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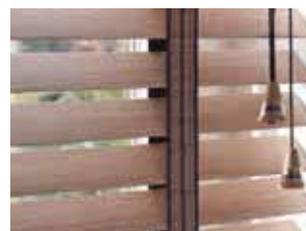
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Front cover The Junior All Stars Cricketers. Photo by David Brown, enhanced by Paul Burt Photography.

Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

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CONTENTS

Advertising	Index to Advertisers	44	Fundraising	Grove Cottage Cycle Ride	25
	Link Advertising	29		Lib Dem Garden Party	27
Churches	CAMEO	15		Quickling Festival	37
	Stansted Family Church	14		Real Ale and Craft Gin Weekend	33
	Stansted Free Church	13		Stansted Fun Run	40
	Stansted Quaker Meeting	14		St Clare Walking in Memory	27
	St John's 300 club	15		St James Festival of Flowers and Music	33
	St John's Church	15	Local Council News	Stansted Network	21-24
	St Theresa's Catholic Church	14	Local Roundup	Eddie Laird Erratum	39
	Thought for the month	13		Gardens of Easton Lodge	37
Children and Families	Bouncy Picnic	3		Hatfield Forest	39
	Investigators	7		Hundred Parishes	19
	Forest Hall School	4		Mary Emerson is now 100	17
	Magna Carta School	7		Nurse wins Prestigious Award	43
	StanstedCAN	2		Speed Watch	40
	Stansted Scouts	2		Stansted Community Centre Lunch Club	4
	St Mary's School	7		Stansted Foodbank	15
	Wastepack Single Use Plastic Campaign	4		Stansted Windmill	39
Clubs and Community Groups	Directory of Clubs & Organisations	42		St Clare Hospice Carers' Group	25
	Huw Johnson Club	37		Stop Stansted Expansion	25
	Mountfitchet Garden Club	35		Urgent Appeal	27
	Probus	35	Features	Editorial	2
	Stansted Evening W I	31		Grit and Bare it!	35
	Stansted is Well Read	31		Hot Weather and Animals	29
	Stansted Social Club	39		Marriage Tax Allowance	43
	Stansted U3A	29		Nature Notes	35
	Stort Valley Rotary	31		Random Jottings - Canine Issues	33
	The Coffee Pot	40		Supermarket Wines - Aldi	33
	The Place on the Hill	29	Sports	Stansted Bowls Club	41
	Ugley W I	27		Stansted Cricket Club	40
Health & Wellbeing	Brain Training	11		Stansted Football Club	41
	Getting help with Dementia	11		Stansted Hall Cricket Club	41
	Stansted Surgery	13		Stansted Tennis Club	41
Fun and Games	Crossword	9	The Arts	Music@stansted	17
	Crossword Answers	31		Rhodes Complex	17
	Prefixes Quiz	9		Thisismytheatre at St Mary's Church	25
	Prefixes Quiz Answers	31	What's On	What's on in August	5

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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EDITORIAL



In the February issue of The Link, we highlighted the possible closure of many Essex libraries. I am delighted to bring you a quote from Cllr David Finch, Leader of Essex County Council: *"We have concluded a consultation to find out what people thought about their local library service: a service which faces annual and rapid decline. I am very pleased to say that the people of Essex have responded well, and this consultation has absolutely reinvigorated their desire and love of our libraries. This is superb and just what we were looking for. So, as a result, none of our libraries will close!"* There will clearly be many details to iron out, but this is a terrific result; it shows that people power can be very strong!

I am sure that this month's front cover will have put a smile on your face; this unique photo shows members of the Stansted Hall and Elsenham Cricket Club All Stars team. The Club has been involved in All Stars cricket since its inception three years ago. The England and Wales Cricket Board asked clubs to take up this scheme to encourage five to eight-year olds into the game. It has certainly proved successful at the Club with 32-35 young cricketers signing up each year. This issue of The Link includes many upbeat articles and photos celebrating the summer; however, all pet owners should read the vitally important cautionary message about hot weather and animals on page 29.



STANSTED SCOUTS

Activity Day

We asked the Scouts what activities they would like to do towards their Adventure Challenge. We headed off to Skreens Park near Chelmsford. The new High Ropes course was a knock-out and 90 minutes soon flew by. We were very impressed with the Scouts who went up the different heights despite not liking heights! The Crate Stacking was a new event for most of the Scouts and is now a favourite. Tomahawk throwing was a chance for the leaders to show off their mis-spent youth and Jeremy did rather well. Fletcher, a Scout, matched him with all three in the target.



We had an hour for lunch followed by an archery session, which Reece found very relaxing. Although Robin Hood has nothing to worry about, there were a few good archers who hopefully will take part in our upcoming District competition. Everyone had a really good day, so well done guys for taking part.

Mike Byrne
Scout Leader
Tel: 812780

Email: stanstedscouts@hotmail.co.uk



StanstedCAN Summer Sessions

Stansted Community Action Network (StanstedCAN) was established early in 2017 and is a registered charity dedicated to benefiting the local community. It has a particular focus on providing new opportunities for children and young people (and by extension, families). The following August Sessions were confirmed at the point of The Link going to press.

Mon 12 th	Tues 13 th	Wed 14 th	Thur 15 th	Fri 16 th
10.00am-12.00 Sing Up! 1 (Age) 5-7s	9.30am-12.00 Explore Drama 1 8-11s	9.30am-12.00 Sing Up! 1 8-11s	10.00am-12.00 Sing Up! 2 5-7s	10.00am-12.00 Dramarama 2 5-7s
1-3.30 Sing Up! 11+	1-3pm Dramarama 1 5-7s	1-3.30pm Explore Drama 2 8-11s	1-3.30pm Centre Stage 11+	1-3.30pm Sing Up! 2 8-11s
	3.30-5.00pm Crafternoon Ages 6-11			

For updates on further sessions when they are added, booking information etc please go to the StanstedCAN Facebook page, or contact me directly if you do not use Facebook. All sessions will be held at the Free Church Hall, at the bottom of Chapel Hill, up the lane which goes up the side of the Free Church in front of what used to be Millway, CM24 8AG. The Music and Drama sessions are being run for us by Joanna Goldspink, a professional singer and workshop leader from Bishop's Stortford. All our session leaders are DBS-checked, safeguarding trained and experienced in leading groups of children and young people. All sessions are being run as not-for-profit and some subsidised places are available. Please contact me through our Facebook page or telephone me if you think you might be eligible for a subsidised place.



Ros Page
StanstedCAN
Tel: 810813

We had amazing weather again for the annual Bouncy Picnic, a free community event. It was so hot that most people took their picnics into the shade of the trees round the edge of the Rec, leaving the field looking quite empty, but many children still enjoyed the various inflatables on offer. The new Unicorn Zone for the under 5s was very popular, and even a few adults had a go on the bungee run and 11+ inflatable obstacle course. As ever the face-painting tent was busy all afternoon.



Time to show those skills



The Bungee Run was great fun

The view across the Rec



Face painting was very popular



Inside one of the inflatables

We are very grateful to all those who helped by volunteering for an hour, and particularly to the core team who were working all day to make the event run smoothly and safely. Lastly, a big thank you to everyone who came for leaving the field so tidy at the end. As usual there was virtually no litter to pick up, for which we are always grateful. Thank you to Stansted Family Café, Messy Church, Stansted Family Church, various individuals and the Parish Council for their support.



FOREST HALL SCHOOL



SINGLE-USE PLASTIC CAMPAIGN

Local business Wastepack has been working with Forest Hall School (FHS) to raise awareness of the issues surrounding single-use plastic. The school signed up to the Plastic Clever School campaign which was developed by child-led charity Kids Against Plastic. The charity, sponsored by Wastepack, was set up by Nottingham sisters Amy and Ella Meek (age 15 and 13) due to the negative effect single-use plastic is having on the environment. As founders, they encourage schools and businesses nationwide to be Plastic Clever by reducing the use of the big four plastic polluters (single-use cups and lids, straws, bottles and plastic bags) as well as items such as plastic cutlery. With the Education Secretary challenging schools to eliminate single-use plastic by 2022, it could not be a better time for FHS to be working towards Plastic Clever goals. Following a plastic pollution assembly, including a personalised video from Amy and Ella, Wastepack provided all students with their own reusable bottle to help achieve their Plastic Clever goals. The school has also installed additional water fountains and provided fruit squash in the canteen to encourage both staff and students to use their bottles.



The project has resulted in a significant reduction in the number of single-use bottles sold at the school. Before the introduction of the reusable bottles the school's canteen sold approximately 240 single-use plastic water bottles a day, that is 1200 a week. Now they sell approximately 120 single-use plastic bottles a day, including all other soft drinks such as juices. Although there is still some way to go to reach the Education Secretary's 2022 challenge to eliminate single-use plastic entirely, this is a substantial improvement. The students should be proud that they are helping to avoid the use of approximately 2400 single-use plastic bottles a month!

Daisy Malyon
Email: daisy.malyon@wastepack.co.uk

The school Eco Club has teamed up with the Woodland Trust to plant 160 trees. This latest initiative by the Club, which also set up a bug hotel in the school's garden, is growing vegetables and building flower beds out of recycled bottles stuffed with plastic. The school also took part in Earth Hour Day when Year 7 worked in the garden to dig a pathway and make a vegetable patch; Year 8 planted trees and Year 9 picked up litter and launched a campaign raising awareness of discarded plastics in the ocean after watching a documentary and carrying out a survey.



Sarah Power, careers and enrichment lead, said: "Students involved in the activity were surprised at their fellow students' littering. It was a really great day for students to get engaged in the world around them and to contribute to their community. We hope to do more with the garden by launching a gardening club this term." Daniel Ricketts, co-leader of Eco Club, said: "We are doing really well at becoming a greener school. Seeing our students put such tremendous effort into the project is amazing. In a world where things can be so instant and short lived, the work in the garden is teaching students about building for a sustainable future and developing teamwork skills which will last them a lifetime."

Kelly Clark

STANSTED COMMUNITY CENTRE AND LUNCH CLUB (DAY CENTRE)

We are delighted that Diana Attwood is our new Tuesday cook. Do come and sample her delicious meals. Fancy volunteering with a friendly welcoming group of people? Then our lunch club is the place for you. More volunteers are always needed, especially in the holiday season. Duties, in two shifts, include setting up tables, helping with food preparation, taking money, serving meals and clearing up. And, if you are on the second shift, then you also get one of Jo's or Diana's delicious meals. So, if you have any spare time on Tuesday, Thursday or Friday mornings please let me know or pop in to the Centre on those days to talk to Jo or Diana and our volunteers. You will be most welcome.



Catherine Dean
Tel: 813579
Email: catherinemarydean@btinternet.com



Stansted & District
Liberal Democrats

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3 - 5 pm Sat 3rd Aug
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WHAT'S ON IN AUGUST

2	Fri	Business Forum Breakfast	Linden House 7 - 9 am
3	Sat	Lib Dem Garden Party Frankenstein	7 Blythwood Gardens 3 - 5 pm Hatfield Forest 7 pm
4	Sun	Windmill Open St Mary's Church open	1.30 - 5.30 pm 2 - 5 pm
6	Tue	Stansted is Well Read	Dog and Duck 8 pm
7	Wed	Mountfitchet Garden Club	Day Centre 7.30 for 8 pm
8	Thu	Stansted W I	Day Centre 7.30 pm
9	Fri	Link copy due in today	before 12 noon
10	Sat	Quickling Festival	Rickling Green 11 am - 4 pm
11 / 25	Sun	Garden Waste Skips	Lower St Car Park 12.30 - 4.30 pm
15	Thu	Stansted U3A Tea Party	St John's Hall 1.30 for 2 pm
12 Mon - 16	Fri	StanstedCAN Activities	Free Church Hall various times
16	Fri	The Wind in the Willows	St Mary's Church 3 pm
16	Fri	Importance of being Earnest	St Mary's Church 6.30 for 7 pm
18	Sun	Open Day	Easton Lodge 11.30 am
21	Wed	Ugley WI	Ugley Village Hall 2.15 pm
24 Sat - 26 Mon		Flower and Music Festival	St James' B S 11 am - 5 pm
25 Sun & 26 Mon		Windmill Open	1.30 - 5.30 pm
26	Mon	Windmill Fête	Windmill and Rec 1 - 5 pm
27	Tue	Hearing Help	Day Centre 2 - 4 pm
30	Fri	Real Ale and Craft Gin	St John's Hall 6.30 pm
31 Sat & 1 Sun		Real Ale and Craft Gin	St John's Hall 11 am



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Investigators is a group for children aged 6-11 years on **Fridays 6.15pm-7.45pm at the Free Church Hall**. As well as the usual mix of games, stories and fun challenges this year we also made candles, story cubes and recently the *Mr Grasshead* craft seen below. Some of the heads grew hair so well, the children decided to give them a haircut. Each Friday we meet for a mixture of lively games, Bible stories, challenges, quieter games, creative activities and other items suggested by the children's interests. There is a lovely friendly atmosphere, with boys and girls of all ages from 6 to 11 integrating well together and encouraging one another in really positive ways, as well as having lots of fun.



