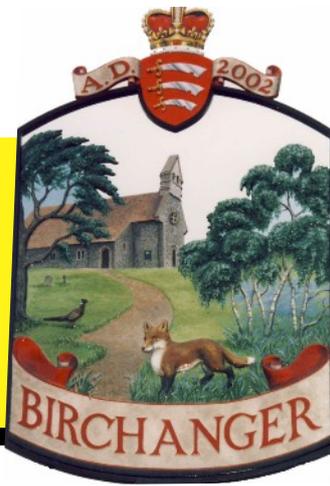


**Birchanger**

June 2015



**Magazine**

Issue 150

## A DEFIBRILLATOR FOR BIRCHANGER

There are plans to install a defibrillator at a central point in Birchanger. This vital piece of equipment has been installed in villages throughout East Anglia, and it is believed to have been responsible for saving many lives.

Using a defibrillator at home is easy. You simply have to follow the instructions. It would be better to call a friend to collect the defibrillator from the central point, while you stay with the patient doing cardiac massage if you know how to do this.

There will be full instructions as to how to use the equipment, as well as a special telephone number to call to help you access the defibrillator and to use it correctly. Help will be on the way, but you will be the primary source of help until the medics arrive.

There will be a small trained team of volunteers in the village who will be able to assist you with this and their contact numbers will also be accessible. It is important to involve at least one other person, so that there will be someone with the patient at all times. The ambulance service will also be provided with a list of volunteers.

There have been several instances of a heart attack in the village. Doing this can save lives, as speed is of the essence, and local people will get there first. Please tell me on 812793 if you would like to be included on the volunteer list.

### Eds Note

It is worth noting that Farnham already has two of these installed, one at the Village Hall and the other at the Three Horseshoes at Hazel End





# PARISH COUNCIL NEWS

*Elizabeth Godwin*

## Birchanger Parish Council to update Parish plan

Birchanger Parish Council produced the Birchanger Parish Plan in 2006. It was lodged with the District Council and remains to this day, a reference document for all Planning Applications. It is also taken into consideration by inspectors at Planning Appeals. It must follow planning guidance, but it also reflects the unique character of the village.

The plan cannot remain viable unless it is updated. It will be ten years old next year. The Parish Council plans to update the plan in the next few months.

To do this we need your help. It is our village plan and we are the ones who live here. You will shortly be receiving a questionnaire which you are asked to complete and return to me at 330 Birchanger Lane, Angie Driscoll at 281 Birchanger Lane, Michelle May at 32 Harrisons, Maria Davy at 211 Birchanger Lane, or Ken Wheatley at 69 Birchanger Lane by the end of the month if possible.

Your responses do matter. There may well be new issues which have arisen in recent years and which you would like to see included. If you would like to discuss this with me, please call 812793

## Teenage menace targets residents

Sadly some people have absolutely no idea how to cope with their teenage children. Their idea of care seems to be to let them roam at will with sometimes totally unsuitable friends. They have no idea that their fast growing and out of control little darlings, are bullying more vulnerable sections of the community, and making life sheer hell for others with some pretty atrocious behaviour.

Does this actually bother the parents concerned? By their clearly obvious neglect of their offspring, they are probably only too delighted that their offspring are out of the way and could not care less if they are inflicting misery, by their gross behaviour, on other people.

However the community is not going to put up with this. Why should they? The culprits are young prepubescent teens and can be easily identified. When they start acting up, the police and neighbourhood watch teams really want to know. These little bullies need stopping now before their behaviour lands them in tough places with a criminal record.

What they are doing is evil as well as being totally unacceptable in any community. There is help out there, get it! Call 999 first, then our neighbourhood watch co-ordinator, Alex Stuart on 07846 467575.

## A dedicated Macmillan Doctor

Most of us know about and several of us are very grateful for the work in the community which is done by the Macmillan Nurses for cancer patients. Their specialist knowledge and care has helped many cancer patients throughout the village. There is now going to be a specialist Macmillan Doctor, who will work with local GPs in the West Essex PCT and bring her own specialist knowledge to patients in this District.

