

## BIRCHANGER KARATE KIDS SUCCESS

On Saturday 9<sup>th</sup> May, Birchanger Students took part in a Grading day at North Weald village hall along with other UKA members from in and around London. Ten Black Belt Instructors oversaw the occasion in which a total of 120 students took part. The 18 students from Birchanger Karate Club all passed with merits and distinction grades. I would like to send out a personal note to all of my students for their achievements as many of whom were attending their first grading event. Well done to all.

I would like to introduce you to the UKA Birchanger Karate Club of which I am the head Sensei. (Instructor). My name is Dean Tilley and I am a member of and fight for the England Shikon Karate Squad which our Birchanger club are a member of. The group Shikon itself has clubs all over the country with over 1000 members.

Our senior squad have just returned from County Donegal, Ireland, where we took part in the Irish WUKF Karate Championship competition. We won 9 Gold, 6 Silver and 5 Bronze medals. I myself competed and took a Silver Medal.



From left to right National champion Sensei Daniel Cuthbert, Ian Cuthbert chief instructor of the Shikon national Squad and my self Sensei Dean Tilley Instructor of the Birchanger club

We run a club on Friday at Birchanger Village Hall for children aged 5+ from 6 to 7pm, and mixed adults from 7 to 8 pm. There is also a class at Henham Village Hall on Tuesday at the same times. If you and/or your children would like to participate in Karate, then please come along for a free introductory lesson.

Our lessons emphasise fun, fitness and the chance to learn a brilliant martial art that will benefit both children and adults.

Our karate style is Wado-Ryu which originates from Japan and we combine both traditional and sport aspects of the martial art.

I would like to thank Birchanger Primary school for all the help, and encouragement they have given setting up the club. We are also setting up an after hours club at the school.

I went along with a scattering of parents to the Friday 14<sup>th</sup> session and have to say how impressed I was with the energy and enthusiasm that the Sensei and his students put into the session. From the warm up to the practice of the set stances and the ear splitting yells, it is plain that everyone involved is taking their art seriously and having a lot of fun at the same time.

Ed



# PARISH COUNCIL NEWS

*Elizabeth Godwin*

## A welcome to newcomers to Birchanger

Birchanger is getting bigger by the day. New houses in the Parish of Birchanger are being occupied at a faster rate and Birchanger has seen a record number of births in the last year. We would like to welcome everyone and we would like to know who you are.

So if you are or are about to be the parent of a new baby, why not tell us about them? If you are newly arrived in the village and would to tell us a little piece about yourself, or simply to tell us that you have arrived, we would like to hear from you. I can be reached on 812793, or you can email me at [stickgo@aol.com](mailto:stickgo@aol.com).

## Bid to create new woodland in Birchanger fails

Around 80 committed individuals supported by local councils had formed a group led by Ken McDonald in a bid to purchase 21 acres of land adjacent to Tot Lane and Forest Hall Rd.

Sadly the bid put in by the group was not successful and it looks as if the land will go to the higher and as yet unknown bidder. Should this sale fail, the agent who is not local, has said they will contact the group.

It is a pity that this opportunity will be lost to the community. The land would have provided valuable community woodland for everyone to enjoy and which would have been in community ownership in perpetuity. There was a great deal of local support, offers of help and interest in the scheme. The land is in the green belt, so anybody buying the land would be limited as to what they could actually do with it. The land has had a building firm's option to build on it for many years, and it seemed that the developers had finally realised their chances of being successful were remote at best and were keen to relinquish it.

Birchanger Wood was secured for the community over a number of years and is now a charitable trust and safe as such. All may not yet be lost for the new woodland and the group is prepared should the successful bidder default.

## Will recession mean more burglaries?

Birchanger in recent years has enjoyed a reasonably low burglary rate. In fact since the "Pillow Case Man" there have been fewer criminals targeting the village. However there are very real concerns that crime will rise in a recession and a lot of people are planning to spend some time away in the next few months.

There are a few very simple tips which everyone can do to minimise what is already a reasonably low risk.

Tell your friends and neighbours about your holiday plans, but not the world at large in a busy crowded place.

Lock your house and keep the keys out of sight and in an unusual sort of place. Not the hall drawer! Ideally take them upstairs when you go to bed.

Try to make your home look occupied when you are away.

Having a trusty neighbour to draw the curtains, remove the post from the doormat and to water the tubs helps. You can arrange for the Post Office "Keepsafe" service to keep your mail for up to two months while you are away.

Have automatic timers to switch on the lights when it is dark can help. Do not leave the curtains closed by day.

Consider leaving important documents with a family member or a bank while you are away or lock them in a safe.

