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Front cover:
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The Link is produced by Stansted Mountfitchet Magazine Community Interest Company. It is delivered free to over 3000 homes and businesses in Stansted. Further copies may be purchased for £1 each or £11.00 per year, plus postage. Each edition is also available on our website.

EDITORIAL



Hands United in Peace - this month's cover captures the moment when the official link between Stansted Mountfitchet and the French town of Rungis was sealed with a warm handshake between Parish Council Chairman Maureen Caton and Mayor of Rungis, Monsieur Raymond Charresson; read about some of the events that went on to mark this historic day on pages 17, 23 and 29. On the subject of history, The Hundred Parishes Society have published their first book exploring the diverse heritage of villages and towns in the area; find out more on page 19. Once again over £7000 was raised by this year's Stansted Fun Run; read about the wonderful volunteers and event winners on page 13. Do you need advice with matters affecting your health and wellbeing? Help is at hand from the West Essex Care Navigation Service on page 37. Finally, *Thought For The Month* on page 2 encourages us all to use these long, warm days of summer to take a step back and contemplate the true meaning of life.

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CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent separately (jpeg).

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

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Stansted network is compiled and financed by Stansted Mountfitchet Parish Council. Stansted Link is printed by CZ Design and Print 01279 657769.

THOUGHT FOR THE MONTH

Summer days are long and slow. The light comes early and fades late. The recent heat wave has slowed many of us down as tasks seemed to take longer, and we could not resist taking a few moments in the sun that then stretched out longer than we intended. But never mind, there are plenty of other times for rushing about and making ourselves busy. We need slower times. They are times to allow the body, the mind, the spirit to throw off tiredness and to regain strength. They are a chance to enjoy the beauty of life and to rediscover a sense of the true meaning of life. How important it is that we reconnect with what truly matters to us.

In the gospel stories about Jesus, we often find Jesus looking for a space away from the busyness of his life. Sometimes he is seeking physical rest; sometimes he is enjoying time with close friends; sometimes he is seeking to centre himself again on God in prayer. Jesus gives us permission to take moments of calm and peace: moments to reconnect with the centre of our being, whether we name that as God or not. So, let us all try to find moments during what remains of the summer, in these long and slow days, to relish the space to refresh ourselves. And may God bless us with rest and renewal.



Roy Fowler
Minister
Stansted Free Church



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 normally held on alternate Tuesdays, 7.30pm coffee for 7.45pm start. This month things will be more flexible so please contact us for times, venues and topics. @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.



C.A.M.E.O (Come And Meet Each Other)

The Salvation Army CAMEO group meets on **Tuesday 21st August** at 7.00pm at Stansted Day and Community Centre, Chapel Hill. The cost is £1 per session and includes an evening topic, and fellowship over tea/coffee and biscuits to finish. In June the CAMEO group enjoyed a summer evening of music. Don Jenkins, Salvation Army Bandmaster (retired), brought a selection of trombone solos to the group, incorporating stories from his real-life experience. He took questions from those present and thoroughly entertained the crowd.

The meeting in August is a Quiz Night arranged by members of the group. It will no doubt be a good opportunity to get the grey matter working alongside friends and fellowship. The Salvation Army also meets each Sunday morning at 10.30am (Markwell Pavillion, Castle Gardens, Bishop's Stortford) and you would be welcome to join us for our Sunday service. We stay for tea and coffee fellowship after the meeting, and a Sunday school runs from noon for our younger members. We have several other groups and events which we would be happy to tell you about. We hope to see you soon.



Lieutenant Megan Lowe
Tel: 507464
Email: megan.lowe@salvationarmy.org.uk

From St John's Registers

June

- 12th Rose Mary White, age 80 - at St Mary's, followed by burial in the Parish Cemetery.
- 25th Lily Margaret Suckling, age 89 - at St John's, followed by cremation at Cam Valley

HILL CHILLI

Friday 7th September 7.00pm–10.00pm 'Sonia's Place' 31 Chapel Hill in aid of St John's Church Hall Funds. Tickets £10 from 815282 or on the door. Vegetarian option on request. Please bring your own bottle. Lovely food and good company.





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

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.btk.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 Barbora Dragoskove
 Tel (with answerphone): 815243
 Email: st.johns.church@btinternet.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 A monthly service of
 Holy Communion is held
Wednesday for residents in two
 Stansted care homes:
 8.00am Morning Prayer
 10.00am Holy Communion on the first Wednesday
Thursday (Hargrave House) and
 10.30am-noon The Coffee Pot the second Tuesday
Monday-Thursday and Saturday (Mountfitchet House).
 5.00pm Evening Prayer

ST JOHN'S 300 CLUB

Many congratulations to the winners of the June draw:

£100 No 72 Tom Johnson
 £50 No 119 Brenda Siracusa
 £25 No 66 Peggy Honour

It was particularly pleasing that Tom won the main prize in the week that he celebrated his 90th birthday. The draw for August will be held on **Sunday 26th August** in St John's Church following the 9.30am service. Numbers at £2 each per month are still available for anyone who may wish to join the Club and be in with a chance of winning one of the 38 prizes totalling £2,500 given away each year. The Club raises vital money to help cover the heavy maintenance costs and work of St John's Church.



Ann Lee
 Tel: 813310

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 August

5th 10.30am The Worship Team - New Directions
 12th 10.30am Rev'd Roy Fowler
 19th 10.30am Julie Finbow
 26th 10.30am Rev'd Roy Fowler - Communion

Baptism

It was lovely to see the church packed to capacity for the recent baptism of Blake Parker, the first grandson of Sue Parker, one of our members. Parents John and Claire were joined by over 100 friends, family and church members to share this special service.



The congregation joined in the dramatised version of Mark 4 verses 35-41 which told of Jesus calming the storm. During the address, Roy invited everyone to make a boat from a sheet of coloured paper, whilst thinking about all the hopes and fears we have for our own lives, our families and especially for Blake.



Many thanks go to: Rev'd Roy Fowler for such a welcoming service; Alan Wheeler, Alan Dean, Mike Dyer and Peter Trundle for moving so many chairs to and from the hall; Fran Richards and Willy Moloney who helped set up the church; Judy Colliver and Mike Dyer for the photographs; and Marion Dyer who maximised the seating space and designed the order of service.

ROMAN CATHOLIC

St Therese of Lisieux

High Lane, Stansted CM24 8LQ

www.sttheresasstansted.org

Priest Father John Garrett

Office Tel: 814349

Email: stansted@dioceseofbrentwood.org

Masses Saturday 6.00pm
Sunday 10.00am
Holy Days of Obligation see St Theresa's website
Tue, Wed, Thu, Fri 9.30am

Confessions

Saturday 10.00am
and by
appointment

Baptisms By appointment

ST THERESA'S A TASTE OF TAPAS

We have many nationalities attending our church and maybe the largest group are the Spanish speakers. Our new social committee thought that their first event, 'A Taste of Spain', would be a good way to get everyone together;



it went like this:

Let's have a Fiesta, they said,
A taste of Tapas, they said,
Said this new committee of ours

What shall we ask for, they said,
Patatas bravas, sardines and mojitas
Said this new committee of ours

Croquetas, pinchos, chorizo, tortillas,
Green sweet peppers, olives, paellas,
Said this new committee of ours

More, more, said Anna, Teresa and Concha,
Marmitaco, gazpacho, manchego, cried Serita,
To this new committee of ours

We must have a jamon said Rose Maria,
Rioja, apricot and peach juice to follow,
Said this new committee of ours

With colours of red, white and yellow,
what a night we will have to remember,
Said this new committee of ours.



And we did, and we did, with music and laughter abounding.
Thanks, to this new committee of ours.

Elena Quintas

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 Sunday, 10.30am every week

Light Group 10.30am-12 noon 13th October. The
(Guided 'Experiment with Light' is a process that
Meditation) helps people deepen their spiritual lives by
discovering what it means to 'wait in the
Light', as early Quakers did.

FRIENDS OF ST JAMES THE GREAT THORLEY

Craft Fair and Festival of Flowers and Music

Saturday 25th to Monday 27th August between 11.00am and 5.00pm. There will be a talk on the *History and Architecture of the St Barnabas Centre* on Saturday and Sunday at 3.00pm. Refreshments served all day; ploughman's lunches noon-2.00pm daily. Free entry and all proceeds to the church. Makes a lovely afternoon out.

Sandra Ayres
Tel: 814471



St John's Tots

Every Tue 9.15 - 11 am
St John's Church, St John's Rd
including school holidays

Lots of toys & plenty of space for babies and young children to play while mums, dads, grandparents etc can enjoy the company of other adults

Tel 812273 for more details

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The Place on the Hill

9.30 am - 12.30 pm
Stansted Free Church Foyer

Open every Mon, Wed & Fri
(except bank holidays)
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Refreshments ~ WiFi ~ Toys
All ages welcome - No charge



The Coffee Pot

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

Come and enjoy good company and free coffee and cake

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

A Community venture organised by St John's Church

WHAT'S ON IN AUGUST

Every Tue	St John's Tots	St John's Church 9.15 - 11 am
Every Thu	The Coffee Pot	St John's Church 10.30 am - noon
Every Mon, Wed, Fri	The Place on the Hill	Free Church 9.30 am - 12.30 pm
5 Sun	Windmill Open	1.30 - 5.30 pm
	St Mary's Church Open	2 - 5 pm
7 Tue	Stansted is Well Read	Dog and Duck 8 pm
9 Thu	Link copy due in today	before 12 noon
	Stansted W I	Day Centre 7.30 pm
12 & 26 Sun	Garden Waste Skips	Lower St Car Pk 12.30 - 4.30 pm
13 Mon	Ladies' Night	Tennis Club 7 pm
15 Wed	Ugley W I	Ugley Village Hall 2.15 pm
16 Thu	Stansted U3A	St John's Hall 1.30 for 2 pm
	The Importance of Being Earnest	St Mary's Church 6.30 for 7 pm
19 Sun	Open Day	Easton Lodge 11.30 am - 5 pm
	Summer Tea Party	St Mary's Church 1 - 5 pm
21 Tue	CAMEO	Day Centre 7 pm
25 Sat to 27 Mon	Craft Fair and Festival	St James', Thorley 11 am - 5 pm
26 Sun & 27 Mon	Windmill Open	1.30 - 5.30 pm
27 Mon	Bank Holiday Fête	Windmill 1 - 5 pm
28 Tue	Hearing Help	Day Centre 2 - 4 pm



Friends of St Mary's Church

SUMMER EVENTS

Church Open

2 - 5 pm Sun 5th Aug

Refreshments and Guided Tours

The Importance of being Earnest

6.30 for 7 pm Thu 16th Aug

Tickets £10 Adults, £8 Concessions
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www.thisismytheatre.com

Summer Tea Party

1 - 5 pm Sun 19th Aug

Raffle

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Entertainment by the

Stansted Mountfitchet Strummers

at 2.00 pm and 3.15 pm

All welcome - Please support us

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Stansted Windmill ANNUAL FETE

1 - 5 pm 27th August
(Bank Holiday Monday)

Stalls ~ Teas ~ Cakes
Teddy Parachuting

Mad Hatters Ukulele Group

If wet probably in St John's Hall

St James' Church, Thorley

Sat 25th - Mon 27th Aug

11 am - 5 pm

Flowers & Music Festival and Craft Fair

Refreshments served all day

Ploughman's noon - 2pm

Talk on St Barnabas History and Architecture Sat & Sun 3 pm

All welcome ~ Free Entry



Stansted Windmill

Open Days

1.30 - 5.30 pm

Sun 5th & Sun 26th Aug

Mon 27th Aug

(with Windmill Fête)

All Welcome



OPEN DAY

Sunday 19th Aug

11.30 am - 5 pm (last entry 4.00 pm)

Come dressed as a pirate and follow the Pirate Trail

Adults £4.50 Children Free

Bacon rolls until 2.15 pm

Hot drinks and homemade cake all day

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10 am - noon

Saturday 18th Aug

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Shockwave now available

The Friends of St Mary's welcome back *thisismytheatre* to St Mary's Church on **16th August** for a performance of Oscar Wilde's *The Importance of Being Earnest*, 6.30pm for a 7.00pm start. Advance tickets are available at www.thisismytheatre.com or by calling 07732 253311. Entry £10, £8 for concessions.