The doctor will be based at Dunmow, but she will visit the other surgeries as well, assisting with and explaining their condition to patients, as well as advising them on the range of treatment and what would be best for them. She will also answer patients questions as many people are so stunned by their diagnosis, they are unable to ask all the things they wanted to know. She will be able to assist GPs with patient's diagnosis and options.

Her name is Dr Astbury. The Macmillan nurses do have a telephone service as well which can answer all your question on 0808 808 0000. If you have cancer, you do not need to fight it alone.

## Birchanger lane is a race track again

At least you could be forgiven for thinking that it was! Roadworks on the A 120 meant that the Mr Impatients in their big BMWs, Audis, Mercedes and anything else remotely macho decided that they would not wait and sped, quite literally through Birchanger Lane instead. You could spot them, glaring at you if you had the temerity to come at them in the opposite direction.

## Moving over was definitely not their style!

They were so obvious, but there was also a big risk to all other users of the lane. It happened that the school had broken up for half term, so there were no parents cars, but there was the possibility that there might have been children out and about. One father teaching his child to ride a bike, had an unpleasant experience.

Why do these drivers do it? They have power and money no doubt, but absolutely no respect for humanity at large.

Get behind a wheel and forcing their way through any barriers in the shortest space of time seems to be the only thing on their mind. Anything else is an enormous irritant. We all had problems with the road works, they were not the only ones.

This is going to happen again, so please take care, and if you are the victim of one of these drivers, make sure the police know about it, even if they are harder to get hold of than a ticket to the cup final.

## Community project grant time again

Several Groups in Birchanger have benefited from this funding in the past few years, so if you are running something or have a group which has projects in mind which will help the community whether old or young this could be part of the financial help you need.

Grants are made to properly constituted groups throughout the community and these include village halls, playgrounds, parish councils, nursery groups and much more.

The grants will be considered for environmental purposes, provision of recreational activities, buildings which are available for community use, car parks, play areas, and improvements to any of the aforementioned groups. It could also cover provision of new equipment and any necessary staff training.

Conditions include the project starting and finishing in the year April 1st 2015-March 20th 2016. The minimum Grant is £100, the maximum £3,500. If you require a grant of £1000 or more, you must have raised 50% of the money yourself. If it is less than this, the amount to be raised is 25%. Applications must be in by July 30th.

For application forms or further details please call Sue Hayden at Uttlesford District Council on 01799 510563, or email [shayden@uttlesford.gov.uk](mailto:shayden@uttlesford.gov.uk)

## Could you be a whistle blower?

Perhaps you have been and have disliked the experience intensely, maybe you were bullied over it as well, or maybe it was the best thing you ever did. Whatever it was it would not have been an easy decision to make. One thing to remember is that you are not alone. If you are experiencing it, others could be as well.

Most organizations have a whistle blower policy, aimed at protecting the whistle blower, but also seeing that justice is done and that the whole inquiry process is fair to all. It might help if you were familiar with this policy if you work in a large organization such as the NHS, or a government department. Sometimes there are individuals appointed to help you through the whole process. There are occasions when whistle blowers have saved lives.

Why does whistle blowing always have to be bad. We should be telling everyone about the good practices when we encounter them. Has a member of staff gone the extra mile to help you? Has someone unexpectedly made your day? Try whistle blowing the positive as well. We could all use a bit of encouragement and there is nothing like a word or two of praise to spur someone on.

## Latest member of the Emergency services team?

This Spring birdsong has been heard possibly better than ever, but one bird appears to be acting more like a parrot and copying the sounds he hears around him.

Unable to find a mate he has resorted to other sounds to make him stand out from the crowd. He has achieved it with the human race, but to date there seems to be no lady in his life.

Amongst his other unusual sounds is a sound just like a police car, complete with the rattle at the end. He sounds so like one that you really believe that there is yet another incident on the motorway. Wrong, he is just desperate, if talented in his bid to find a mate. He has a range of other unusual sounds as well.

You may have heard him, or perhaps it was just another police car!

## Help Wanted

The Primary Health Services continue to be concerned about just how we use medicines which we have to take on a long term basis. Do we know what the pills are for? Do we take them regularly? Are there problems with the subscriptions? Do you actually get what you think you ordered?