We will have space for a few new children from September. Places will be allocated on a first-come, first-served basis. Although most children attending are 7+ we do accept confident 6-year-olds, as we know many do not want to wait until their 7th birthday to join in, especially siblings. Although we use Bible stories as a stimulus for wider discussion about things like friendship, respecting differences, being considerate of others, and some children at Investigators attend a church, or a church school, most do not and everyone is welcome; we make no assumptions about what children believe or do not believe and all children's views are respected in discussion times. All leaders are DBS checked and have appropriate safeguarding training. If your child would like to try out Investigators in September or you would like more information, please contact me as soon as possible.



Ros Page
Tel : 810813
Email: rospagemusic@yahoo.com



ST MARY'S C of E FOUNDATION PRIMARY SCHOOL

The whole school enjoyed a theatrical production of *Alice in Wonderland* recently. We have booked them for our Christmas play as we were so impressed by the company. Year 5 sadly missed out on our annual trip to Dinosnores at the National History Museum, so we decided to recreate the experience for them here at school; a fantastic evening of fun and adventure was enjoyed by both children and staff alike.

We said goodbye to two members of our teaching staff at the end of term. Zoe Harris has had an incredible first two years of her teaching career. Not only has she been a fantastic class teacher to Chestnut, but she has also been in charge of all our sporting events and challenges for the past year; a huge additional rôle to any teacher's work load. Zoe has met every challenge with a smile on her face and a can-do attitude. Thank you! We also waved goodbye to Nicki Kelly, who has been a simply magnificent teacher, as any child who has ever been in her class will tell you. Nicki has been at St Mary's since 2005, initially as a teaching assistant with special responsibility for the choir. She then did her teacher training and took charge of her first class in 2013. Nicki was our outdoor learning practitioner, science lead, phase leader and in the words of one colleague "all round good egg". You will be sorely missed. We wish our departing Year 6 students goodbye and good luck. Pop back in to see us if you can. Have a lovely summer and we will be back in September.

Matthew Curzon
Deputy Head
Tel: 812212

MAGNA CARTA PRIMARY ACADEMY



The whole community came together at the end of June to enjoy a Family Fun Day at the school. Parents of pupils hosted the event, with stalls set up including hook a duck, arts and crafts, lucky dip and face-painting. Families also enjoyed a scooter course, bouncy castles, beat the goalie and a performance from pupil singers. There was a barbecue, refreshments, scones and ice cream to keep visitors fed and watered in the sunshine.



Headteacher Marios Solomonides said: "It was wonderful to see so many members of our school community at this family event. We have the most supportive parents, many of whom volunteer their time to organise events such as this. I am very grateful to our parents and staff for giving up their time to give our pupils yet another memorable experience. I even enjoyed my stint in the stocks, although some of our pupils are very strong throwers. I was soaking wet by the end of it. All in a good cause. When children see their parents interested in their school, they know that school is important".

Kelly Clark



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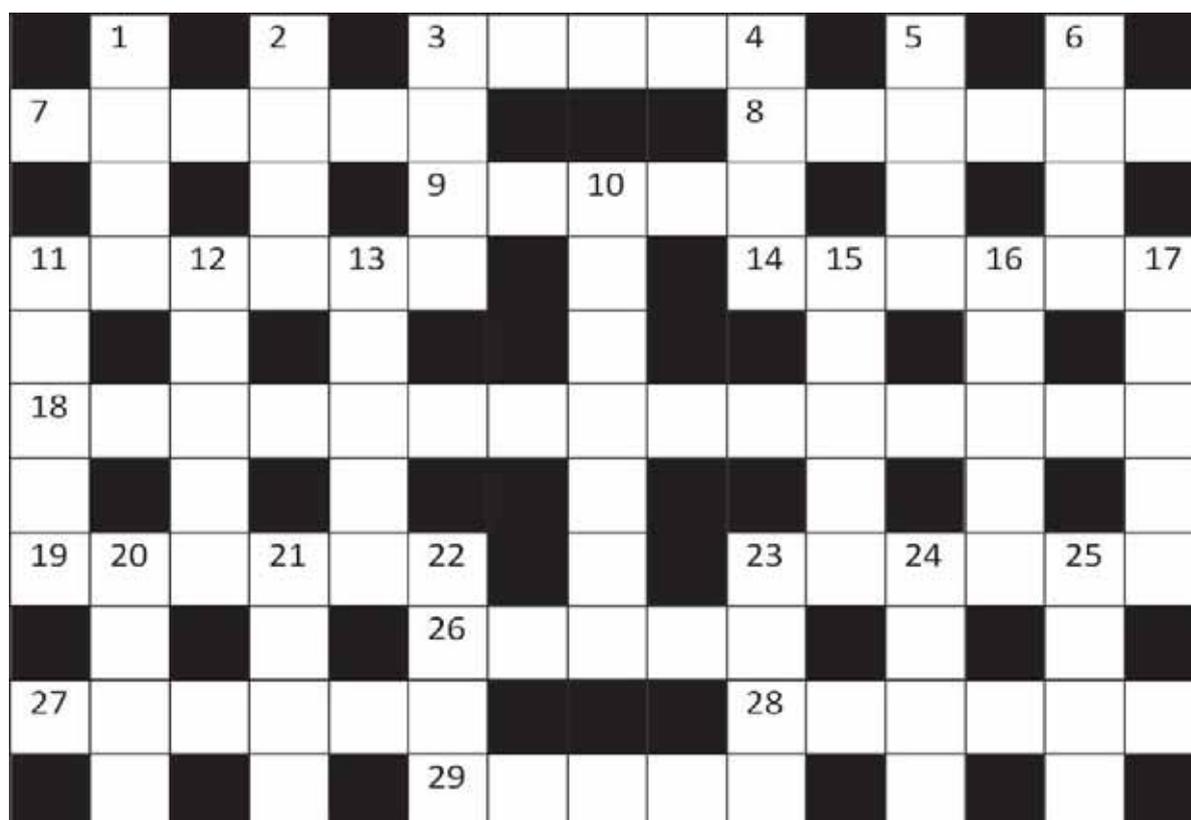
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FUN AND GAMES PUZZLE TIME



Compiled by Roger Wardle. Answers on page 31

ACROSS

3. Travel accommodation (5)
7. Pizza or tile to play with (6)
8. Flyer suffers meltdown (6)
9. Art students might draw these (5)
11. Russian composer (6)
14. Very slow musically (6)
18. Famous Renaissance artist (8,2,5)
19. Tiny tiles forming a pattern (6)
23. Find the position of (6)
26. Last Greek letter (5)
27. Looked upon (6)
28. Evening meal (6)
29. Burst forth as in a volcano (5)

DOWN

1. Something to aim at (4)
2. Big cat (4)
- 3 & 4 18's masterpiece. Its the smile! (4,4)
5. Epic story for senior citizens (4)
6. Ms. Dent or Perry perhaps (4)
10. Consequence of a failed marriage (7)
11. Creature created by 16th century Rabbi (5)
12. Small religious paintings (5)
13. Colour for scouts (5)
15. Bobby, comic and impressionist (5)
16. Italian port city (5)
17. Tree of oily fruit (5)
20. River overflow, we hear (4)
21. Chemical compound, rather dangerous (4)
22. Cypher gives clue to 18 book (4)
23. End 28 for the chosen twelve (4)
24. Tip of land, or a Batman coat (4)
25. Adolescent (4)

PREFIXES QUIZ

For each clue, find one prefix to form a new word or phrase with each of the given words. All the prefixes except one are words and begin with a different letter of the alphabet.

1. ceiling, eye, fibre, house
2. club, dress, jar, school
3. carriage, current, dog, hand
4. dance, down, out, water
5. club, file, ink, summer
6. book, gallery, hat, rail
7. board, man, proof, station
8. dog, linen, look, trick
9. board, hole, ring, stone.
10. finger, master, road, worm
11. card, fever, hammer, pages
12. day, event, fare, kitchen
13. day, garden, research, square
14. degree, man, party, world
15. blond, pan, tray, Wednesday
16. base, guard, sick, work
17. air, house, plan, secret
18. clean, flask, pack, pump
19. army, mouse, warden, yard
20. boot, frost, knife, pot
21. back, day, deck, master
22. craft, factor, rating, ray
23. chair, eye, fence, hare
24. army, fill, lady, slide
25. chamber, guess, hand, nature
26. crossing, finch, parakeet, wood

Compiled by Cliff Gilbert. Answers on page 31

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HEALTH AND WELLBEING

GETTING HELP WITH DEMENTIA THROUGH UTTLESFORD FRONTLINE

www.uttlesfordfrontline.org.uk

Alzheimer's Society research shows that many people worry about 'saying the wrong' thing to people living with dementia. Despite almost all of us knowing someone affected, two thirds of people living with dementia report feeling isolated and lonely. That is why the primary aim of Dementia Action Week in May was to encourage everyone to take action, by starting a conversation with someone we know who is living with dementia. It could be a relative, a friend or a neighbour, but whoever it is, it is definitely time to start talking; even a chat about the weather could make a difference. Getting out and about is also beneficial, whether to a dementia café, special cinema screenings, a pub lunch or taking part in an exercise programme. But if you are involved with someone living with dementia, just how can you track down what help is available in the community? Who can provide the right advice and information? And, importantly, who can you trust?

Help is at hand, thankfully, through our website which was developed by Uttlesford Citizens Advice. Just enter 'dementia' in the search box to browse through some 40 services available locally, descriptions of what they do and how to get in touch. You can also access a resource sheet compiled by Saffron Walden Dementia Action Alliance. This website enables one-stop access to more than 130 organisations in Uttlesford who can provide help, support, information and full contact details. Information is listed under: Advice, Family, Older People, Mental Health, Transport, Disability, Addiction and Well-Being. Frontline is also available as an app for mobile devices.

Janet Elsey

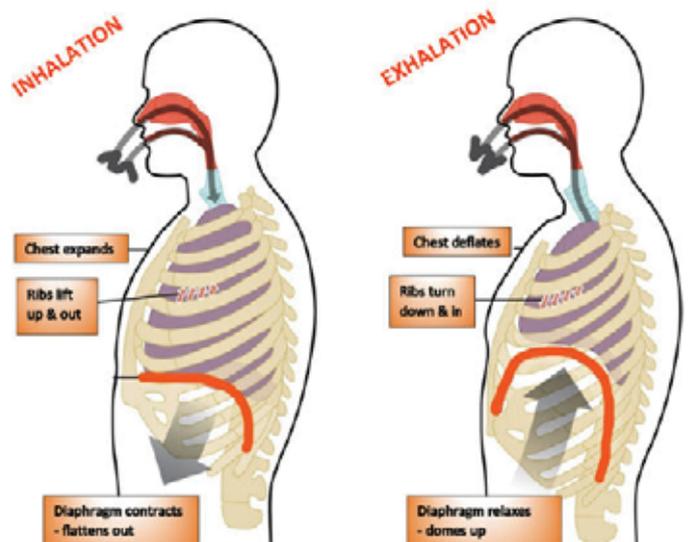
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BRAIN TRAINING

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Blood Flow to the Brain

A vital thing to maintain or improve thinking and memory is to have good blood flow to the brain. People who keep this going throughout life have more resilience to damage to the brain from either trauma, stroke or heart disease, and they recover more quickly or fully. Most research points to cardiovascular exercise being the best and that equates to getting puffed out regularly. There is evidence that strength training is also good for brain function. Therefore, storming up Chapel Hill or Church Road several times a week will help maintain the grey matter nicely. But what if you cannot do that, or you would like to go more quickly? You could try a breathing drill; that would increase blood flow even in the most compromised person.