Ask a neighbour to put out your bin on the appropriate day and to put them in again.

Buy a cheap shed or garage alarm or put valuable machinery inside the house.

Finally when you are probably exhausted from doing all this remember to lock your doors and windows, and never put your home address on your luggage label while you are travelling to your holiday destination.

If everyone offered to look after a home for a friend or neighbour burglaries would be extremely rare events in the village. Crime in Uttlesford is still rare but in some places it is rising.

Now the Actual Crime Figures for 2008.

Last Years' figures in Brackets.

Domestic Violence 2 (3)

Nuisance Crime 9, Youth Nuisance 1.

Criminal Damage 2 (3)

Burglary, Dwelling, 2 (3), Other Burglary 2 (3)

Theft 3 (4), Theft of Motor Vehicle 4 (4), Theft From Motor Vehicle 5 (4).

Abandoned Vehicles 2 (2).

## Double yellow lines enforcement

It did not take long for some people to start parking on the double yellow lines. It might come as a surprise to these people to learn that the double yellow lines are actually going to be enforced and that they are not there simply to decorate the road.

Enforcement is the responsibility of the District Council which formed a partnership with Colchester and Braintree Councils at the beginning of April. There is a contact number for the enforcement co-ordinator on 01206 282627. Anyone can use this number to report a vehicle parked on the double yellow lines.

Parking on the pavement where there are no yellow lines is obstruction where the vehicle is parked in such a way that a buggy cannot pass. This must be reported to the police as it occurs as it is a criminal offence. You can use the police community mobile on 07801 461 666.

It is understood that there has been an application for a disabled parking space on Birchanger Lane at Bradley Common.

## More dentists for the South West Essex PCT?

The South West Essex PCT has recently launched a successful recruitment drive to bring more dentists to our part of the world, although we won't see one at the Stansted Surgery until the new surgery is built, wherever and wherever that might be.

Although this will mean that our dental bills will get cheaper they won't exactly go away. People will pay just the one fee even if it takes more than one visit to complete a course of treatment. Some patients will want to mix and match their treatment with both NHS and Private treatments. The dentist will then give a clear breakdown of just what is covered by the NHS and what will have to be paid privately in a written treatment plan.

NHS Dentistry Charges fall into three bands depending on the type of treatment needed.

£16.20 buys an examination, diagnosis, and preventative care. It may also include x-rays, scale and polish and emergency out of hours care.

£44.60 includes all of the above plus any fillings, root canal treatment, or extractions.

£198.00 includes both of the above plus more complex treatments such as crowns, bridges or dentures.

To obtain details of a local NHS dentist, call 0800 78 333 96 between 8am and 6pm weekdays. An answer phone service operates outside these hours.

Boundary Review.

With the new homes becoming occupied at Rochfords at last it was expected that there would shortly be a review of the actual boundaries of the village. The Boundary Committee agree that Birchanger is due for a review of the electoral wards because there are major imbalances in the current system, but have also stated that it is very unlikely that any review would be started before 2011/12.

This means that the boundaries will stay as they are, but may well change for the local elections in 2015. Everyone will be consulted in the period leading up to the review, but this is unlikely to happen before 2012.

## Who are the fly tippers?

Don't we just hate the people who litter the backs of our gardens, our lanes and our woods with their china flower pots, old hoovers, knocked out fireplaces and assorted junk just because they are too lazy to take themselves off to the tip.

They are cowardly as they wait until after dark to commit their crimes because of course they don't want to be caught as they would shatter the illusion they have that they are the upright goodly citizens of Birchanger.

Sadly in many cases they are our neighbours, who don't think we will notice their creaking wheelbarrow or even be aware or recognise the mess they are illegally depositing in someone else's back yard.

It is a case of abuse it and lose it. Fly tipping in Digby Wood yet again will cause the access to be closed. The unofficial access to the rear of homes in High View which is not a public footpath will be closed as well.

People will complain, but they only have themselves to blame.

## What is LINK?

I did not know the answer until last month but apparently we are all members of LINK because we live in Essex and use Health Care and Social Services because we just happen to live here.

LINK is a means by which people can say what they think of the services they receive through LINK which is a mandatory body which does appear to have some clout. Although they cannot get involved with individual cases they will use them as sign posts and warnings to show just how well the services are performing. The body will flag up issues and thus inform policy. At least that is the general idea.

As a user of the services your personal experiences are vital. You know what worked or what did not and the difficulties you or those close to you may have encountered. People with a wide range of interests and from all different walks of life are encouraged to take part. Whether you take part by attending public meetings, receiving regular publications, or by receiving training to enable participants to become more involved with the link is up to you.

