel
- 27 Sat U3A Saturday Seminar
- 28 Sun Stansted Messy Church

- Dog and Duck 8 pm
- Day Centre 8 pm
- Gt Chesterford Church 7.30 pm
- Lower St Car Park noon - 3 pm
- Day Centre 10 - 11.30 am
- before 12 noon**
- B S Community Centre 7.30 pm
- Day Centre 7.30 pm
- Ugley Village Hall 2.15 pm
- St John's Hall 1.30 pm
- St Theresa's 7 for 7.30 pm
- St John's Church 3 pm
- Day Centre 2 - 4 pm
- Day Centre 7.30 pm
- Free Church Hall 9.30 am
- St Mary's School 3.30 - 5 pm



Friends of St Mary's Church

Festival of Christmas Displays

Sat 9th & Sun 10th December
 11 am - 5 pm

Carols for All 3 pm Sat 9th
Stansted Strummers 3 pm Sun 10th

Refreshments ~ All Welcome
Entry Free

UGLEY FARMERS' MARKET

10 am - noon

Saturdays 16th Dec & 20th Jan
 Ugley Village Hall 

*Meat ~ Poultry ~ Fish ~ Eggs
 Honey ~ Preserves ~ Chocolates
 Fruit & Veg ~ Bread ~ Cakes
 Cards ~ Ceramics*

Skincare ~ Knitting & Needlework
 Refreshments with cake and bacon rolls

Free Parking ~ All Welcome



Celebration of Christmas



Carols and Readings

3 pm Sat 16th December
St John's Church

Collection for Christian Aid
Rohinga Crisis Appeal
helping those fleeing Myanmar

All welcome - please join us



Quiz Night

www.stanstedchurches.com

7 for 7.30 pm Sat 20th Jan
 St Theresa's Parish Centre, High Lane

Entry £8 payable on the door
Bring your own food, drink and glasses
 Raffle ~ All Welcome

For information tel 850209

In aid of Churches Together in Stansted



Carol Singing

Fri 22nd Dec 7 pm
 Meet Behind Post Office
 Finish St John's Road

Sat 23rd Dec 3.30 pm
 Meet Hargrave House
 Finish Rainsford Road

Collecting for Christian Aid Rohinga Crisis Appeal

Singers & Collectors Welcome
Followed by Refreshments



Christmas Events

10 - 11.30 am

Mon 18th, Wed 20th, Fri 22nd Dec
Stansted Free Church

Come and make **Christingles** and
 meet Father Christmas

All ages welcome - No charge
Come on any or all three days



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osteopathy@hazel-williams.co.uk
www.hazel-williams.co.uk

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LOCAL COMMUNITY CHRISTMAS EVENTS



VILLAGE CAROL SINGING

Why not come and join us for some festive fun around the village? This year we are doing things a little differently on the second day. Here are the details:

- **Friday 22nd December 7.00pm** meet at junction of Sunnyside and Chapel Hill (behind the Post Office) to proceed along Sunnyside, back along Woodfields and across Chapel Hill to end up in St John's Road for light refreshments at around 8.30pm
- **Saturday 23rd December 3.30pm (note time)** meet at Hargrave House entrance porch to sing to residents for half an hour before proceeding along Croasdaile Road (including Dove Close and Croasdaile Close) to end up in Rainsford Road for light refreshments at around 5.00pm

All singers are welcome, and there are no rehearsals or auditions! Carol sheets are provided. We also need collectors. This year we will be collecting for the Christian Aid Rohingya Crisis Appeal which is supporting vulnerable Rohingya people forced out of their homes in Myanmar, who desperately need food, water and shelter. If you are unable to join us, please listen out for us if we are visiting your area.

Mike Dyer Tel: 814059
Helen Baker Tel: 814865



CELEBRATION OF CHRISTMAS

Saturday 16th December 3.00pm St John's Church

Come and join us for this special event of carols and readings, followed by light refreshments. There will be a collection for the **Christian Aid Rohingya Crisis Appeal**. We look forward to seeing you.

CALLING ALL SINGERS

If you have ever enjoyed singing parts in a choir, you are invited to join the choir being put together specially for the **Churches Together in Stansted's Celebration of Christmas**, which this year returns to St John's church after two years at St Theresa's. There are three rehearsals: Thursdays 30th November, 7th and 14th December 7.15pm-8.15pm in St John's Church. It does not matter if you are not currently a member of a local choir, or of a church; this is an event for the whole community and all singers are welcome (especially tenors and basses). We will be performing a varied programme of familiar and less well-known Christmas music. The Celebration is on **Saturday 16th December at 3.00pm**. This year we will be collecting for the **Christian Aid Rohingya Crisis Appeal** which is supporting vulnerable Rohingya people forced out of their homes in Myanmar, who desperately need food, water and shelter.

Kathy West
Tel: 816293
Email: kewest@btinternet.com

THE PLACE ON THE HILL



Come and Make Christingles!

We are all getting excited about our special events planned for **Monday 18th, Wednesday 20th and Friday 22nd December**. The Place will be open as usual from 9.30am, with planned activities 10.00am-11.30am. There will be fun craftwork including making Christingles, which will become the focus for a short time of reflection on why we celebrate Christmas, followed by a visit by Father Christmas! Everyone is welcome, even if you have never been before. There are no age restrictions, so whether you are one or 101 please do come and join us. On **Friday 15th December** from 10.00am we shall be decorating the crib and Christmas tree in the church, and we invite anyone, young or old, to help us! **The Place on the Hill** is a free drop-in held at and organised by Stansted Free Church, Chapel Hill, which is open every Monday, Wednesday and Friday 9.30am-12.30pm. Do come and join us - all ages are welcome. Please note we are open throughout December and January **except** Mondays 25th December and 1st January.

Marion and Mike Dyer
Tel: 814059

Email: theplace@stanstedfreechurch.org.uk



FRIENDS OF ST MARY'S

There is a great deal going on at St Mary's Church in December:

Friday 8th December 6.30pm for 7.00pm - Thisismytheatre will perform *A Christmas Carol*, a one act play with live music and carol singing too! Tickets: adults £12.50, St Mary's Friends £10, under 16s £5, available now from Goldings on Chapel Hill tel: 814270. Do come along and see this very talented group - not to be missed!

Saturday 9th and Sunday 10th December 11.00am-5.00pm Festival of Christmas Displays with *Carols for All* at 3.00pm on Saturday - come early to get a seat and see the church twinkling with lights! On Sunday at 3.00pm the *Stansted Strummers* are back by popular demand to entertain you, and will have your feet tapping as you all sing along. Mulled wine and mince pies will be served on both days, plus a raffle, and much, much more! Everyone welcome. Put St Mary's in your diary this December.

Lynda Dale
Chairman
Tel: 07716 099474



GROVE COTTAGE

www.mencapgrovecottage.org

Santa Dash and Reindeer Run

Join us for our annual fun event on **Saturday 2nd December** at Grange Paddocks Leisure Centre, Bishop's Stortford. Entrants can run, jog, skip or walk either or both routes! The **1K Reindeer Run** starts at 10.45am and the **5K Santa Dash** at 11.00am. Santa entry (aged 13 and over) is £12 including Santa suit, Reindeer entry (aged 12 and under) is £6 including reindeer antlers and medal. Register online at our website.

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Come and join us for mulled wine, mince pies and carols by St John's Choir on Christmas Eve from 7.00pm-8.00pm.



Stuart Manby
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DECEMBER DATES ...

Birthstone: Turquoise – Flower: Narcissus

December, the tenth month of the Roman calendar comes from the Latin word for ten, *decem*. The Anglo-Saxons called it *Geol monath*, or Yule Month after the burning of the yule log; and it's now National Fruitcake Month in the USA – no comment!

On the 6th, feast day of St Nicholas (Patron Saint of Children), a boy bishop would be elected to perform juvenile versions of the duties and ceremonies of a bishop (excluding the celebration of Mass) until 28th December (Holy Innocents Day). St Nicholas, who was also said to bring sweets and presents to well-behaved children on this day, has evolved into the Santa Claus and Father Christmas figures of today. **Winter Solstice** (shortest day) is the 21st and Black Friday is on the 22nd. Of course **Christmas Day** is on the 25th followed by **St Stephen's Day (Boxing Day)** and the 31st is **New Year's Eve** traditionally celebrated with parties, fireworks, 'first footing' to bring good luck for the New Year and renditions of 'Auld Lang Syne'.



... & JANUARY JAPES

Birthstone: Garnet - Flower: Carnation (or cottage pink *Dianthus caryophyllus*)

Named *Januarius* by the Romans (*ianua* is Latin for door), and *Wulf monath* (meaning wolf month) by the Anglo-Saxons, January is designated National Health Weight Awareness Month in the USA (not surprising after all that fruitcake) and for many people here in the UK it's Dry January.

New Year's Day on the 1st is a Bank Holiday; **Twelfth Night** on the 5th marked the end of the medieval Christmas Festivities and it is still regarded bad luck to keep decorations up beyond this date. At Epiphany (6th) Christians celebrate the visit of the Magi to the baby Jesus, and the following Sunday is **Plough Sunday** in England. **St Hilary's Day** on the 13th is reputed to be the coldest day of the year since 1086 when a great frost spread over the country on this day. The Scottish poet Robert Burns was born on 25th January 1759 and **Burns Night** is celebrated on his birthday with a traditional meal of haggis, neaps (swede or turnip) and tatties (potato) all washed down with whisky.



Don't forget to take part in the **RSPB Big Garden Birdwatch** 27th-29th January; a good excuse to sit for an hour with a cuppa, doing nothing except count the birds in your garden.



Yvonne Ayres

FOREST HALL SCHOOL

www.fhs.essex.sch.uk



Traditional lessons were put to one side as children learnt about local history, ancient Greece, stereotypes and careers.

The collapsed timetable day at the school gives an opportunity for students to learn about subjects or topics not necessarily covered in the national curriculum. Held once a term, the day is an opportunity for whole-day enrichment activities and trips to take place away from the usual school structure.

During the collapsed timetable day:

- Year 7 had a history based, cross-curricular day designing castles before visiting Mountfitchet Castle
- Year 8 had a multi-cultural day looking at ancient Greek history and geography, eating Greek food and playing Greek games
- Year 9 had an inclusion day looking at stereotypes with the Hope Not Hate organisation
- Years 10 and 11 had a career based day run by Aspire Training, with Year 10 researching colleges and courses and Year 11 building their professional statements and CVs and learning how to sell themselves. They also had a visit from Wendy Martin, Head of Stansted Airport College, to discuss career opportunities at the airport and hosted a business lunch where they met with local professionals to find out about what they look for in employees.



Ross Becko, senior lead practitioner, said: "The idea of the collapsed timetable day is to spend some time going deeper into learning. This way, we can develop a deeper understanding and make more progress over the period of a day. Years 10 and 11, for example, come in in their business dress so they can really start to think about life beyond school and to consider their options seriously. The day gets students really enthusiastic about the task at hand." The next collapsed timetable days will be held in January and July.

