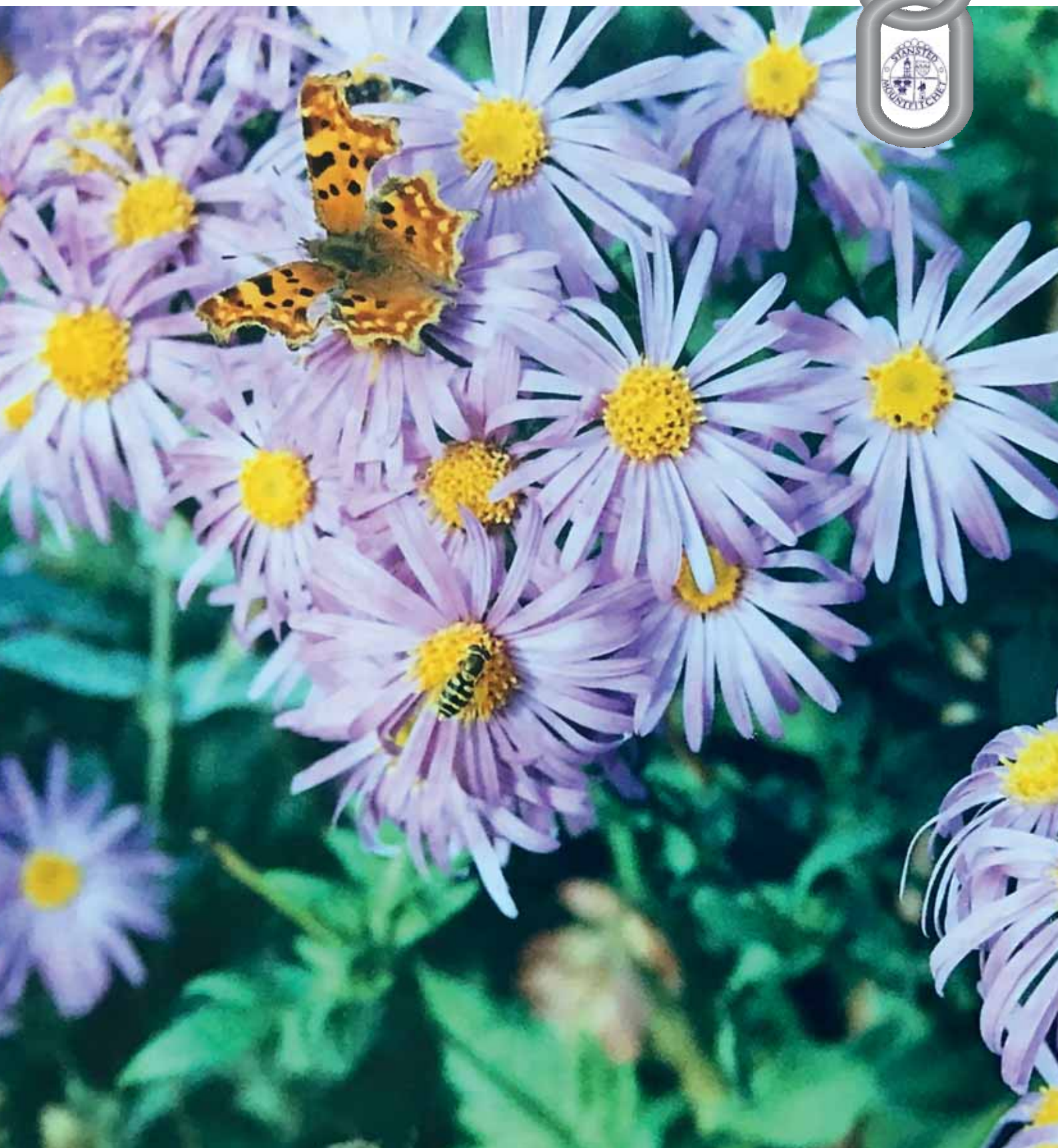


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Stansted Mountfitchet Village Magazine

The Link

www.stanstedlink.org.uk

The Link is published by Stansted Mountfitchet Magazine Community Interest Company and delivered free to 3700 homes and businesses in Stansted. Further copies may be purchased for £1 each or £11.00 per year, plus postage. Each edition is also available on our website.

If you do not receive your copy please email: distribution@stanstedlink.org.uk or telephone 813680

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CONTRIBUTIONS Up to 300 words in Word format. Photographs to be sent as separate attachments (jpeg).

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

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EDITORIAL



As we slide into November, with its usually gloomy weather, we thought it would be cheery to have flowers on the front cover; this one is very special as the butterfly and bee were posing so beautifully for the photographer. Many thanks to Rosina Kirkwood for sending us this lovely picture. Of course, one very important event every November is Remembrance Day; this will be the first one for many decades with a King laying a wreath at the Cenotaph. As far as local events are concerned, there will be a parade starting at 10.30am in the Crafton Green car park, on Sunday 13th November. Please see p 21 in the Stansted Network pages for further information.

I have been with The Link now for about five years, and during that time, some authors of regular articles no longer write them, but authors with great new articles make up the difference and we thank all of the contributors who make this magazine what it is, as well as our advertisers who allow The Link to exist. We do miss some articles, and I am wondering whether there is anyone out there amongst our readers who would like to put their thinking caps on and write about any of the following topics: Gardening tips, Nature notes, Veterinary matters, written games such as quizzes or crosswords, maybe DIY tips, recipes, or anything else that you think would be of interest to our readers. Thank you in advance.



www.musicatstansted.co.uk



STANSTED MOUNTFITCHET

LOCAL HISTORY SOCIETY

One of the brightest rising stars in today's piano world, Dominic Degavino, comes to St John's Stansted on **Sunday 27th November** at 3.00pm with a recital which will include music by Mozart, Chopin, Schubert and Brahms. He was a pupil of the prestigious Chetham's School of Music and graduate of the Royal Northern College of Music, where he was winner of the Gold Medal Competition. Dominic has wowed audiences at The Wigmore Hall, the Southbank Centre and the Bridgewater Hall while scooping up prizes at numerous festivals and competitions around the country.



As well as featuring some of the giants of European music in his programme, Dominic will be including a work by a composer whose genius is only now beginning to be recognised: the American Amy Beach. Her *Five Improvisations* demonstrate great skill across a wide range of musical styles. Tickets: adults £15, concessions £12, under 18s free, available on the door or call 815282. Full details are on our website.

Richard Allaway
Tel 814118

Email: contactus@musicatstansted.co.uk

Our Chairman opened the meeting on 6th October by welcoming everyone, including visitors and new members and our former Chairman, Peter Brown. He thanked Peter for many years working for the Society; this was greeted with a well-deserved round of applause. Our published speaker was unable to come so our own Ken McDonald stepped in to give a talk entitled *A Stroll through the Hundred Parishes*. He explained that the area covered around 450 square miles of Essex, Hertfordshire and Cambridgeshire with Stansted Mountfitchet close to its centre. The focus of the evening's talk was on the development of the 100 or so walks that can be freely downloaded from the Society's website www.hundredparishes.org.uk.

Ken explained the background to the Society, the book (now sold out) and Facebook page. They have published a calendar for 2023 available now for £10. The walks provided an excuse for Ken to show the variety of landscapes which abound, viewed from the footpaths. There is stunning scenery, wildlife, old churches and public footpaths on driveways leading up to grand old houses. Ken spoke of the challenges in maintaining and upgrading access to the footpaths, something the Society have helped improve. Many of the walks pass either a public house or tearoom, very useful to know. Many of the walks are circular and 21 of them are railway station walks. It was a thoroughly entertaining evening and thanks again to Ken for stepping in with his talk. Our next meeting is on **Thursday 3rd November** 7.30pm for 8.00pm in the Day Centre. Our speaker is John Miners who will talk about *The History of Textile in East Anglia*. Coffee, tea and biscuits are available afterwards.



Roger Barrett
Tel 814216

Email: rmbarrrett54@gmail.com



International Dot Day is celebrated by adults and children for boosting courage so that creative potential is released. *The Dot* is the story of a caring teacher who dares a doubting student to trust in her own abilities by being brave enough to make her mark. What begins with a small dot on a piece of paper becomes a breakthrough in confidence and courage, igniting a journey of self-discovery and sharing, which has gone on to inspire countless children and adults around the globe. St Mary's read the inspirational *The Dot* as a school and then unleashed the children's creativity in English and Art. We used multi-coloured dot stickers to transform a blank space into an explosion of colour. The finished piece is amazing and a wonderful whole-school effort!



We decided to spend some time remembering the 70 years of service that Queen Elizabeth II gave us. We all loved watching the Paddington Bear sketch from the jubilee celebrations; what better way to remember her Majesty than by making and eating marmalade sandwiches? We also created some special mosaic artwork which will be displayed in our media suite.