The Church will also be open Sunday 5th August 2.00pm-5.00pm for tours and refreshments. Donations welcome. The Friends of St Mary's are holding a **Summer Tea Party** on Sunday 19th August 1.00pm-5.00pm in the church. Entertainment will be provided by local ukulele band, The Stansted Mountfitchet Strummers, who will be performing between 2.00pm-2.45pm and 3.15pm-4.00pm. Refreshments will be available. Entry is free, but donations are very welcome.

Tony Graver
Tel: 07871 320783



STANSTED SCOUTS

Nine Scouts, one young leader and two adult leaders joined 500 other Scouters from all over Essex for *County Epic Camp 2018* held at Skreens Park campsite. Friday evening was for putting tents up and sorting our stores, followed by hot dogs and a hot drink before bed. Up early Saturday morning for a cooked breakfast and then straight on to the 31 activities on offer. The most popular of these were: climbing, abseiling, clay shooting, air rifles, archery, canoeing, rafting, fencing, inflatable assault course and giant slide.



After a nice healthy ham, cheese and salad wrap for lunch it was on to the afternoon activity of *It's a Knockout*; a team effort of fun with water relay races and lots of mucking around. We then had chicken curry and rice or vegetable pasta dish for dinner before taking part in a mini Olympics, followed by an evening cinema, another snack and hot drink before bed.

On Sunday morning, the Scouts had the opportunity to have another go at some of their favourite activities from the day before or try new ones which they had not had time to experience. After lunch, camp was broken and packed away, parents collected their very hot and tired Scouts and we all went home. The weather was absolutely scorching all weekend, so there was much emphasis on wearing hats and keeping hydrated. Everyone had a fantastic time and I am sure they slept very well Sunday night; I know I did!

Reece Robinson
Assistant Scout Leader
Tel: 812780

Festival of Flavour was a Sizzling Success!

The sun shone over Castle Park in Bishop's Stortford for our annual Festival of Flavour, on Sunday 8th July. The event did not disappoint, attracting around 1,300 visitors and raising £6,000 for Grove Cottage. Attendees were treated to a wide variety of hot food to suit any appetite: foot-long sausages from festival favourite 'Heavenly Sausage', Mexican quesadillas from *Ques Idea* and vegetarian and vegan Indian cuisine from Stortford-based company, *Rekha Indian Food*. If that wasn't enough there were also sweet treats from *Bubble and Sweet Waffles* and *Saffron Ice Cream*, as well as food to enjoy at home, including home-baked pies from *Brockleby's Pies* and fish from *The Fresh Fish Shop*. Event Partner, Bishop's Stortford-based *One Time Gin*, showcased their bespoke gins, alongside an inflatable pub, and mobile prosecco bar; craft beers and ciders were provided by artisan producers *Mayfly Cider* and *Hoppily*.



In addition to the many stalls on offer, there was the opportunity to enjoy a variety of local bands and solo performers on the Flavour Stage: Teenage Revolution, De Rosa School of Music, Jumble of Chords, Sara Asley and Tom Dulieu. One of the highlights was a performance by the **Grove Cottage Performing Arts Club**, which included a beautiful and emotional rendition of *Imagine* by John Lennon. Children were also able to enjoy Princess Storytelling from *Enchanted Parties*, as well as Children's Yoga and Mindfulness Sessions from *The Wondertree*. Rosie Wren, Fundraising Manager, said; "It was fantastic to see so many people come and support this event! We are thrilled with how it went and could not have done it without the help of our many volunteers. Thank you so much to everyone who came along and helped make it such a wonderful day. Lastly, I must also thank our main Sponsor, *Tees Law; Gates Ford* who sponsored the Flavour Stage; and Event Partner, *One Time Gin*." Plans are already in place for 2019; please email sue@mencapgrovecottage.org if you are interested in having a stall.

Alison Cameron
Fundraising Assistant
Tel: 651908

Email: fundraising@mencapgrovecottage.org

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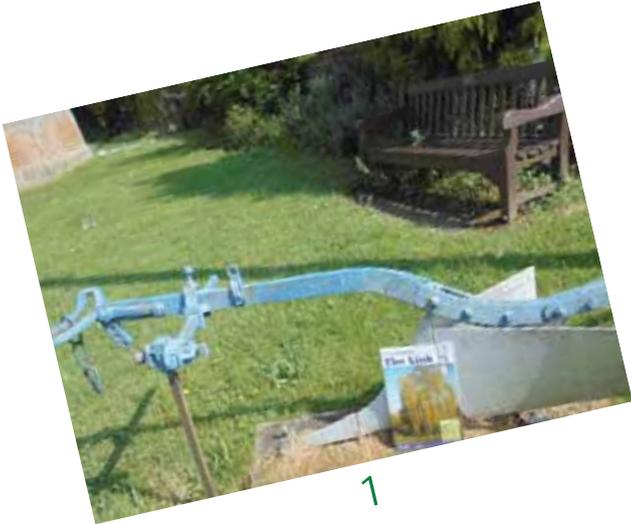
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3



4

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5



6

Answers on page 43

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www.stclarehospice.org.uk/events/

Calling all adrenaline junkies ... could you go for Gold at the Olympic Park and tackle the UK's highest freefall abseil for St Clare?

The Hastingwood-based hospice is organising a charity abseil down the UK's tallest sculpture: the Orbit tower, on **Saturday 25th August** at the Queen Elizabeth Olympic Park. St Clare Challenge and Events Fundraiser, Emma Broadbent, said: "Do you want to get your adrenaline pumping and conquer your fear of heights? Then we have the perfect challenge for you! Join us and take part in the UK's highest freefall abseil at the Olympic Park; you can feel like an Olympic champion and help your local hospice at the same time!"

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form of the ArcelorMittal Orbit. From there, you begin an exhilarating descent to the ground, with breathtaking 20-mile vistas across London, including iconic buildings such as the Gherkin, St Paul's, Canary Wharf and Wembley. As well as, of course, the world-famous sporting venues of the Queen Elizabeth Olympic Park! Registration costs £50 and participants are asked to pledge to raise £150 in sponsorship. You must be 16 years and over, a minimum height of 1.2m (nearly 4 foot) and a maximum weight of 120 kg (19 stone). Please note, you cannot take part if you are pregnant. For more information and to sign-up, contact Emma Broadbent on 773754 or via the website.

Rebecca Day
Tel: 773752

Email: rebecca.day@stclarehospice.org.uk



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



Marion and Mike Dyer
Tel: 814059

CHILDREN'S ACTIVITIES IN AUGUST

Many children's activities close down for August, partly to give volunteers a well-earned rest and partly because families are away, have other plans or just prefer to spend time outdoors; but many families are also looking for something to do with their children during the holidays.

Leaders and volunteers from Family Café and Messy Church (who helped at the Bouncy Picnic) are holding a few outdoor, informal events for under 5s and 5-11s during August, with support from StanstedCAN. Events may include games, craft and musical sessions. We have indoor facilities available if the weather is not good.

To enable us to respond to the weather and other events, details will be posted on local Facebook groups a few days before each event. If you are concerned about missing a post on one of the larger Facebook groups (which have many posts per day) you might want to join the Stansted Family Café Facebook group, which will only have events relating to the Family Café and other activities for children (including these August events). Organisers of other *non-commercial* activities are welcome to post on there too (but we will not be responsible for those events). If you have any questions or suggestions, please email me.



Ros Page
StanstedCAN and Stansted Family Café
Email: contactstanfam@yahoo.com

ST MARY'S CE (FOUNDATION) PRIMARY SCHOOL

It has been a busy year for all at St Mary's School. We bid a fond farewell to Mrs Tonkins, our longstanding Head Teacher and welcomed Mrs Young to the role, after a brief interim period of headship held by Mr Curzon, our Deputy Head. It is also a time for saying goodbye to some teachers who are moving onto pastures new (Miss O'Sullivan, Mrs Maginn, Miss Walbanke) as well as goodbye to others including Mrs Cheema, who having served the school for 24 years is about to embark on a life of 'fun filled' retirement! The summer term was greeted with a two-day inspection by OFSTED; their incisive inspection has given the school a clear focus on the areas of necessary improvements, in order to ensure that we provide the very best educational experience for all the pupils at St Mary's.

The glorious sunshine has also brought with it a marvellous end to the school year. At the start of July, we enjoyed a sun-kissed sports day that was very well attended by parents and friends of the school; we also enjoyed a tear-jerking Year 6 Leavers Play, the day after the World Cup Semi-Finals. All in all, it has been a year of change and the Staff and Governors are very excited about the future at St Mary's and many positive plans are beginning to take shape to help move the school forward. We look forward to continuing this journey with our Parents, Pupils, Governors, friends and supporters of the School. Enjoy the summer break, we look forward to greeting you in September. Best wishes from Mrs Young (Head Teacher) and all the Team at St Mary's.

Lyn Turner
Administrator
Email: lyn@st-marys-standsted.essex.sch.uk

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Another great Stansted 10k event and 1 miler. You were all fantastic!

Many thanks to the stalwarts of this important annual event; you know who you are. With your support we were able to donate an amazing £2,450 to each of the following charities: the Huw Johnson Club in Stansted to fund their outings for the next few months; the Stansted branch of the Alzheimers Society; and Grove Cottage in Bishop's Stortford. We would like to thank the charities for their brilliant help to marshal and fundraise on *the Green* on the day, the Rose and Crown for their magnificent input on the day, and all the event sponsors: Stansted Airport, Bloor Homes, Mosby Financial, Russell Property, Coneely Group, Absolute Signs, Heckford Norton and Grenville Construction. We are very grateful to the Bishop's Stortford Girl Scouts; several helped at the re-instated 4th water point, with Fiona Schofield's guidance.