Anny Myatt
Head of School

IMPORTANT MESSAGE TO ALL CONTRIBUTORS

Change of Copy Deadline

Due to a change in our production schedule, the date by which items should be received has been changed permanently to the 9th of the month preceding publication. Submissions for the February edition should be received by Tuesday 9th January.

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FESTIVE FRONT COVER COMPETITION

In the tradition of the last couple of years, we have invited local schools to design The Link's Christmas issue cover. This year, Magna Carta Primary School took to the task with much enthusiasm. The standard of artwork was high and The Link committee struggled to agree on the winning design. Congratulations to Remi Peterson, aged six, winner of this special issue's cover - everyone loved your picture of Father Christmas and presents round the tree! Well done, Remi! Joint runners up Daisy Dowding and Dotty Mansworth, also both aged six, also shone with their colourful and imaginative artwork which is shown below - fantastic drawing, girls!



Well done to the winners and the runners up, with thanks to the staff at Magna Carta for running the competition.

Anna Nolan

STANSTED RESIDENTS UNITE AGAINST UNAUTHORISED DEVELOPMENT Bloor Homes (BH) illegal sales office

During late October many in our village became concerned when seeing a plot of land, to the east of High Lane and close to the junction with Cambridge Road, being built on. This land is a green field, used for growing food. It was soon established that BH had intentionally bypassed the Uttlesford District Council (UDC) Planning Process; they did not submit a planning application to develop a Sales office at this place. The company clearly thought that the Stansted Mountfitchet Community would take no action - **they soon learned differently!**

A very determined young lady in our community, Caroline Bedford, started an online petition; it reached over 2000 signatures. More residents started other actions, all with one objective, that BH and the local authorities would hear our objections and stop this illegal development. UDC made it clear to BH that planning permission must be sought, but BH continued construction, adding a road, footpaths and other features all without approval.

Caroline Bedford went into controlled fast forward; she made a video of the site and put it on the internet. She also arranged for residents to meet at very short notice and outlined her thinking. District Councillor Geoffrey Sell attended the meeting. We formed a group agreed a plan and put it into action.

Before attending a Parish Council meeting everyone did a lot of background research; in parallel, Geoffrey did lots of work with UDC. Caroline presented our case and others contributed. Our Parish Council agreed to take immediate action, proposing a Stop notice, through UDC. BBC Essex Radio interviews were transmitted on the morning of 2nd November. By midday tweets were being reported that following an order by UDC, BH had agreed to dismantle the development and restore the site to its original state by Wednesday 8th November.

Our campaign will be complete when BH has actioned everything to our satisfaction by restoring the site to its original state. At my suggestion, Bloor Homes have also given the plants, trees and shrubs that were planted around their site to the Parish Council, who in consultation with their contracted gardeners will consider the best places to plant them around the village.

This is truly an example of the Community working with our elected representatives, developing factual and reasoned arguments and having them implemented. (*See more details of the campaign on page 22.*)

Ray Woodcock
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ST MARY'S C of E FOUNDATION PRIMARY SCHOOL



www.stmarysstansted.co.uk

The last half of the autumn term is hectic in a primary school. Sporting fixtures, PTFA events, Nativity and Christmas performances all jostle with the learning and assessment ever ongoing. KS1 took over the hall for a series of science investigations. We enjoyed an Art workshop for our talented artists led by local artist Finn Thompson, a Royal Academy of Arts graduate, now the Sculpture Town Artist in Residence in Harlow. The pupils created mini sculptures for exhibition in the Hideaway Gallery of the Gibberd Gallery, Harlow. The school choir and orchestra have been busy with performances at our Christmas Shopping evening, the CTS Celebration of Christmas, and our own concert held this year in St John's Church. The sports events have included rugby, cross country, netball and dodgeball. The children are very keen on dodgeball and St Mary's teams have achieved an unbeaten record (at time of writing)! A new extra-curricular club began this term: St Mary's Star Club. Tara Russell and Rev'd Paul teach Y2 children about the Christian faith through Bible stories, craft, music, games and conversation. After the 16 week course the children may, with parents' permission, celebrate their first Holy Communion in church.

When I joined as Head 11 years ago the school was based in St John's Road with 90 children on roll. We now have over 300 children and are firmly settled in to our Forest Hall home. As I leave the school at the end of the Christmas term, I take many memories, overwhelmingly happy ones. St Mary's is a wonderful school; I am proud to have been part of this strong, energetic and happy community. Thank you to all the many children, parents, staff and governors, past and present, who have helped to make St Mary's such a special place.

Christine Tonkins
Headteacher
Tel: 812212

Email: admin@st-marys-stansted.essex.sch.uk

CHRISTINE TONKINS BIDS FAREWELL TO HER BELOVED ST MARY'S SCHOOL

"I consider myself to be a teacher not a manager. It's exciting watching children develop their curiosity and learn; when they have those eureka moments and realise they can do things – it's magical".



There is notable excitement in Christine Tonkin's voice as she explains why, after over 20 years as a teacher she still gets a thrill from her job. Back in 2006 when Christine arrived at St Mary's as Headteacher, it was a small village school based in St John's Road, with about 90 pupils and five teachers. The School was

facing up to some difficult and challenging issues. Almost 12 years later under her ambitious and very supportive leadership, St Mary's has been transformed into a vibrant, thriving

community school educating and inspiring over 300 pupils at its impressive site in Forest Hall.

Christine says she is proud of the school and the way it has developed. With a dedicated, hardworking staff committed to providing an excellent academic environment, the school is also buzzing with extracurricular activities for the pupils such as sports and music clubs and a rich variety of arts related projects. She believes school should be challenging and interesting, a place where children feel keen to learn, confident they will be supported when they find things difficult, and above all, where they have fun and friendship. Christine can feel proud that throughout her teaching career, she has inspired many young people, who have gone on to take up a variety of important roles in society.

New adventures

Christine loves the great outdoors; before she decided to become a teacher she worked in agriculture and environment. It is an area she would like to pursue once again in her retirement; perhaps working with organisations such as the National Trust or Wildlife Trust. As she bids a fond farewell to the pupils and staff at the end of term, Christine is going happy in the knowledge that she is leaving behind a strong school, which has exciting times ahead.



Ken Whyne
Editor

MAGNA CARTA PRIMARY SCHOOL

www.magnacarta.essex.sch.uk

You are never too young to have career aspirations. That was the thinking behind a visit to the school by author Hollie Hughes. The writer of *Ninja Nan* and *The Famishing Vanishing Mahoosive Mammoth* visited the reception and Year 1 pupils to inspire them to become authors in future.



She also read excerpts from her two books before answering the children's questions and signing their books. Sophia Tanner, receptionist, said: "The children thoroughly enjoyed listening to Hollie. She managed to grasp their imaginations while reading her books and they were asking some fantastic questions. I believe we might have future authors here at Magna Carta".

Karen Mann
Acting Head of School



STANSTED VILLAGE HARVEST SUPPER



The change of venue to St Theresa's did not stop this year's event being the usual sell-out where those lucky enough to obtain a ticket feasted on fish (or chicken) and chips followed by a choc ice. The after-supper entertainment was great fun and enjoyed by all. Already looking forward to next year!



Vocal items from St John's Liz & Kathy, St John's Junior & Senior Choirs and Quaker Sue



An entertaining sketch from Terry Pratchett's Discworld by the Free Church

A poem by St Theresa's Tony and a Surprise Item from The Two Peters



Musical Items from St John's, The Mad Hatters and St Theresa's Des

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We actually hope you didn't because that means that we have probably done our job well. We spend a lot of time practising our 'drill' and we aim to march in perfect formation. We wear our formal uniform with light blue shirts, black ties and berets and our shoes are highly polished. We marched from the library, down Chapel Hill to the church while the road was closed for the 14 minutes it took us to make that procession. We were followed by the different local groups that also took part in this special event. The Last Post was played on the bugle and the flags lowered in tribute to all our brave servicemen and women who lost their lives in conflicts around the world. The names of our local heroes were read out by local schoolchildren, and the whole event took place around the War Memorial.



Photo by Judy Colliver

Would you like to join Air Cadets? We welcome both girls and boys from age 12 to 17. Our next recruitment evening will be on Monday 15th January at the squadron. See our Facebook page – search Stansted Air Cadets.

Rachel Alexander

I expect most of you will have seen the ongoing painting at the mill. Soon the shutters should be going back in place and with good weather the Mill will be back to normal by the end of the year. At the time of writing everything is in place for our coffee Morning on Wednesday 22nd November. I hope you were able to make it and if so, many thanks for your support and hope you enjoyed it.

We now look forward to seeing you all and the children at our **Christmas Opening** on Saturday 2nd December noon-5.00pm. We hope that it will be great fun for the children who, for just £4, will be able to see Santa in his Grotto and receive a present from him. We will again be entertained by 'Twisto' the balloon artist and magician. We would like to see lots of children in fancy dress, perhaps Disney or festive characters or any other ideas you may have. There will be a prize for the best dressed girl and boy. There will be squash, biscuits and sweets for all. For adults there will be a raffle, mulled wine, tea, coffee, mince pies and more. We welcome your support. We at the Mill wish everyone a very Happy Christmas, a peaceful New Year and best wishes for 2018.



Molly Clark
Co-Trustee
Tel: 816768

THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk



Native evergreen trees include the holly, Scots pine, yew and juniper. During the chillier winter months these can provide a welcome leafy contrast to the stark silhouettes of the deciduous trees which have shed their leaves. The red berries of the holly contrast with its dark prickly leaves and are carried on the female trees. They provide useful food for hungry birds at the turn of the year. The sombre needle-like foliage of the yew covers a red trunk that can become deeply furrowed with age. The branches of a female yew will be studded with many red arils, cup-like berries, each surrounding a green seed, which attract birds, and the green poisonous seeds inside pass through the bird's digestive system to germinate elsewhere. The yew's foliage is toxic, so they are not welcome in areas where livestock could browse them. Yews are exceptionally long-lived and are often associated with ancient sacred sites. Most old churches in the Hundred Parishes contain at least one yew tree. Determining the age is difficult as they grow slowly or are hollow, but some pre-date the adjacent building, such as the yew by Thorley Church which is considered older than the 13th century church. In the 18th century, clipped yew hedges were a feature in the gardens of fine houses. They were also included in 19th century cemetery plantings, alongside weeping trees which symbolised grief. Bridge End Gardens in Saffron Walden has clipped yews in the Dutch garden. In quieter corners of most parishes, the yew stands as a symbol of longevity, ready to sprout as the days lengthen with the arrival of the New Year.