Matthew Curzon
Headteacher
Tel: 812212



FUN PLACE ON THE HILL

www.stanstedfreechurch.org.uk

On Friday mornings we welcome adults, parents and children. In a relaxed atmosphere, adults chat over coffee and the children enjoy plenty of space to run around, playing with the toys and listening to Story Time around 10.30am. Although particularly suitable for children, all ages are welcome, from **9.15am-11.30am** in the Free Church Hall which is warm and comfortable. Why not come along for a couple of hours and help save on home energy costs? Free squash and healthy snacks are available for children, and tea, coffee and biscuits for the adults. There is limited free parking in the church car park. Looking forward to welcoming you on Friday mornings.

Sue Parker and Fran Richards
Tel: 657116
Email: funplace@stanstedfreechurch.org.uk



SAFFRON WALDEN CHORAL SOCIETY

www.swchoral.org.uk

The Choral Society, accompanied by the Chameleon Arts Orchestra, will be performing Haydn's *The Creation*, on **Saturday 12th November** at 7.30pm in Saffron Hall. Haydn set texts from Genesis, Psalms and Milton's *Paradise Lost*. In the first two parts the soloists are archangels, with the chorus as the heavenly host celebrating the *new created world*. In the third part Adam and Eve are happily in the Garden of Eden. The work finishes with another triumphant chorus *The praise of the Lord will endure forever*. Tickets: adults £20 - £35, under 25s £10 - £17.50 from www.saffronhall.com or tel: 0845 548 7650.



Sarah Ludlow-Elston



DAISY MAY'S FARM

www.daisymaysfarm.org

What a fantastic year this has been for us, and best of all, having all our lovely visitors come and see us on the farm. We are getting very excited about Christmas and really hope you will be joining us for the festivities this year; there will be so much to do. Last year, as Father Christmas was so busy, Mrs Claus came to stay with us and read traditional yuletide stories to the children whilst they enjoyed yummy hot chocolate; she had gifts for them too. They were also able to enjoy Christmas crafts, a snowy walk through the Winter Woodland and of course, the animals had to have a fuss made of them too. Make sure you keep an eye on our Facebook page so you can book and enjoy all the fun.



All our animals are always so happy to see you and we still have some small piglets that are so cute, but very cheeky! At the moment there are sheep, goats, ponies, all sorts of chickens, ducks, turkeys, pheasants and even some owls and rheas (similar to ostriches), rabbits and guinea pigs and they all love to see our visitors. These events are a vital lifeline for us to raise enough funds to feed and look after our animals and we can only do this with your help and support. We are at Hall Road, Elsenham CM22 6DN and are open weekdays 9.00am-5.00pm and weekends 10.00am-5.00pm.

Elaine Terry
Tel: 07747 787973



STANSTED SCOUTS

Our last camp of the year was in early October in Priory Wood. The weekend camp site was set up on Friday evening by 26 scouts and five adults. The early onset of darkness meant getting on with it; all was going well until the heavens opened. We were all slightly damp that evening! A session on camp hygiene was followed by decorating our candle lamps and a hot dog and soup around the fire. Surprisingly everyone settled down by midnight.



After breakfast on Saturday our morning activities were air rifles, camp donuts and pioneering, which was a monkey bridge. Lunch was followed by traversing the monkey bridge, air rifles and catapults. Covering the Outdoor Challenge means the Scouts have to cook their own food and they cooked a good meal that evening. We then attempted to attract moths to no avail and finished with pittas with their choice of filling, cooked on the campfire with a can of pop and a song around the fire. A sunny Sunday dawned and we all had a leisurely camp breakfast followed by a few more goes on the monkey bridge, a quick game of capture the flag and we finished with a whittling session by the campfire turning hazel into tent pegs. All too soon it was time to strike camp and we left for home at 2.00pm. While we were there we learnt how to co-operate in teams, make our own meals, make our own entertainment and how to put tents up in the wet. Seriously, we all had a great time being outdoors in the fresh air. Thanks everyone for an excellent camp.

Mike Byrne
Scout Leader
Tel: 812780



UGLEY VILLAGE HALL COFFEE MORNING

We are having a Christmas coffee morning on **Thursday 17th November** 10.00am-noon in the Village Hall. There will be coffee, tea, cakes, a raffle and a bring-and-buy stall. Proceeds go towards the upkeep of the Village Hall. We hope to see you there.



Susan Bone
Tel: 814052



STANSTED MOUNTFITCHET WINDMILL

www.stanstedwindmill.co.uk

Our final opening was on 2nd October and we are now closed until Easter. However, we are always happy to organise tours for groups such as schools and scout groups or even ad hoc groups so if you have friends or family visiting and are looking for something to keep them entertained, do get in touch. There are a number of minor maintenance projects that we will be working on over the winter, and we are raising funds for the bigger and much more costly projects such as re-pointing the brickwork which can only be done by firms that specialise in working on historic buildings.

Our *Santa at the Mill* event is on **Saturday 10th December**. More details in next month's Link. You will also have the opportunity to buy some of the Mill goods which make nice stocking fillers. Keep an eye on the village notice boards and the windmill Facebook page for further information nearer the date.

Trevor Lloyd
Tel: 810805

Email: info@stanstedwindmill.co.uk

FOREST HALL SCHOOL

www.foresthallschool.org



The new enrichment programme has been launched for students in Years 7 to 10 at the school. Each half term, a new selection of lunchtime and after-school clubs and masterclasses will be held every day of the week. This half term, students are able to select from basketball, young carers, chess, gardening, football, keyboard, Lego, choir, film and reading clubs. They can also attend fizzy rockets, spoken word poetry as well as dungeons and dragons masterclasses.

Rebecca Millican, personal development and enrichment lead, said: "Our enrichment programme has a variety of clubs and activities to ensure there is something for everyone. It is a great opportunity to meet other students with similar interests and a great way to develop skills and try something new. This programme gives students a chance to learn more about themselves, such as their interests and hobbies. It also creates a link for students who travel from further away to come to Forest Hall as it enables them to engage with their peers in a social setting."



Kelly Clark



CHRISTMAS FAYRE

10 am - 3pm Fri 4th Nov
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WHAT'S ON IN NOVEMBER

1	Tue	Stansted is well Read	Dog and Duck 8 pm
2	Wed	Mountfitchet Garden Club	Day Centre 7.30 pm
2 & 16	Wed	Bereavement Café	Day Centre 10 - 11.30 am
3	Thu	History Society	Day Centre 8 pm
4	Fri	St Clare Christmas Fayre	B S Rugby Club 10 am - 3 pm
8	Tue	RSPB	Bishop's Pk Comm Centre 7.30 pm
9	Wed	Link copy due in today	before noon
10	Thu	WI	Day Centre 7.15 for 7.30 pm
11	Fri	Henham Christmas Market	OSCA and Village Hall 1 - 8 pm
12	Sat	Autumn Craft Fair	St James, Thorley 11 am - 3.30 pm
		S W Choral Society	Saffron Hall 7.30 pm
13 & 27	Sun	Green Waste Skips	Lower St Car Pk 12.30 - 4.30 pm
16	Wed	Ugley W I	Ugley Village Hall 2.15 pm
17	Thu	Christmas Coffee Morning	Ugley Village Hall 10 am - noon
		U3A Monthly Meeting	St John's Hall 2 pm
19	Sat	Farmers' Market	Ugley Village Hall 10 am - noon
26	Sat	Christmas Market	St John's Hall noon - 3 pm
27	Sun	Music@stansted	St John's Church 3 pm



7.30 pm Sat 12th Nov
Saffron Hall, Saffron Walden

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Green Waste Skip Dates

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Nov13th & 27th
Next skips will be in April

To advertise your event in the December/January issue
email: events@stanstedlink.org.uk **by 9th November**

Note there is no separate January issue

Inclusion is subject to editorial decision & availability of space



3 pm Sun 27th Nov
St John's Church
Dominic Degavino Piano

Mozart ~ Chopin
Schubert ~ Brahms

*Tickets: adults £15, conc £12
under 18s free, from:
Sonia Levy 815282 or on the door*

St John's Church Christmas Market

12 - 3 pm Sat 26th Nov
St John's Church Hall

Gifts ~ Craft Stalls ~ Books
Toiletries ~ Candles
Grand Draw


Admission Free ~ Refreshments



10 am - noon
Sat 19th Nov
Ugley Village Hall

Meat ~ Fish ~ Fruit and Veg
Hummus and Soup ~ Plants
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For info and future dates tel 814052






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We also invite you and your child to our creative winter craft afternoon on **Thursday 1st December** 2.00pm-3.00pm. As well as another opportunity to speak to our headteacher, you will also be able to meet our Class Ambassadors. To book either event, please contact us. We look forward to welcoming you to our lovely village school and telling you more about our:

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Marnie Tait
Acting Headteacher
Tel: 813370

Email: office@manuden.essex.sch.uk



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Mike Dyer
Tel: 814059

STANSTED PHARMACY UPDATE

Essex County Council (ECC) has decided not to support our need for a Licensed community pharmacy close to Stansted Surgery. ECC Health & Wellbeing (H&W) and Pharmaceutical Needs Assessment (PNA) has now published its PNA report 2022. To obtain an e-copy please search for: *Pharmaceutical Needs Assessment (PNA) 2022-2025 – Essex Open Data*

Cllr John Spence chairs the ECC H&W group. He wrote to NHS England-East on 23rd August saying *"As you know, NHS England has statutory membership of the Essex Health and Wellbeing board. We know how busy you are and do not normally seek your attendance. However, on 21st September we will be signing off the results of the latest PNA. We are expecting to have representations from the parish council regarding their campaign for a second pharmacy in their village. The PNA does not support this but they are under the misapprehension that the H&W board can require it. It would be very helpful if one of you were present to confirm that our role is to submit the objective findings – it is for the NHS to submit findings. The parish council have already – as they did last time – involved their MP Kemi Badenoch who is sympathetic to their request. If it is impossible for one of you to be with us, I would ask that you write to the parish council and the MP around the procedure."*

There are a number of points in John Spence's email that need to be challenged. I am now considering organising a public meeting before the end of this year. Please email me if you have any ideas.

Ray Woodcock

Email: Raymond.woodcock@btinternet.com



ST CLARE HOSPICE CHRISTMAS FAYRE

www.stclarehospice.org.uk

This will take place on **Friday 4th November** 10.00am-3.00pm in The Marquee at Bishop's Stortford Rugby Club. There will be lots to see, with a variety of good quality goods on offer. All are welcome. Do come and support this worthwhile cause.

Sandra Ayres
Tel: 814471

LINK ADVERTISING

This month sees the start of our new printing year and we welcome our new advertisers. We still have a few spaces available, including one on the cover

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Whether you are new to birding and would like to try it or have more experience, we have two outdoor activities planned that feature outstanding local venues, which are great places to visit and all are welcome. On **Saturday 19th November** at 10.00am we are visiting RSPB Rye Meads, Hoddesdon, Rye Road, Hoddesdon SG12 8JS, one of our most local reserves. It is a delightful wetland beside the River Lea, and a firm favourite thanks to its many trails and hides. The friendly visitor centre offers a bird feeding station, hot and cold drinks and refreshments, toilet facilities and free parking for RSPB members.



The Kingfisher hide at Rye Meads

Our next midweek sociable walk is on **Wednesday 23rd November** at 10.00am, and we are meeting at The Coffee Shop, Thremhall Park, Bishops Stortford CM22 7WE. The walk will include the Stansted Airport lagoons and part of the Flitch Way, ending with refreshments at The Coffee Shop. The lagoons are somewhat tucked away and the birds to be seen are very much down to weather and water levels. It is a good place to visit with the potential for surprise avian visitors.

Our indoor meeting is on **Tuesday 8th November** at 7.30pm in Bishop's Park Community Centre. Our speaker is Bill Coster, a full-time professional wildlife photographer and author of *Creative Bird Photography*. His presentation follows the seasons as the year unfolds and concentrates on the best that Britain has to offer.

Finally, I would like to encourage you to look at our completely new website which has full details of all our activities. I hope you will be able to join us in having fun, enjoying birds and nature. For further details please contact me.

Peter Allen
Tel: 07876 295456
Email: peter2349@sky.com

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THE PLACE ON THE HILL

www.stanstedfreechurch.org.uk

A reminder that we are open **every Wednesday** 10.00am-noon for adults only. Free coffee, cakes and biscuits to enjoy in good company - what more could you ask? We even have a jigsaw you can work on. There is no need to book, just come along to the Free Church at the bottom of Chapel Hill and save on your home's energy bills! If you have children, then please come along to *Fun Place on the Hill* which opens on Fridays; see separate article for more information.

We have reinstated our collection box for the *Uttlesford Foodbank* in the church foyer, so if you are coming to the Place, please consider whether you are able to bring a donation for the foodbank with you. Thank you



Mike and Marion Dyer
Tel: 814059

Email: theplace@stanstedfreechurch.org.uk



SOCIAL CLUB

www.smsc.uk.com

We were saddened to hear of the passing of our former colleague Lyn Bishop. She had been battling hard against cancer. Lyn was known for her no-nonsense approach as well as a wickedly dry sense of humour. She was instrumental in helping to get the club back on its feet after an unplanned closure some years ago. Our thoughts are with her family.

Some better news is that we are in the finals of the National Club Awards and have been nominated in two categories: Best Entertainment Programme and Best Club Refurbishment. It is a great reflection on the work that has gone into the club by the staff, committee and members. The finals take place on Wednesday 16th November and hopefully we will be heading back to Stansted with a trophy or two.



On the entertainment front, we have a cracking programme lined up for November. On **Saturday 5th** we have two of our favourites making a welcome return, an *Elton John Tribute* and *Tara Marie*. **Saturday 12th** sees a newcomer to the club, *E.L.O. Encounter*. If you like a bit of Jeff Lynne, you will love these guys. *The Wild Murphy's Irish Band* are back on **Saturday 19th**, and on **Friday 25th** we see the return of our resident DJ John, with his Old Skool classics. We round the month off with another tribute band, *Imagine The Beatles*. We also have pool, darts and snooker as well as the Sunday meat raffle and members' draw. As we now approach 700 members, you get all this for just £20 a year!



Andrew Sharpe
Tel: 812992
Email: stanstedclub@gmail.com

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HUW JOHNSON CLUB

The Club is now fully into the swing of our weekly sessions and the long Covid-enforced break seems like a distant memory. Our timetable for November includes a disco to celebrate one of our member's 50th birthday and a trip to the bowling alley in Stortford, both of which we are all very much looking forward to. We are happy to accept new members and please do get in touch about any adults with a learning disability who might like to attend.

Volunteers needed

One of the key roles we hope to fill is escorting members of the club onto the minibus that collects them from their homes and brings them to the club. It would be a commitment of roughly one Thursday evening a month. Please contact me if you can help.

Ellen Brooks
Tel: 07800 89516

Email: ellenbrooks@hotmail.co.uk



www.mencapgrovecottage.org

Join us on **Sunday 4th December** at Grange Paddocks Leisure Centre for our annual *Santa Dash and Reindeer Run*. Entrants can run, jog, skip or walk either the 1k or the 5k routes; there is a new 5k route this year. Entry: £12 for ages 13 plus, which includes a full five-piece Santa Suit to keep. For ages 12 and under entry is £6, which includes reindeer antlers and a festive medal to take home. The run starts at 11.00am with the warm-up at 10.45am.



Entrants are encouraged to raise sponsorship for this event, but this is not essential; we just want everyone to have a great day. Book in advance on the Grove Cottage website or register from 10.00am on the day.

Alison Cameron
Tel: 651908

Email: fundraising@mencapgrovecottage.org



THE HUNDRED PARISHES SOCIETY

www.hundredparishes.org.uk

I live in Stansted Mountfitchet. The name is an interesting one: Stansted derives from Saxon language meaning stony place; Mountfitchet is a corruption of Montfiquet, a village in Normandy. A man from there fought with William the Conqueror and was rewarded with land in Stansted. Several of the Hundred Parishes have names ending in the Saxon *sted*, *stead* or *ted*. *Thaxted* refers to the thatch that could be obtained there; *Broxted* seems to come from *Brock*, the old name for badger.



Many of our towns and villages were recorded in the Domesday Book of 1086. Duxford appears as *Duchesuuorde*, or Duc's Enclosure. Duxford has a number of locations where ancient travellers could *ford* the River Cam. There are several more *fords*. Domesday includes the manor of Pelham, possibly the home or farm of a man called Peola. The Norman family De Furneux added its name to establish Furneux Pelham, while part of the manor was destroyed by fire in the 12th century and became 'burnt' or Brent Pelham. Stocking Pelham, seems to have adopted an Old English word meaning 'made of logs', perhaps referring to the parish church. *Ham* appears at the end of more parish names, suggesting that they also arose from someone's home or farm.

The parish of Quendon and Rickling was created in the 1940s, bringing together two settlements whose names related to an ancient queen. Quendon is recorded as Kuenadana in Domesday and may come from Old English words meaning a valley owned by the queen. Rickling was recorded as Richelinga and may be derived from Rícula who was the wife of Sledd, a 6th century ruler of Essex. Ten parish names end in *ing*, a Norse word for meadow or enclosure. More origins are discussed in the parish introductions on our website.