The government funds the scheme. If you would like to become involved or to discover more call 01245 490733. E mail address is fahmida.ali@cemvo.org.uk

## BIRCHANGER LITTER PICK

The litter pick for as much of Birchanger as there are volunteers to help will take place on

**SUNDAY MAY 31st STARTING AT 10AM AT THE CHURCH HALL.**

**THE LITTER PICK WILL END AT NOON BACK AT THE CHURCH HALL.**

Sacks and Litter Picking Prongs will be provided.

**THERE WILL BE A FREE RAFFLE DRAW FOR EVERY PARTICIPANT.**

**PLEASE JOIN US IF YOU CAN**



# Barbara June Brown 1934-2009

On Friday May 8<sup>th</sup> The funeral service for June Brown took place at St Mary's . I call her June even though her given name was Barbara, as that is what everyone she knew called her.

It was a very well attended service, in fact the church was packed as full as I have seen it with friends and family united to mark her passing.

The service was conducted by our rector, Revd Wallace and the family played their part. Grand daughter Jade sang an unaccompanied solo of Ave Maria before eldest Son Roy gave a tribute address which clearly came from the heart. As did the poem read by Daughter in law Carole. After the service family and close friends accompanied June to Parndon wood crematoria before returning to the social club which formed an important part of her life.

After the service Canon Jackson said to me "This village always unites and comes out when it loses one of its own". Which is what June was. I have also published a tribute from June's Husband Dick and the text of Roy's personal eulogy.



My wife June had been suffering in silence for a number of years. She had breast cancer about 6 years ago and the last few months had suffered from loss of breath, as well as other ailments. We had 49 years of happy marriage, and June was a loving and caring wife and mother to her 3 sons Roy, Paul, and Colin.

June received a community achievement award from Uttlesford District Council on 21<sup>st</sup> February 2002 for her work for Birchanger over 60's club, which was started in 1965 by her parents and other villagers.

June was born in Bradley common Birchanger and lived in the village all her life. June was an active member of the woman's British Legion organising numerous jumble sales , bazaars, coach trips etc. For both the legion and the over sixties club.

Tribute from her loving Husband Dick.

Mum was born in a cottage in Bradley Common in 1934 she was one of three children She had two Brothers, Malcolm unfortunately died when he was very young and Ellis who passed away a few years ago.

Mum was christened in our church and went to the primary school before completing her schooling in Stansted.

The family moved to no 1 Birchwood and in 1958 she met Dad through a personal ad in a newspaper. Mum and Dad were married in St Mary's in 1960 and had celebrated their 49<sup>th</sup> anniversary on April 2<sup>nd</sup>.

They went on to have three sons, myself (Roy) and my two brothers Paul and Colin and lived for many years in Digby view where the three of us grew up.

I have many happy memories of childhood such as the seemingly endless summer holidays, when Mum would regularly rustle up breakfasts and snacks for whoever's friends were around at the time.

I remember as kids being loaded up onto a tractor and trailer to go pea or potato picking, with other Mums and their children.

Mum and Dad had a piano in the house and both used to play occasionally this lasted until a certain younger member of the family took a lighted ember from the fire and set it alight.

Mum did various jobs while we were growing up, ranging from working at the match factory to secretarial work and a spell as a dinner lady at Mountfichet school while I was a pupil there.

She bore the trials and tribulations of bringing up three boys with amazing patience but once she found out the truth of our misdemeanours she almost always came down on the side of truth.

Once all three of us had grown up and left the family home, Mum and Dad seemed to discover a new sense of adventure and after moving to their bungalow in Birchwood, were always off somewhere. Whether it be a coach trip, a package holiday or in a camper van or latterly in "Moggy" Dad's Morris traveller.

Mum had not enjoyed the best of health in recent years but she endured her various illnesses with good grace and humour and never complained about her own condition but was more concerned with the health and well being of others. Only recently she enjoyed a trip to Paignton with the over 60s club of which she was secretary for many years following in the footsteps of her own mother before her.

My Mum was always a sweet caring lady who I have never heard say a bad word about anybody. She has left a huge hole in my life and also in the life of the village.

I know everyone here will have their own memories of Mum, some going back way before mine. Please keep them precious but tell younger people, so that the memories are not lost forever.

Thank you for joining the family today. Please don't think of it as a sad day but join us in celebrating the life of one very special lady, who will be missed by all of those she touched in her journey through life.

Roy

## Stimulating Seventies

In the last year I ended up becoming seventy years old. Not exactly an event I had been looking forward to, in fact I thought I would have been dead long before I hit my seventieth birthday, but suddenly the realisation dawned that I might just make it after all.