A simple drill is pursed lip breathing. Good breathing mechanics matter, so first stand or sit in front of a mirror, place one hand on your stomach and the other on your upper chest; now take a big breath in. The stomach slightly swells. The chest moves forwards a bit. The shoulders rise a tiny bit *at the very end* of a large in-breath. Practise until you get those shoulders to stop getting prematurely excited and you feel your entire ribcage expanding nicely. Then breathe in through your nose for two seconds then slowly out through pursed lips (or a straw) for four-eight seconds. Build up to 30-40 breaths, twice a day. Ideally, keep the hands in place to maintain good breathing mechanics.

Clare Harding
Z-Health Master Trainer
Tel: 07802 872919

Brain Training Mindfulness and Relaxation

Sincere apologies to Clare for last month's article in which the picture obscured part of the text at the end of the first paragraph, which should have read: *Real brain changes take 20-40 hours of regular and deliberate practice.*

Editor



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STANSTED SURGERY NEWS

Dr Leeman's Walk-in Dermatology Sessions

Dr Leeman is hosting three more walk-in dermatology assessment clinics on **6th, 13th and 20th August**. Do you have a lump, bump or mole or that concerns you that you want assessed? Should you wish to attend one of these clinics, please register your interest with reception, or email stansted.surgery@nhs.net. Demand for these clinics was high the last time we hosted this event in January; we will contact all patients individually who registered an interest in these clinics with the date of the walk-in clinic they should attend.

Carers

We have had a lot of response following our Carers' Campaign in May and June. We know there are more carers out there; please collect a Carer's pack from the surgery if required.

Flu Campaign

It is never too early to get ready for Flu. Please save the dates for our annual Flu-a-thons: **Saturday 5th and 19th October** from 8.00am to noon.

Appeal for Funds

We are hoping to purchase a new Ankle Brachial Pressure Index (ABPI). We do have functioning equipment but a new model brings significant advantages to patients and the surgery, most notably the time needed to complete the measurement: 30 minutes of Practice Nurse time; the newer models require only 10 minutes of Healthcare Assistant time. Our Patient Participation Group is raising funds to help fund this new technology; we are very grateful for their support. If you would like to assist in fundraising, or donate personally, please get in touch with the surgery.

Exciting News

We have been nominated for the Surgery of the Year in the People's Choice section of the General Practice Awards. Many thanks to the patient(s) who nominated us. You can vote by texting CHOICE 79 to 60777 or by going to www.generalpracticeawards.com/peoples-choice-award-voting-2019. Voting closes on 16th August.

Teresa Buglass
Practice Manager
Tel: 813200

Have you heard the news? ”

Do you know anyone who would like to keep in touch with local news and events but has difficulty in reading or holding a newspaper?

If so, please call us on **01279 651270** or see our website for more information

”

Talking Newspaper

Bishop's Stortford & District www.bstalkingnewspaper.co.uk

THOUGHT FOR THE MONTH

I took my camera out the other day thinking I would get some pictures. When I got to my destination, I took the camera out and turned it on. Nothing happened! I had taken the battery out the previous day and put it on charge and then forgotten to put it back in the camera. We sometimes say that we need to recharge the batteries. For many of us, this is still considered to be the holiday season. When we do take a holiday, we are recharging the batteries. We are changing the routine, getting a change of scene and doing something different. All this enables us to return to our usual life refreshed and renewed.

Of course, we can recharge our batteries in other ways too. A lot has been said recently about the value for our well-being of spending time in nature. This can be as simple as watching the birds out of the window; but even a brief walk in the park in the centre of a city during a work break can be beneficial. Nor should we forget the benefits of a brief pause for reflection, meditation or prayer. When we read the Bible, we find that the idea of rest and renewal is built into God's purpose for us, not least in the concept of Sabbath as a day for rest and worship. And when Jesus said that the Sabbath was made for us rather than us for the Sabbath, he did so after caring for someone in need. So, a time to recharge the batteries is a gift from God. Let us enjoy those moments of refreshment.



Roy Fowler
Minister
Stansted Free Church



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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

4th 10.30am Richard Lewney – New Directions
11th 10.30am Rev'd Roy Fowler
18th 10.30am Julie Finbow
25th 10.30am Rev'd Roy Fowler - Communion

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www.sttheresasstansted.org

Priest Father John Garrett

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Email: desconnors@dioceseofbrentwood.org

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

Ordination of Rev'd Des Connors



The above photo, taken by Tony Aldridge, shows Rev'd Des Connors with his wife Jane and daughter Laura, together with Bishop Alan Williams S M, following his ordination to the Deaconate at St Theresa's on Saturday 15th June.



THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

Quaker Meeting House, 71 Chapel Hill

Stansted CM24 8AE

www.saffronquakers.org.uk/stanstedhtml

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

Lettings Richenda Whitehead
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Email: richendajw@live.com

Meeting Sunday, 10.30am every week

Light Group (Guided Meditation) 10.30am-12 noon 14th September. The 'Experiment with Light' is a process that helps people deepen their spiritual lives by discovering what it means to 'wait in the Light', as early Quakers did. All welcome. Contact Sue 771405.



Contact: Howard and Ros Page
Tel: 810813
Email: contactstanfam@yahoo.com

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

Monday Night Church continues each week at the Day Centre at 7.30pm (not bank holidays). This combines elements of both @27 (which has now outgrown its previous venue) and an Alpha-style format, on alternate weeks. Modern worship music, Bible-based talks, short films and discussion, prayer and opportunities for questions will all feature, although not all elements will be in every session. For more detailed information about our summer programme, please contact us. 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.

Investigators Children's Group (see page 7) is taking a Summer break, and resumes on 13th September.



Ros and Howard Page



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

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

Assistant Curate: Rev'd Helen Flack
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Director of Music: Anne Brooks
Email: anne.brooks22@yahoo.co.uk

Church Hall Bookings: Barbora Dragoskova
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 for residents in two Stansted care homes: on the first Wednesday (Hargrave House) and the second Tuesday (Mountfitchet House).

Wednesday

9.00am Morning Prayer
10.00am Holy Communion

Thursday

10.30am-noon The Coffee Pot

Monday-Thursday and Saturday

5.00pm Evening Prayer

ST JOHN'S 300 CLUB

Many congratulations to the winners of the June draw:

- £100 No 55 Matt Cope
- £50 No 151 John Jaques
- £25 No 127 Emma Pritchard

The draw for August will be held on **25th 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.

Jean Newson
Tel: 819062

From St John's Registers

June

Baptisms
16th Finley Mark Pope
Sidney Thomas Pope

Funeral
11th Imogene Mary Eliza Brickell - at St Mary's followed by burial at the cemetery



CAMEO
(Come and Meet Each Other)

The Salvation Army CAMEO group meets at 7.00pm on the third Tuesday of the month at Stansted Day Centre. The cost is £1 per session and includes an evening topic, and fellowship over tea/coffee and biscuits to finish.

In June the group enjoyed the visit from Rev'd Gill Hulme of Bishop's Stortford Methodist Church. It was lovely to be able to hear her story and how she has come to be in this place for such a time as this. A real evening of friendship was experienced. In August the group will hopefully enjoy a cream tea at a different time and location but will return in September for a Beetle Drive. Why not gather three or four friends and come along and join in? Bishop's Stortford 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 hope to see you soon.



Captain Megan Kervin
Tel: 507464
Email: megan.kervin@salvationarmy.org.uk



CTS FOOD BANK

Thank you to everyone who has donated food for the food bank at our local donation points. Referrals to supply local families as well as individuals with food have continued to be regular, and consequently we are running low on quite a few items. We can get busier in the school holidays when children are not able to receive a free lunch, so if anyone is able to donate, we would be particularly grateful. The following items are most needed: breakfast cereals, fruit juice and squash, tinned vegetables and fruit, tinned meat and fish, pasta sauce, sugar and jam. There are donation points at St John's Church and the foyer of the Free Church when The Place is open (Monday, Wednesday and Friday 9.30am-12.30pm). We also have a donation box in our local Co-op and at Spangles Children's Centre. Any contributions would be welcome, but please check the items are in date. Thank you for your support.

Elaine Ballard
Tel: 816480
Email: stanstedfoodbank@gmail.com



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www.musicatstansted.co.uk

We are delighted to announce music@stansted's 2019-2020 season of concerts, all taking place in St John's Church. On Saturday 19th October at 7.30pm, pianist Cristian Sandrin will open our season. Since his debut in his native Bucharest aged 13, Cristian has performed all across Europe and gathered a cabinet-full of prizes and awards. Harpist Louise Thomson will be paying us a visit on Sunday 24th November at 3.00pm. Craig Ogden has described Louise as "a consummate performer [with] a personality that audiences love". The Solem String Quartet, winners of the prestigious Royal Overseas League Ensemble Competition, will be performing on Sunday 26th January at 3.00pm. Haydn, Brahms and Beethoven's mighty Opus 127 quartet are on their programme. Young violinist Charlie Lovell-Jones performed the Mendelssohn concerto at a recent Bishop's Stortford Sinfonia concert and threw off a Paganini Caprice as an encore with such aplomb that we signed him up that very evening. If you come along on Saturday 28th March at 7.30pm, you will soon be able to say "we heard him before he was famous".

Ticket prices remain the same as for the last few years: adults £15, concessions £12, under 18s free. We are offering transferable season tickets covering all four concerts for the greatly discounted rates of £45 for adults or £40 for concessions. These can be used by a friend or relative if the cardholder is unable to attend a particular concert. They will be available to buy at the first concert on 19th October, or ring 815282 to purchase in advance.

Richard Allaway
Email: contactus@musicatstansted.co.uk

At thescreen Stortford

Saturday 10th 11.00am **The Queen's Corgi** (Kids for a Quid)
Saturday 10th 7.30pm **Bohemian Rhapsody-Sing-a-long**
Tuesday 27th 2.00pm **Singin' in the Rain** (Dementia Friendly)
Tuesday 27th and Thursday 29th 7.30pm **Pavarotti**
Friday 30th 7.30pm **Mamma Mia: Here We Go Again-Sing-a-long**
Saturday 31st 11.00am (Kids for a Quid) and 7.30pm **The Lion King**

At themuseum Stortford

Saturday 3rd 11.00am **Free Museum Tour**
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Tuesday 6th 11.00am **Take me Back Tuesday**
Saturday 10th 11.00am **River Walk**
Tuesday 13th 11.00am **Pop Up Pottery**
Wednesday 14th 1.30pm **Story Time at the Museum**
Monday 19th 12.30pm **Lunchtime Lectures**
Monday 26th from 10.00am **Fairy Fayre**
Tuesday 27th - Thursday 29th from 11.00am **Children's Summer Crafts**
To book tickets please visit, call us or visit our website.

Elizabeth Murphy
Tel: 710200

CONGRATULATIONS MARY!

Mary Emerson was 100 years young on 30th June and she enjoyed an Open House for neighbours on Saturday 29th June and a party for family and friends on her actual birthday at her daughter's home in Ugley Green.



Mary received cards from the Queen, Amber Rudd MP (Secretary of State for Work and Pensions) and Kemi Badenoch (MP for Saffron Walden). I would like to thank everyone for their good wishes, cards and gifts on the occasion of this exceptional milestone.