Ken McDonald
Secretary
Tel: 813226

Email: hundredparishes@btinternet.com

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ROYAL MEMORY

In the years 1983, 1984 and 1985, St Mary's Singers, who were based in Stansted, were invited to participate in performances of Christmas music at the Royal Albert Hall. We were pleased to take part and as Director of Music of the Singers I was due to be presented to Her Majesty the Queen at the 1985 concert. Unfortunately, the Queen was suffering with a cold on the day, so she was unable to attend. Instead her daughter, the Princess Royal, came with her children, and spoke to me, asking if the people of Stansted were pleased with the airport or wishing it were somewhere else!



I was sorry not to meet the Queen but very pleased to be thanked for taking part in all three concerts, and honoured to be presented to a member of the Royal family.

Keith Turner
Former Stansted Resident and
Organist at St Mary's and St John's Churches

STANSTED EVENING WI



Our September meeting was well attended, and it is good to meet together again in our usual place, the Day Centre. Our President, Doreen Brown, asked us to stand for a minute in silence in remembrance of our Queen; she was a member of Sandringham WI since 1943 and became their President. I have often wondered if she went to the Committee Meetings and joined in all the gossip, I hope she did. We were pleased to hear that our WI had raised £800 in the tea tent at the Windmill Fête, which as usual provided tea and homemade cakes. The magnificent amount of over £4,000 was raised overall.

Jo Gooding, one of our members, spoke to us on the topic of *Well-being*. She stressed the importance of good sleep to rest the body and mind and told us about the essential oil products that she uses which aid sleep. Adults should aim for 6-7 hours each night and children far more. The oils she uses are very pure as the plants are harvested and the oil collected on site. She showed us how to make bath salts, atomisers and massage oil. Jo also stressed that exercise is essential as well as sleep.

A theatre trip has been arranged in November to see the hit musical *Come from Away*; we are looking forward to visiting a London theatre again, and being taken by coach with no travelling problems. At our meeting on **Thursday 10th November** at 7.30pm in the Day Centre, Mary Smith is talking about *A Schoolgirl's War in Pictures*, which will evoke memories for some of our members. Do come as a visitor if this interests you.



Judy Colliver
Tel: 812470

FELDENKRAIS METHOD

Awareness Through Movement

This is not exercise, yoga, Pilates or core class; it is finding a different way to move. Muscles and tendons are stupid; they need to be told what to do by our brain! However, they get lazy and do not listen, and get stuck in patterns or habits of movement. *Feldenkrais method* is about asking your brain to reconnect with your physical self, reinforcing your muscles of other options to their distinctive movement patterns. I discovered this method through my own body disfunction. Having been an athlete all my life, I had a head injury following a car accident, but I continued to compete. Four years later I stopped, mostly due to being unable to find the flow and enjoyment of my races. I was always in discomfort; I thought I was just getting old and if I stopped racing I would feel better. The opposite happened; without the structure of regular training, my discomfort got worse and I began to have regular back pain. As a Sports Therapist of nearly 30 years I have a wealth of knowledge and understanding of pain and helping people to deal with it, but for myself it was a lot more difficult.

Discovering *Feldenkrais method* was my answer for a different way to move; finding alternative functionality in order to be comfortable is a long interesting journey. I believe I am moving as well, if not better than ever, due to understanding how many options I have within my nervous system in order to move and integrate my whole body to move in a coordinated manner. Having found the benefits of the method in my own body I have spent the past six years studying the method and now want to spread awareness of this with my classes. Please see my advertisement on page 6 for more information.



James Weatherburn
Track 1 Fitness
Tel: 07770 955437

THOUGHT FOR THE MONTH

When Cain was asked by God "Where is your brother?" he seemed surprised and asked "Am I my brother's keeper?" I was asked where my brothers were every day; I had two younger brothers so I was supposed to always know the answer to that question. They may not have liked the idea much; was I their spy or their jailer? Well despite that we got on pretty well. But that is not just a question for elder brothers or sisters; are we all our brothers' or sisters' keeper? Just as it was for Cain, the answer is *yes*, we do have responsibility for all those around us. Humans are naturally community beings, and generally recognise that we are at our best when we act as loving *keepers* for one another, as long as we are not their spies or jailers!

Remembrance Sunday is an opportunity to remember the sacrifice made by so many; those who died, those whose injuries have affected the rest of their lives, and family members who also have suffered as a result, not just of the last World War but all the other campaigns that have happened since. Not only military campaigns, but wherever people have sacrificed for the benefit of others, they should all be remembered with thankfulness. Am I my brother's/sister's keeper? On the world scene, Ukraine is an example of many nations saying "yes". On the national scene, concern for all those who will find the next winter extremely hard is an example of many people saying "yes". On the local community scene there are a tremendous number of organisations serving our community and saying "yes"; this magazine is testament to that. There is a lovely hymn that puts this rather beautifully:

*Brother, sister let me serve you,
Let me be as Christ to you,
Pray that I may have the grace
To let you be my servant too.*



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Sunday	8.30am and 10.00am Mass
Wednesday	12.30pm Mass
Friday	9.30am Mass

Our Mass times can be subject to change so please refer to our website/Newsletter for updated information. Confessions are at 5.00pm every Saturday before the Vigil Mass and by appointment.

Baptism by appointment

Parish Priest Fr Liam Hayes
Tel: 01279 814 349
Email: frliamhayes@dioceseofbrentwood.org

Parish Deacon Rev'd Deacon Des Connors
Tel: 07748 464 101
Email: desconnors@dioceseofbrentwood.org

Parish Administrator Clair Rava
Tel: 01279 816 889
Email: stansted@dioceseofbrentwood.org



FRIENDS OF ST MARY'S CHURCH

There are just a few bookings left now to complete our fifth Champing season. It has been another busy year with over 80 happy champers making memories. Now it is time to start planning our Christmas events. *Thisismytheatre* return on **Friday 9th December** at 5.00pm with *The Nutcracker and the Mouse King*. Tickets: adults £15, under 16s £10, available from Goldings on Chapel Hill (cash only), call 07732 253311 or www.thisismytheatre.com.

Our *Christmas Tree Festival* is on **Saturday 10th and Sunday 11th December**. There will be carols for all at 4.00pm on Saturday and the *Stansted U3A Strummers* are playing at 3.00pm on Sunday. There will be raffles, mulled wine, and refreshments each day. We look forward to welcoming you.



Lynda Dale
Tel: 07716 099474

ST JOHN'S 300 CLUB

Many congratulations to the winners of the September draw:

£100	No 76	Margaret Hill
£ 50	No 205	Lloyd Gascoyne
£ 25	No 221	Ray Smith

The draw for November will be held on **27th November** in St John's Church, following the 9.30am service. Numbers at £2 each 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 this year. The club raises vital money to help cover the heavy maintenance and work of St John's Church.

Jean Newson
Tel: 819062



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Secretary Betty Francis
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Email: betty@stanstedfreechurch.org.uk

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

Preachers for November

6th 10.30am The Worship team - New Directions
13th 10.50am Remembrance at St John's (note time)
20th 10.30am Rev'd Gill Hulme
27th 10.30am Jerry Heyhoe



Harvest

Our harvest collection this year was for the Uttlesford Foodbank, which is being used more than ever before. As usual our small congregation were extremely generous as shown below.



Our collection box for the Foodbank is now back in the church foyer and donations can be brought when we are open on Wednesdays 10.00am-noon or Sundays 10.30am-12.30pm. Please do not leave items outside the church.

The Place on the Hill for adults only and *Fun Place on the Hill* for all ages are open every Wednesday and Friday respectively; see separate articles for further details. Why not come along and save on your heating bill?

Hall Bookings

We have some availability for new regular bookings, both day-time and evening. Please contact Marion as above for more information.

From St John's Registers

September

Baptism

4th Isabella Teresa Nasia Tejawani

Funerals

14th Dorothy McHale, age 94 - at Stansted Cemetery

29th Jennifer Williams, age 51 - at Stansted Cemetery



All enquiries The Church Office, St John's Hall,
Including Church St John's Road, Stansted CM24 8JP
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Priest in Charge Rev'd Dr Colin Fairweather Tel: 816721
Email: revdrcolinfairweather@gmail.com

Associate Priest Rev'd Helen Flack Tel: 01371 876145
Email: revhelenstn@gmail.com

Pastoral Assistant Kathryn West Tel: 816293
Email: kewest@btinternet.com

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

Services Family Communion (1st Sunday) 9.30am
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9.30am



STANSTED QUAKERS

Quaker Meeting House, 71 Chapel Hill
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www.stansted.quakermeeting.org

Contact Jonathan Morrell Tel: 07775 860379
Email: woldsouth3@gmail.com

Lettings Yvonne Estop Tel: 07595 087207
Email: yvonne-wood@outlook.com

Sunday worship 10.30am. Visitors are always welcome. We join together in stillness for an hour, followed by coffee and chat. Quakers allow each person to explore their own experience of the divine. We try to live our faith in everyday life, with a dedication to peace, simplicity, truth, equality, and nature.