Teenagers gave back to their community as they picked litter, tidied gardens and raised money for local causes. Year 10 students at Forest Hall School took part in the school's annual Community Day. They spent the whole school day carrying out selfless tasks in support of the community they live in. This year the students completed seven tasks, including: cleaning parks, gardening, picking litter, playing bingo with residents, preparing and serving food at the day centre and running sport sessions. Co-head of school Hannah Jones said: "Community Day is about teaching our young people to respect their community and to give something back. It helps to develop them as active and responsible citizens. It's a lovely feeling seeing the different generations out there working together; it's good for development of students' social skills as it takes them out of their comfort zone. It goes down well in the community and residents really appreciate it. It's just the right thing to do."

Kelly Clark

Tel: 01245 237751

Email: words@kellylouiseclark.co.uk

STANSTED SOCIAL CLUB

www.smsc.uk.com

There is nothing further to report at this time regarding the application to be added to the Local Heritage List. As soon as we hear anything we will post the information on our Facebook page as well as reporting via *The Link*. We are still looking for sponsorship or donations towards the tower restoration, so if you or your company can help, please get in touch. A few minor repairs were carried out to the rear garden and we also installed an automatic watering system to keep the flower beds and hanging baskets in tip-top condition.

So, did it come home? By the time you read this the England football team may have been crowned World Champions! We have shown the majority of World Cup games including all of those featuring England. These screenings were very well attended and we would like to thank everyone for their support. We also hope that members and guests enjoyed the fantastic tribute acts over the weekend of 14th and 15th July!

We tend to scale down the entertainment programme during August, but we still have *Gary Gibson* making a return to the Club on Sunday 5th. Sunday 19th sees *Tara Marie* making her first appearance with us and the month rounds off with our usual Sunday karaoke. If you have not joined us for karaoke before, you should pop in. The standard of some of the singers is fantastic! It is always an enjoyable, fun-filled afternoon. As always, keep checking the Facebook page for up-to-date information on our events. Finally, remember that we have Prize Bingo every Tuesday, eyes down at 8.00pm.

Andrew Sharpe

Email: stanstedclub@gmail.com



Winners Matt Bainbridge (1st man), Megan Evans (1st lady) and Fletcher Bushnell (1 mile under 12)

Next year's Stansted 10k will be held on Sunday 9th June; many of you have pledged your help, but I know that none of us are getting any younger, so if you would like a role nearer to *the Green* please do not hesitate to contact me. Your help is invaluable and the event would not be possible without your practical support. Final thanks must go to all the children, mums, dads and runners who participated in the events; please let me know of any feedback so we can improve everyone's experience on the day next time.



Caroline Bore
Stansted Fun Run Committee

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 7th August** at 8.00pm in the Dog and Duck in Lower Street, where we will be discussing *The Tortoise and the Hare* by Elizabeth Jenkins. This modern classic about a disintegrating marriage has been described by Hilary Mantel, author of *Wolf Hall*, as being "as seductive as a bowl of cream". Please do join us; we meet on the first Tuesday of every month and a warm welcome will await.



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

The children took part in an active, hot and sunny sports day with parents and carers cheering them on. They all proudly received a medal they had made, congratulating them on taking part. We all took a trip to Daisy May's Farm where the children saw different farm animals and small pets. Most children had the opportunity to bottle feed the lambs, and the goats enjoyed being fed as well. Barnaby Bear (the Pre-school teddy bear) enjoyed the trip with some of the children taking good care of him!



The end of term was concluded with our Leavers Concert in the school hall. All the children moving on to school were performing some action rhymes and songs; these were enjoyed by parents, grandparents and other guests. The final day ended with a party where children enjoyed party food and games. We wish all the children moving on to school lots of luck in the future.

We are very excited about the new term in September and all the changes this will bring as we accept children from two years old. We will be offering the full day option and up to 30 hours a week. We have spaces available for September, so if you are interested in a place please contact us via our website or give us a call.

Karen Reilly
Manager
Tel: 810800

MISSING



Black cat with white socks and white triangle on her chest.

Last seen Wednesday 13th June on Felstead Crescent, Forest Hall Park. It's out of character for her to have been gone so long. She is very timid and does not like to be handled.

Please ring me with any information/photos and sightings. Many thanks.

Jessica
Tel: 07787 798751

My Stansted swallows are now sitting on their second batch of eggs; their first fledglings are whizzing around far and wide, coming back in the evening to roost. We have been experiencing a super heat-wave in the latter part of June into July and this will affect the weaker and shallow-rooted trees as they have less access to water than the deeper-rooted primary trees in the wood. Below are some notes I made when walking during one of the hotter days, when there was also a strong wind blowing.

An Adolescent Summer in Birchanger Wood

The sunlight is harsh today

Eating into the canopy

Shrivelling the leaves into brown ashes.

The wind is too strong

Veering the branches up and around

Criss-crossing, bending, a few snap.

The birds are batted along

And insects miss their footing

A young summer day playing with his friend the wind

In Birchanger Wood.



In July the wood has been a cool place to walk and exercise: a pleasant welcome area of reprieve away from the direct heat of the sun. Dogs too are particularly happy. As we go into August, do not forget that the East Herts Woodturning Association will be in Birchanger Wood on Saturday 11th in the Compound. Their work is fascinating and they are well worth a visit, and of course, they usually have a number of their hand-made items for sale.



Daphne Wallace-Jarvis
Email: secretary@birchangerwoodtrust.org



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Alan Corbishley

CHILDREN'S STORY

MILLIE'S MAGIC AUNTY

Millie trailed out of the school gates alone after a horrible day. Her new puppy, Charlie, had chewed up Fiona's new gloves and now none of her classmates would speak to her. How was Charlie supposed to know the gloves were a birthday present from Fiona's Grandad in America?

The familiar bright yellow door of Aunty Sharon's house was a welcome sight. Millie wondered what colour her favourite aunt's hair would be this week, and if she'd been baking. Millie loved her aunt's lavender biscuits with the secret, magic ingredient. The smell of summer filled the tiny kitchen, and Millie immediately felt better. "Here you are dear. Your favourites, fresh out of the oven. Good day?" Millie sat at the wooden kitchen table on a wobbly stool and took a great big mouthful of warm biscuit. Crumbs flew everywhere, as Millie did what she was never allowed to do at home and spoke with her mouth full. "No. Horrible." "Tell me all about it, and we'll see what can be done. Won't we Cat?" Cat was curled up in the tatty armchair by the window like a very large, furry black snake. He twitched and opened both eyes briefly before settling down for another nap. Millie told her aunt about her friend Fiona's gloves. Aunty Sharon nodded her head and tutted. It's what Millie loved most about her aunt; she listened, unlike Millie's busy parents. Aunty Sharon tucked her red hair behind her ear with long fingernails painted to match.

"I think we need to teach young Fiona a lesson she won't forget." She walked over to the stove where there was always a pot of something simmering and slowly stirred the contents. "What if Fiona's mother stitched her gloves at each end of a long piece of elastic threaded through the sleeves of her coat. Like a toddler's?"

Millie smiled for the first time that day. "That would look silly."

"Yes. But she wouldn't be able to leave her gloves behind again would she?" Aunty Sharon grinned. "Anyone else upset you Millie?" "Well. Bradley did push me in the swimming pool yesterday, and he knows I hate putting my face underwater." Millie blushed as she remembered that she'd cried, and everyone had called her a 'cry-baby'. "Would that be the same Bradley who wouldn't let you play football last week?" Millie nodded. "We wished two left feet on him so he wouldn't be able to kick a football. Did it work?" "I don't think it can have, Aunty. He's still playing."



"We'll have to go for something a little stronger this time then." Aunty Sharon paused and wrinkled her nose thoughtfully, before reaching up to the shelf where she kept all her secret ingredients. She selected a bottle containing a brown liquid. Stirring a few drops into the saucepan she continued. "We'll turn Bradley into an ugly fish with purple spots. He definitely won't be able to play football then, will he Cat?" Cat twitched in his sleep, and Millie giggled.

She loved it when Aunty Sharon pretended to be the wicked witch. "Next?"

Millie swung her feet to and fro as she thought. "Mrs Frogmore, the dinner lady, made me eat up all my rice pudding." Millie shuddered as she pictured the big plate of grey stuff with its blob of blood coloured jam. "That's easy. We'll turn her into a squinty-eyed toad with pointed ears."



Millie screeched with laughter. Aunty Sharon stopped her stirring and turned off the gas. "Now do you want to see my latest little invention?" Millie nodded and skipped after her aunt into the next room. Aunty Sharon held up a finely worked silvery web that slowly turned and sparkled in the light, as if sprinkled with diamonds. Millie gasped. "I've never seen a Dream Catcher like that before." Millie immediately wanted one. "It's actually called a Dream Converter. I'm hoping to sell them once they've been tested." She stared at her niece, green eyes glinting, just like Cat's. Millie wasn't sure what a Dream Converter was supposed to do, but it sounded very exciting. "I'll test one. Can I? Please." Aunty Sharon handed her the Dream Converter. Gently closing Millie's hand over the delicate object, she told her niece to hang it over her bed but to be careful about her final thoughts before going to sleep. Millie went to her bedroom promptly at 7.00pm with no arguments. Her parents were worried she might be ill, but Millie was far too excited to notice. Following her aunt's instructions, Millie hung the sparkling Dream Converter up before climbing into bed. But she couldn't help thinking about the 'spells' her aunt had cast on her behalf as she drifted off to sleep.

In the morning, as Millie pushed her cornflakes around the bowl, wondering if her friends would be talking to her today, her dad burst through the kitchen door shouting. "There's a strange fish covered in purple spots in our pond. It's the ugliest thing I've ever seen." Millie jumped down from the table to look but got no further than the back doorstep when she screamed, and an excited Charlie barked. There, sitting on the path was the biggest toad with pointed ears, staring unblinking through squinty eyes. Millie stopped screaming and whispered. "It's alright Charlie. It's only Mrs Frogmore." Millie couldn't wait to get to school, fully expecting to see Fiona wearing her 'baby's' gloves. The Dream Converter must be responsible for the ugly fish and squinty-eyed toad, because Aunty Sharon's spells seldom worked. Millie hoped her aunt would let her keep the Dream Converter.

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'HANDS UNITED IN PEACE' STANSTED MOUNTFITCHET WITH RUNGIS

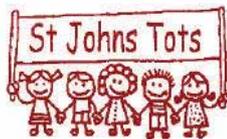
We were privileged to attend the Twinning Ceremony between Stansted Mountfitchet and Rungis, which took place on Friday 6th July in St John's Church. Monsieur le Maire, Raymond Charresson, spoke first, saying how proud he is to be part of this significant event. He mentioned the similarities between the two communities: amongst them the importance placed on economic, social, educational and cultural issues.



Maureen Caton then spoke about how she hopes the friendship will grow. Important possibilities for the future include language exchanges, as well as the prospect of employment. She referred to the fact that one of the signatories of the Magna Carta was Richard de Montfichet. Our local MP, Kemi Badenoch, talked about the history shared between the two towns; Stansted was founded in the late 11th century, and Rungis only 38 years later. She discussed the value of town twinning; this is something we can feel optimistic about during these rather difficult political times. The ceremony was greatly enhanced with lovely singing by the St John's Choir, featuring songs with very apt words for the occasion, including *'Hands United in Peace'* by Rothernberg and *'Look at the World'* by John Rutter.