Kathy Hunt
Mary's daughter

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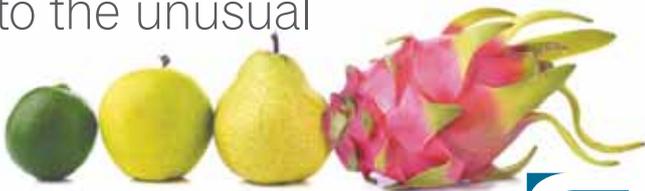
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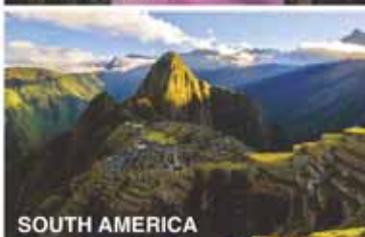
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THE HUNDRED PARISHES SOCIETY - PARGETING

www.hundredparishes.org.uk

The buildings of the Hundred Parishes display a range of traditional construction methods and materials, some dating back many centuries. A notable feature, rarely found outside East Anglia, is pargeting. Pargeting is decorative render applied to the face of a building, either *incised*, where a pattern has been cut or pressed into plasterwork, or *raised*, where an image has been attached to the wall. Either type may have been crafted by hand in situ or created first using a mould or template. The incised forms were basic and not expensive, unlike the elaborate raised forms. There are several fine and varied examples across the Hundred Parishes and I have just mentioned just a few specimens.

Ken McDonald, Secretary Tel: 813226



Perhaps best known are the 17th-century raised images on the former Sun Inn in Saffron Walden. They depict two giant figures (whose identity is a matter of debate) and also various birds and plants - even a little dog.



Also dating from the 1600s is the raised decoration on The Crown House, Newport where legend (albeit without evidence) suggests that King Charles II may have visited his mistress, Nell Gwynn.



The art of creating and conserving pargeting is now pursued by only a few craftsmen. An example of imaginative modern design (above left) can be seen in Newport, opposite the village store, and also in Radwinter on a relatively new house called Bourne Side (above right). Radwinter also has pargeting on its almshouses and parish hall which were built in 1874 after a village fire.



A fine example of incised patterns can be seen in Braughing, where panels of different patterns cover the face of The Old Forge.



In Linton High Street, Chandlers has a mixture of small, ancient raised panels and extensive, more modern incised patterns.

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Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

THE ART OF COMMUNICATION!

As most of you are aware, the Parish Council is the first tier of local government, providing some local services (gardening, grass-cutting etc) and liaising with other councils and public bodies on your behalf. However, there are many routes by which our information could be communicated and we are canvassing opinion on how best to do this.

To this end, we have launched a Survey Monkey which we would ask you to complete and spread the word asking your friends and family to do the same. We really want to reach as many people, of all age-groups, as we can. You can find the survey by typing the following link into your browser, tiny.cc/Stansted, on our website www.stansted.net or on the various village social media pages, or by requesting a hard copy from the Council Offices.

THE MOUNTFITCHET EXCHANGE

Frustratingly there has been little progress since we last reported to you in the June Link. At that time we explained that "We are still waiting for a date for Openreach to install the fibre optic cables for the internet connection in the Exchange." Regrettably, little has changed as Openreach have failed to meet two dates that they gave us for the work to be started.



For many reasons, we cannot accept handover of the building until this is complete.

Both the Parish Council and the library service have moving-in plans ready and waiting to implement as soon as we have a date from Openreach

PLAY AREAS

The Parish Council have play areas at Bentfield Green, The Rec, Mountfitchet Green and on Foresthall Park which they are responsible for. Ensuring that these play areas are in good order and as safe as possible is a high priority.

The vast majority of our play equipment is fairly modern and in good order, due to the weekly inspections of our handyman who is qualified to inspect and maintain

the equipment. We also employ RoSPA to carry out annual inspections of our play areas and advise us of any action we should be taking to ensure our play areas are fit for purpose. There were no high risk issues, but the report identified a few medium risk classifications which we are taking action on.



One of the concerns we had to address following the RoSPA inspection concerned replacing some of the timber work and a safety guard on the Zip Wire on The Rec. These have now been done. The other main issue we have to address is shrinkage of some of the safety matting which has left gaps which are a potential trip hazard. Our picture shows contractors undertaking this work early in the morning to avoid the heat (and children!!) later in the day.

It is important that we are all vigilant in keeping our play areas safe, so if you spot anything of concern to you in any of our play areas, please report it to us.

WASTE REDUCTION

Essex County Council is running a reuse campaign where we are encouraging residents to donate their unwanted items - as opposed to throwing them away - in a bid to reduce unnecessary waste. They would like residents in Uttlesford to consider the use of Freegle, which is a great site that enables local people to get rid of their unwanted items - and help someone else out in return. You can sign up to Freegle on the website: www.ilovefreegle.org



HANGING BASKETS

There are over 80 hanging baskets in place. They are now starting to look at their best and we hope villagers appreciate their impact on the street scenes they encounter when they are out and about in the village.



TWINNING NEWS

Visit to Rungis 14th-16th June 2019

Four intrepid travellers made the journey to Rungis for a weekend recently, to take part in their town fête. They were met at the Gare du Nord by Patricia (who launched town-twinning in Rungis), and by Fabienne, also on the town-twinning committee, who took them by minibus to the Mairie in Rungis where they were met by their hosts.

During the weekend the visitors attended a dinner (photo below) and concert, visited a garden where all the flowers and vegetables had been planted by children, saw an art exhibition, watched an open air performance (a spoof of *Cinderella*), wandered through the town to see the inspection chamber of an ancient aqueduct, attended a barbecue, and witnessed a rather spectacular firework display.



Members of our delegation enjoying wonderful hospitality from their hosts

Throughout the entire stay there was a tremendous spirit of camaraderie, a hugely convivial atmosphere, and people greeted each other and delighted in each other's company. At the dinner on the first evening, word had got out that the English were in town, and many people, including Monsieur le Maire, came to say 'hello'.

Many other Twinning Association members expressed an interest in this year's event but unfortunately were unable to go due to the short notice given.

We hope that next year there will be more time to prepare and that a larger contingency from Stansted will be able to attend.

Future Events

The Twinning Committee has proposed several ideas for forthcoming fundraiser events in Stansted, including:

- A summer afternoon garden party – afternoon tea/strawberries and cream/Prosecco in the garden of "Savages" at 9 Lower Street. Saturday 24 August 3.00 till 7.00 pm. £10 per head for adults. Children welcome. Tickets from the Council Offices in advance or on at the gate on the day
- A Wine-tasting evening - Autumn 2019
- A Quiz night - Winter 2019
- A Summer Ball - 2020

Watch this space for further information or "Like" and follow us on Facebook at ***Stansted-Rungis Twinning Association***

Hosting

If you are not already a host or chaperone, please consider becoming a host to our French visitors. It would just be bed and breakfast and you don't need to be able to speak French! You can also volunteer to chaperone the visitors around for a day e.g. to Saffron Walden, Cambridge, etc.

If you would like your name added to the list of hosts please email: twinning@stansted.net

NEWS FROM UTTLESFORD DISTRICT COUNCIL

Cllr Melvin Caton writes:

Difficult decisions made

The new administration at Uttlesford District Council were forced to make difficult decisions quickly following the change of control at the local elections in May. Firstly, the Planning Inspectors responsible for the Examination in Public of the proposed Local Plan (submitted by the previous council), asked the new

controlling group whether they supported the Plan or alternatively wished to withdraw it. Thankfully, the Residents for Uttlesford (R4U) administration agreed to let the draft plan go forward for inspection. To have withdrawn it at this late stage would have opened Uttlesford up to even more speculative planning applications over a longer period.

The first stage of the Local Plan hearings started on 2nd July and discussed legal and procedural matters, the assessed need for housing and employment land in Uttlesford, the proposed spatial strategy, infrastructure, Stansted Airport and the new garden communities. Following that, if the Inspectors are satisfied that the plan is legally compliant and sound, the discussion will move on to the development management policies and allocations of sites.

Secondly, at a special full council meeting on 28th June, Uttlesford agreed, with only one dissenting vote, to refer details of Stansted Airport’s draft S106 planning agreement (arising from the decision to approve expansion to 43 million passengers per year last November), back to the new Planning Committee for greater scrutiny and some improvement. In reviewing the situation the committee and council will need to minimise the risk that local taxpayers are landed with an enormous bill for costs if Manchester Airport Group decides to take legal action.

Finally, a Working Group of councillors will shortly start reviewing how the council’s decision-making structure operates. Currently, Uttlesford has a Cabinet system where only a few people are involved in making key discussions. The Working Group will see if there are other models that involve all councillors in decision making and in greater depth. The aim is that any new structure would come into operation at the start of the new council year in May 2020.

DATES OF PARISH COUNCIL MEETINGS

All meetings start at 7.45pm unless otherwise stated

July
31 Full Council

There are no meetings in August

September
4 Open Spaces
18 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 10.00am - 1.00pm
Website: www.stansted.net

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ESSEX COUNTY COUNCIL MEMBER

Ray GOODING 813103
cllr.ray.gooding@essex.gov.uk

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POLICE

Non-emergency 101 The Community Policing Team has
its own email address which is monitored daily:

braintreeanduttlesfordcpt@essex.pnn.police.uk

NEIGHBOURHOOD WATCH

www.stanstednhw.org.uk

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Watch our for the move into The Mountfitchet
Exchange building - check the Parish Council website

Tuesday	9.00am - 1.00pm
Wednesday	2.00pm - 5.00pm
Thursday	2.00pm - 6.00pm
Saturday	9.30am - 5.00pm

The campaign to save Essex libraries from closure
is still very active. Please continue to use the
library as a high level of usage strengthens our
case to keep a full library service in our village.

WINDMILL FETE

MONDAY 26 AUGUST 1 - 5 pm

All the traditional attractions will be in place
around the Windmill and on Windmill Fields
and this year and thanks to a National Lottery
grant there are additional fairground
attractions on The Rec which include three
inflatables, barrel train, helter skelter and
carousels plus the ever popular barbeque.

All we ask for access to all the attractions on
the Rec is a modest contribution of £4 to the
mill fund which gives you unlimited access to
all the attractions on the Rec.

The Windmill Bank Holiday Fete has been one
of the highlights of the year in the village for
many years and this year's event is bigger
than ever. We look forward to seeing many of
you who are long -standing residents of the
village and also look forward to welcoming
those of you who have only recently moved to
Stansted.

*If you need to drive please park at Crafton Green
and follow the signs to the Rec and Windmill;
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BMX 2.30-3.30pm

*With special thanks to Yeoman's Cafe
and MIX Wine Bar*



ST CLARE HOSPICE

Hospice extends support for carers.

We have extended support to families and relatives of local people who receive the hospice's care by launching a new Carers' Group service. Led by the hospice's Day Therapy team, the new Carers' Group initiative provides information, skills and support to carers through the experience of caring for a loved one with a life-limiting illness. "There are many challenges to be faced when caring for a family member, friend or relative," says Jane Iskander, Occupational Therapist and Day Therapy Manager at the hospice. "Things like fatigue, stress and anxiety are common, as well as pressure on personal relationships and uncertainty around navigating the public care system. That is why we've initiated this new Carers' Group so that carers have access to professional, specialist advice, guidance and coping strategies to help them look after someone close to them."



The group follow a tailor-made six-week programme, scheduled to run four times a year, with a focus on skill-based learning, as well as group discussion and professional and peer support. Sessions cover the practicalities of caring for a person living with a life-limiting illness, sharing recognised techniques and skills that carers can use themselves. The group launched on Friday 28th June and is open, by referral, to carers, families and relatives of those who receive care from the hospice. Carers can self-refer to the group, or they can request referral via a health, social care or hospice professional. For more information on our services, please visit our website. If you would like to talk to someone about accessing hospice services, or want to find out more about the new group, please call 773700.

Rebecca Cussens



GROVE COTTAGE CYCLE RIDE

Are you a keen cyclist? Why not sign up to the London to Brighton Cycle Ride on **Sunday 15th September** in aid of Grove Cottage. This beautiful ride makes the ideal challenge for any cyclist with the added bonus of supporting Grove Cottage. For further details, please contact Nicky on 651908 email: events@mencapgrovecottage.org.