Tricia Moxey
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BEEKEEPING

In the New Year I shall be giving up the Chairmanship of the Bishop's Stortford Beekeeping Association - it is time for new blood and new ideas. This means I won't be writing this column on a regular basis, although I might let readers know of any really interesting news in the bee world. The most pleasing thing over the last few years is that Bishop's Stortford Beekeeping Association has grown from nine members to over 100, as we introduced the Beginners Course which has produced well over 100 people now able to keep bees. We now also offer swarm collection free of charge to the public where our Swarm Officers will collect swarms which normally would not survive, and give them to members who nurture them into viable colonies. We also have our own apiary on land owned by the Town Council where members can have their bees if their own gardens are not suitable. We support local organisations by giving talks on bees. Lastly, we support the town through Carnival, the Farmers' Market, and other local events. All this is in support of our objective in halting the decline in the country's bee population.

My most disappointing thing? When I wrote in The Link suggesting to the Parish Council that we give every household in Stansted a packet of wildflower seeds and designate a day when everyone walks the villages footpaths and byways and scatters the seeds in the hedgerows: absolutely no response. We could have got the packets of seeds through the Coop who are the second biggest farmers in the UK, the biggest natural honey producers, and had already given us packets of seed to give to children's groups to plant in their own gardens. Not one councillor responded.

My thanks to all those who have regularly read my articles, and to those who have contacted me on all matters to do with bees.



John Dockerill
Chairman

Bishop's Stortford Beekeepers Association
Email: chair@stortfordbees.org.uk

LAST POSTING DATES IN DECEMBER FOR CHRISTMAS MAIL

International

2 nd	Africa, Middle East
6 th	Asia, Cyprus, Far East, Eastern Europe (except Czech Republic, Poland and Slovakia)
7 th	Caribbean, Central and South America
9 th	Australia, Greece, New Zealand
13 th	Czech Republic, Germany, Italy, Poland
14 th	Canada, Finland, Sweden, USA
15 th	Austria, Denmark, Iceland, Portugal, Netherlands, Norway, Slovakia, Spain, Switzerland
16 th	Belgium, France, Ireland, Luxembourg

United Kingdom

20 th	2 nd class post
21 st	1 st class
22 nd	Special delivery



STANSTED MOUNTFITCHET EVENING WI



Carol James gave such an interesting talk on **Costume Jewellery**, bringing along some very lovely examples. Her interest in jewellery started at a very young age and she still has a 'Mickey-Mouse' watch, which she counts as fashion jewellery of its time. She recalled how after the war plastic was invented and plastic jewellery became fashionable. Most of us remembered the strings of poppet beads that invariably became un-popped and spilled all over the floor, to be sucked up by the Hoover. Foreign holidays became popular and accessible, and meant that rather more exotic jewellery began to appear, including Murano glass and micro-mosaics. Carol discovered Butler and Wilson who started their jewellery stall in the Kings Road in 1969, on which they sold copies of antique jewellery which they designed themselves. They became incredibly successful, making jewellery for many stars – including Faye Dunaway and Dame Edna Everidge! Princess Diana was one of their devoted customers. They also designed the Regent Street lights one year. Carol just loves all their jewellery and has managed to collect many examples of their designs, which must be worth a fortune now. She really didn't like the chunky jewellery of the 90s and I think despairs of the new trend for tattoos, rather than jewellery, for ornamentation.

We look forward to our trips to 'Sister Act' at Rhodes and '42nd Street' at Drury Lane Theatre. Our Craft Group meets on the second and last Fridays of the month in the Day Centre at 2.30pm. We welcome anyone to tea and chat as well as craft; you do not have to be a WI member.



The speaker on Thursday 14th December is **Julie Pollard** on **Floral Art**, and on Thursday 11th January **Richard Thomas** will present **The Story of the Stort**. We meet at 7.30pm in the Day Centre – visitors always welcome



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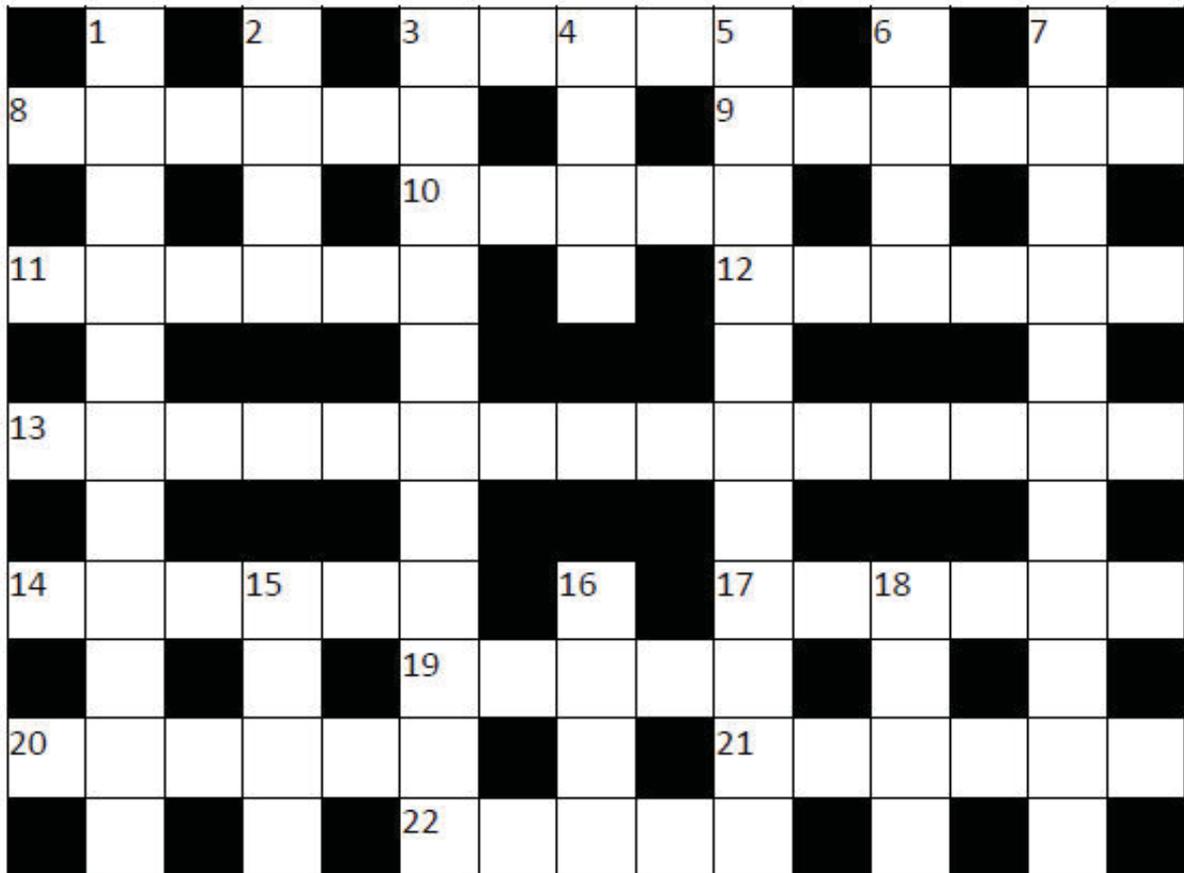
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FUN AND GAMES PUZZLE TIME



Compiled by Roger Wardle. Answers on page 43

ACROSS

3. Meat served with 10 (5)
8. African country (6)
9. Ocular cover (6)
10. Meat served with 3 (5)
11. Music which sounds wrong (6)
12. Thackeray's fair (6)
13. The other 9/10 are below the water line (3,2,3,7)
14. Take no notice - how rude! (6)
17. One takes off their kit in public (6)
19. Broken German (5)
20. Old pupils of school or college (6)
21. Blood factor or monkey (6)
22. Slow mournful music (5)

DOWN

1. Tudor petticoat, old coin on beer (11)
2. Precipitation (4)
3. Young outlaw of the wild west (5,3,3)
4. Our ancestors dwelt in it (4)
5. GCHQ or the Pentagon, say (5,6)
6. Noble gas in strip light (4)
7. Pleasing vistas are this (11)
15. Units of electrical resistance (4)
16. Knights won a pair of this (4)
18. Eating regime (4)

DEMONYMS – CAN YOU SPOT THE LOCALS?

The term demonym is used to describe people from a particular locality. Here are a few local ones that are fairly easy to identify.

1. Chelmsfordian
2. Hertfordians
3. Cantabrigians

These ones are a bit further away and a bit more obscure!

4. Loiner
5. Novocastrian
6. Plaudian
7. Sand Grown'uns
8. Sihillians
9. Salopians
10. Stanstordians

No prizes here as 'Pointless' regulars have an unfair advantage.

Compiled by Trevor Lloyd. Answers on page 35

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

TWINNING WITH RUNGIS - UPDATE

We are in the process of establishing our Twinning Association to work with a similar group in Rungis, comprising representatives of the Parish Council, local schools and Business Forum.

Towards the end of November our Chairman, Maureen Caton, had a starring role in a "Welcome" video which was shown to a public meeting for the parishioners of Rungis. The Twinning Association will now work on drawing up an official Twinning Charter for each community to sign in 2018.

VILLAGE STREET LIGHTING

Many residents may not be aware that the Parish Council owns around 70% of the street lights in the village, which is an unusual situation compared with other communities. Some of you may have your street lights turned off around midnight and these are owned by Essex County Council, whose policy is in marked contrast to our policy which is to keep lights on all night. For some of you keeping the lights on all night is a nuisance, especially if your street lights are the upright, round design which offers a 360-degree spread at first floor window level. This design is mainly concentrated in the Hargrave estate, so we are conducting an experiment along Croasdaile Road, where we have changed to LED light fittings. At first the contrast of light to dark patches was unsettling, so we are extending the height of the columns by 1 metre to minimise the extent of shadow between the lights. There is one light out at the moment, due to circumstances beyond our control, which we are trying to resolve with UK Power Networks. Your feedback on the results would be greatly appreciated.

Other lighting news: following the installation of antique style lanterns around the Recreation Ground, we are extending them around the Windmill, which is to have its own floodlighting converted to LED. Unfortunately, owing to budgetary constraints, wholesale conversion to LED across the village will be impossible. However, apart from the obvious cost savings, there is the added advantage in the reduction of light pollution and offering a better night environment for wildlife.

With regard to the LED street lights along Cambridge Road, we have approached Essex County Council and suggested that they are far too bright and asked for them to be dimmed. So far they have failed to respond to our request.

The Parish Council would like to thank Mr and Mrs Harris for their kind cooperation in providing lighting to the pathway connecting Gilbey Crescent and Croasdaile Road.

VILLAGE FIREWORK DISPLAY

The change of venue for this year's Fireworks event caused a few logistical challenges, but thankfully, after a rather dismal day of weather, we had a reasonable evening and a good sized crowd enjoyed a spectacular firework display organised by James Deeks and his



crew. A big thank you to the Scouts for organising the BBQ and to Richard and Luke Thomas for setting up the PA system and organising the music. The photographs are courtesy of Luke.