Rungis is a town in Val-de-Marne, one of the southern suburbs of Paris. It also has a community magazine, called *le journal de Rungis*. If you go to the website www.rungis.fr you will find a picture of the June cover, which shares similarities with the cover of this issue! See p23 of this issue for more photographs, as well as p29.

Elizabeth Oakley
The Link



We meet in St John's Church 9.00am-11.00am every Tuesday, **including during school holidays**. Everyone caring for babies and young children are most welcome: mums, dads, grandparents and other carers. The children enjoy the space and a wide variety of toys and the adults enjoy a cup of tea or coffee and the company of other adults. We have a very short informal celebration which includes a birthday candle, a bible story and several songs and we usually finish with the *wiggle song*; if you don't know what that is, come and find out; it's great fun. We love meeting new people. For more information contact me.

Margaret Hill
Tel: 812273



BANK HOLIDAY MILL-DAY

In 1871, the 33 saints' days and religious festivals previously observed as holidays by the Bank of England were reduced to just four: 1st May (May Day), 1st November (All Saints' Day), Good Friday and Christmas Day. As the first legislation relating to bank holidays was introduced in the same year by the Liberal politician and banker Sir John Lubbock, the holidays were sometimes referred to as *St Lubbock's Day*.

Here in Stansted the August Bank Holiday Monday (27th) is special; not only because it's the last bank holiday before Christmas but because it's also when the annual Windmill Fête takes place. Built in 1787 along with a malthouse and villa, the windmill would have looked quite different to how it does now. Originally constructed on staging supported by a timber round house, it has been constantly altered and improved as successive millers have struggled to make a living. The mill closed as a working mill in 1910 and in 1935 its then owner, the second Lord Blyth, conveyed the mill 'for the benefit of the inhabitants of Stansted' and the Parish Council were appointed as Trustees. The mill had become damp with mildew, rot and woodworm while standing empty, so when the Stansted Scout Troop started to use it as their Headquarters in 1942 they had to clean it and sort out the woodworm. They continued to base their activities at the windmill until 1963, keeping it aired and weather-proof: helping to prevent the structure from deteriorating beyond repair.

Scheduled as an ancient monument in 1952, the Trustees together with the Stansted Millers carry out the ongoing repairs and maintenance needed to preserve the windmill. This requires a great deal of money and the Bank Holiday Fête is the mill's main fundraiser of the year and a very enjoyable event. The sun always shines (well nearly always) on the day and there's normally something at the fête for all the family. If you've never been inside the windmill or to the fête, I can highly recommend both. See you on 27th August 1.00pm-5.00pm.



Stansted Mill and adjoining mill house, c. 1873. The windmill was built in 1787 by Joseph Linsell and his wife and ceased working in 1910. For the last seventy years of its working life it had been worked by Charles and Edward Hicks. It was purchased in 1887 by the first Baron Blyth of Stansted Mountfitchet.

Photograph from *Around Stansted Mountfitchet* by Paul Embleton. Reproduced with permission.



Yvonne Ayres

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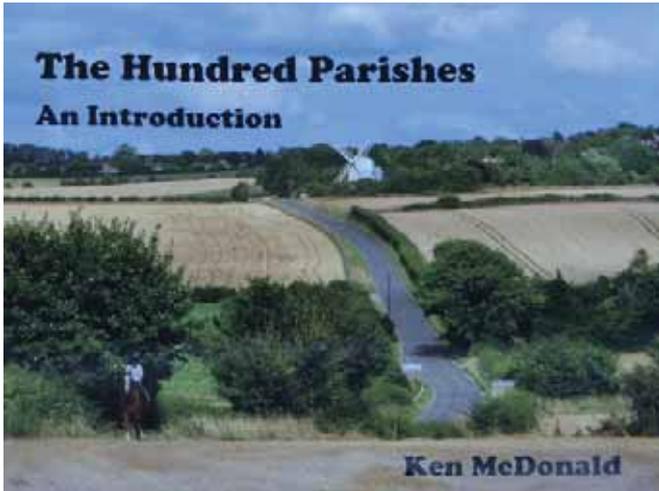
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THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

The Society is really pleased to confirm the publication of its first book, *The Hundred Parishes: An Introduction*. It was printed by Lavenham Press of Suffolk who have done a fine job in producing a quality hardback book with excellent reproduction of photos. The book introduces the reader to the rich history of each village and town within the area and paints a picture of life in the Hundred Parishes up to the start of the 21st century. The book is A4 size with more than 400 pages. It includes almost a thousand photos and an extensive index. It costs £25.



The publication marks a significant step in the Society's mission to raise awareness and appreciation of the Hundred Parishes, an area of 450 square miles of north-west Essex, north-east Hertfordshire and southern Cambridgeshire which is characterised by its rich and diverse heritage. It expands on the parish information already available on the Society's website, where visitors can also download walk routes and find information and activities associated with the area's culture, history, heritage, countryside, wildlife and conservation. The Society's trustees hope the book will inspire residents and visitors to further explore and appreciate the Hundred Parishes. There is so much to see. We are confident that you will enjoy the book now and then refer to it regularly over the coming years.

The Hundred Parishes: An Introduction can be purchased at the Tourist Information Centres in Saffron Walden, Thaxted and Bishop's Stortford, as well as Great Bardfield's independent bookshop 'Between the Lines'. It is also available from me or via the website.

Ken McDonald
Secretary
Tel: 813226

THE BARBECUE EFFECT

Colin the cockapoo loved a good barbecue, almost as much as his owner, Neil. Neil could be found most weekends in the summer on his patio in his 'Natural Born Griller!' apron, burning bits of meat over charcoal briquettes with a group of mates. Colin knew after about five or six empty beer cans had appeared on the floor next to the barbecue, bits of meat would inevitably appear there too; sometimes on

wooden skewers, sometimes with a nice bit of bone attached and occasionally (as a sole concession to health and/or the lone vegetarian), bits of half chewed corn on the cob smeared with butter. Of course, it was Colin's job as man's best friend to help clear up the mess made by man ... You can see where this is heading, right?

Vets know that as soon as barbecue season arises we will be removing bits of aforesaid bone, wooden skewer and corn cob from various parts of dogs' intestines, often on a Sunday evening. In my experience, corn cobs are often the most frequent cause of blockages. Owners are normally pretty aware of the dangers of leaving wooden skewers lying around but corn cobs appear so innocuous; they are vegetables aren't they, after all? The trouble is a chewed corn cob is roughly the same diameter as a dog's small intestine; it fits nicely inside and acts as a very efficient plug, resulting in a vomiting dog, guilty looking owner and the vet missing the next episode of *Poldark*. On a serious note, intestinal blockages can kill dogs and at the very least result in expensive surgery and a hospital stay of several days, so please invest in a dog-proof bin and keep a close eye on Colin and dogs like him, whose favourite thing on a sunny evening is 'helping' their owners with a tasty barbecue.



Ilse Pedler
Mercer and Hughes Veterinary Surgeons



www.rainbowpreschool-stansted.co.uk

End of term was celebrated for the Adventurers (all those leaving for school) by a Leavers lunch and games to which all parents, grandparents and carers were invited.



On the last day of term, they had a visit from Zoolab, who followed the theme of the 'We're going on a Bear Hunt' book. Sweet treats then followed. The Explorers had a session on the recreation ground followed by a picnic. We look forward to seeing them all again in September plus welcoming new children and their parents into our Rainbow Family. Happy Holidays! Rainbow Pre-School takes children from 2.5 years to rising 5. Visit our website for details.

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Administrator
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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

HIGHWAYS ISSUES

Calling All Cyclists

As part of the Neighbourhood Plan, the Parish Council is looking at ways to encourage cycling, whether for commuting, for leisure, or for any other reason. If you are a cyclist, or would like to take up cycling, we would like you to help us improve your experience.

- Can you suggest where cycle routes would be feasible?
- Are there any ways of making cycling safer in the centre of the village?
- Are there places you would like to see cycle racks?

We are looking for active cyclists to meet with us to pull together ideas. If we can come up with sound, practical and realistic ideas, then this will improve the chances of winning support and gaining funding.

Calling All Pedestrians

Most residents will walk within the village to a greater or lesser extent. The Parish Council is keen to encourage people to walk more, which will benefit their health and reduce car usage, which will help lower emissions.

Please contact us if there are any safety issues that deter you from walking, and let us have your ideas for improvements that would make walking easier, more pleasant and, most importantly, safer.

Do You Use a Mobility Aid?

If you do please let the Parish Council know if you have any difficulties getting around the village. It is all too easy for us not to recognise the problems, so do not hesitate to let us know if there are any obstacles that make it difficult to get around. Please use the contact details on page 24 to let us have your views.

Grove Hill

There have been regular incidents of HGV vehicles that have attempted to drive up Grove Hill but have failed to get through because they are too big so had to reverse back. In addition, there have been concerns about lorries that can squeeze through but are above the weight limit set by Essex Highways.

If you observe any vehicle that is causing a problem, please record the registration number and, if possible, the name of the company, and report it to the Parish Council. The company will then be contacted and asked to comply with the Traffic Regulation Order.

On top of this, the increased traffic flow from the Elsenham direction is causing lengthy delays at peak times, causing frustration to residents. The phasing of the lights is to be changed in order to improve traffic flow at the request of Elsenham Parish Council. We have requested a weight limit for lorries coming down the hill but this could take some time.

BENTFIELD PLAY AREA

We have now secured funding for a basketball ring with hard-standing at the Bentfield Green play area. Consultation on this took place some time ago. From the responses received, supporters of the project far outnumbered residents who had reservations.

The funding comes from an external agency and is specifically for this project so there is no cost to Stansted residents.

DIARY DATES

The annual **Skatepark Jam** will take place on Sunday 2 September. There will be events for all ages and abilities. The event attracts top skaters from around the area and spectators are very welcome to witness some impressive 'tricks'.

The Jam will be immediately followed by **Music in the Skatepark** which will feature live performances from local bands and runs for two hours starting at 6.00 pm. It's all free so please pay a visit at some time in the afternoon.

As part of the run up to the World War I Centenary Remembrance Day we have arranged for Saffron Screen to stage a Pop Up cinema showing of **Journey's End** on Friday 9 November. Look out for times and ticket details in the next edition of The Link.

CRAFTON GREEN PROJECT

We promised to keep you abreast of developments as the construction work progresses. This is how the site looked at the end of June. The ground work is more or



less complete and materials are arriving on site ready for work on the main structure of the building to start.

NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Alan Dean writes

A five-hour full council meeting on June 19th was a record event. Maybe the significance of the meeting - to agree a draft Local Plan for the final lap of its 12-year gestation period - justified debate until four minutes to midnight. Another view would conclude there was a lot of time-wasting. The district now has an agreed draft plan that contains three new garden communities located north-east of Great Chesterford, south of Little Easton and east of Stebbing. The principles behind garden towns and villages can be read at www.tcpa.org.uk. For Stansted the plan includes future housing land at the top of High Lane, across the road from the current Walpole Meadows development.