Light Group Quaker guided meditation. More information on the noticeboard outside the Meeting House, or contact me. A session is held on the second Saturday of each month.

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www.humanrootscommunity.org.uk

Hello all our fellow gardeners, allotmenters and all lovers of the outdoors. As you would have all noticed over the last few months, we have been a bit quiet. There is a very good reason but not one that is awesome. Human Roots has been forced to step back this year due to the falling numbers of volunteers. Now as much as I appreciate that winter is not the best time to be asking for outdoor help, there is still plenty of help that we would appreciate. You are the heroes behind our non-profit organisation. We need people to host coffee mornings to raise money, as well as spreading the word about our little charity and volunteering some precious time on the allotment. We are going to be pushing hard to get our volunteer numbers back up before we start taking on school projects again. So, watch this space.

We had some super news last month; in case you missed it, we were awarded *Best Grow you Own Project* in the Anglia in Bloom Competition! We are so proud of this achievement, something that myself and the volunteers have worked so hard for over the last four years. Well done team and thank you for all the hard work.



Keiran and the team with their well-deserved award. Photo by Cathy Izzard.

If you are interested in hosting a coffee morning, sharing our stories or volunteering time, please do get in touch. Details are on our website or contact me. Thank you.



Keiran Olivier
Tel: 07946 783039
Email: keiran@humanrootscommunity.org.uk

The next edition of The Link covers both December and January; there is no separate January issue. Please email items for both months before noon on Wednesday 9th November to editor@stanstedlink.org.uk.

DAVID RICHARDSON SWIM FOR ALZHEIMER'S

Tuesday 8th November will see me swimming 60 lengths (1.5k) of the Grange Paddocks pool in aid of the Alzheimer's Society. This is a cause close to my heart; I have experience of the impact of this terrible disease on members of my family, as well as friends and neighbours.



I am aware that times are tough, but I would very much value your contribution, however small, in support of my charity swim. To donate, please go to my Just Giving page: www.justgiving.com/fundraising/iamorganisingmyownswim2022-davidrichardson. Thank you.

David Richardson
Email: dddhhrrr@gmail.com

DEMENTIA FRIENDLY CARPET BOWLS

Are you living with dementia either alone or with a carer? If so, you are invited to join us at the Saffron Walden Town Bowling Club, Abbey Lane each Wednesday morning for a game of carpet bowls. Our group was originally set up by the Alzheimer's Society in September 2019. After 12 weeks the Society handed the group over to volunteers from the Society and the Bowling Club. We originally met weekly from September to April, but we now meet throughout the year, playing carpet bowls in the autumn and winter, inside curling and outside bowls in the spring and summer.

We get together from 10.00am-noon, starting each session with refreshments and social time. We then play from about 10.15am-11.00am when we stop for further refreshments and social time, playing again from 11.15am-noon. All people with dementia and their carers are most welcome; the first session is a free taster session. If you wish to join, we pay subs of £12.00 per year to become social members of the Bowling Club. We charge £1.00 per person each week for refreshments: tea, coffee and biscuits. You do not need to have played bowls before; many of us had never done so, but we try to make this morning a social and fun filled time for all. Please note that there is plenty of car parking on site. For further information please ring Marion Saunders on 07563 648607, or contact me. We look forward to hearing from you.



Val Reavell
Tel: 07762 103557
Email: valerie.reavell1@gmail.com



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STANSTED MOUNTFITCHET u3a

www.u3asites.org.uk/stansted

This year is the 40th anniversary of the u3a, and many celebrations have taken place. The u3a Singers held a concert in St. John's Church to celebrate the great gift of love.



Members were also treated to a tea party, with lots of home baked cakes served by Committee members, who made splendid waiters. We had a superb quiz on *How much do you know about Stansted?* Great questions, just wish we had known the answers. Our Open Day in St John's Church showcased many of the interest groups and activities which we offer, including the Stansted u3a Singers and Strummers. There was also the *Cutting of the Cake* iced in the colours of the u3a. We do hope that some of you will be inspired to join us.

The Garden Club had a complete tour of Langthorn's Plantery. Ed Cannon, owner and head plantsman was generous with his time and knowledge as he gave the group a conducted tour of his 12-acre site. The nursery propagates from many rare plants each year, often acquired from modern day plant hunters. It was particularly fortuitous that our visit followed an open weekend when tea and cakes had been sold in support of *British Humanitarian Aid for Ukraine*. We were particularly grateful to Ed because his business is usually closed on Mondays but he gave up his day off to host us, even giving us tea and cake in his own garden. The next u3a monthly meeting will be held on **Thursday 17th November** at 2.00pm in St John's Hall. Peter Jones will be giving a talk on *How I met Kylie Minogue*. His talks are always highly entertaining. Do come.

Eileen Quinn

Email: stanstedu3a@gmail.com

HENHAM CHRISTMAS MARKET

The market will take place on **Friday 11th November** 1.00pm-8.00pm, raising money for Bowel Cancer UK. A donation of £1 will give you entry into both OSCA and The Village Hall for twice the shopping experience and double the festivities. Stalls available include home and lifestyle, candles, jewellery, chocolates, Christmas decorations, jams and chutneys, handbags, clothes, hampers and much more.

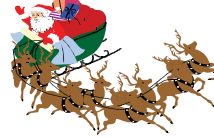


Anna Sedgbeer
Tel: 07811 943560

Email: annasedgbeer@yahoo.co.uk

ST JOHN'S CHRISTMAS MARKET

This year's market is on **Saturday 26th November** noon-3.00pm in the Church Hall, admission free. There will be the usual stalls including gifts, crafts, toiletries, candles and books - something for everyone. Father Christmas will be there too, so please bring the children to meet him. Refreshments available, plus our usual Grand Draw with super star prizes. Put the date in your diaries. See you there.



Kathy West

Tel: 816293

Email: kewest@btinternet.com

AN ARBOREAL FAREWELL

Many readers of The Link are familiar with one of our greatest local assets, the Aubrey Buxton Nature Reserve. It featured on page 11 of the July 2022 Link, in an article by Yvonne Ayres. In April 2018, one of the most beautiful trees in the Reserve, a stunning and majestic willow, featured on our front cover.



I was very sad to see that this lovely tree had fallen down sometime in late summer. It had not, I am glad to say, been chopped down but old age had weakened it, and perhaps it came down in a storm.



From all of us who admired this tree so much, we bid it a fond farewell, and warm thanks for enhancing our walks by its sheer magnificence.

Ed

Stansted Network

NEWS FROM YOUR LOCAL COUNCILS

PARISH COUNCIL UPDATE

...with news of our working group looking into parking issues on Foresthall Park, this year's Remembrance Service, the search for rewilding sites, an update on the village fireworks, and TouchPoint's new community services



FORESTHALL PARKING

Earlier this year Parish and District Councillors completed a consultation to find a solution to parking issues raised by residents on the Mountfitchet Estate. The consensus of residents was they were opposed to the North Essex Parking Partnership's proposed solution of a permit parking scheme. A similar exercise has started with Foresthall Park residents to address their concerns about on-street parking in their area.

In October a working group consisting of 5 residents from the development along with four Parish and District Councillors held its first meeting. At it a phased plan was agreed to undertake site visits to all areas of Foresthall Park, and as we go to print, two visits have taken place.

The site visits allow the group to see at first hand the problems residents are facing and to consider what options might be available to help improve matters. Once the working group have a list of options, it will consult with all residents on Foresthall Park.

An initial measure employed to tackle airport-related parking was the installation of the No Airport Parking signs on streets around the development. However, councillors have heard anecdotal evidence that the signs have caused displacement of vehicles to other adjoining roads where there are no such signs. The group is keen to hear from Foresthall Park residents which roads they believe have experienced this. Please email parishcouncil@stansted.net ideally with some photographic evidence.



OFF STREET PARKING & THE LAW

The Parish Council regularly fields calls from residents frustrated by inconsiderate parkers blocking property and pavements, asking if we can request action from our local police team. Here, Police Special Constable Steve Dale explains how the law applies in such situations:



Police Special Constable Steve Dale

"Unless you live in London, there is currently no explicit law that bans pavement parking, and different civil and criminal laws cover pavement parking in different parts of the country. Depending on the width of the pavement, it can be considered rather antisocial behaviour. It can cause inconvenience or even danger to pedestrians, especially parents with push-chairs, the blind or wheelchair users, sometimes forcing them to move into the road to get past. In these circumstances *the Police can charge the vehicle driver with 'unnecessary obstruction of the highway' because this offence covers all parts of the street.*

There is usually discretion applied and the Police always have the option to decide not to enforce. Also, unless it is a pavement that is directly adjacent to 'the highway', the Police do not have the power to act. This is because, any other type of 'illegal' parking is defined as a Civil Parking Offence. In such cases, the responsibility for enforcement would usually lie with the local authority. The Police can enforce action if a vehicle is parked on dropped kerbs or within 10m of a road junction. There is more detailed information on where you can and can't park in the Highway Code, sections 238 – 252.