HANGING BASKETS AND FLOWER BEDS

The Open Spaces Committee have recently undertaken a review of our floral displays with our new gardening contractor. Feedback from residents on this year's displays have generally been very positive so our plans for 2018 don't involve any significant changes.

Our contractor has been asked to produce a plan for winter planting and also to explore ways of getting more Autumn colour in The Memorial Gardens so they look at their best for the WWI centenary events in 2018.

It was agreed that the red geraniums in the hanging baskets had worked reasonably well, but it would be nice to have more colour in them next year.

If you have any views on floral displays please contact the Parish Council office using the contact details on page 24.

PLAY AREA SURVEY RESULTS

Forty residents completed our play area survey, of whom 65% were in favour of the idea of the Parish Council providing a basketball ring with practice area and outdoor table tennis table at the Bentfield Play Area and on The Rec. A small number of residents living adjacent to The Rec raised objections to the proposal. There were no objections to the Bentfield Play Area proposal.

At the Open Spaces committee meeting on 18 October it was agreed to seek funding for a basketball ring and practice area at the Bentfield Play Area. If we are successful in our funding bids we will go ahead with the proposal and after assessing this, reconsider the possibility of installing something similar at other sites in the village.

NEWS FROM THE DISTRICT

Cllr Geoffrey Sell writes District Council Report

Bloor Homes

After over 20 years as a councillor I thought very little would surprise me. However, their decision to build a sales office in High Lane without planning permission was one. Uttlesford planners often come in for intemperate and unjustified criticism. As my colleague Cllr Alan Dean said, what district council officers did was to "adopt an excellent and appropriate fresh and innovative approach in dealing with the blot on the High Lane landscape. By deciding the "blot" amounted to an advertisement, immediate action could be taken by UDC. Unauthorised adverts have to be taken down immediately."

The Council's Development Manager acknowledged the importance of the "clear unified approach by residents." When councillors and residents work together a lot can be achieved. My thanks go to all those who signed the petition and helped take on one of the largest housebuilders in the country. Special thanks should go to Caroline Bedford who played a large part in ensuring a successful outcome (for full details see page 11).

A Thin Blue Line

The Leader of the Council and myself recently welcomed the High Sheriff of Essex to Uttlesford. A presentation was given by the police. The good news is that we are the safest district in Essex with 39 crimes per 1000 population. Less good news was that reports of crime had increased from 2546 in 2016 to 3347 in 2017, whilst violence against the person (which includes domestic violence) also showed an increase from 660 in 2016 to 854 in 2017. Essex Police have been historically under-funded. What concerned me was that the establishment of police officers in the Braintree and Uttlesford division was a third less than it should be. The Essex Police and Crime Commissioner has been on the national media putting the case for increased funding. Let us hope that the Government listens.

A Chairman's Life

I am enjoying my year as Chairman of Uttlesford District Council. Apart from chairing full council meetings it involves representing the council in civic engage-



ment across Essex. The picture above was taken at the Support4Sight exhibition on Saturday 7 October at the Saffron Walden Town Bowls Club.

One of the challenges is explaining to people where Uttlesford is. I have been conscious of the huge development pressures facing Essex. All local councils are grappling with their local plans and inevitably taking tough decisions over where to site the additional hous-

ing required. Uttlesford has decided, in my view correctly, to create new garden communities. It is proposing them in Uttlesford North (Great Chesterford), Easton Park (near Dunmow) and west of Braintree (Stebbing) With so much development there will be significant pressures on our infrastructure i.e. roads, hospitals etc. It is crucial that communities are not built without the requisite infrastructure to accompany them.

Being Chairman gives me the opportunity to raise the profile of Stansted. I am pleased that the civic carol service, in association with Stansted Parish Council, will be held in St John's Church on Tuesday 5 December at 7 pm. Forest Hall School year seven pupils will be taking part in the service. There will be a retiring collection in aid of my chosen charities: Essex Wildlife Trust and Support4Sight. All are welcome.

TRANSPORT REPORT

In May of this year Valerie Trundle and Joy Thomas received letters requesting information concerning any damaged bus shelters that we might have in Stansted. They duly replied stating our concerns regarding several shelters. There has been a considerable delay in processing the responses, for which we have received apologies, but as there is only one workman who deals with infrastructure, including bus shelters, in the whole of Essex, our needs will have to wait!

BUS ROUTE 7/7a

We have received many complaints regarding the running of the "Trusty Buses", owned by Galleon Transport. These complaints vary from the general state of the bus, its lateness, to the way in which the bus is driven. Ray Franklin, who is the transport representative for Elsenham, has been very helpful in contacting Galleon Transport, stating the concerns of passengers using these "new" buses. Galleon has replied that they have taken over the route at very short notice, when Acme, the previous provider, decided that, due to lack of funds needed to keep the 7/7a bus up and running, they could no longer sustain the route.

Some of the problems that have been reported concerning the Trusty buses, are due to "unavoidable" circumstances, such as, having to wait at the Elsenham level crossing for a long time. This tends to result in lateness. Due to being late the driver then tries to make up his time by driving somewhat faster than he should. Of course this is not good and the drivers have been advised not to take this action. Also, some of the Trusty buses are very long and not really suitable for our narrow roads, which makes manoeuvring the bus rather difficult at times. The fact that the area that the 7/7a covers has been dogged with road closures and diversions has given rise to other problems as well.

In conclusion, we have at least got a provider who is willing to try and keep the 7/7a bus route going, despite problems, and if we complain too much, we might be in danger of losing the route altogether.

ESSEX POLICE ADVICE

During the winter months, burglary increases by 12.8%. Most burglars are opportunists and will look for ways to enter your home where they find an insecure point. These are just a few actions you can take to make your home more secure.

- Close and lock all windows and doors every time you leave your house or go to bed
- Make sure your door is locked properly i.e. lift the handle, turn the key and then remove the key
- Do not leave your keys by the front door or in view of windows but ensure they are easy to access should you need to get out in an emergency
- If you have a burglar alarm, use it at all times, even when you're just popping out, or zone off areas before going to bed
- Secure your boundaries and ensure access to your garden is not easily obtained
- Secure your sheds and garages as they contain valuable items and tools that can be used to break into your home
- Leave lights on or on timers to give the impression your house is occupied
- Don't leave valuable items on display
- Mark your property and register your items free on www.immobilise.com
- Do not 'check in' on social media, as this identifies your house is empty.

Every Christmas we hear a horror story of a house being broken into and presents being stolen from underneath the tree. Please don't let your guard slip over the Christmas period and make sure you do all the basics to keep your home secure.

DATES OF PARISH COUNCIL MEETINGS

December

6 Finance and General Purpose

13 Full Council

January

10 Full Council

17 Open Spaces

31 Full Council

CONTACT DETAILS

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

PARISH COUNCIL MEMBERS

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John Salmon	814789 dandjsalmon@gmail.com
Geoffrey Sell	815925 sellgeoffrey@yahoo.co.uk
Valerie Trundle	813433 Prtvrt@btinternet.com
Daphne Wallace-Jarvis	812259 dwwjwj.444@gmail.com

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

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

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For an appointment please email your name and address to: kemi.badenoch.mp@parliament.uk. Alternatively phone the Old Armoury on 01799 506349.

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PARISH PUBLIC TRANSPORT REPRESENTATIVES

Valerie Trundle - 813433 Joy Thomas - 813871

STANSTED LIBRARY

The Library has moved temporarily into the ground floor of Crafton Green House (the building where the Parish Council Office is on the first floor), and has reverted to normal opening hours:

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Wednesday 2.00 pm - 5.00 pm

Thursday 2.00 pm - 6.00 pm

Saturday 9.30 am - 5.00 pm

For more information tel 03330 132636

Email: ruth.stickley@essex.gov.uk





ELSENHAM GUIDES – WHAT DOES THE FUTURE HOLD?

I have been running the Guides since I moved to Elsenham 40 years ago and have loved every minute. To enable the Unit to carry on in the New Year we need to find an adult who is willing to train to become the new Guide Leader. I am happy to stay and see the training through and be a helper to assist this person to run the Guides. This must happen otherwise Elsenham Guides will sadly have to close, as we cannot function as an active, thriving Guide Unit with only myself and a parent rota.



We hope Elsenham Guides will continue as there are 18 young, energetic and enthusiastic girls who love attending and enjoy everything we do. We are also lucky enough in Elsenham to have Rainbows and Brownies who move on to join the Guides. If you would like find out further information about the role, please feel free to contact me.

Teresa Soper
Email: Teresa.soper@talktalk.net



www.rainbowpreschool-stansted.co.uk

This half term has been very busy: the Adventurers have undertaken a science project, sowing cress seeds in small pots, which they have taken home to look after and to keep a pictorial diary of what happens to them. It has been discussed how best to look after the seeds and what changes may (hopefully!) occur. Both groups have made firework pictures, which are on display, and the children have made poppies and a wreath to remember Armistice Day and Remembrance Sunday. Preparations are already under way for the annual Nativity Play, which will be held in St John's Church, when the Christmas Hamper Raffle will be drawn.

The children will also be visiting the residents at Mountfitchet House to sing a selection of Christmas songs to them before the end of term. Rainbow will again be taking part in the Christmas Tree festival



at St Mary's; remember to look out for our tree should you visit the church.

We have two *Thank You's*:

- Firstly, to the Firefighters at Stansted for their generous donation - we have purchased some fire station related toys.
- To everyone who contributed to our Happy School Bag Collection. We raised £156.60, which we have used to purchase a Happy Land Fairy Boot and house plus two new buggies.

We are pleased to welcome Yasmine, a Level 3 practitioner, to our team. She will be working mainly with the Explorers. Rainbow Pre-School takes children from 2½ years to rising 5. If you are interested in applying for a place for your child, please visit our website for details. You need to put your child's name down now, however young to ensure a place.

Gill Pursglove
Administrator
Tel: 814 242
Email: admin@rainbowpreschool.net



RSPB STORT VALLEY LOCAL GROUP

www.rspb.org.uk/groups/stortvalley/events

Our next monthly meeting on **Tuesday 12th December** is a Christmas Special entitled *Inspired by Birds* by Peter Holden MBE. Peter is one of the RSPB's longest serving staff members and his presentation will use illustrations and music from artists and composers who have drawn their inspiration from nature - especially birds. Peter's presentations are entertaining and informative and appeal to anyone with an interest in wildlife. Everyone is very welcome! Mince pies, mulled wine and raffle will add to the Christmas evening. Booking is essential. Tel: 07808 684723 or email: simon.hurwitz@ntlworld.com.

Our next walk on Saturday 6th January 2018 is at Walthamstow Wetlands. Meet at Walthamstow Wetlands car park - N17 9NH at 10.00am. Walthamstow's 10 Reservoirs, renamed as Walthamstow Wetlands, are being transformed into a distinctive urban wetland nature reserve and centre for learning that is unprecedented in size in London. This 211 hectare site is internationally recognised as significant for wildlife, particularly overwintering wildfowl and will continue to be an operational water supply site for Thames Water. For more information contact Lee Jaques on 07454 801894.