Stansted's four district councillors voted for the plan to proceed to the final stage of consultation, which has been running since June and ends on August 13th. In the autumn the plan will be submitted to the Planning Inspectorate for examination at a public inquiry. Given a fair wind, the Local Plan will finally be adopted after next May's local elections.

So why, you may ask, did it take five hours to agree to a public consultation? There were 20-odd public speakers who wanted to object to the new settlements near to where they live. Then there was a delaying amendment from Elsenham, Newport and Saffron Walden councillors to put off a decision for further investigations. Yes, more delay after 12 years! Many reasons were put forward by the public why their locality was unsuitable, even by the few who recognised that there is a national and local housing crisis.

I spoke about some stark facts: that the average cost of a home in Uttlesford is 11.7 times the average income

of people working in this district. Today couples need a joint income of £74,241 to purchase an average priced 2-bedroom property in Uttlesford at £305,700. Our villages are turning into ghettos for well-healed people. Our children and grandchildren are being denied their own decent homes because demand has been outstripping supply for years. This is part of a nation-wide housing crisis. I stressed the point that there is a housing shortage crisis, and no case at all for saying it doesn't exist and shouldn't be solved on some people's own doorsteps; that we must all face the facts and think of younger generations and others less fortunate.

I am chairing an all-party working group identifying requirements that will help define the Local Plan's demand for "40% affordable housing". We know that so-called affordable rents at 70% of full market-level rents still means that many people are left with too little money for the other needs of life besides a roof and bed. Community Land Trusts are one option. The trusts acquire land at low or zero cost, so the prices (including rents) can be set at levels well below open market levels. A report on that work is expected in September. The outcome will feed into the detailed Garden Community negotiations over coming months as the Local Plan is defined in greater detail.

The policy on Stansted Airport (SP11) has been strengthened at my request. It now commits the Council to resisting any relaxation of the controls on night flights. A statement about developments being in accordance with the latest throughput permission has been reinserted. Other improvements address public transport access for non-aviation users, especially uses by local people. Statements on climate changing emissions by aircraft are more explicit. Protections needed for the amenity of local residents and the environment have been bolstered. In particular, the airport owner is required to take responsibility for reducing the effect of aircraft on the area by demanding fleet modernisation by airlines.

The Local Plan was approved by 23 votes to 13. Those voting against were from Elsenham, Newport and Saffron Walden as well as three councillors from the garden settlement wards. If the opponents had been successful, under central government rules, sites for over 2,000 more homes would almost certainly have had to have been added to the Local Plan, the council would have lost local control of the planning process and there would have been several years more of uncontrolled development in places like Elsenham and Stansted. Landowners and developers would have been allowed to fill the vacuum through the Planning appeal process. Thankfully, that fate has been avoided.

TWINNING CELEBRATIONS

It's official - we are now twinned with Rungis, France!

In June, a delegation visited Rungis to join their celebrations and to sign the Charter, and a return visit to Stansted in July completed the formalities. For detailed reports and more photographs see pages 17 and 29.



Celebrations after the signing in Rungis



Entertainment by the local band in Rungis



The Rungis guests arriving in style!



The signing in St John's Church



With MP Kemi Badenoch and Forest Hall School



Lunch with members of the Stansted community

TWINNING - WHAT NEXT?

We are keen to maintain the spirit of this venture. Our schools are already in touch with each other, but we would like to promote the more cultural side of things. If you are interested in an exchange visit - this could be to stay with a family, act as a host, or even a house-swap for a holiday - then please drop us an email or pick up the phone to let us know (see next page for contact details). We also hope to be putting our local organisations in touch with each other and there is talk of a sponsored cycle ride to Rungis next year watch this space!

WAR MEMORIAL FLOWERS

We would like to extend a very big thank you to all of the volunteers who provide flowers for the vases on the War Memorial. It always looks wonderful and it is a very generous gesture as no expenses are paid. If you would like to sign up to assist, please contact Janet Hollis on 01279 812073 or email janhollis@btinternet.com. This is particularly timely as we understand that one of our very regular arrangers will be moving away from the village later this year.

DATES OF PARISH COUNCIL MEETINGS

All meetings start at 7.45pm unless otherwise stated

August NO MEETINGS

September

5 Open Spaces
19 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

Maureen Caton (Chairman)	813914 m.caton@hotmail.co.uk
Catherine Dean	813579 catherinemarydean@btinternet.com
Samantha Dunn	810859 cllrsamanthadunn@stansted.net
John Hudson	814489 johnedhudson@gmail.com
Matthew Jessup	816591 matthew@in2it.biz
Peter Jones	813252 peter@lowerstreet.com
Jo Kavanagh	815157 jo.kavanagh.248@gmail.com
John O'Brien	816772 johnedobrien@gmail.com
Rachel Rands	817413 rachelrands@btinternet.com
Frances Richards (Vice Chairman)	812748 frannie.richards@gmail.com
John Salmon	814789 dandjsalmon@gmail.com

Geoffrey Sell	815925 sellgeoffrey@yahoo.co.uk
Valerie Trundle	813433 prtvt@btinternet.com
Daphne Wallace-Jarvis	812259 dwjwj.444@gmail.com

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

ESSEX COUNTY COUNCIL MEMBER

Ray Gooding	813103 cldr.ray.gooding@essex.gov.uk
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Nature Notes

This year we have had a cold spell, a wet spell and a hot, dry spell. Whatever the weather in any year, some animals and plants thrive on what nature throws at them and others suffer. For example, many of the oak trees in my area were not happy in the spring and did not produce blossom, so they will have no acorns this year. On the other hand, trees such as lime, sycamore, maple and some ash are bearing an abundance of seeds, some of which have come out in bright autumnal colours. If we get some rain soon it looks as if it will be a good year for fruit along the hedgerows such as blackberries, sloes, damsons and crab apple.



On a different note, one of our local squirrels lost all the fur on its tail and when it was not jumping around like a squirrel but creeping about it gave one quite a shock because it looked just like a large rat, to which it is closely related, of course.



Felix



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Could you help run our charity?

We need to recruit two skilled trustees to join our board. Experience of using, working in or volunteering for Citizens Advice is not essential, just a willingness to give time and commitment to the role. We are looking for people with a wide variety of skills and a diversity of experiences but some knowledge of marketing/communications or human resources would be preferred. The post of trustee is unpaid but will provide you with new challenges, the opportunity to give something back and great satisfaction! The Board of Trustees holds six evening meetings and two daytime planning meetings each year. All reasonable expenses are reimbursed. We are particularly keen to achieve a more diverse board of trustees and welcome applications from all sections of the community. For more information or an informal discussion about the Trustee role, please contact Richard Armitage at chair@uttlesfordcab.cabnet.org.uk or call the number below.

Kate Robson
Chief Executive Officer
Tel: 01799 526557

494 SQUADRON



494 Sqn ATC

Spotted on our Facebook page: "When young people join our organisation we promise to give them life skills. It sometimes comes as a shock when they realise that includes ironing, washing up and cooking"



We recently had a practice night for cooking meals in mess tins which is something we have to do for several days if we are away on an expedition. No fridge to keep things cold, no shops to buy fresh veg, just the food rations that we bring with us and water which we might be able to top up *en route*. So, what could we cook? Pasta is a favourite, with tinned tuna or sardines. Baked beans usually feature too. Scrambled eggs, as long as they survive in the rucksack for a few

days first and boil in the bag rice in various flavours. We could do traditional porridge, no milk, just water, for breakfast. Everything is cooked in a single mess-tin and, of course, we have to wash up afterwards too.

Due to some cadets moving away to University and work placements we have some vacancies. If you are interested in joining Air Cadet Squadron 494 then do get in touch. We welcome both boys and girls from age 12 (in year 8) to age 17. Please email oc.494@aircadets.org to find out more or see our Facebook page: search 494 Squadron Stansted.

Rachel Alexander



What's a typical day at Mountfitchet House? Sprucing up the garden

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Sunday walks: all leaving at 10.00am 5-6 miles
No walks in August - Summer break
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Footpaths:

Stansted

Kingswood Drive to Crafton Green Car Park.

We have a new twitchel! The long-awaited link between Cambridge Road and Chapel Hill is now open and nicely surfaced.

FP54 Church Road to St Mary's Church

New fencing erected on the edge of the large field to the east of Elms Farm allotment is clearly identified; a timber fence with wire netting is sunk into the ground to exclude the rabbits. Where the proposed permissive path and field meets the boundary with Stansted Hall the fencing now defines the new additional path, which will hopefully link with FP54 from The Gatehouse cottage to Stansted Hall.

Bishop's Stortford

Interface of footway and bridleway at Rugby club/WHD with Hadham Road - Bridleway 008

Our Chairman paid a visit to Wickham Hall Drive (WHD) and confirms that the new signage promised by Herts County Council is now in position on Wickham Hall Drive. The signage is good quality and parking along its length and parking has been prohibited.

FP64 Stortford North

Improvement to the footpath access from Hazelend Road to Hazelend Wood and the Three Horseshoes is needed from the new estate as this would otherwise necessitate walking along the busy road where the verge is overgrown and offers no footpath.

Network Rail Public Inquiry

DPI/Z1585/17/12

Resumption of the inquiry - (Essex and others Level Crossing Reduction) Order 201X - will now be on Tuesday 25th September at the Civic Centre, Chelmsford. Further information can be found on the Inquiry website: <http://essex-level-crossings.persona-pi.com>.



Photograph by permission of Dave Webber.



Daphne Wallace-Jarvis
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JAM JARS WANTED

A big thank you to all who donated jars; please do keep them coming (1lb size or less, not those that have contained coffee or pickle). Please leave jars at 49 St John's Road or call me and I can collect. Thank you.



Sandra Ayres
 Tel: 814471

**STANSTED
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Our July opening was a lovely day and many visitors came inside the Windmill to cool off and enjoy the tour to the top of the Mill. You may have seen our Engineer Steve, ably assisted by Richard our Treasurer, a man of many talents, working hard repairing and renovating numerous worn parts. Still to be tackled is the moss on the outside brick-work, so you will see more activity outside the Mill shortly.



You may have noticed the new seat that has recently been placed in the grounds outside the Windmill; this is a memorial to our Co-Chairman Ted Pretty, who sadly passed away in August last year. I hope you have all been enjoying our

recent hot summer and long may it continue, or at least return for our **Bank Holiday Fête** on Monday 27th August 1.00pm-5.00pm at the Windmill, where we will again have most of the attractions we had last year. There will be music by the Mad Hatters Ukulele Group. Do come and join us. Windmill openings for August: Sunday 5th and Sunday 26th 1.30pm-5.30pm.



Molly Clark
 Co-Trustee
 Tel: 816768

BURNING ISSUES

The sun has been shining quite a lot in the past few weeks. As soon as the evenings begin to warm up, I know what's going to happen; it happens every year. "Good barbecue weather, let's invite a few friends round. It's no work for you because I do all the cooking." Sound familiar? This is *husbandspeak*. It may be peculiar to Essex, but I doubt it. I heard on the radio recently this exchange: *Q: Why do men always cook the barbecues? A: Because women seem to be incapable of burning the meat.* This probably sums it up nicely. While husbands are all bonhomie in the garden, managing to serve drinks whilst wrestling barbecue ribs (and did he make the marinade?) to the ground, the lady of the house is up to her elbows in salads, dips etc ("Oh and if you could just rustle up a little fruit salad dear?").