My first thought was that this was my chance to become a wicked old lady at last. Problem was, but I did not feel particularly old and no more wicked than normal. More importantly I did not want to look old, and in my dreams kidded myself that I did not. I was not particularly impressed with any of my previous "noughty" birthdays, and eliminated the idea of a party immediately.

The idea began to dawn slowly. It was the year to actually try to do the myriad number of things which I had promised myself to do, but had never quite got round to doing. The timing was not auspicious. Pensions were dwindling, food prices rising but the knowledge that in the past year a great many good friends had died at seemingly outrageously young ages was the push I needed. I was privileged to be alive, make the most of it.

The first move was to change my car to a brighter new model the same make and colour as my first ever car. This brought new energy, and to date I still love driving it.

The opportunity came to actually celebrate the day in the Isles of Scilly, and I did this in style, watching the sunset on the most westerly point on the British Isles. Next there was a family trip to Costa Rica, arranged in brilliantly budget minded style by a daughter. Costa Rica is the most natural place I have visited, and there I sampled the delights of zip wiring through the trees in the natural dry forest and white water rafting. All great fun, once I had got used to it, and I was sorry when the trips came to an end on each occasion. We also went on jungle safaris, watched in surprise while monkeys stole our lunch, and took long leisurely horse rides to natural water falls.

My father and his sisters were all born in China and at last I managed to make the trip, although we did not actually get to see the town where they were born. We started in Beijing with the usual tourist delights, and a close encounter with the paralympians. Later in Hong Kong Harbour we watched the replica firework display which delighted the Olympic Stadium at the close of the Olympic Games.

The opportunity to visit old friends in Oman arose, and the chance to spend a night in the desert. It was unbelievably cold, but I did get to see the most dramatic sunrise and sunset, to ride a dune buggy and a camel. My Christmas present was a very smart new bicycle.

The year has ended with a parachute jump in aid of St Clare's Hospice. A bonus for failing to make the ballot in the London Marathon! I have the fleece instead, but I have always admired those who complete the marathon, but it is possible that I may not make this one next year.

It has been a year of no regrets except for those who I have lost. It has been a lesson to make the most of every opportunity, there may not be much time left in which to regret that which I have lost or failed to do. The rest of the next decade may not have the same highs, but I have learned to grasp each new opportunity while I can, so health permitting it certainly won't be boring. Tomorrow could certainly be too late.

Elizabeth

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## Social club welcomes new Steward

Birchanger Social Club has a new Steward and Stewardess. They are Graham and Kim Griffin who moved into their accommodation on Tuesday 12 th May. They Commenced their duties on Saturday 16th. We welcome them to the village and wish them good luck in their new venture. There will be more information on the new club staff in future editions.

# School News

## Birchanger School is to lose the Head Teacher

It was with great sadness but also with understanding that the school community learned that their popular Head Teacher, Mrs Howell was to retire after a long period as a teacher at Birchanger School, the last seven as head.

Mrs Howell has been a favourite teacher to generations of Birchanger children. She has always been someone who has been very approachable to both staff and parents and under her leadership the children have learned the importance of the school community and caring for each other and all around them.

Mrs Howell will not be leaving until the end of the Autumn Term at Christmas, and the long process of selecting her successor is already underway. She will be a very hard act to follow and she will leave a legacy which must be carried forward in the years to come.

The Easter Holidays got off to a colourful start with a parade of Easter Bonnets to parents and staff on the last day of term.

Every child paid £1 to come with their own especially made Easter Bonnet. Their designs were varied and colourful. Choosing the winner in each Year Group and a winner overall was not an easy task. Every hat had been thoughtfully made and they all made a blaze of colour in the school hall. Eventually class winners were chosen with Kate Heywood in reception coming out as the overall winner in her unusual boater bonnet. All the winners received large Easter Eggs and there were some incredibly good Easter Bonnets on Display.

The PTA had arranged an Easter Egg Raffle which was well supported with very large Easter Egg collections to be won. Hopefully their funds will have been well boosted by the event as they do provide extras which school budgets cannot meet these days and the school really benefits from all they do.

## Proud to stand up for England

The school's first St George's Day celebration turned out to be a huge hit. The evening was fine, the costumes colourful and inspiring, St George and his fellow knights were there along with fire breathing dragons in all their glory. Parents turned out in force to enjoy a glass of wine and a concert for St George's Day performed by all the children in an open sided marquee. There was a chance to join in the singing, to eat traditional fish and chips or sausage and chips in the interval and to catch up with friends.