The January monthly meeting on Tuesday 9th features a talk by Russell Savory entitled *Wildlife Through the Lens*. Nationally renowned wildlife photographer Russell is well known for his appearances on BBC Springwatch and Winterwatch. He will talk about his passion and dedication to getting to know his subject, spending time with them and getting close. He will convince us that anyone can do it!

Talks are held at Bishop's Park Community Centre, Lancaster Way, Bishop's Stortford (next to Tesco) and start at 7.30pm. Entry is £3.00 for Stort Valley members, £5.00 for visitors.

Sheila Bowles
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HUW JOHNSON CLUB



The Club, a social group for adults with learning disabilities, has a lot to look forward to over the next few weeks before we start our winter break. Activities include a trip to the theatre, a Christmas-themed arts and crafts evening, and a performance by local band **20cVox**. Recently we have enjoyed sausage and mash at the Chequers Pub in Ugley; a Halloween Fancy Dress competition and disco; and our annual fireworks night. PCSO James Graham came along one evening to talk to us about policing, personal safety and the Essex 'Keep Safe' scheme. We even got to look around Essex Police's only marked Land Rover, flashing lights and all! Our annual Carol Concert is on Wednesday 8th December at 7.30pm in St John's Church – all are welcome. We then have the pantomime in Cambridge to look forward to in January and our Not-Quite-New Year Party in February. We restart for the Spring Term on Thursday 22nd February.

As we head towards Christmas, we would like to take the opportunity to thank everyone who has supported the Club over the past year. So whether you have volunteered, driven, escorted, donated, baked, run, sat on our Committee, played an instrument, marshalled or hosted a Club evening, **thank you so much from us all**. We really do rely on your support ... and if your New Year's Resolution is to volunteer for a local charity, then do get in touch! We wish you a very Merry Christmas and a happy, healthy 2018.



Katharine Collis
Tel: 461270



New Government figures undermine airport claims on urgent need for expansion

Claims by Stansted bosses that the airport's growth potential over the next decade is being severely limited by the present cap on numbers at 35 million passengers per annum (mppa) are being called into question by Stop Stansted Expansion (SSE) following the publication of new Government figures. While the airport's owners, Manchester Airports Group (MAG), predict that Stansted will be bursting at the seams by 2023 and needs an increase in permitted numbers to be able to accommodate 43 million passengers in 2028, the Government's long-awaited UK Aviation Forecasts published in October forecast that Stansted should expect to handle 31 million passengers annually by 2030, and 35 million by 2033. Furthermore, if a third runway is built at Heathrow, the Government projects that demand at Stansted would actually *decline*, from 24mppa in 2016 to 22mppa in 2030! The forecasts also show that Ryanair's dominance at Stansted has increased, carrying 82% of all passengers in 2016 compared to 64% in 2011. All the other Stansted airlines have declined from 5.8m in 2011 to 4.4m in 2016.

Sarah Cousins
Campaign Office Manager
Tel: 814961
Email: info@stopstanstedexpansion.com



www.eastonlodge.co.uk

Seasonal greetings from the Gardens for Christmas and the New Year! We hope you will visit us again in 2018, to see the Gardens in their glory at different times of the year. Although the Gardens are now closed, our volunteers are still hard at work, whilst also enjoying the tranquillity of the gardens in the winter light and of course cakes and camaraderie! Have you thought about joining us? Our volunteers keep on top of the Garden maintenance and work on active restoration or renewal jobs. For example, over the closed season they will be rebuilding the platform providing views onto the fishing lake at the bottom of the Glade and attacking the far end of the walled garden, so that in 2018 it will all be tended and look a picture as well as bearing more produce! We have volunteers with a wide range of skills – and can provide support for less experienced volunteers who would like to join us.



Our new website is now live and provides a wealth of recent photos of the Gardens. We will be continually updating the website. So if you have your own favourite photos of the Gardens that you would like to add to our photo gallery, please do send them to us! Finally, it is not too late to order our calendar for 2018, full of lovely pictures of the Gardens. Contact us to order a calendar or find out about volunteering.

Jill Goldsmith
Tel: 01371 876979
Email: enquiries@eastonlodge.co.uk

STANSTED MESSY CHURCH

www.stanstedchurches.com/messychurch



Our next event is on **Sunday 28th January 3.30pm-5.00pm** at St Mary's School. This relaxed and lively style of church for all ages has activities, celebration and food, and plenty of **fun**. Everyone is welcome, particularly families with children aged under 12, and there is no charge. See our website for more details.



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COULD YOUR SOCIAL LIFE DO WITH A BIT OF A BOOST?

In 2017 **Stansted Social Life** was formed. In our first year we organised 36 events - that's an average of three things a month for people to come along to.



So are you going to join us in 2018? Here's what you need to know:

1. Stansted Social Life is a Facebook group - it's where we publicise our events so you'll need to join us - just type **Stansted Social Life** in the search bar.
2. We run a Saturday coffee morning in the village once a month - although Stansted bacon sarnie club might be its new name.
3. We organise a Friday night monthly drinks in Stansted (or sometimes Stortford if we're feeling adventurous).
4. We're partial to a meal at an Indian, a Chinese, particularly a Turkish and we're going Seafood in 2018. Variety is definitely the spice of life.
5. We do like a dance and music - we've been to Stansted's Music in the Park, Saffron Walden's carnival events, tribute bands at the Stansted Social Club and can often be heard singing on our way home (sorry, neighbours).
6. We've got some lovely generous members, who have hosted us for barbecues and 'after pub' drinks on several occasions.
7. We're aged between 30 and 60(ish), women and men, some of us are single, some are in couples and we are all up for a laugh and a chat.
8. Some of us are still sitting on the side-lines and yet to attend an event. That's OK but we do want to encourage everyone to come out and not just watch from afar.
9. We'll meet you outside a venue if you don't want to walk in on your own.
10. We were all new once!

If you've read this far, chances are you want to find out more. You can message me through Facebook if you have any questions or just join the group and see for yourself. We look forward to seeing you soon.

Lois Prior

RECYCLE YOUR CHRISTMAS TREE

Sunday 7th January 12.00pm-3.00pm at the far end of Lower Street Car Park.



STANSTED SOCIAL CLUB

The run-up to one of our busiest times of the year has started and we have lots of good entertainment planned for the remainder of 2017 and into 2018! Work is moving forward on the kitchen and we are aiming to finish the work by mid-December. We also launched a GoFundMe page to raise the necessary funds to complete essential repairs that are needed to the structure of the building but primarily the tower. The Club is a non-profit organisation and we currently don't have the funds to carry out the work needed. It is literally a case of every little helps, so if you can donate anything we would be extremely grateful! Even better, if your company can donate a larger sum we can start the work sooner rather than later. The link to the fundraising page is <https://www.gofundme.com/stansted-club-tower-fund>.

November saw our old friends from Goat Patrol make a return visit and we also welcomed back Retro. The Arch Rivals went down a storm on their first appearance at the Club, and it certainly won't be their last! December brings the usual Tuesday night bingo which starts at 8.00pm. We are looking for a new bingo caller so if you can help out please get in touch. The **children's Christmas Party** is on the 16th, the **seniors' lunch** is on the 20th and on Friday 22nd December we have **The Four Blokes** making their first appearance at the Club. You can welcome in 2018 at the Club when we will be hosting a New Year's Eve disco. Next year will see the return of The Innerheart Band in January, SCAM 69 in May and Popgun in November. Keep checking the Facebook page or website for further info! Have a great Christmas and New Year!

Andrew Sharpe

Email: eatmorestilton@gmail.com



UGLEY WOMEN'S INSTITUTE

Alyson Bailey and her canine assistant Maddie came to entertain and inform us about the vital work done by **The Guide Dogs for the Blind Association**. Alyson explained that guide dogs work until the age of eight and are then able to retire but the blind person has the option to keep the dog for life. We were told that it costs £53,000 for the life of the dog, covering veterinary bills, food and training. There are two training centres in the UK; one in Woodford Green and the other in Leamington Spa and guided tours are available at both. Alyson brought a good selection of fundraising items to sell, giving us the chance to do some Christmas shopping and help an essential charity at the same time, plus make a fuss of Maddie! To round off the very interesting meeting Alyson judged our competition for a dog ornament.

Our December meeting is a Christmas party to be held at our President's home and so is open to members only, but our January meeting will be held on Wednesday 17th January at 2.15pm at the usual venue, Ugley Village Hall, when **Patricia Young**, retired midwife, will be talking about her life with the stork. Why not come and meet her? You would be most welcome.

Andrea Fitt

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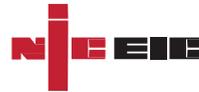
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CONFUSED AT CHRISTMAS ...?

Well it's coming up to the time of year that I love best but, if you think about it, Christmas must be very confusing for animals. First of all, you bring a tree inside and expect cats not to climb it, and as an extra test of willpower you hang glittery moving things from it! Then you wrap up interesting smelling things and put them under the tree and expect your dog to keep behind an invisible cordon that only you know about. For a few weeks there'll be an atmosphere of slowly rising excitement or hysteria, depending on who is doing most of the organising, culminating in groups of strange people coming and going. They may be small, noisy and overexcited, or older, wobbly and unpredictable, depending on their age or amount of alcohol consumed; and that's before we get into the unusually rich food that you've been given or stolen (yes, you Labradors, we've got our eye on you), or the celebratory fireworks, or the medication that may have been forgotten. It's a wonder our pets make it to January without being permanently traumatised! However, you can rest assured that at Mercer and Hughes we'll be here to help you through the festive season. The vets and nurses take it in turns to be on call, so there is always a team on duty to help you pick up the pieces if things go wrong. Just ring the surgery number and you'll get our answerphone telling you which vet to call. I've pulled the New Year shift this year so will be singing *Auld Lang Syne* with glass of orange juice in hand. We also have normal surgeries on Christmas Eve, New Year's Eve and the week between, so plenty of time to stock up on your pet's food and medication. Happy Christmas Everyone!



Ilse Pedler
Mercer and Hughes Veterinary Surgeons



www.mountfitchetgardenclub.co.uk

'Rethink your garden' was the topic of Andrew Sankey's talk. 'Rethinking' is very different from 'redesigning' where you start with a blank canvas. Using examples from his own and his mother's garden, members were shown how little by little an area in a garden can be altered so that the right plant grows in the right place with the right type of soil! Members were told not to be afraid to compost plants that did not grow – people are often tempted to buy a plant as it looked fantastic in the garden centre only to find it dying at home, blaming themselves rather than the conditions for killing it. Read the labels, visit local 'open' gardens where conditions will be similar to your own. Many 'tricks of the trade' were given - a useful one for smaller gardens is to use curves as the garden feels larger by giving a wide border from the arc to the corner thus allowing a tree, statement plant or ornament to create a focal point and also the illusion of greater depth. Successive planting also lengthens the flowering period. Incorporating a secluded area for a table and chairs was also recommended – the garden should be enjoyed with either a cup of tea or glass of wine! If you like to sit out in the evening, a white planting scheme was recommended as the moonlight is enhanced by this colour. Colour schemes can also affect the 'feel' of a garden - hot bright colours close to the house with cooler blues and

whites in the distance to give a calming effect. 'Rethinking' your garden takes time and should be enjoyed along the way!