Once the meat is finally cooked - it always takes longer than anticipated because the charcoal is not the right type/too solid/too dusty (gas barbecues are *de rigueur* as you don't get the flavour apparently) and the guests are barely on their feet as they've had to keep drinking to fill in the time, *voila*, out of the kitchen come all the beautifully self-prepared salads. At the end of a lovely summer's evening, once the guests have left, when you eventually flop out on the sofa after having loaded the dishwasher; "They're great, barbecues, aren't they? It's a nice change for you not to have to do anything." No prizes for guessing who said that.



Barbie Man's Wife

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STANSTED MOUNTFITCHET EVENING WI

We had a fantastic business breakfast on 6th July at Linden House where we were so pleased to welcome our French delegation from Rungis, which included the Mayor, who joined us before attending the twinning ceremony at St John's Church. Patricia Korchef-Lambert from Rungis talked to everyone about the opportunities for businesses, schools and families in Rungis to link up with those in Stansted. Our speaker, Chris Wiggans who is head of External Affairs at Stansted Airport, talked about the positive links with businesses and how Stansted Airport is expanding to meet demand. Rungis is very close to Orly Airport near Paris and some of our French delegation asked about the possibility of flights between Stansted and Orly airports. This would help to promote businesses (as flights from Orly currently go to Luton) and other exchanges. BBC Essex were at the business breakfast to carry out live interviews on the radio about the twinning event and the impact on our businesses and the community. As a business forum we are looking forward to extending business and economic ties with businesses in Rungis. We can learn from each other and we hope to set up formal business links with Rungis in the future.



We have a gin tasting evening on **Friday 21st September** at 7.30pm in the Cork House. This is being held on behalf of our charity of the year, *Support 4 Sight*. Tickets are available from Charlotte Bitten at the Cork House tel 817474 for only £25. Remember that you will be supporting a very worthwhile charity. Our next meeting is on Friday 7th September 7.00am for 7.30am so come and join us at Linden House; contact Peter James on 813318 or email peter.james@murdochestateagents.co.uk



Iris Evans
Treasurer

HAPPY 85TH BIRTHDAY BRI- AN!

Brian Tremlett will be 85 on 6th August. He has been living in the village since 1998 and is a regular member of Stansted Day Centre.

His family would like to wish him a very happy 85th birthday.



What a pleasure to attend our June meeting on such a lovely summer's evening. We have a new President, Anne Watson. This was her first meeting and all went well! Anne is a familiar face at our top table as she has been our minutes secretary for the past 12 months. We wish her well.

The meeting started with the singing of 'Jerusalem' and then we were introduced to our new Committee and the roles they will be carrying out on our behalf. Other business followed before we welcomed our speaker, Steve Lester, who had come to tell us about *The Titanic, from Launch to Loss*. Having piped himself aboard using a deck officer's whistle, he then explained that he considers himself a 'Titanorak', and his knowledge proved to be considerable. There were to be three White Star ships in their class, the Olympic, the Titanic and the Britannic and they would rival any Cunard ship afloat. The keel of the Titanic was laid down in 1910 and her maiden voyage commenced on 10th April 1912. A series of events had a domino effect on the maiden voyage, resulting in the Titanic being in the wrong area of the Atlantic at the wrong time of year, hence the problem icebergs and the fatal collision. White Star never claimed that their ships were unsinkable; this rumour started after the Olympic was holed and, with water-tight doors closed, managed to make it to port. Also, Steve told us that the order "woman and children first" did not actually preclude men from getting in the lifeboats after the women, so many boats were launched below capacity. When the wreckage was discovered in 1985 it was seen that the keel of the ship was still intact. Had it broken, the stern section would have stayed afloat much longer and more lives would have been saved. Following this tragedy, many changes were made to maritime legislation including the number of lifeboats that



A mention was made regarding the recent National Federation of WIs Annual Meeting in Cardiff. Four of our members attended a very good meeting. The resolution regarding mental health was adopted with a 98% majority. Our next meeting will be on **Thursday 9th August** at 7.30pm in the Day Centre, when the talk will be *From the Isles of Scilly to Lindisfarne*. Please come, you will be most welcome. For more information contact Anne Watson on 898693.

Jenny Wraith

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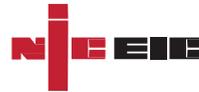
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Mountfitchet Garden Club

www.mountfitchetgardenclub.co.uk

July Meeting: Taking advantage of the long warm summer evening, Club members met at Anne and David Willett's beautiful garden in Little Hadham. Despite the heatwave, the garden was very colourful and is designed to provide year-round interest. When they moved into the property in 2013, one of the first tasks was to level the ground as there was a very steep slope; four to six gravel boards were placed at the bottom of the slope and the soil moved to level it out. It was a mammoth task, now only the top gravel board shows! A photograph album was on view to show how the works have progressed over the years. The recent purchase of the adjacent woodland with its under-tree planting for spring colour and shade-loving plants for the summer, offered an area to grow a wider selection of plants. The garden had plenty of seating, allowing members to sit and enjoy the different areas. A water feature, an insect hotel and various ornaments added interest as you walked around; the cheeky mice proved very popular!



August Meeting: The Club will not be meeting at the Day Centre on Saturday 1st August; another evening visit has been planned, this time to a garden in Chrishall, near Saffron Walden. Members who need directions will find details on our website or please telephone me. Meet at the garden by 7.15pm.

September Meeting: This meeting on Wednesday 5th will be back at the Day Centre, 7.30pm for 8.00pm start. Our guest speaker is Mr Darren Lerigo. His talk is entitled *What do I do with this space? - Garden Design from Around The World.*

Maralyn Harris
Chairman
Tel: 07919 478144

GARDENING TIPS FOR AUGUST

With June into July being very hot and dry, many plants died due to drought. If you are looking to replace lost specimens, wait if you can for better conditions in September. If you have a plant ready now, look to give it a good start in life, immerse it fully in a bucket of water (even drought resistant plants such as lamb's ears, etc). The compost that most nurseries use is typically peat or coir based, really dries out easily and resists re-wetting. Even plants whose root ball feels damp on the outside are often still dry and hydrophobic on the inner part of the root ball. A 20-minute immersion is enough to moisten the compost thoroughly. Next pour half a watering can of water into the hole to be planted, to ensure there is moisture below to encourage the roots to spread downwards. Place the plant in the hole and firm it in well. Mulch around the top with a suitable moisture retentive material and give the soil at the base of the plant another soaking with the watering can without the rose on; do this even if the soil is already wet. It is a useful way of removing excessive air pockets and consolidat-

ing the soil around the rootball. Finally ensure that the plant and any other young plants you have put in this season are given regular thorough soakings throughout their first year. Avoid using a hose with the spray end on it, a better option is to fill a watering can and apply directly to the required point. If you do have to use a hose, take the spray end off and use the normal hose opening, or use a device that simulates a tap flow that can be directed at the base of the plant.



Paul the Gardener

THE FORGOTTEN GARDENS OF EASTON LODGE

The drought and heatwave have taken their toll on the Gardens, but our volunteers have been working hard to keep them watered and looking as colourful as possible for our visitors. The roses, salvia, helenium and phlox in the Italian Garden are coping with the heat, while the squashes, pumpkins and sweetcorn in the walled kitchen garden have quite enjoyed the conditions. The lavender is also thriving and very much appreciated by huge numbers of small whites (butterflies) and our resident honeybees. At least, unlike last year, we have not yet had to cancel any group visits due to rain or wind. We have had visitors from a whole range of groups including Uttlesford Wild Flower Group, Garden Clubs, WIs and U3As as well as visitors from the USA wishing to see where their relatives were stationed in the second world war.

The Open Day on **Sunday 19th August** is an opportunity for visitors to dress up as pirates! We know that we cannot boast connections with the coast or smuggling, but we do like to have fun. There will be a pirate trail for children, craft activities and prizes for the best dressed pirates. Gates open 11.30am-5.00pm, last entry 4.00pm, entry £4.50, under 16s free. There will be hot and cold refreshments, locally sourced bacon rolls and cheese rolls, hot and cold drinks and our usual wide selection of homemade cakes. For more information and news go to our website or find us on Facebook.

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TO MUMBAI BY BIKE FOR MAGIC BUS

Courageous Stansted residents Joe Andrews and Verity Ellis are about to set off on an extraordinary travel adventure in aid of charity and they could do with your support.



Verity explains: "Joe is a Maths teacher at Felsted School, and I am an Intellectual Property solicitor working in London. We are about to embark on a cycle adventure fund-raising for **Magic Bus**, the education and gender equality charity. Leaving in the middle of August, we are cycling from the UK through 15 countries and covering at least 4,000 miles in order to get to Mumbai in January 2019 to see the charity in action. We will make our way through Western Europe, over the Alps and along the Dalmatian coast through Istanbul, but after Turkey things are likely to get a little trickier. Our plans will have to be fluid and will depend on visas and the political climate when we get nearer.

"We have set £2,000 as our target on our Just Giving page (www.justgiving.com/byjovebybike) and we would welcome any donations and hearing from any companies interested in supporting us. We would love to hear from you! You can follow us on Instagram [@byjovebybike](https://www.instagram.com/byjovebybike) or our blog byjovebybike.co.uk".

Verity Ellis and Joe Andrews
Email: verity@byjovebybike.co.uk



HUW JOHNSON CLUB

The Club is a social group for adults with learning disabilities which runs on Thursday evenings. We have now broken up for our summer break but finished the term with a bang, enjoying our annual BBQ in glorious weather. Thank you to the Embletons for providing such a lovely end to what has been a very busy term for the Club. In the weeks before we broke up, we enjoyed our annual Sports Evening at the Lentons, competing for glory under bright blue skies, as well as a Sausage and Mash dinner at the Chequers Pub and a Craft Evening. We also celebrated the 90th birthday of Tom Johnson, one of our founders, with a surprise party for him with many of our volunteers and members past and present.

Thank you to everyone who took part in the Stansted 10k this year, and a huge thank you to those who organised it. We are delighted to confirm that we have just received a huge donation of £2,450 from the Committee, which is an amazing amount! Thank you, we will enjoy spending it! We would also like to say a huge thank you to Gary Waller, who is stepping down from driving our minibus after nearly six years; we will all miss him! We are looking forward to our Summer Picnic on 5th August for members and volunteers, and then re-start the Club on 20th September. Whilst we are on our break, I am very much hoping to recruit some new minibus drivers and bus escorts, so please give me a call if you would like to find out more; we provide full training! Or if you would like to come along to the Club, as a volunteer or as a member, please get in touch.