I have some questionnaires which are to be completed anonymously, and which I have been asked to have completed by those who take five or more different medicines each day. This is part of an area wide survey into how the system is working and could it be done better. The questionnaire asks you if you get the right medicines, when they are reviewed and if you actually know what each one is for! Are there better ways of supplying the right medicines?

If you would like to take part in the survey, please call me on 812793 and I will get a questionnaire for you. Thank you to all those who have already taken part, but more people are needed.

## The Burglars strike again

This time at a house at Churton that had already suffered the loss of two bicycles. This time it was in broad daylight on a Saturday afternoon. French windows were smashed and the house was damaged and ransacked. To add insult to injury a BMW was also casually stolen and no one saw a thing!

# Bowlers Wanted

We at Birchanger Bowls Club are looking for bowlers to support our league team. Our team bowls in one of the top divisions of Essex bowls and has in recent times, lost three of our most experienced Essex County bowlers due to ill health.

Over the years it has been suggested that Birchanger has pro-rata had more Essex County bowlers than any other club in Essex so you can see we bowl to a high standard.

We would also welcome any of our club's retired sports men who are now at a time in their life, where they are looking to play a different, but competitive sport. Plus any Bowlers from any other Clubs that may wish to join a dream team.

Our league team play on a Wednesday from the beginning of May until the middle of August. We have a number of weekend friendlies with other clubs.

We also meet up on a Tuesday and Friday evening at six o'clock for a couple of hours for a roll up.

A warm welcome would be given to any one with an interest in joining our club and any one signing up for Membership this season can look forward to receiving a pint on the Committee. If you wish to come along on a Tuesday or Friday at 6 o'clock, to join or have a roll up, we meet up in our new Bowls Pavilion.

The Committee Birchanger Bowls Club

## Heather Brown's Art Classes

Summer is here. Time to think about trying something different again, or improving your skills as an artist perhaps?

Here is a list of the popular art classes which one of our local artists Heather Brown is running this Spring.

Mon June 29th 10-4pm, Oil or Acrylic on canvas step by step,

Wed July 8th 10-4pm, Bring your own subject

Thurs July 16th 10 to 4 pm, Different effects with watercolour step by step.

To find out more with prices and availability, please contact Heather Brown on 01279 815453, or email her at [heather.highview@googlemail.com](mailto:heather.highview@googlemail.com).



## BIRCHANGER SPORTS AND SOCIAL CLUB JUNE 2015

### SUMMER OF LOVE:



Summer is officially here even if some of us still have the heating on. Let's remain positive though and tell ourselves that grey is the new blue when it comes to sky, and that life is good. The club has recently refurbished or replaced all of its outside furniture in both the family garden and by the cricket pitch. Furthermore, we have spruced up the area by the pitches with some traditional picket fencing. Overall, we feel we're ready for a summer packed full of great food, entertainment and value drinks.

We kicked off Summer last month with a special open day at the club on the second May Bank Holiday. There was a barbecue manned by hog roaster extraordinaire Jay and his merry band of followers. Children were treated with a bouncy castle in the gardens, giving them a chance to expend a bit of energy bouncing about, whilst their parents took a well earned rest with a drink and food. Overall, the day was a huge success, despite grey weather threatening to call off play. Not only did we manage to recruit a host of new members, but it was great to see so many of our loyal membership turn up to enjoy the day together. A big thanks to all who came and helped and to our valiant assistant steward Kenny, who managed to single handedly manage a very busy bar without letting his smile or welcome slip.

### BIRCHANGER ARE TOP OF THE POTS:



Birchanger Sports and Social Club won the Bishop's Stortford & District Snooker League Division One title for the first time on a nerve racking final evening. On Wednesday 13<sup>th</sup> May the team travelled to Hemnal St Social Club in Epping nicely placed at the summit of the table and knew that any kind of win would make it difficult for them to be caught. As many as five teams harboured realistic hopes of winning an extremely tight division As the last round of matches got underway.