Alison Cameron



The Right Decision: Legally, Procedurally and Democratically

Stop Stansted Expansion (SSE) has welcomed the decision by Uttlesford District Council (UDC) on Friday 28th June to refer the 2018 Stansted Airport planning application back to the Planning Committee for further consideration. SSE Chairman, Peter Sanders commented: "There is a compelling case for referring this airport planning application back to the Committee in view of all the outstanding issues. Congratulations to UDC for making entirely the right decision." Cllr Paul Fairhurst proposed referring the application back and Cllr Anthony Gerard seconded the proposal; both represented the Residents for Uttlesford (R4U) party which took control of the Council in May. R4U Leader John Lodge and Cllr Alan Dean, Liberal Democrat leader, also supported the proposal which received overwhelming cross-party support; 31 councillors voted in favour, one against and one abstention.

There was loud applause from the packed public gallery when the result of the vote was announced. Many of those present had signed the residents' petition calling for the airport planning application to be referred back to the Planning Committee. The petition had gathered almost 1,700 signatures in 17 days: the biggest petition in the history of the Council. Peter Sanders added: "It was a truly uplifting day for local democracy but only a first step. The Planning Committee will make its decision based purely on the facts, not emotion or popular opinion. SSE's task now is to provide all the relevant evidence and analysis to the Planning Committee so that it can make the right decision. We will take nothing for granted. This is a large complex planning application and it should have been dealt with nationally rather than by our local council. The many new members on the Planning Committee will obviously need time to familiarise themselves with an application which comprises some 2,400 documents with 13,000 pages. This cannot be rushed".

SSE Campaign Office
Tel: 870558

Email: info@stopstanstedexpansion.com



FRIENDS OF ST MARY'S

There is an exciting month in store at St Mary's during August, which is open on **Sunday 4th August** 2.00pm-5.00pm with refreshments and tours available. I met some lovely people on our Sunday in July; it is always wonderful to see you all. There will be two theatre performances, both on **Friday 16th August**: *The Wind in the Willows* at 3.00pm and *The Importance of Being Earnest* at 6.30pm for 7.00pm. Fantastic theatre right here on your doorstep! Tickets: adults £10, concessions £8, family (2 adults, 2 children) £32 from www.thisismytheatre.com or call 077322 53311, or on the door. Why not bring the children along to see *Wind in the Willows*; a wonderful way to introduce them to live theatre and help fill those long summer holidays?

Lynda Dale

Tel: 07716 099474

Email: lynndale@hotmail.com



business networking

If you are a business in Uttlesford or North Essex then come and join the Stansted Business Forum.

We are a vibrant networking group. Come and see how you can broaden your business opportunities.

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CONTACT: Peter James telephone 01279 813318 or email peter.james@murdochsestateagents.co.uk



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ST CLARE HOSPICE

www.stclarehospice.org.uk

Walking in Memory Sunday 15th September 11.00am

We are inviting members of the local community to attend our inaugural event at the hospice. "Walking in Memory is a very special event for the whole family" explains Sarah Thompson, CEO, "and is a thoughtful way to honour those whom we love and miss by coming together with others who understand. From the hospice, we will walk a 5k route through the beautiful fields and footpaths of the local countryside, courtesy of our friends at Paris Hall Farm." On the day, participants will receive a complimentary hand-held windmill which can be personalised in memory of the person they are honouring.



"We wanted to add a special touch to the event that would stay with people even after the walk finishes," explains Emma Broadbent, Events Fundraiser. "The windmills will be placed in the hospice grounds as part of a wonderful, colourful memorial display and there will also be some available to purchase. By walking in memory of someone special, you will be helping to raise vital funding that supports St Clare to continue offering our specialist, compassionate care to local people living with a life-limiting illness, and their families." Registration is now open via the walkinginmemory section of our website. Tickets: adults £10, children £5, family of four £27.50. Please note: everyone is welcome, but unfortunately the course is unsuitable for wheelchairs and pushchairs. For more information please call Emma Broadbent on 773754 or email: emma.broadbent@stclarehospice.org.uk.

Rebecca Cussens



STANSTED & DISTRICT LIBERAL DEMOCRATS

As in previous years, we are holding a Garden Party on **Saturday 3rd August** 3.00pm-5.00pm at 7 Blythwood Gardens; many thanks to Mike and Marion Dyer for allowing us to use their beautiful garden again. Tickets are £8, available from me or at the event, and will include a strawberry afternoon tea with cake and scones, as well as a glass of Prosecco or fruit juice. Please could you let me know if you are coming, to ensure that we have an approximate idea of numbers for catering purposes.



Catherine Dean
Tel: 813579

HELPLINE

URGENT APPEAL

Helpline is in urgent need of more volunteer drivers to provide daytime transport during the week; mainly to take Stansted residents (who have no family/friends who can help and are unable to use public transport) to medical appointments or to do some local shopping. Currently experiencing the greatest number of requests for help since its inception over 30 years ago, Helpline's small band of dedicated volunteers is struggling to cope. If you are a car owner and retired, a part-time or shift worker, please consider volunteering for Helpline. It need not be onerous; you can do as little or as much as you like as and when convenient; you meet some lovely people and helping others can be a very uplifting and rewarding experience. Without more volunteers Helpline is in danger of ceasing to exist so please, please get in touch if you think you can help. Contact me for more details.



Yvonne Ayres
Helpline Organiser
Tel: 814706

Email: yvonneayres@yahoo.co.uk



UGLEY WOMEN'S INSTITUTE

Congratulations and Celebrations

This was the theme of our June meeting when we celebrated the 70th wedding anniversary of one of our longest serving and much-loved members: Edna Wright and her husband Alan. Edna was presented with a beautiful orchid, an anniversary card and some delicious cupcakes. The celebrations continued with memories of the late Phyllis Harrison, another much-loved member of our Institute, who would have celebrated her 100th birthday in June. The memories were fortunately recorded for posterity and presented by Margaret Sylvester. Phyllis had an amazing life. She attended the Dumfries Academy where the author J M Barrie was a former pupil. The sad death of her father in 1928 necessitated a move and she attended the Blue Coat School in Hertford. She became head girl in 1937 and had the honour of presenting the loyal address to Their Majesties King George VI and Queen Elizabeth at the thanksgiving service held in St Paul's Cathedral. Phyllis's war years were spent working for the Ministry of Information where her talent for French and German was put to good use in the postal censorship section; in fact, she censored Rudolf Hess's correspondence! The redoubtable Phyllis worked with Spanish refugees post-war and in 1947 was in Vienna working with German children whose parents had gone to Yugoslavia. She married in 1948 and spent her honeymoon in France and Spain before returning to England to begin another chapter of an amazing life. Tea and the sharing of some delicious cupcakes made by Betty Francis to celebrate Edna's anniversary brought a very entertaining afternoon to a close.

Photographer Roger Hance will be speaking about *Nature through the Seasons* on **Wednesday 21st August** at 2.15pm in Ugley Village Hall. Why not come along for the afternoon?

Andrea Fitt
Tel: 815922

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STANSTED MOUNTFITCHET U3A

www.u3asites.org.uk/stansted

HOT WEATHER AND ANIMALS

Our general meeting in August is a special event. The Committee invites members and visitors to a tea party on **Thursday 15th August** 1.30pm for 2.00pm in St John's Church Hall. You are welcome to join us for tea, coffee, homemade cakes, a little fizz if desired, and a friendly chat. We have many interest groups covering a very wide range of activities and are pleased to report that the new creative writing group is now up and running and that two new groups are being planned. Book groups are very popular and our two existing book groups are pretty full so a third one is being organised. There is presently no floristry group; if you would like to improve your floristry skills, a new member who is a local florist has offered to set up a group which would meet monthly. If you are interested in joining either or both of these groups please contact us using the web address above or call 813270.



Photo shows the Yoga group enjoying an end-of-term tea

There are a number of visits planned in the next few months. On **Wednesday 14th August** you could join a coach trip, cost £22, to the Beth Chatto Garden near Colchester. At the height of summer the garden is probably at its best. Apart from strolling through the gardens you can seek refreshment in the tea room or Gravel Garden restaurant. A fantastic day trip to the Brick Lane Music hall is planned for Wednesday 16th October for a music hall lunchtime show. The cost is £55.50 and includes a three-course lunch as well as the show. For full details of these events and how to book please see the Trips and Holidays page on the Website.

Anne White



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 Chogou). Everyone welcome.



Marion and Mike Dyer

I was saddened to see in the paper that the fire service had to rescue a dog that had been locked in a car in Waitrose car park. It seems almost inconceivable, after several national publicity campaigns, that people still do not realise how quickly dogs die in hot cars. It literally can take just 20 minutes for a dog to die; opening a window makes little difference. The Dogs Trust has a very clear website with excellent advice and it is really worth taking a look: www.dogstrust.org.uk/help-advice/advice-for-owners/summer-weather-advice.

- Take your dog for a walk early in the morning or later in the evening
- Make sure it has access to shade and water all day
- Do the seven second test. Hold your hand on tarmac for seven seconds; if it is too hot for you, it will be too hot for your dog to walk on
- Plan your holiday; check that places are dog friendly so you know when you go out for the day you can take your dog with you.

Symptoms of heatstroke are excessive panting or drooling, becoming drowsy or unco-ordinated, vomiting and collapse. If you suspect heatstroke, move your dog to a cool place and call the vet. Body temperature needs to be lowered as soon as possible but it needs to be done slowly or the dog will go into shock. Pour small amounts of room temperature (not cold) water onto the dog's body. You could place the dog in the breeze of a fan or use wet towels; be sure to re-apply water regularly to the towels and do not keep the dog constantly covered as this can heat them up instead of cooling them down. Allow the dog to drink small amounts of room temperature water. Rabbit and guinea pig runs may start off in the shade but could be in full sun by the afternoon. Farm animals need access to shade in the summer and plenty of water. See our Facebook page for lots of useful tips for keeping your pets cool in the summer and we also have cool mats and coats for sale which are really useful for taking on holidays.



Ilse Pedler

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STORT VALLEY ROTARY CLUB

www.stortvalleyrotary.com

First Corporate Member Recruited

At the recent AGM Gordon Morrison, President of Stort Valley Rotary, expressed his delight at recruiting our first Corporate Member. Price Bailey Accountants will be entitled to nominate four employees to become members. Gordon then expressed concern that with so many local Rotary Clubs increasing their use of social media and marketing to promote individual work, target audiences are becoming confused. This may weaken the beneficial impact of Rotary. Gordon believes local clubs should collaborate more to find ways to continue and extend the good work done. Stort Valley Rotary's focus remains helping *young people get a better start in life* and it was agreed that involvement is extended to mental health, which is becoming an increasing challenge. This addition will allow us to provide more rounded support, enhancing the work we do with life education and drug awareness.



Before formally opening our AGM, Gordon discharged the pleasant task of presenting a cheque for £1,200 to Jeannie Philip, Fundraising Coordinator for Essex and Herts Air Ambulance. Gordon commented on the ambition and scale of Air Ambulance and praised the fantastic work done. He also congratulated Derek and Gwenda for the hard work running the Easter egg raffle to raise the funds. Thanking Stort Valley Rotary for their continuing support, Jeannie stressed the importance of donations such as ours as the only support to Air Ambulance from Government is towards the cost of the professional medics. If you are interested, please see our website or if you wish to join us at one of our meetings call Gwenda on 863194.



Peter Latham
Tel: 507294

PREFIXES QUIZ ANSWERS

1. Glass
2. Night
3. Under
4. Break
5. Indian
6. Picture
7. Weather
8. Dirty
9. Key
10. Ring
11. Yellow
12. Field
13. Market
14. Third
15. Ash
16. Home
17. Open
18. Vacuum
19. Church
20. Jack
21. Quarter
22. X
23. Electric
24. Land
25. Second
26. Zebra

STANSTED EVENING WI



Our President for the Members' Day Meeting this year was Doreen Brown, with Jenny Wraith as Secretary, giving the normal Committee members a well-earned evening off. Their theme for the evening was *Cops and Robbers*- a slightly unusual subject for WI members! The speaker, John Binder, served in the Metropolitan Police for 30 years, starting as a cadet and retiring as Chief Superintendent. We gathered that crime work is not really as depicted on television, though he said that Bradley Walsh as DS Ronnie Brooks in *Law and Order* and Michael Kitchen in *Foyle's War* were fairly realistic. Domestic murders or those relating to gang crime are the easiest to solve but others require much more work. He gave examples of cases that were really quite grisly, involving decapitation. One suspect was eventually caught when teeth marks were identified from a discarded apple found in the garden. We enjoyed a table quiz devised by our speaker on the subject of crime where all the questions were based on TV drama and some real notorious crimes of our time.