The meeting on 6th December 7.30pm for 8.00pm is the **Bring and Share Christmas Party**. There is no meeting in January. The first meeting of 2018 will be on Wednesday 7th February, when Jacqueline Aviolet of Rosie's Garden Plants will be talking about **Growing Herbs – their culinary use and influence in culture**. Merry Christmas and a Happy and Prosperous New Year.

Maralyn Harris
Chairman
Tel: 07919 478144



We had a very busy and quite buzzy meeting of the Business Forum on 3rd November at Linden House. Chris Wiggan, Head of External Affairs at Stansted Airport, gave a very interesting talk about the growth of customers at the airport and the plans for the new arrivals terminals. There are over 200 businesses involved in the airport. Our members were particularly interested in how to advertise their businesses at the airport, especially hotels such as Linden House. The Forum has nominated Support4Sight as its charity of the year and Gary Hyams, CEO, gave an overview of the work they do to support blind and visually impaired people. The charity provides equipment for people newly diagnosed with a visual impairment and has desks in local hospitals to help those with the shock of losing their sight. Staff also make home visits to support people in their own environment. Paul Atkins, the Centre Manager, is blind and gave a heartfelt talk about his journey from losing his sight and finding a job at the charity.



Looking back over the year, we have been privileged to have such high-quality and interesting speakers at our business breakfasts. We were pleased to welcome our new MP, Kemi Badenoch, Howard Rolfe (leader of the Uttlesford District Council) and Mike Hibbs, District Councillor for Saffron Walden. Our next meeting will be on Friday 2nd February at the Ash pub in Burton End. Contact Peter James on 813318 or email Peter.James@murdochsestateagents.co.uk to book your place - don't miss out!



Iris Evans
Treasurer

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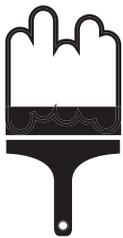
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Since its completion in the summer of 2015, the embroidery has been taken to Kensington Palace at the invitation of HRH The Duchess of Gloucester; as a stitcher herself, she greatly appreciated the work. Thereafter it was displayed at Chelmsford Library until the end of that year. In 2016 it was part of a Magna Carta display in Saffron Walden Museum.



This year the embroidery has been in the care of Stansted Hall, the Arthur Findlay College, where Students from around the world have been able to view it. There it should remain until next year when it can be displayed in its new home at the Library Hub.

Leila Riddell

IT'S NOT WORTH GETTING INTO DEBT AT CHRISTMAS

While the majority of us look forward to the festive season, Christmas can be a stressful time for others. The average person spends around half their December pay packet on Christmas, and many of us end up borrowing to fund the cost of gifts and celebrations. It is important to remember that security is more important to your family than any Christmas present, so you should always prioritise rent or essential bills over Christmas spending. If you are expecting to struggle this year, read some of our tips below:

Make a List

It is very easy to go overboard at Christmas without realising how much you are spending. Set a budget, make a list and stick to it.

Think about the experience

Try to choose presents that mean you will have a great day together. For example, playing outside on Christmas morning blowing bubbles is more fun and memorable for children than getting a plastic toy that needs lots of batteries and can't be played with by everyone. Most children would be more excited to have their parents sit down and play one of their new games with them rather than simply getting piles and piles of presents.

Manage Expectations

Younger children have no expectation about how much you will spend on them and their enjoyment of their presents isn't related to how much they cost. The more you can develop gratitude and a love of simple pleasures and fun with your children the less they will be obsessed about accumulating 'expensive toys' as they grow up. Try to instil this attitude early on.

Not everyone needs a gift

At Christmas, many of us feel obliged to give gifts to all our friends and family. The problem is that anybody you give a present to will feel obligated to give you one, regardless if they can afford it or not. Why not have a *no gift* pact with some friends and family and focus on giving presents to the children? Alternatively set a limit on gifts, or exchange homemade gifts instead. Club together with family members to buy something special for a child.

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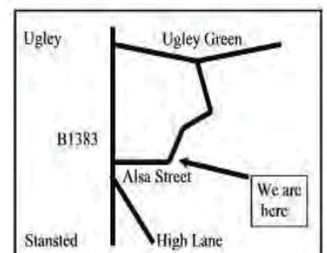
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FESTIVE WINES

We are on the countdown to Christmas but what wines to drink on the big day? For that special bubbly how about an English sparkling wine which, though pricey, are really very good. The widely available **Nyetimber Classic Cuvee** is excellent, at **Waitrose for £35 (but expect Christmas discounts to around £26)**. Other good English examples are Chapel Down Classic and Camel Valley Brut. Fish or shellfish starters require something with a steely bite so my choice would be dry Chablis. It's never cheap, so vintages and growers are important. Look out for 2014 and 2015, and names for value such as Moreau, Brocard and La Chablisienne Co-op. **Domaine Pierre de Prehy Chablis 2014 from M&S at £15.00 or Simply Irresistible Chablis 2015 at the Co-op for £11.99**, both by Brocard, are good examples.



For a turkey main course, with so many competing flavours you need something bold to keep up. Chateaufeuf du Pape from southern France would be an option, but with so many frankly expensive disappointing supermarket versions I would choose something from Lirac, its lesser known and better value neighbour. Try the **Lirac Vignobles Abeille 2015 Mont Redon at Majestic at £13.99** as part of a six mixed case or the lighter **Lirac La Cloisiers 2015 from M&S at £10.50**. For something more fruity try a Zinfandel from the USA such as one of my favourites, the **Ravenswood Lodi Old Vines Zinfandel 2014 from Majestic at £12.99** as part of a six mixed case, often also stocked at Tesco.

If you are feeling jaded after all that food and wine and still have the Christmas pudding to come, fear not! Finish with a lightly sparkling low alcohol (5.5%) sweet wine that goes fabulously with the pud and helps invigorate those flagging taste buds, namely a Moscato D'Asti. Tricky to find but worth it. **Adnams have the La Morandina Moscato D'Asti 2016 at £11.99**. Enjoy!



Paul Wilkinson
Email: corkscrew_456@hotmail.co.uk

A SEASONAL RECIPE

Oat and Mincemeat Bars

A delicious alternative to mince pies.

Ingredients

225g/8oz porridge oats
170g/6oz soft brown sugar
85g/3oz plain flour
170g/6oz melted butter
425g/15oz jar mincemeat
½ teaspoon bicarbonate of soda



Method

Mix oats, flour, sugar and bicarbonate of soda together
Add the melted butter
Press half this mixture into the base of a tin 12x7x1 inches
Spread the mincemeat over the mixture in the tin
Scatter the remaining oat mixture on top, covering the mincemeat
Bake in a preheated oven 180°C/350°F/gas mark 4 for 25-30 minutes until golden brown
Allow to cool before slicing

Margaret Chastney
Tel: 812194



STANSTED MOUNTFITCHET U3A

www.stanstedu3a.org

At the October meeting, **Tony Earle** gave a talk about 'The Thames Barge'. These flat-bottomed vessels, with distinctive red sails, were used for over 200 years to transport all manner of cargo, on the Thames and Medway Rivers. Thirty of these vessels were among 'the little ships' that sailed to Dunkerque. The Barn Dance, held at Manuden Hall on 28th October, was a great success. Everyone joined in, and the fish/chicken and chips supper kept up our energy for more dancing and laughter until 11.00pm.



In October the Bus Pass Group visited The Gibberd Gallery, to see the many varied and interesting works of art. The planned walk to see some of the 84 sculptures, displayed around the town, will be the subject of another visit. The October outing for the Art Appreciation group was to the Munnings Art Museum in Dedham. This special exhibition was entitled 'Munnings and the River', which demonstrated that Munnings painted more than just horses. The rest of the collection was at Castle House, Dedham, where Munnings lived for 40 years. The Art Appreciation group's first meeting in 2018 is on Wednesday 17th January at 2.00pm in the Day Centre, Crafton Green. Potential new members and visitors are welcome. Email: stanstedartappreciation@btinternet.com.

At the meeting on 14th December there will be a quiz, tea/coffee and mince pies. **John Saul** will talk about *The English Spirit Distillery* at the meeting on Thursday 18th January. Both meetings are in St John's Hall at 1.30pm. On Saturday 27th January, at the Stansted Free Church Hall, **Helen Gibson** presents the next **Saturday Seminar, Stort and Malt**. She is a knowledgeable speaker on Bishop's Stortford, particularly the Malt in relation to the River Stort. Tickets: members £4, non-members £5 from Alan on 07817 275563 or email: stanstedseminars@gmail.com. **U3A contact details:** Helen (Chair) 812945, Liz (Secretary) 813270, email: stanstedu3a@gmail.com.



Suzanne Parra

DEMONYMS QUIZ ANSWERS

1 Chelmsford 2 Hertford 3 Cambridge 4 Leeds
5 Newcastle 6 Slough 7 Blackpool (also known as Blackpudlians) 8 Solihull 9 Shrewsbury 10 Stansted Mountfitchet - yet to be officially recognised; if you don't like that how about Mountfitchiates? Other suggestions (nothing too vulgar or offensive please) to the Editor.



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DO YOU KNOW HOW TO TELL THE DIFFERENCE BETWEEN A COLD AND THE FLU?

West Essex Clinical Commissioning Group is reminding people of the difference between colds and flu and that if you are fit and healthy you can usually manage the symptoms of these illnesses with over the counter medication at home. Symptoms of a cold include:

- runny nose - beginning with clear mucus that develops into thicker, green mucus as the cold progresses
- blocked nose
- sore throat
- sneezing
- cough

People with a cold may also suffer with a mild fever, ear-ache, tiredness and headache. Symptoms develop over one or two days and gradually get better after a few days. Some colds can last for up to two weeks. A cold is most contagious during the early stages, when the person has a runny nose and sore throat.

Flu, on the other hand, usually comes on much more quickly than a cold, and symptoms include:

- sudden fever of 38-40C (100-104F)
- muscle aches and pains
- sweating
- feeling exhausted and needing to lie down
- a dry, chesty cough

As colds and flu are still around, **Dr Rob Gerlis, CCG Chair** says "A medicine cabinet with adequate stocks of cold and flu remedies is still important; this along with lots of rest and plenty of fluids will see you back to good health in a few days. See your pharmacist for advice about how to treat your cold or flu in the first instance." For more advice on staying well this winter visit www.nhs.uk/staywell.