With eight frames to play in the match Birchanger's confidence grew as they opened up a 3-1 lead. Adam Roberson won his match 2-0 and Pete Goscomb drew his 1-1. The players were regularly checking their phones for text updates from the other matches that were crucial to deciding their fate. At the half way stage many of the other games were going in their favour but there was still work to be done. The second half did not go as planned as Kevin Roberson lost 2-0 and Jack Squires lost his first frame. So with Birchanger now trailing 4-3 they had to win the last frame and hope that other results went their way. Jack Squires held his nerve to clinch the final frame to secure a 4-4 draw and start the waiting game. Results were slow to come in but once they were all known, Birchanger remained top by the narrowest of margins.



**Live Entertainment - Great Food - Excellent Bar - Snooker - Darts - Pool – Football - Cricket - Bowls**

Three teams finished on equal points at the top of the table but Birchanger were crowned champions by virtue of the fact that they had won more matches than their closest rivals during the course of the season.

Team captain Ross Leavers explained, "I have been playing in the league for 20 years now and never won the top division; so this is a very satisfying achievement. Despite the fact that the league is played off of a handicap system there are some extremely good players who are difficult to beat. We have a lot of experience in our team and this no doubt played a part in our success over the course of the 26 matches. It's amazing to think that if just one of the 113 frames we won, many of which would have been on the final black, had gone the other way, we would have finished third or fourth in the league. Every pot through out the season was crucial and every player contributed".

Birchanger will be presented with the trophy at the league's presentation evening on Saturday 13 June. Shortly after the trophy will take pride of place in the club's trophy cabinet, where it will remain for a year at the very least.

**ENTERTAINMENT**

**13<sup>th</sup> June - Disco**



Come along and strut your stuff on the Club's new dance floor with some great floor fillers and an incredible light show

**27<sup>th</sup> June - Race Night**



Come along to a great night of the horses all from the comfort of the club. Hats optional!

**11<sup>th</sup> July - Blueprint**



Essex's favourite party band was formed over 10 years ago and the boys have been bringing their own brand of party music to the people of the South East ever since. Taking the best music from the last 6 decades this band know how to put on a show.

**Treasure Chest –**

**19<sup>th</sup> June**

**Wheel of Fortune –**

**26<sup>th</sup> June**

**WEEKLY EVENTS**



Weekly	Event	When
Saturdays	Meat Draw	1.00pm
Saturdays	Bingo Lottery	Ask bar staff
Mondays	Quiz night	9.00pm
Wednesdays	Steak night	Evenings
Thursdays	Bingo night	08.30pm
Fridays	Tote Draw	Evenings

Birchanger Sports & Social Club, 229 Birchanger Lane, Birchanger CM23 5QJ Tel: 01279 813441 email: club@birchanger.com Follow us at: www.birchangerclub.com

# Birchanger All Girls Society

Come along and join us on the last Wednesday of every Month  
Meeting Room in Village Hall  
Doors open at 7.30. for 8 – 10 p.m.

'A Warm Welcome to all Newcomers'

£5.00 for annual membership and £2.00 subs. each month  
Come and give us a try £2.00 for the first two meetings before becoming a member

## Forthcoming Events

**Wed. 24<sup>th</sup> June** – An evening ramble to The Dog and Duck' Meet  
at the hall at **7.30 p.m.** to depart promptly at **7.45p.m.**

**Wed. 29<sup>th</sup> July**—A return visit by 'The Wildlife Man' talking about  
his role as a Police Wildlife Crime Officer. **7.30 for 8.00**  
All welcome - Non-members £5.00

Tel. Angie – 817376, Michelle - 814481, Barbara - 813007 Rosemary - 814678

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## Tea Room At the Church Hall



Every Wednesday

2.00 till 4.00



Everyone welcome

In aid of Hall maintenance funds

## SUMMER LUNCH

In aid of Church funds

Sunday 5th July  
12:30 till 4pm

Moorswood 330 Birchanger Lane

Tickets from Pam Lee

# School News

## Everything on Track at the Birchanger 10 Kilometres Race

The day was sunny, breezy and not too hot and more runners of all abilities entered for the Birchanger School 10 K run, with several signing up on the day. The race was well organised and run by Mrs Kay and the PTA. There were runners of all standards ages and abilities as after the adults had run it was the turn of the children to run their own 1 kilometre race. The victor in the men's race just happened to be the winner last year as well.

It was a real day out for all the family, as you did not have to be an experienced runner to take part, there were refreshments for runners and spectators, and Marshals at key points around the course.