Vehicles that are not taxed but parked where there are no restrictions should be referred to the District Council for enforcement. This was the fate of a suspected airport parker's car on Walson Way in September which Uttlesford District Council appear to have removed."



There was a fantastic turnout in 2021 for the village Remembrance Service. If you would like to participate in the parade for this month's event, then meet at Crafton Green car park by 10.30am.

The parade will go down Chapel Hill to the Memorial Gardens. Representatives from Carver Barracks will lead the parade, and the service at the Memorial will be taken by Rev'd Helen Flack. Refreshments afterwards in the Church Hall.

Needless to say, Remembrance Day not only continues to offer us a chance to remember and respect those who gave their lives from, and for, our community in both World Wars, but also those who have paid the ultimate sacrifice in defending our freedom in conflicts since then.

FOOTBALL AT THE REC



Arguably our community's most popular open space, the Recreation Ground is much used and loved by dog-walkers, kids, families, picnickers and footballers alike. Keeping the surface of the Rec in a fit state so the space can

be enjoyed by all its users is a commitment the Parish Council takes seriously, and often we find ourselves having to balance the needs of the Rec's different users.

By its nature playing football at the Rec - particularly during the wet, muddy winter months - can lead to the surface cutting up, leading to complaints from various quarters. But though we have resisted calls to create a permanent pitch for football at this open space, we recognise the health benefits - both physical and mental - to groups in our community of providing a space for more casual games. For example, Unfit Kickabout team joined hands with Let's Talk, Stansted for an event to promote men's mental health at the Rec in September.

Over this autumn and winter to both allow the grass on the Rec to recover and preserve space for football games there,

the Parish Council will be re-siting the existing goals, swivelling them 90 degrees from their current location. We are also seeking advice from our grounds man on how best to preserve the surface for users going forward.

SEARCH FOR REWILDING SITES

As we move into autumn, the wetter weather has allowed Stansted's water ways, foliage, trees, meadows and grass to recover from one of the driest summers on record. Our Open Spaces committee, along with Project Officer Laila Azure-Marxen, have been working on initiatives to mitigate the effects of future heatwaves on our village. Like other local authorities, the Parish Council is exploring two paths to support our environment - rewilding and wild flower sowing.

A popular misconception tied to rewilding is this means the vegetation in an area selected for the purpose is just left to grow back. In practice, however, this would likely see a site overrun with thistles, weeds and nettles. Other than being an eyesore, such a monoculture would also not provide the kinds of plants needed to boost biodiversity. A good deal of curation by groundstaff is needed to ensure a plot set aside for rewilding prospers.

Putting aside open space for wild flowers takes considerable preparation and planning too. The soil on land set aside for seeding needs to be prepared so the wild flowers selected thrive once planted, and it can take several growing seasons for a project to prove successful.

An area chosen for either rewilding or wild-flower sowing would see a reduction in grass cutting. The Open Spaces committee would like to stress that residents nearby to a potential area would be involved in a consultation process before any decision is made. The committee has set up a working group to search for possible rewilding and wild-seed sowing sites, and we are keen to hear your suggested locations. You can email us at parishcouncil@stansted.net.

Progress is also being made by the committee in expanding the tree footprint of the village. Over this winter Bentfield Green, Urban Square, the Rec, Mountfitchet Green, Walson Way, Wilkins Crescent and land near the Windmill have

VILLAGE FIREWORKS

As we reported in our October pages, the Parish Council has been working hard to find a suitable site for the November fireworks display. We are sorry to have to confirm that our Events working group has been unable to find a location in time for this year's event. We understand that this will be a disappointment for residents, especially after the cancellation of our fireworks in 2021. The money budgeted for the display will be set aside in the hope a location can be found in 2023.



PICT: dreamworks

been chosen for the siting of trees under the Essex Forest Initiative. Around 10 saplings will be planted at each location, with species chosen to match the existing trees in each area.



The Open Spaces committee will consult with residents nearby to the above locations for their views on the siting of the saplings. The consultation will be publicised on Parish Council notice boards, social media channels and our website.

TEA & BREAKFAST AT TOUCHPOINT

Less than two years since it was set up, TouchPoint Stansted has found itself at the heart of village life, and cemented its reputation as a charitable organisation run by the community, for the community. Operating out of the Day Centre and Crafton Green House at 72 Chapel Hill, TouchPoint operates lunch clubs, cafe societies, after-school and holiday sessions, food give-a-ways and outreach services that are the envy of local parishes. Its weekly food share alone (Wed-Sat 11am - noon) sees it distribute 1.2 tonnes of supermarket food to 10% of Stansted's residents, by TouchPoint's estimate.

Other services offered by the charity include a Community Café (Thursday 11am-5pm, Friday 10am-noon), a walking club, a gardening group, and yoga classes. It also partners with other organisations like the Peabody Trust, Citizens Advice, and St Clare's Hospice to offer legal and debt advice, job training, and bereavement services.

Its latest activities are aimed at alleviating the cost-of-living crisis. Last month it launched a weekly TouchPoint Teatime on Tuesdays from 4.30-6pm. This is open to school age and pre-school children and their parents/carers, who can get a hot meal free of charge. A weekly TouchPoint Breakfast Club now runs on Fridays from 8.30-10am, and breakfast is free of charge. Open to all, the Breakfast Club is offering a particularly warm welcome to the elderly. For details of all TouchPoint's activities and services visit www.thetouchpoint.org or call 07572 114882.

DISTRICT COUNCIL NEWS



Geoffrey Sell
District Councillor



A New Era

We have moved from the Elizabethan era to the Carolean era. The Accession proclamation was read out by the Chairman of the Council in a brief ceremony. Our meetings during the official mourning period were all cancelled. We all have memories of our late monarch. She was a link to earlier generations. My parents often talked about how they were part of the crowd at the coronation in 1953. The shelter in Chapel Hill commemorates this event. Not only do we have a new monarch, but a new Prime Minister and Chancellor of the Exchequer. This new era has been marked by economic instability which councils and residents must do our best to navigate.

The Local Plan

It is safe to say that the history of Uttlesford's Local Plan has been a chequered one. It has been 16 years in the making with two failed attempts. A Local Plan sets out the vision for future development in the borough. Every area in England and Wales should have an up-to-date Local Plan in place and review it at least every five years.

Local Plans are used to help decide on planning applications and other planning related decisions. In effect, they are the local guide to what can be built where, shaping infrastructure investments and determining the future pattern of development in the district.

The District Council has delayed the publication of the first draft of the new Local Plan until after the May 2023 elections. It is important to get the Local Plan right, but this is disappointing news. It came as a surprise to me as a member of the Local Plan Scrutiny Committee. We had been repeatedly reassured that the Local Plan was on track.

This further delay before the first draft of the Plan goes out to consultation will have unwelcome consequences - developers will continue their assault on Uttlesford by submitting further speculative applications whilst the District Council has an out-of-date plan and no 5-year land supply.

The Residents for Uttlesford administration promised that the Plan would be completed within four years, but now it is certain to stretch to six years. The financial impact on the District Council will make a bad situation even worse. The cost of producing the plan was originally £7m. This delay will further add to the costs when the District Council is already looking for at least £3m worth of savings over the next four years.

Section 106

A Section 106 Agreement (S106 Agreement) is an agreement entered into between a local authority and a landowner and/or developer under section 106 of the Town and Country Planning Act 1990. The agreement will contain planning obligations which the local authority wish to secure, or which the developer wishes to offer, in return for planning permission being granted.

Although these are legal obligations it is not always easy to get developers to honour them. Cllr Alan Dean and myself were pleased that the planning committee refused to allow the developer to renege on an obligation to provide two footpaths at King Charles Drive. Thanks go to the local residents and Parish Councillor Jo Kavanagh for their support.

Cllr Dean and myself have arranged a meeting with Dean Hermitage, UDC Director of Planning. The purpose of the meeting will be to discuss the S 106 for King Charles Drive and Walpole Meadows. With the latter we would like to get a timeline from the developers when they will be handing over to the Parish Council amenities such as play areas, allotments, woodlands, litter collection etc.

50th anniversary of Uttlesford

Next year marks the 50th anniversary of the first elections. Stansted then elected three councillors. One of them, Peter Clark, is still alive. I have asked the Leader of the council what we will do to mark this occasion.