Katharine Collis
Tel: 07759 157620
Email: kat_collis@hotmail.com

2018 WINE AWARDS

The season of wine awards is upon us, with little circular stickers appearing on supermarket bottles indicating that a bottle has been given an award. The largest two groups giving such awards in the UK are the *Decanter World Wine Awards* and the *International Wine Competition*. The former is connected to the Decanter wine magazine and the latter was originally also a magazine but now just connected to the annual awards. With so many categories and awards, the secret is to get the top award-winning wines before they become well known. The categories seem to expand every year with more levels above the normal gold, silver, bronze



and commended such as 'platinum' and 'trophy' and even individual awards for countries or grapes. These somewhat 'water down' the achievements in the lower categories. So ideally just look for those with a silver or above.

So here are a few top picks from the 'Gold' category from both sets of awards. Be careful on the vintages as previous vintages may still be on the shelves and have won lesser categories last year. Waitrose has a couple to look out for including their own new white and blue label Austrian *Gruner Veltiner* 2017 at £7.99, a lovely fresh white wine with stone fruit flavours and a peppery hint. Also look for the 2017 *Reserva Malbec* and *Cabernet Franc* mix by *Santa Julia* from Argentina at £9.99 full of dark red fruit and spices. Sainsburys has a gold medal winning *Chenin Blanc* from South Africa. This version is the 2017 *Stellenrust Chenin Blanc* at £7 from *Stellenbosch* with zesty pineapple and pear notes. Finally wait for the new vintages of a couple of high class wines: at Marks and Spencer the 2017 Italian white *Ascheri Langhe Arneis* at around £13.50 with its full tropical fruit flavours and from Majestic a smooth voluptuous red, the 2015 *Vinalba Gran Reservado Malbec* at £15 as part of a six-bottle mixed case. Happy hunting.



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A small primary school came alive during a weekend of family fun. The PTA organised a family fun day to welcome the community into school on a Saturday. A range of stalls enticed children and their families to get involved in face-painting, a raffle, arts and crafts and games, as well as enjoying a BBQ.



The school is in just its second year and so far has pupils in Reception and Year 1. Headteacher Marios Solomonides said: "It was lovely to see current pupils and those joining us from September coming together for a day of family fun. The PTA is amazing and organised this event brilliantly, making the most of the limited space we have at our temporary site. It has made me excited to see what is possible when we move into our new building."

Kelly Clark
Tel: 01245 237751



RHODES ARTS COMPLEX

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Listings for August

At thestage Stortford

Monday 27th 11.00am and 1.00pm *The Glastonbabies Festival Show*

At thescreen Stortford

Saturday 11th 11.00am *The Emoji Movie (U) Kids for a Quid*
Saturday 11th 2.00pm and 7.30pm, Thursday 16th 7.30pm *The Bookshop (PG)*

Monday 13th and Friday 17th 7.30pm *Ghost Stories (15)*
Tuesday 14th 6.30pm *Glyndebourne, Vanessa, Live (12a)*
Saturday 18th 11.00am *Tinkerbell and the Pirate Fairy (U)*
Saturday 18th 2.00pm *Strange Magic (U)*
Saturday 18th 7.00pm *Labyrinth, Interactive Screening (U)*
Tuesday 21st Thursday 23rd 7.30pm *Hereditary (15)*
Wednesday 22nd 7.30pm *Tully (15)*

Saturday 25th 11.00am *Boss Baby (U) Kids for a Quid*
Tuesday 28th and Thursday 30th 2.00pm and 7.30pm *The Book Club (12A)*

At themuseum Stortford

Wednesday 1st 11.00am *Young Archaeologist Event*

Saturday 4th 11.00am *Free Museum Tour*

Monday 13th to Wednesday 15th 11.00am *Fairy Craft Event*

Monday 20th to Wednesday 22nd 11.00am *Summer Craft Event*

Wednesday 22nd 11.30am and 1.30pm *Punch and Judy Show*

Liz Murphy
Tel: 710200

STANSTED DAY CENTRE

What a hot few weeks! Throughout this period the Day Centre has become a cool sanctuary. The doors are left open during our lunchtime sessions affording us with a view of our beautiful courtyard garden. Jo and Steph have been serving a selection of traditional salads, which are so welcome on such hot sunny days: pork pie, bacon and cheese quiche, hard-boiled eggs and thick cut ham. The new potatoes and spring onions from Steve, our fruit and veg man, have gone down a treat. We have enjoyed eating fresh strawberries in so many different ways for dessert, purely because they have been so very tasty. Why not book in to try some?

At the end of June students of Forest Hall School came into the Day Centre for their community day. They were a great help: preparing and serving lunch, de-weeding the patio, cutting out bunting and socialising with our regular diners. Four budding writers wrote prose and poetry expressing thoughts on the older generation. Thank you; we hope you enjoyed visiting us as much as we enjoyed having you all here. *Smiling is the easiest way to share Happiness.* The Day Centre is open Tuesday, Thursday and Friday 10.00am–2.00pm. Lunch is served at 12.30pm. Booking required before 11.00am on the day.

Angela Hall
Tel: 815091
Email: stansteddaycentre@gmail.com



INNER WHEEL CLUB OF BISHOP'S STORTFORD

Our meeting on 26th June was our AGM held at The Chequers in Ugley where we enjoyed a lovely meal, with good friends, fun and fellowship. Jenny Savage was thanked for her Presidential year which had been very interesting and productive. The Portland Child Contact Centre and Holy Trinity Winter Shelter in Bishop's Stortford will benefit from our fundraising along with a number of small donations to other charities. Jenny passed the President's Chain of Office to Margaret Webb who will lead the Club in its 70th Year.

For more information please contact me.

June Milne
Club Correspondent
Tel: 01371 875370

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STANSTED SURGERY NEWS

Advanced Nurse Practitioner

The Surgery has been successful in recruiting a full-time Advanced Nurse Practitioner: Janette Bone started at the surgery in July and is responsible for Chronic Disease Management and providing ongoing care and support for patients with long-term conditions, as well as patients with minor illnesses. The practice is also in the process of recruiting an additional doctor to help maintain an efficient service for an ever-growing list, which now stands at more than 10,000 registered patients.

Stop Before the Op!

The dangers smoking poses to our health are well documented; however, are you fully aware of the real benefits of stopping and giving up? *Stop Before the Op!* is a new initiative aimed at encouraging smokers to give up by highlighting some of the benefits not only to themselves but also to their family and a very stretched NHS. Led by Community Interest Company *Provide* and supported by West Essex Clinical Commissioning Group (CCG), some of the benefits highlighted include:

- A reduced risk of complications should you need to undergo surgery
- Reducing the risk of lung and heart complications
- Reducing the length of stay in hospital
- Stopping will protect the health of those around you
- The average smoker could save approximately £2,500 per year by stopping smoking

If you are serious about trying to stop smoking and would like some specialist help and advice, you can obtain more information from your GP practice and get a referral to *Provide* for the help you require.

Facebook Page

Stansted Surgery is now on Facebook, so if you are a Facebook user and would like to receive regular health related information and messages from the surgery, you just simply need to 'like' their page.



Ken Whyne
Link Editor

WEST ESSEX CARE NAVIGATION SERVICE

Do you need help with matters that are affecting your health and wellbeing?

The West Essex Care Navigation Partnership offers free assistance to people over the age of 16 to support them with issues that are impacting on their health/wellbeing. The service can help with challenges such as reducing social isolation, managing long term conditions, mobility issues and equipment, healthy living and looking after someone. The partners are Age UK Essex, Community Agents Essex and Provide Essex Lifestyle Service. Care Navigators will help

with filling in forms, accompany people to appointments, make referrals to other services/support and help people to identify and achieve personal goals so that their health and wellbeing improves. This service is being promoted by GP surgeries across the three districts of West Essex so if you know of someone who is struggling, whether they are family, a friend or neighbour, please encourage them to get in touch. If you are a resident of Uttlesford, Harlow or Epping Forest you can self-refer to the service by calling 0300 303 9988 (Monday to Friday 8.00am-8.00pm) or you can email: westessex.carenavigation@nhs.net.

Linda Amos-Flanagan
Smart Life Personal Independence Co-Ordinator
Age UK Essex

Tel: 01245 207017

BRAIN TRAINING

Letter Ball - improves vision, hand/eye co-ordination and stiff shoulders

1. Using a marker pen, write five to six letters on a tennis ball, spreading them out evenly.
2. Play catch with one or more people.
3. As you catch the ball watch it into your hands and call out the letter you see.
4. If you can, throw the ball without spinning it so it is easier to see the letter approach.
5. Start catching with both hands, then move to one handed catching. The ultimate is to patch one eye and catch the ball, which is much harder since you lose depth perception and suddenly become a ball fumbler.
6. Be careful to watch the ball all the way into the hands; it is very common to predict where the ball will be rather than really look at it.
7. If you have no partner, you can just throw the ball up and catch, throw it from hand to hand, against a wall or bounce it on the floor.
8. If catching really is difficult, you can use either a balloon or even a hacky sack.

Tracking the ball exercises the eyes, particularly their ability to change focus from far to near. It also encourages us to really move our arms about to catch. If we have sore or stiff arms/shoulders we focus on the pain and



learn to fear movement; one of the best cures is to have an external reason for movement, like reaching out to catch a ball. We think about ball catching, not painful shoulders, helping us to unlearn fearful movement.

Clare Harding
Z-Health Master Practitioner
Tel: 816430
Email: fun@clareharding.com

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CELEBRATION AT THE COFFEE POT



Coffee Pot held a surprise 90th birthday party for Tom Johnson at the end of June. Tom was very pleased to see so many friends calling in to help him celebrate with a slice (or three) of birthday cake. Tom and his daughter, Ann have been regularly attending Coffee Pot since it started two years ago, and it was a great pleasure to be able to make Tom's day really special.



Coffee Pot happens every Thursday morning in St John's Church between 10.30am and noon, and although we can't guarantee balloons every week, we can promise a welcoming atmosphere, free tea/coffee, homemade cakes and light-hearted conversation. Everyone from our village community is very welcome to call in. Why not give it a try?

Kathy West
St John's Church



STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted/home

Following our AGM in May there is now a new Committee as follows:

Chairman	Ray Smith
Secretary	Iris Eaton
Treasurer	Nigel Johnson
Assistant Treasurer	Robert Dean
Membership Secretary	Carole Crosby
Groups Coordinator	Doreen Heals
Website Manager	Sally Rich
Speakers Secretary	Gill Dean

My thanks to all Committee members for their enthusiasm; some are totally new, others quite experienced in U3A ways. **We have two vacancies for posts yet to be filled;** one as Vice Chairman and the other as a Committee member. The Vice Chair position will be trained over three years to succeed the present incumbent and the new Committee member will be asked to adopt the position of Publicity Secretary. Flock along one and all and join the fun! The Committee members are a friendly team who have a good sense of humour and enjoy lively discussions. Feel free to come along as a visitor to our next meeting at 17 Blythwood Gardens at 2.00pm on Wednesday 8th August. Our next full

meeting is at 2.00pm on Thursday 16th August in St John's Hall when we will be having the customary tea and cakes, although your Committee is flirting with the idea of strawberries and cream tea and possibly something fizzy. Watch this space! If you wish to find out more about Stansted U3A we have a wonderful new website - nice one Sally!! Contact details: Stansted Mountfitchet U3A, c/o Stansted Free Church, Chapel Hill, Stansted CM24 8AG. Ray Smith (Chairman) 813270, Iris Eaton (Secretary) 07943 078091. Email: stanstedu3a@gmail.com.