We have been invited to use the parking spaces for the Mountfitchet Exchange when attending our meetings, which will be a great help. Our meeting for **Thursday 8th August** at 7.30pm in the Day Centre is rather intriguingly entitled *Arsenic, the Inheritance Powder* with Martyn Lockwood; it sounds a bit like murder again! Come along and find out; we always welcome visitors as well as new members. A raffle and homemade cakes are part of every meeting too.



Judy Colliver
Tel: 812470

STANSTED IS WELL READ

The next meeting of our book club will be on **Tuesday 6th August** at 8.00pm in the Dog and Duck in Lower Street, where we will be discussing *To Kill a Mockingbird* by Harper Lee. Although written in 1960 and set in the 1930s, the story's moral teachings are still relevant today, and the life lessons that Atticus Finch teaches his children should lead to an interesting discussion. 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

CROSSWORD ANSWERS

Across

3. Motel
7. Domino
8. Icarus
9. Nudes
11. Glinka
14. Adagio
18. Leonardo da Vinci
19. Mosaic
23. Locate
26. Omega
27. Espied
28. Supper
29. Erupt

Down

1. Goal
2. Lion
3. Mona
4. Lisa
5. Saga
6. Suzi
10. Divorce
11. Golem
12. Icons
13. Khaki
15. Davro
16. Genoa
17. Olive
20. Ouse
21. Acid
22. Code
23. Last
24. Cape
25. Teen



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For more about information about Round Table and how you can get involved, please contact us through our Facebook page www.facebook.com/StortfordRT or via our website, where we post regular updates.

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Sandra Ayres
Tel: 814471

SUPERMARKET WINES



Following on from last month I continue to look at what our local supermarkets have to offer. With Aldi stores in Bishop's Stortford and Saffron Walden we do not have to travel far to pick up some very good value wines. Let us start with a white that is getting very good reviews and a regular in our household. It is the *Albanta Albarino* 2018 from Northern Spain and really is great value at £7.99. It has that bright acidity with orchard fruits and a bit of creaminess from extended lees ageing, with a slightly salty tang typical of the grape and region. It would go really well with crustaceans, scallops or prawns on the barbeque. They also do a couple of really good rosé wines. I have already recommended their *Exquisite Collection Touraine Rosé* from the Loire which at £5.99 is a must try, but their 2018 *Exquisite Collection Côtes de Provence Rosé* at £6.99 is also a bargain. Bone dry, crisp with a little Syrah to pep up the usual Grenache and Cinsault mix. As for the reds if you have not tried their absolute bargain, the 2017 *Animus red* from Portugal, I urge you to give it a go. Warm, ripe red fruit with a touch of spice at the ridiculous price of £5.99. If you are a fan of New World Pinot Noir then their 2017 *Plow and Press Monterey County Pinot Noir* at £7.99 is worth seeking out. It is given a bit more body by a touch of Syrah, Cinsault and Grenache.

Finally, I could not sign off without saying how pleased I was to hear that Majestic Wines has been saved from being swallowed up and spat out by Naked wines. So please support your local Majestic in Bishops Stortford; we almost lost it. Support local I say - enjoy.



Paul Wilkinson
Email: Corkscrew_456@hotmail.co.uk

RANDOM JOTTINGS

CANINE ISSUES

I am a dog owner with a flexi lead although we do not tend to travel along the roads. I do understand the situation with the poo but I feel the article was totally unjust to most dog owners who do follow every possible law going. I do believe you are hitting the converted. I felt when reading the article that you have no idea what the real situation is regarding canine activities in the village. I feel angry because your article almost made me feel guilty. How many youths read the magazine? How many households read the magazine? How many conscientious dog owners **don't** read the magazine? Please take your foot off the gas pedal for the limited few that actually read the magazine because we love and appreciate the village. Don't make us feel bad because you are almost witch-hunting the few to whom your comments apply.

Jeanette Davis

(Please note that the article to which Jeanette refers was in the Parish pages of the July issue, and was therefore not from The Link Editorial Team.)

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July Meeting

Our evening visit this year was to the Gibberd Garden near Harlow. Members were told about the life of Sir Frederick Gibberd and his wish that the house and garden should be open to the public. A long-standing family feud nearly prevented this, and the property was put up for sale. However, with public donations and loans, the garden was saved. The Gibberd Garden Trust was formed and, with a team of volunteers, now looks after it. The listed Grade II, seven-acre garden is sited on a small valley which slopes downhill to the Pincey Brook (which rises near Elsenham) and which forms one of the boundaries. The garden is a mixture of intimate spaces with pools and seats enclosed by shrubs, brookside walks, glades and lawns which give wide vistas with many mature trees. There are over 80 modern sculptures, pots and architectural pieces positioned throughout the garden. As the designer of Harlow New Town, Gibberd purchased the property in 1957. It was in the countryside, on the edge of the Harlow-Sheering border; one wonders what he would think as the new Gilden Park Estate creeps ever closer to Marsh Lane, the other boundary of his garden!

Next Meeting

Our talk on **Wednesday 7th August** by Doug Stewart is entitled *Ten Ways to a Better Garden*. The members' Rose Bowl Competition will be held: a *single rose in a small vase*, one entry per member. Our meetings are held at The Day Centre 7.30pm for 8.00pm. Everyone welcome.

Maralyn Harris
Chairman
Tel: 07919 478144

GRIT AND BARE IT!

This amusing photo was taken by Yvonne Ayres at the recent Fun Run!!



If you have an amusing photo, why not share it with Link readers? Please email it to us stating where and when it was taken.

The Editorial Team
Email: editor@stanstedlink.org.uk

My Morning on the River Stort

Last Saturday I took up an invitation to join Peter and Helen of www.whooshexplore.co.uk to spend a few hours on the River Stort kayaking from Sawbridgeworth towards Bishop's Stortford and back for about an hour. As I wrote in previous Nature Notes, I love the Stort and recommend anyone to take up its beauty. I have walked, cycled and now have kayaked along it. And wow, why have I taken so long to really understand how you can be part of the river and how tranquil and beautiful the river is? You really become part of the river and really experience everything you share the river with when you are on the water.



Peter and Helen are a lovely local couple who really took time and effort for me to enjoy my first experience of being on the river. I had perfect weather and with Peter's help and guidance was soon relaxed and able to take in all around me. Within minutes I saw kingfishers, red kites, buzzards, many stunning dragonflies, plenty of ducks, moorhens and coots with all their chicks, and at present the banks are awash with flowering plants and lilies; an amazing experience. Please do not leave it as long as I have; give the Stort a try and give Peter and Helen a chance for you to be able to experience a local river and its wildlife up close and personal.



Steve Leaney
Tel: 647177



PROBUS

www.probusonline.org

The Probus Club of Saffron Walden has vacancies for new members. We meet on the second Monday of each month at The Chequers, Ugley for a two-course lunch and have the occasional speaker. Twice a year we invite the ladies to join us, and also in November when we have a Christmas lunch at the Saffron Walden Golf Club. If you are interested in finding out more about us or would like to attend a lunch as a guest please contact the secretary Martin Foreman on 01799 527245, email: candm@theforemans.plus.com or contact me. **PROBUS** is a local association of retired and semi-retired **PRO**fessional and **BUS**iness people, and others who have had some measure of responsibility in any field of worthy endeavour, who are of character and respected in their communities.

Paul Embleton
Chairman
Tel: 812627
Email: paulembelton@btconnect.com

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The Quendon and Rickling Parish Council are delighted to announce the first annual *Quickling Festival* on **Saturday 10th August**. With the spotlight on England's recent success in the Women's World Cup, this fun-filled day of community activities aims to raise funds for the Q&R Community Football Pitch, and to encourage players to use this wonderful community amenity. The family fun day centres around a circular Dragon's Treasure Quest trail for all ages through the glorious villages and countryside around Quendon and Rickling Green. Clues will be marked on a map, with riddles to decipher, each leading to a 'treasure' to find. The trail is open from 11.00am to 4.00pm, with treasure prizes announced at 4.00pm on the green. Anyone can get involved by entering a treasure to be found on the route; the theme this year is: *We are Q&R*. Submit art, crafts, characters (made, painted boards, knitted, dressed mannequins, etc), painted pebbles, something to show off the history of your house/our area, or simply your garden to be open to the public; anything goes! Entries from outside Q&R will be allocated a spot on the route.

Entries close at 10.00am on Friday 2nd August. Please email: quicklingfestival@gmail.com for an entry form. There will be a village picnic on the green with pop-up food and drink, an inflatable obstacle course, bouncy castle, garden games, raffle, bake sale, jam and pickle swap, face painting, and much, much more! If you or your company would like to support the first Quickling Festival, or volunteer to help, please email as above or ring 07908 844056.

Claire Sawford



www.eastonlodge.co.uk

The jamming season has started and will now stretch through to September, when there may be plums to add to our usual range of gooseberries, currants, raspberries and mulberries. It is a little-known fact that squirrels like red-currants but not blackcurrants; we have worked to thwart them by keeping them out of our fruit cages. By the time of our Apple Day we should have a well-stocked tombola of jams, jellies and chutneys.



For our open day on **Sunday 18th August** we are focusing on our Japanese garden heritage. We have been returning Japanese style features to the gardens: restored the rill in the glade and its bridge, and added a small Japanese garden down by the Tenboudi looking onto the fishing lake. We are working on further plans to implement over the winter. Robin Whalley, our Conservation and Historic Advisor, is an expert on Victorian and Edwardian gardens who has studied and published Peto's travel diaries. Robin will be at the Gardens to tell visitors more about Peto and his designs. There will be an exhibition of bonsai trees, a plant stall and fresh produce from our kitchen garden, music from Woodwind of Stortford and free children's activities. Gates open at 11.30am and last entry is at 4.00pm. Entry is £4.50, children free. Our volunteers will be serving bacon and cheese rolls and homemade cakes and visitors are welcome to bring picnics. For further details, see our website.



Jill Goldsmith
Publicity
Tel: 01371 876979



HUW JOHNSON CLUB

By the time you read this, the Club will be on their summer break until 19th September. The summer term seems to have shot by and we all cannot quite believe where the time has gone; we have obviously been very busy! Over the last few weeks, we have enjoyed a Keep Fit session with Amelia from The Rig Gym in Bishop's Stortford, where we practised everything from catching skills and squats, to weight lifting and boxing. We have also had a Bingo evening and a Treasure Hunt around the church grounds. We had great fun at our annual Sports Night at the Lentons' house; the weather was perfect, and we enjoyed an outdoor picnic in the sunshine having worked up an appetite beforehand taking part in various sporting activities. Our fish and chip supper was a great success thanks to Churchill's, who seemed unfazed by an order for 40 meals.

We finish for the summer with our annual BBQ, thanks to the Embletons. Although we are not meeting regularly over the summer, we still have a picnic and a Last Night of the Proms party to look forward to over some of the weekends. Over 25 adults attend the Club, which meets on Thursday evenings during term time, and is a social group for adults with learning disabilities aged 18 and over. We are always looking for new members and volunteers. Whether you want to join the Club, become a volunteer driver, help out on a Thursday evening or if you just want to know a bit more, please do get in touch.



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HATFIELD FOREST

www.nationaltrust.org.uk/hatfield-forest

Exploring Hatfield Forest this summer, you may be lucky to spot some of our fallow deer, but you are even more likely to see rabbits scampering in the grass. Did you know that rabbits are not indigenous to England? They were introduced from the Mediterranean in the Middle Ages, making their homes in man-made underground warrens or in pillow mounds. The Forest had its own warren, built within what may have been an Iron Age settlement in Collins Coppice. This year we are planning some geophysics surveys around the original warren, to better understand the site's history and reveal a few more secrets.