STANSTED PARISH COUNCIL

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Committee & Projects Officer Laila Azure-Marxen
Communications Officer Dan Schlanker
Email: parishcouncil@stansted.net Phone: 01279 813214
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Reception: Mon-Fri 10am-2pm
Website: stansted.net Facebook: stansted.parishcouncil
Instagram: stansted@parishcouncil Twitter: @StanstedMPC

PARISH COUNCIL MEETINGS

You can attend our meetings at the Mountfitchet Exchange in person or virtually with the Zoom details found on the agenda posted on our website. Statements can be made during Public Participation at the start of Full Council meetings; permission should be requested to film or record proceedings.

November 2 Finance & General Purposes
November 16 Full Council
November 23 Open Spaces

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Police meet ups at the Day Centre, 72 Chapel Hill
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LIBRARY

The library at Mountfitchet Exchange opens:
Tuesday 9am-1pm Wednesday 2pm-5.30pm
Thursday 2pm-7pm Saturday 9am-5pm

GARDEN WASTE SERVICE

As part of the bi-monthly garden waste skip service, a refuse truck will be at the Lower Street Car Park 12.30pm-4.30pm: Nov 13, Nov 27

VILLAGE DEFIBRILLATORS

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Marion and Mike Dyer
Tel: 814059

Email: recycle@stanstedfreechurch.org.uk



UGLEY WOMEN'S INSTITUTE

We were treated to a trip down memory lane at our September meeting thanks to Messrs Franklin and Rea of Elsenham Local History Society. In their beautifully illustrated talk, we saw images of Elsenham Hall, home to Sir Walter Gilbey, a great benefactor to the village. The jam factory was established by him and the village pump was donated by him; the pump's canopy was a memorial to his wife who died in 1896.



Other scenes included the old village school and its pupils and staff, as well as Barratt's shop with the manager and assistants posing for posterity. We saw views of the High Street, the Crown Inn, the Church dating from the 12th century and Golds Nurseries. A trip to Elsenham would be incomplete without looking at the station and we were treated to early views of this landmark. One of our speakers, Ray Franklin, was the last passenger on the old Elsenham-Thaxted line. As an encore to this fascinating talk we saw an episode from the BBC documentary *A-Z of English Villages* when Elsenham was the star. Our next meeting will be on **Wednesday 16th November** at 2.15pm in Ugley Village Hall. Gordon Bailey will be making a welcome return and will be speaking about his fascinating finds whilst metal detecting. Why not come along to see what he has unearthed? You would be most welcome.

Andrea Fitt
Tel: 815922



www.eastonlodge.co.uk

In October we made a good start to our autumn jobs which we will be finishing during November; and the few remaining visitors on Open Thursdays will enjoy, with us, what warmth is left in the sun. Both the Italian Garden and the walled kitchen garden are good heat traps, away from any wind. We do not provide catering in November, but there will be a warm welcome to any visitors wishing to enjoy the final autumn colour and the swishing of the fallen leaves in the Lime Wood. Volunteers will be finishing the tidying and bulb planting; snowdrops are of course our signature plant for the new year. We have naturalised and wild daffodils in the Lime Walk and Glade. We have already added tulips to provide a hit of early colour in the Italian Garden and Ixia waft at the front of the kitchen cut flower border. This autumn we are planting more tulips, as well as narcissi, erythronium (dog's tooth violets) and aconites.



In October we planted shrubs very kindly donated to us by our plantsman. Tree surgeons have undertaken major surgery on diseased and unstable trees so we have lots of wood chippings. Throughout the gardens the shrubs, young trees and vegetable beds welcome as much mulching and manuring as we can give them, so in November we will have plenty of heavy work to keep us warm. We are always ready to take on new volunteers, so if this takes your fancy, please do look at the volunteering pages on our website and contact us.

Jill Goldsmith
Tel: 07947 183439
Email: jillgoldsmith1@virginmedia.com

FRIENDS OF ST JAMES CHURCH, THORLEY

Our Autumn Craft Fair is on **Saturday 12th November** 11.00am-3.30pm at St Barnabas Centre, Church Lane, Thorley CM23 4BE. Now is an opportunity to do some early Christmas shopping. Interesting and unusual items will be for sale including knitted and stitched goods, cakes, homemade jams and chutneys and Fair Trade goods. Refreshments will be available. There is no entrance fee and a large car park. All proceeds to church funds. All welcome – we hope to see you there.



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How to switch on your abs

The core. Core strength. What does this mean? "It means your abs, silly" I hear you say. As usual, the truth is complicated. A huge number of muscles contribute to a strong and active core, including the tummy muscles or abs. Two problems arise: a) all the muscles that contribute to an active core can get out of balance; some dominate whilst others snooze; b) deliberate activation of, say, the abs.

Let me be clear: if in any doubt, it is better to pull that tummy in rather than let it all hang out. However, an active core reacts to what we are doing rather than being locked on. Just locking up the abs leads to troubles elsewhere. Along with good posture, an active or reactive core is a mixture of the flexor muscles that bend us forwards, and the extensor muscles that bend us backwards, all playing together like a top rank orchestra. A very simple drill to help balance the flexors and extensors is The Board Drill:

- Stand up and make yourself as stiff as a board. Feet in their normal position, but pointing straight ahead if possible
- Rock forwards and backwards, moving only from the feet and ankles
- Relax as you do this, maintaining body stiffness
- Keep going until you feel your abs wake up. At first all sorts of other players pipe up such as neck muscles, knees, shoulders and back. It can be very interesting to find out what your brain is recruiting to stop you from falling over
- You can also try rocking side to side and, the ultimate, round in circles.

At the very least, this gives you something to do in the queue at the supermarket.

Clare Harding
Z-Health Master Trainer
Tel: 816430



www.mountfitchetgardenclub.co.uk

October Meeting

Zsuzsa Serer and her husband are from Hungary, where they trained in horticulture before moving to the UK over 20 years ago; they have set up *Spicesotic Plants*, an online company specialising in tropical plants from all over the world. Most of the plants, fruit and vegetables we grow originated from warmer climes; explorers and plant hunters brought them to Europe. These have now been integrated into our everyday lives, such as potatoes, dahlias, tulips and tomatoes. Many of the exotic spices were traded along spice routes for other goods before they reached the kitchens of Europe. In more modern times, plants like orchids and camellias were introduced for their beauty rather than culinary uses.

The new craze amongst the younger generation is for unusual tropical houseplants which are sold for hundreds of pounds. These are kept in plant tents inside the house to ensure the right conditions are met. Members were shown a selection of plants that had been grown from seeds and cuttings and were asked to guess what they were; coffee, cocoa and vanilla were some of the plants.



Vanilla plant

To the Victorians, pineapples were a luxury item and they would be displayed not eaten. They were so expensive that pineapples were often hired for the party!

Next Meeting

Chris Mothman will be presenting *Our Changing Wildlife – The Influence of the Climate Crisis* on **Wednesday 2nd November** 7.30pm for 8.00pm at the Day Centre. Visitors are always welcome and membership is available.

Maralyn Harris
Chairman
Tel: 07919 478144



Having performed their October Film Music concert in Thaxted Church, the orchestra and conductor Richard Hull return to Saffron Hall on **Sunday 4th December** at 3.00pm for the last concert of the year. The programme includes Vaughan Williams' pastoral picture *In the Fen Country*, Korngold's lyrical Violin *Concerto* with soloist Alex Redington, and Shostakovich's revolutionary *Symphony No 12*. Korngold (1897 –1957) was an Austrian-born American composer and conductor. A child prodigy, he was a noted pianist and composer of classical music. He also wrote scores for Hollywood films, and became one of the most important and influential composers in Hollywood history.

Tickets: adults £17 and £20, 18-25 year olds £10, under 18s £5, available from www.saffronhall.com or tel 0845 548 7650. See you there!



Marion Dyer
Tel: 814059

STANSTED IS WELL READ

The next meeting of our book group will be on **Tuesday 1st November** at 8.00pm in the Dog and Duck, Lower Street where we will be discussing *Pine* by Francine Toon. A gothic thriller full of strange and supernatural goings-on in the woods seems a perfect book to read at Halloween, and although you should not judge a book by its cover, the cover of this book does seem very inviting! We are looking forward to welcoming some new members at our next meeting, so if you are thinking of joining us now would be a good time as you will not be the only new face; just get in touch if interested, you will be made very welcome.



Anne Watson
Tel: 898693

Email: stanstediswellread@gmail.com



www.stanstedbusinessforum.com

We had a very well attended October meeting at The Linden. Sue Fishpool from Accuro gave us an overview of the care services that the charity offers to support children, young people and adults. Sue gave some examples of how the charity provides support to those with anxiety and helps them to make progress with their lives. Independent life skills are also important, and the charity works with individuals to have a positive impact on their lives.