The children who ran all received a medal, while there were commemorative black T shirts for all the adult runners. A successful day for everyone and congratulations to the PTA who put everything into place.

## Danger From a Favourite Food?

Nearly three quarters of the population eat chicken on a weekly basis. After all it is readily available and one of the cheaper forms of meat. The trouble is that what most of us did not realize is that it is host to one of the most dangerous bacteria in the world, known as campylobacter. This delightful little bacteria is responsible for some 280,000 cases of food poisoning in this country every year.

Symptoms of campylobacter are, stomach cramps, diarrhoea, sickness and worse. The elderly and children are the most at risk. Lasting effects can include irritable bowel syndrome and reactive arthritis, as well as more serious long term conditions.

In a reversal of what you might expect, we are advised not to wash raw chicken as the splashes from this process get undetected onto other surfaces. All pans and utensils which have touched raw chicken must be scrupulously cleaned and the chicken must be thoroughly cooked, with no pink patches anywhere on the flesh.

No need to stop enjoying this food, just follow recommended good practices.

## A delicious way to raise funds for the School.

As school budgets are cut and schools have to turn to other ways of financing even the most ordinary items, the PTA are increasingly trying to find new, different and interesting ways to raise money. The 10 kilometre run is

now a valued and familiar event in Birchanger, but cake eating is far less arduous for the rest of us.

Last term the PTA ran a cup cake competition. Each class took their turn at making cup cakes for sale on a Friday afternoon, after the weekly School Assembly which parents attend.

Pupils, largely with the help to varying degrees of their parents, made the most delectable cup cakes, which would have gone down well at the Ritz. These were sold over a period of weeks, as each class took their turn at cake making, at the end of assembly. You had to join the queue quickly before they sold out! The classes were in competition with each other, as to which class would make the most money.

The result was a narrow win for Squirrels, with a total of £ 93 .50. Ladybirds and Hedgehogs were just £2.00 behind, with the other classes following closely after that. A delicious way to fund raise, and thank you to all the chefs involved.

## Internet Safety

We all worry about our children's safety on the Internet. We cannot possibly know who our children are contacting or what sites they are visiting all the time. Their skills on the computer probably beat most adults and if they want to, they can cover their tracks very well. The best way is to teach the children the best way to avoid trouble and the first principle is never to give too much about yourself away, ever. It is a useful principle for adults to follow as well.

Parents need to exercise what controls are available to them as well. Once one of these sites is on your computer, they can be terribly difficult to get rid of. The Internet has revolutionised modern life. We all need to learn to use it wisely

**THE BIG BIRCHANGER FLING.**

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# LUCY PERRY

On Sunday 26th April I ran the Virgin London Marathon to raise money for Breast Cancer Care.

Someone very close to me has recently been diagnosed with breast cancer and I hope this is one small way I can show support to her. It seems particularly fitting as she and her young family showed me massive support at around mile 20 when I took part in the 2007 London Marathon.

I would like to give a big heart felt thank you to everybody in the village that more than generously sponsored me for this year's London Marathon. With your help I was able to raise more than £2000 for Breast Cancer Care. Thank you so much for your kind and generous support and your moral boosting words of encouragement. For those of you that would still like to pledge money you still can until July 15th.

Thank you.  
Lucy x



# TREVOR SAGE

Gloria and Bryan would like to thank all the friends and relatives who came with them to the crematorium to say farewell to Trevor, and afterwards returned to the Social Club where he was steward for many years to raise a glass to his memory and to swap stories about his life.

Sincere thanks also to Kim and Graham for extending the Club's hospitality to us all and for providing some excellent refreshments.

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# Village Diary

June/July

June

28<sup>th</sup> 11.00 am St Mary's  
Holy Communion

July

5<sup>th</sup> 11.00 am St Mary's  
Matins

12<sup>th</sup> 11.00 am St Mary's  
Holy Communion

19<sup>th</sup> 11.00 am St Mary's  
Family Service

26<sup>th</sup> 11.00 am St Mary's  
Holy Communion

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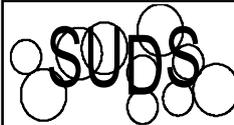
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