Ray Smith



UGLEY WOMEN'S INSTITUTE

Ugley WI was delighted to be the winners of the **Essex Inter WI Quiz** held on 27th June. We are quite a small WI and fought off fierce competition from many larger WIs all over Essex. The photograph below shows the winning team.



The speaker at our June meeting was Lynn Croot; her subject was the paradise island of Tobago which she has visited an amazing 41 times! In the space of just 45 minutes, she introduced us to the delights of the island with such exotic place names as *Nutmeg Grove*, *Parrot Hall*, *Parlatuvier*, *Pigeon Peak* and *Louis D'or*; along with more familiar names such as Pembroke, Glamorgan, Cardiff, Richmond, Culloden, Montrose, Windsor and Runnemede. Her fascinating talk was illustrated with beautiful photos and items from the island, including a miniature steel pan, which when played by a steel pan band makes a lovely sound. She visited the island in carnival time and showed us wonderful photographs of the Tobagan people dressed in very exotic costumes, including a Tobagan sailor band and minstrels, blue and black devils as well as a Calypso King and Queen. She brought some fascinating items including two cocoa balls which smelt gorgeous! After her talk, Lynn invited members to have a closer look at an amazing collection of Tobagan items, some of which were for sale. It gave us a chance to do a little shopping and help the Tobagan economy at the same time; Lynn was generously giving the proceeds of the sales and her speaker's fee to her island paradise.

The speaker at our August meeting on **Wednesday 15th August** at 2.15pm in Ugley Village Hall will be Gordon Bailey; his subject will be *Jewellery through the ages*. Why not come and join us for the afternoon? You would be most welcome.

Andrea Fitt
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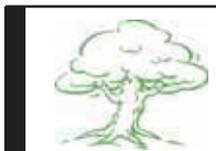
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Junior Summer Tennis Camps

Tennis coach Ollie Toms will be running two tennis camps for juniors in the summer holidays, at the Club. These will be held on 23rd, 24th and 26th July and 13th, 14th and 16th August from 10.00am-3.00pm. Please email ollie@olliestennis.co.uk for further details.

President's Cup

The annual President's Cup was held on Saturday 30th June and a very enjoyable afternoon was had by all the participants. The winners of the mixed doubles tournament were Carol Cook and Jon Budd and the runners up were Lorraine Cowie and Adrian Olver.



Ladies' Night

The next ladies' night (members only) will be on Monday 13th August, from 7.00pm.

Used Tennis Balls

£1 for a tube of four, from Jan Hollis 105 Cambridge Road. Please visit our website for further information about the club.

Fiona Kelly
Publicity Officer
Tel: 07949 623484
Email: fiona1.kelly@btinternet.com



STANSTED HALL & ELSENHAM CRICKET CLUB

www.shcc.hitscricket.com

The Club's 1st XI have won eight out of ten league matches and are now second in Division 2 of the Herts and Essex League. The 2nd XI are struggling somewhat in Division 5; runs have been hard to come by. The youth section is very busy with improving results for the U15s and U11s. *All Stars* cricket for the five to eight-year olds is regularly attended by 30 or so young cricketers on Friday evenings. The eight sessions are now completed but the Club will continue to run on with the scheme because it has been so much fun for all, including parents. The Club has been very busy updating its

Clubmark status. This has been led by Paul Elby who at times has been getting up at 4.00am to continue with the task. This has been a huge project and all members would like to thank Paul for his endeavours.

Phoenix from the Ashes is the name given to our Elsenham pavilion project. We are now at the stage where fundraising is the big issue. Building plans have been passed and estimates from local builders have been sought; at the end of August the Club will know the cost of the building and who will have the contract to build it. It will then be a small matter of raising the funds! The Club is in contact with Sport England, the England & Wales Cricket Board, Uttlesford District Council and Essex County Council as well as smaller organisations. It is going to be a crucial three months or so for this project. The Club continues to look for players of all ages. If you are at all interested please contact me.



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



Stansted Cricket Club

www.stanstedcc.secure-club.com

At the halfway point of the league season, the 1st XI have just one win from nine matches and sit 10th in the HECL Division 2 table. The 2nd XI have yet to break their duck in the CCA Junior League 5 South and East and have lost all eight matches to date. They are seventh in their table. In one bright spot the Sunday XI have won both matches played to date; the rest have all been cancelled due to lack of availability, either ours or our opponents. Notable recent individual performances include: Dave Roach (98 and 84), Dan Sammons (75), John Ayres (63 no), Mark Allen (62 and 50), Ryan Lennon (58 and 55), Matt Cope (58), Huw Edwards (57), Ben Sammons (55 no), Ian Parsons (54) and Ben Baker (51 no). Junior coaching sessions continue on Mondays 6.30pm-8.00pm with hardball coaching for Years 5 and 6 to Year 10, and on Fridays 4.00pm-5.15pm there is softball coaching for Years 2 and 3 to Year 5. If your child has not attended before, the initial session is free of charge and the coaches will advise on the most suitable session for your child. Junior fixtures can be found on our website.

Home senior fixtures in August

Sat 4 th	1 st XI v Farnham	13:30 HECL
Sun 5 th	Sun XI v Little Bardfield	14:00
Sat 11 th	2 nd XI v Thriplow IV	13:30 CCA
Sat 18 th	1 st XI v Little Hallingbury	13:30 HECL
Sun 19 th	Sun XI v Thorley	14:00
Sat 25 th	1 st XI v Thorley I	13:30 HECL
Sun 26 th	Sun XI v President's XI	11:30 All-day match

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



David Hedge
Hon. Secretary
Tel: 812509

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alzheimers Society	Tel: 01371 872519	Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997 Email: admin@rainbowpreschool.net
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Rainbows	Sue Pollard Tel: 813734
Beaver Scouts Age 6-8	Wayne Browning Tel: 079764 41468 Email: mrwbrowning@googlemail.com	Rotary Club	Martin Budzinski Tel: 07803 878961 Email: martin@voucherpacks.com
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	St John's Road and Area Association	Secretary: Leila Riddell Tel: 07770 955830
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Brownies (Wednesday)	Susan Scott Tel: 810955	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
CAB	Tel: 08444 775986	Spangles Children's Centre	Sarah Mason Tel: 812348 Email: smason2@spurgeons.org
Corkers Netball	Lisa Menzella Tel: 07827 988732	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Cub Scouts Age 8-10½	Steve Turrell Tel: 07519 572642	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Day Centre	Tel: 815091	Stansted Football Club	Tom Williams Tel: 07921 403842
Explorer Scouts	Vic Clarke Tel: 07903 413217	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office tel: 656085	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Tennis Club	Fiona Kelly, Publicity Officer STC Tel: 07949 623484 Email: fiona1.kelly@btinternet.com
Helpline	Tel: 07704 553727	U3A	Ray Smith, Chair Tel: 813270
History Society	Peter Brown, Chairman Tel: 812816	Women's Institute (Stansted)	Brenda Ryan, President Tel: 812725
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Inner Wheel Club	Jenny Savage, President Tel: 656065	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
Investigators	Ros Page Tel 810813 Email: contactstanfam@yahoo.com	Youth Centre	Linda Barnes Tel: 07947 548051
Little Scrummers	Andrew Poyser Tel: 07738 591232		
Millers (Windmill)	Molly Clark Tel: 816768		
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk		
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK Uttlesford Support Group	Vivian Falk, Chairman Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk		

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

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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



STANSTED BOWLING CLUB

Wow, real summer is here with some of the highest temperatures for a long while: great for a nice cool drink from the bar, but not so good for the green. The long spell without rain, and the many games we play on it this time of year, is causing a little concern from the groundsmen. But the green is playing well if a little fast. Finding the time to water it is proving a challenge.

Results

All four Bowls teams consisting of the Ladies, Seniors, Stansted A and Stansted B have seen action this month; with some new members starting to fill the ranks, it is a good time for Stansted Bowling. The Kent Cup against Havers Park Bishop's Stortford was clinched at the away leg with more than 80 points separating the two teams. The many matches taking place are all held in good spirit with much banter and friendly conversation.



This month's home matches

Stansted A

Wednesday 1st and 15th 6.15pm

Stansted B

Wednesday 8th and 29th 6.15pm

Seniors

Tuesday 7th and 21st 2.30pm

Ladies

Thursday 16th and 23rd 2.30pm

Friendlies

Sunday 12th and 19th 2.30pm

We look forward to welcoming you all to our Clubhouse on any of the above game dates, or any Friday evening when the Clubhouse bar will be open and the members will be happy to explain the way the game is played or just have a chat and put the world to rights.

Peter Beattie
Hon Secretary
Tel: 07850 329192
Email: peterdavidbeattie@gmail.com

SUMMER CONCERT – AN APOLOGY

Last month's report of the concert omitted to acknowledge that the lovely photographs were taken by Tony Aldridge. We apologise for this oversight.

Editor



STANSTED FOOTBALL CLUB TRAINS WITH OLYMPIC CHAMPION

With the euphoria of the World Cup now over, our attention turns to domestic football, which returns this month. Having retained our status in the Essex Senior League, we hope that the new squad of players assembled over the summer months are equipped and ready to have a more challenging season than last. Certainly, if the work rate displayed during pre-season by the players in building their fitness for the challenges ahead is anything to go by, then over the next nine months we are confident of a successful campaign. Part of the fitness programme developed by the management team was to involve the squad in a session overseen by former 400 metres World and Olympic Champion Christine Ohuruogu. The squad had an energy-sapping day on her fitness programme, but felt well rewarded at the end, having all completed the tasks she had set. Our photo shows team managers Paul and Mark with Christine on the day.



The Essex Senior League kicks off on **Saturday 4th August**, and with Saffron Walden returning to our league we have some really interesting local derbies to play. Please be aware that no home league games are played at Hargrave Park this month. However, on the subject of local derbies, the Extra Preliminary Round of the FA Cup was drawn and we have been paired against Sawbridgeworth Town. The tie, which is a home game for us, will be played on Sunday 12th August at Bishop's Stortford FC, kick off 2.00pm. Should we be victorious in the game, we would face another home tie against either Takeley or Norwich United on 26th August, when we would look to have the same arrangement. Please keep an eye out on our social media sites for information regarding the team's fixtures and results, and any major Club news. Finally, a word of thanks to the Stansted Sports Association who have supported us through the hot summer months and our ground staff who have worked tirelessly in preparing the pitch for the new season.



Tom Williams
Secretary
Tel: 07921 403842

SPOT THE LOCATION – ANSWERS

- 1 The Windmill
- 2 St Mary's Church Porch
- 3 Recreation Ground (Fuller-Maitland Monument)
- 4 Memorial Gardens Chapel Hill
- 5 Field off footpath between Gall End and High Lane
- 6 Bentfield Play Area

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