Photo by Helen Hooker

After observing the Forest's wildlife, join us in the lake area for our summer of sport. The Forest was a relaxation space for the Houblon family during the 18th century, so our sports have a Georgian theme, such as croquet, boules and quoits. You could even row a boat on our lake. On weekdays there will also be opportunities to try longbow and soft archery. Our education team have a fun August planned for younger visitors and families. Activities include children's forest fitness, den building workshops and nature walks with bird and bat spotting. We also welcome Illyria on **3rd August** at 7.00pm for an open-air musical production of Mary Shelley's *Frankenstein*, with its spectacular stage effects and flashes of wickedly dark humour (suitable for ages 5+). Tickets: adults £16, children £10 from 03442 491895 or through our website. Looking ahead, preparations are well in hand for WoodFest, our Forest music festival, which takes place between **6th and 8th September**. For more information and to book, please visit the What's On section of our website.

Helen Hooker and Elizabeth Reeve
Visitor Welcome Team
Tel: 870678

EDDIE LAIRD ERRATUM

The Link team would like to apologise to the family of Eddie Laird for incorrectly stating that one of the people in the photo on page 4 of the July issue was Trevor Graver. The two people seated next to Eddie were actually Lesley Graver and Tony Graver.

Editor

STANSTED SOCIAL CLUB

www.smsc.uk.com

We will finally have movement on the tower in the next few weeks. That means the scaffolding going up rather than the tower coming down. It has taken a long time to organise the work, mainly due to the fact that the Club's paperwork was not in a great state. Changes that should have been implemented 20 years ago have taken time to get right. We will be relieved once the scaffolding is up because it will add some much-needed support to the structure.

Entertainment tends to quieten down in August due to people being away but we do have a packed agenda towards the end of the month. Saturday 17th sees The Chevrons returning to the Club. They went down a storm earlier in the year so come on down. Karaoke Sunday is slightly earlier in the month, with Martin from Cloud 9 providing the entertainment on 25th, along with the usual suspects. Friday 30th sees a great tribute night, with Complete Madness making a welcome return, alongside Madonna. The 31st will be even better with more tribute acts appearing. We have Robbie Williams, Amy Winehouse, Cher and Pink. All events are free to members and £5 for non-members. Please note that if you would like to attend the tribute act events as a non-member you will need to purchase tickets in advance from behind the bar. No tickets will be available on the night.



Andrew Sharpe
Email: stanstedclub@gmail.com



STANSTED MOUNTFITCHET WINDMILL

Our opening on 7th July was a busy day with parents and children enjoying their tour of the Windmill, followed by a visit from Bishop's Stortford Beavers, a happy and lively group of boys. I am pleased to say that our plant sales continue to provide us with much needed donations, both at the Mill and from the front of my house. Our pre-fête meeting has been arranged for Thursday 1st August at 7.30pm in the Windmill.

Some of you will have seen, and maybe bought, tickets for our prize draw for a stay at a luxury apartment in Italy for two people, for any seven days in September. You can find details of the apartment at www.villamaietta.eu. Tickets are only £2, available from me or any Windmill Committee member. The draw will take place at the fête on Bank Holiday **Monday 26th August** 1.00pm-5.00pm. The net proceeds will go to the upkeep of the Windmill. This draw is in addition to our usual annual fête raffle. This year we will have even more attractions for the children with the hand-stamp for £4. Please support this annual family event. The Windmill is open 1.30pm-5.30pm on Sunday 4th August, Sunday 25th August and Bank Holiday Monday 26th August.



Molly Clark
Co-trustee
Tel: 816768



Stansted Fun Run held one of its most successful events at Bentfield Green on Sunday 9th June. The weather was kind to us as usual. There was a record 330 runners in the main 10K Race and 80 in the one mile. A total of £11,800 was raised for the three charities: Huw Johnson Club, Grove Cottage and a new charity, *Please Get Me There* which transports children to hospitals by air in emergency situations. Each charity received £2,940 at the last count with more sponsorship still coming in.



Photograph of the three winners in the adult male category was taken by Paul Burt

There is one particular story which must be mentioned. James Horrax raised over £7,000 in individual sponsorship for Grove Cottage who have been proactive in helping his son Noah with vital Speech and Learning Therapy; this means that Noah no longer has to be on a waiting list for NHS treatment, which can take up to two years. It has been especially beneficial as early intervention enables more effective progress. So, a very big thank you to all who took part, our sponsors for the raffle and to all the Fun Run Committee for a most successful day. Please note the date Sunday 7th June 2020 for next year. See you then.

David Morson
Tel: 850209

THE VILLAGE SPEED WATCH TEAM

The Speed Watch volunteers have been out as often as they can; we would like to be out far more frequently, but the only way we can do this is to have more volunteers. Is Speed Watch important? You judge for yourselves. As we approach the summer holidays there will be 935 families who will be grieving because one of the family members will be dead, killed in a road accident last year. Many were killed in vehicle speeding incidents. The Stansted Mountfitchet Speed Watch team may have prevented a serious accident, we will never know; what we do know is that many drivers exceed the speed limit on our village roads. Don't be one of those who say, why are *they* not doing something to stop this! *You* can do something and it only takes two hours every other week. *Become a Speed Watcher*; you will be surprised, even shocked at what you see. Please contact me if you can help.

Ray Woodcock
Tel: 816468
Email: raymond.woodcock@btinternet.com



Stansted
Cricket
Club

With 10 rounds of the senior season completed, the 1st XI have had a testing month; after five successive defeats, a 4th win overall (against Little Hallingbury) has lifted them up to 8th in HECL Division 2. The 2nd XI in the Cambridgeshire league have now won three matches, had a fourth conceded to them and had one fixture lost to bad weather. The Sunday XI have had four wins from nine matches so far. The President's match on 30th June saw Ben Baker's XI beat Dave Powter's XI by 19 runs on a very hot afternoon. The match was followed by a barbecue. In Round 2 of the HECL Cup we beat Thaxted by five wickets and then overcame a strong Takeley side by eight wickets to make the final, which was due to be played at Theydon Bois CC on 16th July. In the Davies Cup Takeley took their revenge a week later by winning at Hargrave Park by 52 runs. On 8th July we hosted a Davies Cup semi-final between Farnham and Newport, which saw a comfortable victory for Farnham in a match containing several spectacular catches. Notable batting performances have come from J Monk (125), J Lane (114), D Elliott (104), J Subramaniam (103, 75 and 58), M Allen (65), B Sammons (65) and B Baker (62).

Home fixtures for August are:

Sat 3 rd	2 nd XI v Linton III	CCA JL 4 S&E	13.30
Sun 4 th	Sun XI v Little Bardfield	Friendly	14.00
Sat 10 th	1 st XI v Thaxted	HECL 2	13.30
Sun 11 th	Sun XI v Stansted Hall	Friendly	14.00
Sat 17 th	1 st XI v Bish's Stortford III	HECL 2	13.30
Sat 24 th	1 st XI v North Weald	HECL 2	13.30
Sun 25 th	TBA	Friendly	14.00
Mon 26 th	Dog & Duck v The Rose & Crown Pub Challenge match from 2.00pm.		

The Club would like to invite anyone interested in scoring on a regular basis to contact me. Adult players wishing to join the Club should contact me; juniors should contact Head Coach Keith Ayres on 814471. If anyone is interested in sponsoring the Club (perhaps by a large banner at the ground), please contact our Sponsorship Manager, Huw Edwards email: huwr_edwards@hotmail.com.]



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

THE COFFEE POT

Alone or not, everyone is welcome at The Coffee Pot
The Coffee Pot is open Thursdays 10.30am-noon, including the school holidays, in St John's Church, St John's Road. Sit and relax with a cuppa and a slice of cake in the company of others. There is no charge and everyone is welcome.



Kathy West
on behalf of St John's PCC
Tel: 816293
Email: kewest@btinternet.com



STANSTED HALL & ELSENHAM CRICKET CLUB

The sun is shining and the season is now in full swing. The Club's 1st XI lost four games in a row, and therefore, after an excellent start to the season, are sitting in the middle of Division 1. The 2nd XI won their first 10 matches in Division 5 and are top with Epping Foresters close behind; they play each other twice before the end of the season. The junior teams are doing very well in the local Bardfield League at U12 and U15 level. The U13s are through to the West Essex Cup Final but have yet to fix a date for this; they are due to play a very strong Harlow team. All Stars cricket for children aged from five to eight is going exceptionally well again this season with 32 young cricketers enjoying Friday night coaching sessions (the parents and grandparents are enjoying themselves too!).

England have somehow managed to get through to the World Cup semi-finals; let us hope that the next time we write they will be world champions! The Club are having a World Cup Fun Day and match against the parents in the near future; the dads fancy their chances, I am led to believe!



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

STANSTED FOOTBALL CLUB



Competitive football for our Club returns in August. After four weeks of pre-season training and playing friendly matches, the team management and players are anxious to get the season under way. Our supporters will see some new faces on and off the pitch as the Club welcome new Head Coach John Watters and Assistant Coach Neil Tillotson; they will work alongside team manager Paul Pittuck replacing Mark Benterman, who has moved on to manage Witham Town. John is the son of Don Watters, team manager of our Club in the late 80s and early 90s. Our success last season tipped off a few higher-level clubs to take a look at some of our younger players. As a result, we have lost a few, most noticeably our goalkeeper who has moved on up two levels to play for Brightlingsea Regent. We wish them all well as they look to further their football careers; playing for a successful team like Stansted FC is a great stepping stone for players.

We have many players looking to join the Club and plenty of trialists have participated in both training sessions and games; replacements have been selected and added to our team squad. In August, we will play FA Cup and FA Vase ties along with our league games. These will all be played away from Hargrave Park; see our social media sites for information regarding the team's opponents, venue and results along with any major Club news. Finally, thanks to the Stansted Sports Association who have supported us through the summer months with our pitch renovation work and our ground staff who have worked tirelessly in preparing the pitch for the new season.



Tom Williams
Secretary
Tel: 07921 403842
Email: tom.williams16@btinternet.com



STANSTED BOWLS CLUB

The Bowling season is now firmly in swing and all teams are very active with some great results, especially from the league "A" team. All the teams are enjoying their bowls.

August Fixtures

There are A or B team matches on Wednesday 7th and 21st at 6.15pm. Seniors Matches are on Tuesday 6th and 20th at 2.30pm. We also have weekend matches on Sunday 4th, Monday 12th and Saturday 31st at 2.30pm. All are welcome to come along to support the teams. We are still running our offer of **one year's FULL Membership, which allows you to take part in Club matches and competitions and full use of our discounted licensed bar for just £10.00.** We are planning an exciting FUN Quiz Night on Saturday 28th September at 7.00pm in the Club. Tickets are available from me. There will be a raffle and we have our licensed bar. Tables can be booked via myself, details below. Hurry as it is likely to be very popular. Watch this space and the village notice boards, Facebook (Stansted Matters) etc for new events coming soon, or just come along on a Friday evening and meet the members and have a chat.

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



Stansted Tennis Club
Founded 1889

www.stanstedtennisclub.co.uk

The President's Cup

This mixed doubles tournament was played on Saturday 29th June, the hottest day of the year so far. We had 14 players with Fiona Pye and David Murfitt beating Jamie Hogg and Carol Cook 6-3, to take the cup. All enjoyed a fish and chip supper and a glass or two, to cool down afterwards.

Junior coaching

This is open to members and non-members of STC and takes place on Wednesday and Thursday evenings. For further information please contact Ollie Toms on 07917 652014 or email: juniorcoaching@stansted.co.uk.

Ladies' night: Monday 12th August from 6.30pm.

Used tennis balls £1 for a tube of four from Jan Hollis.
Phone 812073 or email janhollis@btinternet.com.

Please visit our website at for further information about the Club and to download a membership form.