STANSTED MOUNTFITCHET LOCAL HISTORY SOCIETY

Watermill Farm and the Watercress Beds

Our meeting on 2nd November was extremely enjoyable and well attended. We heard three speakers give their accounts of the **watercress beds at Watermill Farm** and the experiences they had. The first was **Peter Sanders**; he talked to us about his first encounter with the beds right through to his allotment today and the wildlife that can be encountered there. It is best summed up by his wife's journal entry from 24th April 1988. "We went for an evening walk and discovered a small paradise by Watermill Farm. The waterlands of the Stort with a small rush of waterfall, two planked bridges, dry tall reeds, ducks, a goose and a wonderful feeling of inner sanctuary behind the high bank of the road". Then **Toby Lyons** discussed the History of the mill dating back to the Doomsday book 1086. He went through various maps from medieval times up to 1815.

Toby had details of owners from the Glasscocks to the Goslings (who had a total of 2,500 acres locally). He had photographs detailing the plans of the beds that have returned back to nature to become reed banks, and sluice gates that are still standing today.



The third speaker was **Elizabeth Ashton** who gave us an account from her actual experiences, as her father, **Sam Moule**, worked the beds with his father John pictured below, from about 1931 and took the tenancy on himself in 1941. Elizabeth talked to us about helping on the site when she was a school girl packing and sorting the watercress to be sent to Convent Garden by train. There is still a letter box on the shed opposite Watermill Farm where telegrams arrived from dealers detailing the amount to be sent the next day.

Sam gave up the beds in the late 60s and diversified into growing other plants on a large allotment next to where the watercress beds stood, until he passed away in 1988.

Our meeting on 7th December is our Christmas fun quiz with mulled wine and nibbles; entry £2, all welcome. Our 4th January meeting is a members' evening. Both meetings are at 7.45pm for 8.00pm in the Day Centre, Chapel Hill.

Steve Leaney
Tel: 647177

IMPROVING WALKING (AND RUNNING) – IMPROVING BRAIN

The aim of the exercise in these articles is to help maintain and improve brain function, enabling you to enjoy health and wellbeing for as long as possible. This month's exercise improves the movement co-ordination part of the brain, the cerebellum, and is called **Ball of Foot circles**. Do this exercise without, then with, shoes on:



1. Walk up and down for a minute concentrating on what this feels like.
2. Step **one foot** forward and slightly lift the heel. Try to slightly stretch out your toes.
3. Now press down firmly onto the ball of the foot, bending the knee a bit. Make sure your hip and knee are aligned and the knee is travelling over the 2nd and 3rd toes.
4. Put the flat of your hand on the inside of the knee, NW of the kneecap. You will feel the inner knee muscle, the VMO, plumping up as you repeatedly press down onto the ball of the foot.
5. Now, keeping the VMO firm, circle around the ball of the foot; the knee will now track around the foot. Concentrate on feeling the ball of the foot – its front, outside, back and inside. Do three slow circles each way. **Repeat with the other foot.**
6. Take another walk. Hopefully this feels better.

Now not only does your cerebellum have a much clearer map of the ball of your foot, it also has a better knee tracking map either side of the foot. Injuries happen when we suddenly move a joint into somewhere it never normally goes. Happier brain - now a chance of exercising with happier feet.

Clare Harding
Z-Health Master Trainer

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www.birchangerwoodtrust.org

Much of Birchanger Wood will now be sleeping - the deciduous trees, the bulbs, and all our hibernating animals and insects, but not so Santa Claus, and not so our warden who will still be out and about checking the condition of the trees and paths, and every day feeding those of our compound hedgehogs who have not hibernated. Winter winds cause issues in the wood and combined with periods of heavy rain which loosen up the soil, cause very obvious tree damage; but so does snow, owing to its weight on the tree branches, and by ice which, through its expansion and contraction, splits wood apart, whereas mild winters do not kill the insect population and will produce a good flourish of food in the spring for the woodland birds.



Birchanger Wood by the Girton Youth Project

So, after the Christmas and New Year indulgences, what better than a regular brisk walk in Birchanger Wood to take off some of those additional calories and trim up the muscles and posture? Or just calm down, take in the air and peacefulness of the wood and regenerate yourself. Whatever your choice, have a lovely time and enjoy walking our paths in the ancient old wood. The Trust thanks you all so much for using our wood. **Very best wishes for Christmas and the New Year.**



Daphne Wallace-Jarvis
Email: secretary@birchangerwoodtrust.org

STANSTED IS WELL READ

The next meeting of our book club will be on Tuesday 5th December at 8.00pm in the Dog and Duck in Lower Street, where we will be discussing *Rebecca and the Spiral Staircase* by Stansted author Stephen M Davis. We will also have a Christmas book swap where we will each wrap a book that we have enjoyed, bring it along to the meeting and exchange it for a different one. We will then read our new books, ready to discuss at our January meeting which will be on Tuesday 2nd January. *Please do join us, a warm welcome will await.*



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



www.walksaroundstortford.org.uk

Sunday Walks: all Leaving at 10.00am (except**) 5/6 miles
3rd Dec Refer to Website ... no walk planned as yet ...
17th Dec **Little Canfield, All Saints Church** GridRef: TL587209. Post code CM6 1SU
****26th Dec BOXING DAY DASH LEAVES AT 10.30am** Stansted Castle C/Park GridRef: 515248. Post code CM24 8LY
7th Jan Barkway Memorial, Park on road to the south GridRef: TL384354. Post code SG8 8BS
21st Jan Refer to Website ... no walk planned as yet ...
Due to a lack of walk leaders there is only one walk diarised in January, on the 7th, but do check the website in case a walk has been slotted in at the last moment. A new Albury Walks leaflet, with routes of between 3 and 5.5 miles is available from Hertfordshire libraries, and on the 'Walking and Cycling Routes' page of the Countryside Management Service Website. There is a super coloured booklet of local walks over varying distances called *Saunters Round Stansted*, which may be obtained from the Stansted Mountfitchet Parish Council Office (SMPC) at Crafton Green (not the Day Centre). These walks were drawn up and tested by a local resident, Bill Stiles, and the booklet was produced and published by the SMPC. Our own BSDFA booklet of Walks is available from the Stortford Information Office priced £6.



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



INNER WHEEL CLUB OF BISHOP'S STORTFORD

At our October meeting we welcomed Laura Try, an inspirational young lady, who told us all about her latest challenge which was to row around the British Isles in a carbon fibre, 8.6 metres boat! The Great British Rowing Challenge of 180 miles took 56 days. Laura completed the row with another lady and two men whom she had never met before. In order to do the challenge Laura was required to find a sponsor and raise £21,000. She did this by various means and is now embarking on another challenge to raise £100,000 in order to row across the Atlantic Ocean. She has promised to come back and tell us all about it! In conjunction with people from Great Dunmow, some of our members have been involved with the **Samaritans Purse Shoe Box Appeal**. They filled 52 boxes which will be shipped across the world to various children.

The Club meets at the Day Centre on the fourth Tuesday of every month at 7.30pm except August and December. At our next meeting on 23rd January we are having a talk about Mary's Meals, a charity whose vision is that *every child receives one daily meal in their place of education, and that all those who have more than they need share with those who lack even the most basic things*. New members are always welcome to our meetings. Please ring me or Barbara Morrison 814152 for more information.

June Milne
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This December and January at *thestage Stortford*:

Snow White and The Seven Dwarfs

Saturday 9th December until Saturday 6th January, various dates, times and prices. Please see website for full details or call 710200.

Crocodile Mock - The Elton John Tribute Saturday 20th January 8.00pm

Comedy Night at Rhodes Thursday 25th January 8.00pm

Forever in Blue Jeans Saturday 27th January 8.00pm

This January at *thescreen Stortford*:

National Theatre Live Encore - Follies (12A) Thursday 11th 7.00pm

Paddington 2 (PG) Friday 12th 4.30pm, Tuesday 16th 6.00pm, Thursday 18th 2.00pm and 4.30pm

Murder on the Orient Express (12A) Friday 12th 7.30pm, Tuesday 16th 2.00pm, Wednesday 17th 2.00pm and 7.30pm

Royal Ballet Live Encore - The Nutcracker (12A)

Saturday 13th 7.15pm

Marjorie Prime (12A) Friday 19th 2.00pm, Tuesday 23rd 2.00pm, Thursday 25th 2.00pm

Film Stars Don't Die in Liverpool (15) Friday 19th 7.30pm, Wednesday 24th 2.00pm, Thursday 25th 2.00pm

Royal Opera House Live - Rigolette (12A) Sunday 21st January 2.00pm

The Greatest Showman (TBC) Friday 26th 2.00pm, Sunday 28th 7.30pm, Monday 29th 7.30pm, Tuesday 30th 2.00pm, Wednesday 31st 2.00pm

Star Wars - The Last Jedi (TBC) Friday 26th 7.30pm, Sunday 28th 2.00pm, Tuesday 30th 7.30pm

Jane (TBC) Monday 29th 2.00pm, Wednesday 31st 7.30pm

Liz Murphy

Receptionist / Box Office Assistant

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www.singwithbscs.org.uk

Saturday 2nd December 7.30pm All Saints Church

Bishop's Stortford Choral Society, directed by the talented Richard Brain, and accompanied by Bishop's Stortford Sinfonia is singing Bach's *Mass in B Minor*. Tickets from our website and Bishop's Stortford Tourist Information, Market Square or on the door. The Society raises funds for the Holy Trinity Winter Night Shelter and will be holding a raffle at this concert to support the shelter's valuable work this winter. We welcome new members, and our next open rehearsal is on Thursday 18th January at 7.45pm in Water Lane United Reformed Church.

Jill Goldsmith

MANUDEN SINGERS CONCERT HOPES TO ARREST THE COLLAPSE OF MANUDEN CHURCH ROOF!

Sunday 3rd December 7.30pm St Mary's Church, Manuden

The Manuden Singers, Players and Soloists will devote the proceeds of their December concert to the fund for repairing the roof of their beloved church. At their summer Glyndebourne Picnic Concert in July the weather conspired to chase choir and audience into the church, where it was quickly evident that not only the outside roof needed work but also the ceiling plasterwork within; a big patch had come down directly above where the tenors would stand, just by the organ! As the organ was not being used, it was possible to move the tenors to a place of safety for the performance, which was a great success and also contributed to the roof fund. The whole roof is in serious need of repair and we hope to raise more funds to help the process along.

The programme focuses on the Festive Season with a performance of Haydn's little known but delightful *Mass for St Nicholas* (Santa Claus), whose Saint's Day falls on 6th December. They will also sing one of Handel's lively and appealing Chandos Anthems, *O Praise the Lord with One Consent*, likewise for choir, soloists and orchestra. The programme comes to a lively climax with Haydn's brilliantly festive *Te Deum* – we praise thee O Lord. Tickets: adults £10, children £5 from 812157 or on the door. Please join us for this lovely concert – and help us to keep the roof over our heads!