Maureen Caton from the Parish Council gave us an update on the local plan and she explained that there were delays with completing the neighbourhood development plan. Maureen also talked about the need for a green energy plan as well as the issues relating to Grove Hill. The bid for a second dispensing pharmacy in Stansted was not successful.

Our next meeting is on **Friday 4th November** 7.00am for 7.30am at The Linden. If you are interested in networking with people who can help strengthen your own business, then do come along to our meetings. Please contact James Garrett on hello@stanstedbusinessforum.com to book your place.



Iris Evans



LET'S TALK
Stansted!

www.stanstedmentalhealth.org

We have been out and about in Stansted during the summer and early autumn and had an amazing time. Our members and supporters attended the Windmill Fête and the Stansted Skate Jam; they ran our stall in support of Suicide Prevention Day and held our annual *Unfit Kickabout* football on the Rec.

The weather was on our side for all these events and this continued into October when we held our second *Well-being Festival* at St. John's Church. Over 30 stalls, hobbyists, clubs and societies gathered together and welcomed people from the surrounding area providing a fun, friendly and warm event for all those that popped in. So many people commented on how great it was to catch up with each other and we are proud to say how beneficial this event is to the community.



The mission of Acehounds is to provide the opportunity for isolated people to reconnect with their life and their community through the use of animal assisted activities.



As the nights are drawing in, Muddy Walkers are meeting on Thursdays at 6.30pm on the Rec. These walks will stop at the end of October and restart in the New Year. The Veg Shed will continue to meet on Sundays at 10.00am at the Elms Farm allotments for a warm hot chocolate while winter jobs and groundwork are prepared for spring.

We are aware with the current cost of living crisis that things may become difficult as winter approaches. If you are facing any financial or money worries, we have the services of DMCD Money Coaching who can offer help and advice. Dina has a range of knowledge and experiences in the financial field and can be contacted on the email below. Please join us on the last Tuesday of each month at our open meetings where we share ideas and enjoy a chat at a local venue which can be found on our Facebook page.

Anne Gurney

Email: contact@stanstedmentalhealth.org

Finals' Day for the Club's annual knockout tournament organised by Daphne Lunnon was played on Sunday 11th September. The day commenced at 10.00am and a minute's silence was observed to pay respect to Her Majesty Queen Elizabeth II following her death.

- In the Ladies' Singles, Daphne Lunnon defended her trophy by beating Sandra Ayres 6-4, 6-4
- In the Men's Singles, Jon Budd was defending his title against Club newcomer, Jon Purshouse, who was the winner 7-6, 6-2
- The Ladies' Doubles was a repeat of last year's match; Carol Cook and Fiona Pye winning against Diane Brown and Daphne Lunnon 6-4, 6-3
- Father and son duo (and Club newcomers) Andy and Sam Constantinou took on reigning champions Jon Budd and Simon Fox in the Men's Doubles. The Constantinous won 6-2, 7-5
- It was an all-new line up for the Mixed Doubles final, with Ben Jones and Marta Hensall taking on David Fletcher and Carol Cook. Ben and Marta won in two sets 6-1, 6-1
- The Men's Singles Plate final was won by Ash Patel who defeated Mindaugas Pekorius 6-4, 5-7, 6-2 in the only three-set match of the afternoon.



The Club Finals Winners

The Roger Loveday trophy for most improved player of the year was won by Mark Harris. See our website for more news.

Debbie Lane
Tel: 07870 971983
Email: debbieglane@gmail.com



STANSTED FOOTBALL CLUB

www.essexseniorleague.co.uk

A much-improved run of winning games has enabled the first team to climb the table; along with victories in the League Cup and FA Vase competitions, the Club has had a great morale boost. The latest win in the FA Vase over

Langford Town set up a trip to Downham Market, for which we organised a free coach for both players and supporters. (This article was written before the game, so hopefully we won there too.) For our two youth teams, the excitement of playing their league and cup fixtures at Hargrave Park over the past two months has ended. They will unfortunately have to return to playing games at High Easter; this highlights the continued problem we face in Stansted of having no facilities for youth football. We know our Parish Council are working hard to help us solve this unfortunate situation. Our over 45s veterans have enjoyed a mixed start to the season because we were unable to field a regular starting eleven. However, the new additions have helped bring new energy to the squad; team manager Gary Cook and head coach Andy Thorpe are confident that consistency will improve.

The concern of all clubs is the energy price increase; we have seen a five-fold price hike in our electricity costs. At a recent meeting of clubs, proposals to reduce the need to use floodlights was discussed; this included changing kick off times on Saturday afternoons and reducing the number of midweek games. Many smaller clubs face a serious threat to their future and it is in everyone's interests that we help each other over these coming months.

Fixtures at Hargrave Park in November

5 th	v Takeley	ESL Premier Division
8 th	v Clapton	ESL Premier Division
22 nd	v Little Oakley	ESL League Cup

Kick off times or any changes will be on our social media websites.



Tom Williams
Tel: 07921 403842



STANSTED BOWLS CLUB

This season's competition winners are listed below; well done to all those who took part and congratulations to the winners and finalists.

<i>Newman Rose Bowl</i>	Stephen Hill
<i>Dolly Thompson Cup</i>	Ann Conroy and Colleen Beattie
<i>Buck Cup</i>	Peter Beattie and Stephen Hill
<i>Ladies challenge Shield</i>	Lorna Paranehtty
<i>Alcock Cup</i>	Roy Smith
<i>Eleanor Irwin Cup</i>	Lorna Paranehtty
<i>Fletcher Cup</i>	Peter Beattie

The green has been put to bed, so thank you to all those who helped on the two days. We still have Friday evening as our social evening, so feel free to pop in and have a chat with us. Next season we are very fortunate to have four of our ladies entering into Essex County Women's Bowling Association competitions and we wish them every success. During the closed season we play carpet bowls; please contact me for further information. We also have two seniors' rinks playing at Turpins at Saffron Walden Indoor Bowls on Thursday afternoons; this is a mixed game and very popular.

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Beaver Scouts Age 6-8	Angela Madigan Tel: 01371 513028	St John's Road and Area Association	Secretary: David Marchant Email: david@marchant.com
BS Beekeepers	Kate Walker Tel: 07399 197756 Email: secretary@stortfordbees.org.uk	Scouts (age 10½ -14)	Mike Byrne Tel: 812780
Bowls Club	Doreen Scraggs Email: doreenscraggs@talktalk.net	Spangles Family Hub	Tel: 03002 470122 Email: essexwest- hftcentraladminhub @nhs.net
Brownies (Tue)	Kathy Shearman Tel: 07724 355533	Stansted and District Past Rotarians Club	Geoff Lay Email: geoff.lay@ntlworld.com
Brownies (Wed)	Susan Scott Tel: 810955	Stansted Badminton Club	Vince Tel: 07793 000107 Raj Tel: 07775 915418
CAB	Tel: 01799 618840	Stansted Business Forum	Iris Evans Email: iris.evans9@gmail.com
Corkers Netball	Lizzie Read Tel: 07770 594848	Stansted Cricket Club (Adults) (Juniors)	Ben Sammons Tel: 07852 510330 Email: bensammons3178@gmail.com Keith Ayres Tel: 814471
Cub Scouts Age 8-10½	Emma Croutcher Email: croutchere@gmail.com	Stansted Football Club	Tom Williams Tel: 07921 403842
Explorer Scouts	Paul Thorneycroft Tel: 01371 876784	Stansted Hall and Elsenham Cricket Club	David Brown Tel: 831011/07788 999663 Email: david1.r.brown@gmail.com
Friends of St Mary's Church	Lynda Dale Tel: 07716 099474 Email: lynnydale@hotmail.com	Stansted Social Club	Andrew Sharpe Tel: 812992 Email: eatmorestillton@gmail.com
Garden Club	Maralyn Harris Tel: 07919 478144	Stansted Sparks Netball	Gemma Snelling Tel: 07894 944242 Email: gemmasnelling@me.com
Grove Cottage	Jocelin Warren Tel: 07482 535020 Office Tel: 656085	Stansted Speed Watch	Warren Vickers Tel: 813996 Email: vickersw@aol.com
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Human Roots	Keiran Oliver Tel: 07946 783039 Email: keiran@humanrootscommunity.org.uk	TouchPoint	Shirley Johnson Tel: 07572 114882 Email: info@thetouchpoint.org
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Rainbow Pre-School	Gill Pursglove Tel: 814242/ 07966 506997 Email: admin@rainbowpreschool.net		
Rainbows (Wed)	Rachel Foster Tel: 07818 417971		
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Note: This list will be updated as and when we learn of any changes. If you would like your organisation to be added please let us know. Contact details are on page 1.

BIRTHDAYS, ANNIVERSARIES or SPECIAL OCCASIONS

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

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