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

DIRECTORY OF LOCAL CLUBS AND ORGANISATIONS

Alheimers Society	Tel: 01371 872519		Email: admin@rainbowpreschool.net
Air Training Corps 494 Squadron	Tel: 681559/661929 Email: 494@aircadets.org	Rainbows (Wednesday)	Rachel Roberts Tel: 07864 821905
Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	Rainbows (Friday)	Sue Pollard Tel: 813734
Bowls Club	Peter Beattie, Hon Secretary Tel: 07850 329192 Email: peterdavidbeattie@gmail.com	Rotary Club	Peter Latham Tel: 507294 Email: yplatham@uwclub.net
Brownies (Tuesday)	Kathy Shearman Tel: 07724 355533	St John's Road and Area Association	Secretary: Leila Riddell Tel: 07770 955830
Brownies (Wednesday)	Susan Scott Tel: 810955	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
CAB	Tel: 01799 618840	Shotokan Karate Ryu	Donna Ring Tel: 731752 Email: skr@skr.org.uk
Corkers Netball	Lizzie Read Tel: 07770 594848	Spangles Family Hub	Tel: 812348 Email: vcl.essexwest- uttlesfordadminhub@nhs.net
Cricket Club (adults) (juniors)	David Hedge Tel: 812509 Keith Ayres Tel: 814471	Stansted and District Past Rotarians Club	Secretary: Geoff Lay Email: geoff.lay@ntlworld.com
Cub Scouts Age 8-10½	Nic Devine Email: kinglouie.huskies@gmail.com	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
Day Centre	Tel: 815091	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Family Café	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Garden Club	Maralyn Harris, Chairman Tel: 07919 478144	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office tel: 656085	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Guides	Jennifer Jarvis, District Commissioner Tel: 814434	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
Helpline	Tel: 07704 553727	Stansted Supers Handball Club	Olly Pocknell Tel: 07875 391701
History Society	Peter Brown, Chairman Tel: 812816	Talking Newspaper (BS and District)	Richard Barnett Tel: 651270 Email: familybarnett24@hotmail.com
Huw Johnson Club	Katharine Collis Tel: 461270 Email: kat_collis@hotmail.com	Tennis Club	Fiona Kelly, Publicity Officer STC Tel: 07949 623484 Email: fiona1.kelly@btinternet.com
Inner Wheel Club	Margaret Webb, President Tel: 503225	U3A	Ray Smith, Chair Tel: 813270
Investigators Age 7-11	Ros Page Tel: 810813 Email: contactstanfam@yahoo.com	Women's Institute (Stansted)	Anne Watson, President Tel: 898693
Little Scrummers	Andrew Poyser Tel: 07738 591232	Women's Institute (Ugley)	Dorothy Wallace, President Tel: 850215
Millers (Windmill)	Molly Clark Tel: 816768	Whoosh Explore Canoe Club	Helen and Peter Nash Tel: 817453
music@stansted - classical concerts	Sonia Levy Tel: 815282 Email: contactus@musicatstansted.co.uk	Youth Centre	Linda Barnes
Neighbourhood Watch	Valerie Trundle Tel: 813433		
Parkinson's UK	Vivian Falk, Chairman		
Uttlesford Support Group	Tel: 01799 513128 Email: vivian@brackendalehouse.co.uk		
Rainbow Pre-School	Gill Pursglove (Administrator) Tel: 814242/07966 506997		

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.

LOCAL NURSE RECEIVES THE PRESTIGIOUS QUEEN'S NURSE AWARD

Elizabeth Hall, Professional Lead in the Continuing Healthcare team at NHS West Essex Clinical Commissioning Group (CCG), gained the award in recognition of her dedication to community nursing. She has lived in the West Essex area all her life but she completed her nursing training based at East Surrey Hospital in Redhill under the University of Surrey. She returned home to work in the Princess Alexandra Hospital, completing their newly qualified development programme rotating around different hospital wards. She said: "I had always believed my heart belonged in community nursing and in 2004 I was fortunate enough to be supported by East and North Hertfordshire Primary Care Trust (PCT) to complete the Specialist Community Nursing course. I qualified as a District Nurse and became a Community Matron in East Hertfordshire. In 2008, a new challenge beckoned as I wanted to learn new skills and started to work in the Essex base of NHS Direct. In 2009 I had the opportunity to develop a skill learnt within community nursing as a Nurse Assessor for NHS Continuing Healthcare at Mid Essex CCG. This led me on a 10-year adventure through various changes in Continuing Healthcare to coming to work at West Essex CCG. My initial role was to undertake case reviews, before successfully applying for my current post as Professional Lead for the CHC team".



Elizabeth attended the awards ceremony in London in late June when The Queen's Nursing Institute presented her with the award. She said: "I feel very proud and honoured to have been given this award. My role is incredibly rewarding and challenging". Elizabeth is the second nurse at the CCG to hold the Queen's Nurse title; the Director of Nursing and Quality, Jane Kinneburgh, was awarded the title in 2015.

Communications Team
Tel: 01992 566140
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MARRIAGE TAX ALLOWANCE

uttlesfordcab.org.uk

Are you married or in a civil partnership? If so, you may be entitled to a £1,150 tax break called the marriage tax allowance, which lets you transfer £1,250 of your personal allowance to your husband, wife or civil partner if these specific circumstances apply:

- You must be married or in a civil partnership (just living together doesn't count)
- One of you needs to be a non-taxpayer, which usually means earning less than the £12,500 personal allowance between 6th April 2019 and 5th April 2020
- The other partner needs to be a basic 20% rate taxpayer (higher or additional-rate taxpayers aren't eligible for this allowance). This means you would normally need to earn less than £50,000
- You both were born on or after 6th April 1935.

So, in a nutshell, one of you must be a non-taxpayer and one must be a basic-rate taxpayer. The marriage tax allowance for the tax year 2019-20 is up to £250. However, you can backdate your claim by up to four years, which means that if you claim now and backdate, you could get up to £1,150.

If your claim is successful, HMRC will give your partner their extra allowance by changing their tax code, which can take up to two months, or when they send their Self-Assessment tax return; any changes to your personal allowances will be backdated to the start of the tax year (6th April). Your tax code will also change if you are employed or get a pension. Your new code will reflect your new personal allowance and will end with 'N'. If your new personal allowance is lower than your income after you have made a claim, you might have to pay some income tax. However, you might still benefit as a couple. Your personal allowance will transfer automatically to your partner every year until one of you cancels marriage allowance or your circumstances change; for example because of divorce or death. If your circumstances change you can cancel marriage allowance online. You will be asked to prove your identity using the information HMRC holds about you. If you stop transferring the allowance to your partner, it will run until the end of the tax year (5th April).

You can apply for Marriage Allowance online at www.gov.uk/apply-marriage-allowance. The person with the lowest income should make the claim. More information about marriage tax allowance and income tax in general can be found at www.gov.uk or call the HMRC helpline on 0300 200 3300 (it helps to have your national insurance number with you when you call). Advisers at Uttlesford Citizens Advice can help check your eligibility and offer advice on benefits and tax allowances as well as housing, debt, relationship and employment issues. Please contact us if you would like an appointment in Stansted.

Tel: 01799 618840
Email: bureau@uttlesfordcab.cabnet.org.uk

Index to Advertisers

	IFC - Inside Front Cover	IBC - Inside Back Cover	OBC - Outside Back Cover																	
Animal Care	Debs Dogs	32	The Secret Gardener	28																
	Mercer & Hughes	OBC	Daniel Robinson & Sons	26																
Building Services	A C Wright Building Contractors	38	J Day & Son (Stonemason)	26																
	Churchill General Builders	38	Briggs Mobile Hairdresser	16																
	David Lee	38	Barnet Fayre	16																
	Hibbs & Walsh (Architects)	38	Claire's Gents Hairstylist	16																
	David Fortune (Builder)	OBC	Lino Thomas	OBC																
	PRZ Design (Architects)	38	The Mainstreet Barber Shop	16																
	Uttlesford District Council	38	Quaker Meeting House	16																
	Techni-Pave	IFC	Manuden Community Centre	16																
	Vester Property Services	IBC	Ugley Village Hall	16																
	Carpentry	Canfield Carpentry	32	Absolute Travel	IBC															
Gillson Carpentry & Joinery		32	Variety Holidays	18																
Chiropody	R Handford	10	D C Alarms	30																
	Julie Golden	10	Mediacomms	30																
Cleaning	Binwash	IBC	SDS Aerials	30																
	Clear Ovens	18	Sygma Security Systems	30																
	Ecaterina Domestic Cleaning	18	Dunmow Ironing Parlour	18																
	Go-Jo Quality Cleaning	18	John Wilson	10																
Community & Care	Hargrave House Care Home	8	Herts and Essex Wills	26																
	Hearing Help	8	Lever & Co Solicitors	26																
	Helpline	8	Golf World	IFC																
	Mountfitchet House Care Home	8	Stansted Social Club	16																
	Ross Nursing Services	8	D Bonney & Sons	26																
	Talking Newspaper	13	Essex Autospray	26																
	Computing	MCM Computer Services	10	Priest (Piano, Violin, Singing)	12															
		Taylor Computer Service	10	Hamilton (Singing)	12															
Dance	Graham School of Dance	12	Stansted Business Forum	26																
	Mitchell School of Dance	12	George Cooper (Physiotherapy)	6																
Dental	Castle Dental	6	Quendon Osteopathy	6																
	Chapel Hill Dental	11	Williams (Osteopath)	6																
Education & Children	Birchanger Butterflies Nursery	12	Ada Decorating	34																
	Howe Green House School	12	Brown's Painting & Decorating	34																
	Rainbow Pre-School	12	David Duncan Decorating	34																
	Tuition (ages 4 - 11)	12	Lesley Anne (Painting)	34																
Electrical	Albury Electrical Services	36	MWR Interiors	34																
	CK Electrical	36	Nick Shutes	34																
	D S Mason	36	Prime Decor	34																
	Stansted Electric	36	Ray on the Hill	34																
	Murdochs	IBC	T F Plastering	34																
Estate Agent	Past Discoveries	8	Bentfield Beauty Spa	10																
Family History	Mansell & Co Accountants	IBC	Fresh Leaf (Hypnotherapy)	10																
Financial	DT Bedroom & Kitchen Designs	32	Glynis Cheers (Hypnotherapy)	10																
Furniture & Flooring	Furniture by Design	32	Stansted Psychotherapy	10																
	GFF Bentley & Howell (flooring)	32	Harpers Plumbing & Heating	OBC																
	Peter Worby Antiques Restoration	32	JDW Gas Heating Specialist	36																
	Fitness	Body Barre	6	Jones (Plumbing & Heating)	36															
Flexible Strength		6	M Lloyd and Son	36																
Back to Basics (Pilates)		6	Newman's Home Services	36																
Stansted Yoga Lounge		10	Orion Heating	36																
Food & Drink		Hadham Brewery	OBC	P Knight Plumbing	36															
	Lams Chinese Takeaway	IBC	Stansted Gas Services	36																
	Mayflower Chinese Takeaway	IBC	Chogou Printing & Embroidery	18																
	Mouchak (Indian)	20	CZ Design & Print	18																
	Phuket Thai Takeaway	20	Do-It-4U	34																
	Sonargow Indian	20	Fairweather Windows	IFC																
	Tea Boutique	20	Finch and Son	OBC																
	The Dog & Duck	20	Herts & Essex Window Doctor	38																
	The Rose & Crown	20	Paris Legore (Flowers & Gifts)	IFC																
	Garden Services	Creative Cascades	30	Squires (Gifts, Plants and Cards)	38															
D Honour & Son (Landscapes)		OBC	Stansted Upholstery	32																
H2O Plants		28	Stort Blinds	IFC																
Illuminating Gardens		30	Teach me to Sew	12																
Gill Owen & Colin Frost		28	All Aspects Tree Services	28																
Langthorns Plantery		28	Tree Management Company	28																
Mowtivated		28	Uppercut Trees	28																
Funeral Services	Hairdressing	Halls for Hire	Holidays & Travel	Household Installations	Ironing	Jeweller	Legal	Leisure	Motor Repairs	Music Lessons	Networking	Osteopathy & Physiotherapy	Painting, Decorating & Plastering	Personal Services	Plumbing & Heating	Printing	Property Maintenance	Retailers	Soft Furnishings & Sewing	Tree Surgeons

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