Ian Priest



Behold That Star

Saturday 6th January 7.30pm All Saints' Church, Great Chesterford

On the Feast of the Epiphany, All Saints' Church offers a warm and friendly welcome to all, and interval refreshments will be available. Our guest performers will be a group of young brass players from Saffron Centre for Young Musicians. We look forward to the pleasure of your company at this concert. There will be a retiring collection for ACT (Addenbrooke's Charitable Trust). Tickets: adults £12, under 18s £4 from: Elizabeth Marshall 01799 530265; Granta Chorale Tickets 01799 531167, Saffron Walden Tourist Information Centre or email: tickets@grantachorale.org.uk.

Sue Sylvester-Bradley



www.musicatstansted.co.uk

After the fantastic opening to our season with a concert from the fabulous Swingles, we continue with a recital from talented young flautist Daniel Shao on **Sunday 3rd December** at 3.00pm, with pianist Daniel King Smith. Their programme will range from Bach to Tchaikovsky. Then to brighten up your January you can come along to St John's Church on **Sunday 21st**, also at 3.00pm, to hear the Piattini String Trio playing music by Schubert, Boccherini, Jean Francaix and Beethoven. Mulled wine will be available in the interval to enhance your enjoyment! Tickets for either concert: adults £15, over 60s and students £12, under 18s free are available from Absolute Travel, Nockolds Bishop's Stortford, Sonia tel 815282, or on the door.

Richard Allaway

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

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
Beaver Scouts 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 Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Craft Club	Sam Debbah Tel: 07866 185704 Email: tuftydawn@googlemail.com	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Cub Scouts Age 8-10½	Steve Turrell Tel: 07519 572642	Stansted Football Club	Tom Williams Tel: 07921 403842
Day Centre	Tel: 815091	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Explorer Scouts	Vic Clarke Tel: 07903 413217	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
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Helpline	Tel: 07704 553727	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Inner Wheel Club	Jenny Savage, President Tel: 656065	Youth Centre	Linda Barnes Tel: 07947 548051
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com		
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill) music@stansted - classical concerts	Molly Clark Tel: 816768 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.

Stansted Tennis Club



www.stanstedtennisclub.co.uk

Cayless Chilli Tournament

On Sunday 5th November, 14 players took part in this popular annual adult doubles tournament. After the round robin stage, which saw players competing in men's and ladies' doubles, the knockout stage became a mixed doubles tournament. Congratulations to Chris Hollis and Lisa King, who beat Sam Philp and Sue Simpson 6-4 in a very close final. The consolation draw was won by Jon Budd and Diane Brown.

Summer Ladders

A total of 106 matches were played between April and November in what proved to be a very popular competition format. The Junior Singles' ladder was won by Sam Philp. The Men's Singles' ladder was won by Chris Hollis. The Ladies' Singles' ladder was won by Fiona Pye, who also won the Ladies' Doubles ladder, partnering Lisa King. Simon Playfair and Karen Ainsworth won the Mixed Doubles competition. Trophies and prizes were awarded to the winners as well as those who had played the most matches and those who had won the most matches.

Ladies' Night

Monday 10th December from 7.00pm. All lady members are welcome to come along and play.

Christmas dates for your diary

We shall be meeting up for celebratory Christmas drinks on Thursday 14th December from 8.00pm. Then on Friday 22nd December mulled wine and mince pies will be on offer at the Adult Open Club Session. All members are welcome to come along to both events!

Used tennis balls

£1 for a tube of four from Jan Hollis at 105 Cambridge Road.

Contacts:

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



Chris Hollis

STANSTED HALL & ELSENHAM CRICKET CLUB

After a very successful 2017, the Club is looking forward to the challenges of next year. As you are aware, the Club is busy trying to raise funds for a new pavilion at its Elsenham Place ground; planning for the building has been submitted to Uttlesford District Council. The fundraising will continue throughout the winter months with a Presentation evening, General Knowledge quiz (Saturday 20th January), and a Dinner in April which will be held at the Weston Group Centre in Takeley. The Club also looks forward to 'All Stars' cricket 2018 when hopefully another group of 5 to 8 year olds (boys and girls) will enjoy the fun on a Friday evening. New players of all ages are welcome to join our Club. By the time we write for the next edition of The Link England would have regained the Ashes in Australia! *Happy Christmas to you all and thank for your support in 2017.*



David Brown
Tel: 831011 or 07788 999663
Email: David1.r.brown@gmail.com



STANSTED FOOTBALL CLUB

www.pitchero.com/clubs/stanstedfc2011

As we now reach the midway point of the season the Club Committee and Team Management have been able to sit back and review the season so far. Although we all expected that a number of new players would be looking at stepping up to a level that they had not experienced before, the majority have all managed to equip themselves well in terms of their competitiveness and physicality, in what is a very demanding league schedule. Unfortunately, one or two of them are currently unavailable for selection; long-term injury means we may not see them back to full fitness until the new year. Of course, the first half of our season has had highs and lows; however, losing two major cup competitions on the penalty shootout rule was particularly disappointing, especially in our game against Grays Athletic when our young players, who came in as injury cover, played so well. At least they have given us all an optimistic feeling that the second half of the season should be very exciting! Below are our fixtures; all support is greatly appreciated.

December

Tuesday 5 th	Takeley	League	KO 7.45pm
Saturday 9 th	Ilford	League	KO 3.00pm
Saturday 16 th	Hackney Wick	League	KO 3.00pm

January

Tuesday 16 th	FC Romania	League	KO 7.45pm
Saturday 27 th	Sporting Bengal	League	KO 3.00pm

Finally, on behalf of all the Club Committee Members, Management Team and players, we send all readers of The Link our very best wishes for Christmas and the New Year.



Tom Williams
Secretary
Tel: 07921 403842



Next year's event is on Sunday 10th June with our usual one mile and 10km runs. More details to follow.



Caroline Bore
Tel: 813938
Email: carolinebore@gmail.com

CROSSWORD ANSWERS

ACROSS

3. Bacon 8. Malawi 9. Eyelid 10. Liver 11. Atonal
12. Vanity 13. Tip of the iceberg 14. Ignore 17. Nudist
19. Kaput 20. Alumni 21. Rhesus 22. Dirge.

DOWN

1. Farthingale 2. Rain 3. Billy the Kid 4. Cave
5. Nerve centre 6. Neon 7. Picturesque 15. Ohms 16. Spur
18. Diet

**A Merry Christmas and a
Happy New Year
to all our Readers**

Next issue of The Link - February 2018

Index to Advertisers

	IFC - Inside Front Cover	IBC - Inside Back Cover	OBC - Outside Back Cover	
Animal Care	Debs Dogs	34	Hairdressing	Barnet Fayre 12
	Mercer & Hughes	OBC		Lino Thomas OBC
Art & Craft	Millway Stationery	IFC	Ironing	Dunmow Ironing Parlour 16
Building	A C Wright Building Contractors	36	Halls for Hire	Quaker Meeting House 10
Services	Churchill General Builders	36		Manuden Community Centre 10
	D S Designs (Architects)	IFC		Ugley Village Hall 10
	Hibbs & Walsh (Architects)	36	Holidays & Travel	Absolute Travel IBC
	David Fortune (Builder)	OBC		Variety Holidays IBC
	Uttlesford District Council	36		Wight Holiday Company 18
	Vester Property Services	36	Household Installations	D C Alarms 28
Carpentry	Gillson Carpentry & Joinery	36		Mediacomms 28
Chiropody	R Handford	16		SDS Aerials 28
	Julie Golden	16	Jeweller	John Wilson 10
Cleaning	Binwash	IBC	Legal	Herts and Essex Wills 20
	Clear Ovens	16		Lever & Co Solicitors 20
	Ecaterina Domestic Cleaning	16	Leisure	Bishop's Stortford Golf Club 38
	Go-Jo Quality Cleaning	16		Elsenham Golf Club IBC
	Olivers Commercial Cleaning	IBC		Stansted Social Club 18
Community & Care	Carer Filipa	26	Motor Services	D Bonney & Sons 34
	Hargrave HouseCare Home	26		Conway Chauffeur Drive OBC
	Hearing Help	12		Hilton Rental 28
	Helpline	10		J & R Cars 28
	Mountfitchet House Care Home	26	Networking	Wright Cars IFC
	Ross Nursing Services	26		Stansted Business Forum 38
Computing	MCM Computer Services	16	Painting & Decorating	Ada Decorating 32
	TCS	16		Brown's Painting & Decorating 32
Dance	Graham School of Dance	34		David Duncan Decorating 32
	Mitchell School of Dance	34		Lesley Anne (Painting) 32
Dental	Castle Dental	12		MWR Interiors 32
Education & Children	Music Lessons	10	Personal Services	Nick Shutes 32
	Rainbow Pre-School	10		Prime Decor 32
	Tuition	10		Ray on the Hill 32
Electrical	Albury Electrical Services	30		T F Plastering 32
	CK Electrical	30		Bentfield Beauty Spa 12
	Stansted Electric	30		Essential Gem (Beauty) 12
Estate Agent	Murdochs	38		Fresh Leaf (Hypnotherapy) 12
Fashion	Alterations and Design	28		George Cooper (Physiotherapy) 6
Financial	Mansell & Co Accountants	IBC		Glynis Cheers (Hypnotherapy) 12
Fitted Furniture	DT Bedroom & Kitchen Designs	36		Lower Street Clinic 6
	Furniture by Design	36		Natural Family Health 12
Fitness	Anna Scanlon Fitness	8		Stansted Chiropactic 6
	Flexible Strength	8		Stansted Psychotherapy 12
	Vision Fitness	8		Steve Curtis (Hypnotherapy) 12
Food	Great Clerkes Farm	18	Pilates	Williams (Osteopath) 6
	Lams Chinese Takeaway	IBC		Akasha (Pilates & Yoga) 8
	Mayflower Chinese	IBC		Back to Basics (Pilates) 8
	Sonargow	18	Plumbing & Heating	Harpers Plumbing & Heating OBC
	The Cork House	18		JDW Gas Heating Specialist 30
	The Dog & Duck	18		Jones (Plumbing & Heating) 30
Funeral Services	Bishop's Stortford Cooperative	20		M Lloyd and Son 30
	Daniel Robinson & Sons	20		Newman's Home Services 30
Furnishings	Stansted Upholstery	28		Orion Heating 30
	Stort Blinds	IFC		P Knight Plumbing 30
Garden Services	Cox Farm & Forestry	40	Printing	Stansted Gas Services 30
	Alsa Wood Christmas Trees	34		CZ Design & Print 10
	D Honour & Son (Landscapes)	OBC	Property Maintenance &	Do-It-4U 34
	Leisure Plan Garden Furniture	36		Fairweather Windows IBC
	Langthorns	40		Finch and Son OBC
	Lawn Supremacy	40	Retailers	Family News (Londis) 10
	Logs Logs Logs	40		Paris Legore (Flowers & Gifts) IFC
	Mowtivated	40	Stonemason	J Day & Son 20
	The Secret Gardener	40		
	Tree Management Company	40		
	Uppercut Trees	40		

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