Parents were invited to visit Class 4 where a puppet film made by Class 4 featuring St George was being shown. There was also a big collection of puppets created by Class 3 on display as well. A surprise visit by our local Morris Men completed a truly English evening.

It was all a huge success and hopefully will be repeated next year. A first for Birchanger and certainly for any school in the immediate area.

## Cycling to Buy a Piano

The school badly needs a new piano. Staff and pupils have known that the existing piano is well past its best, and music teacher Mrs Sherriff is determined to replace it with a state of the art digital version as soon as sufficient funds have been raised.

The project is off to a great start with a team of five achieving a sponsored cycle ride from Birchanger to Cambridge, a distance far enough to challenge most amateur weekend cyclists. The team of four mums and a dad managed to complete the journey on Easter Monday and to enjoy the well deserved picnic spread which awaited them at the end of their ride. It is expected that they will have raised over £700 so the prospect of the new piano is starting to become a reality. Any more help or fund raising ideas would be greatly appreciated.

## David Holder

Birchanger's Own Handyman.

There are few more useful people to know than a very local handyman who can actually turn his skills to a myriad of tasks. Until last month many of us were totally unaware that we actually did have one living in the village. David Holder has been a member of Birchanger Parish Council for the past five years. During that time he has used his skills to the full freely for the benefit of the Parish as a whole. He has repaired notice boards, items in the allotments, and has spent many hours repairing and maintaining the equipment in the Recreation Ground. He was responsible for the new football posts, the repairs to the swing seats and much more.

He has now made his services available to the village as a whole. His charges are very reasonable and his work is first class. He can be contacted on 813393 or by email at [davidholder3@talktalk.net](mailto:davidholder3@talktalk.net)

## This Month's Recipe Sues' Lemon meringue Pie

### INGREDIENTS

6-8oz short crust pastry {or ready pastry case}

### FILLING

1 Lemon  
4oz caster sugar  
2-egg yolks 1oz corn flour  
1/2pt water  
1oz butter

### TOPPING

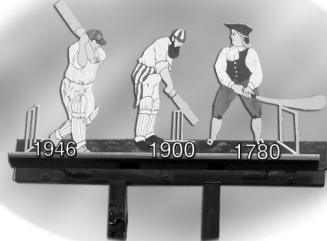
2 egg whites  
3oz caster sugar  
Sprinkling of granulated sugar  
Pinch of cornflour and splash of white wine vinegar [optional]

- 1] If using home made or shop bought pastry, put in a flan ring or dish and bake blind for 10mins with ceramic beans or equivalent and 10 mins without.
- 2] Cut the lemon in 4 pieces and place in a liquidiser together with sugar, egg yolks, cornflour and water. {I always cut the really thick ends of the lemon off and throw them away as they are the bitterest part.]
- 3] Blend for 10-20 seconds
- 4] Strain into a non-stick saucepan making sure you squeeze all the juices out of the mixture.
- 5] Add the butter and heat stirring continuously until it thickens at boiling point. Turn the heat off and continue to stir until the cornflour is thoroughly cooked.
- 6] Cool and pour into flan case.
- 7] Whisk the egg whites until thick, sprinkle 1/3 of the sugar and whisk again. At this stage I usually add a pinch of cornflour and a tiny splash of white wine vinegar [optional] as I find this helps to stop the egg white weeping.
- 8] Fold in the remaining sugar with the whisk by hand, gently so as not to knock out all the air.
- 9] Pile the meringue on top of the filling, making sure you seal the edges, dust lightly with granulated sugar
- 10] Place in a moderately hot oven for 10-15 mins until golden brown.

Published on behalf of the people of Birchanger, and distributed free to each household in Birchanger. The views expressed herein do not automatically reflect those of the Editor or any of the organisations or institutions represented. Editorial team: Eddie Gilbey (816171), [eddieb.gilbey@btinternet.com](mailto:eddieb.gilbey@btinternet.com) (Please note the change of address) Elizabeth Godwin, Ken Wheatley, Michael Daw  
Submissions are welcome but may be edited depending on available space.

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## Village Diary

May/ June  
2009

May

24th St Mary's 11.00 am  
Holy Communion  
31st St Mary's 11.00 am  
Holy Communion

June

7th St Mary's 11.00 am  
Matins  
14th St Mary's 11.00 am  
Holy Communion  
21st St Mary's 11.00 am  
Father's day  
Family Service  
28th St Mary's 11.00 am  
Holy Communion

28th Moorswood 12.00 pm  
Summer Lunch Tickets £10  
per person. Call Pam on  
07702171744.

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## Skip Visits for 2009.

The skip will visit Birchanger on Sat  
20th June all day. It will be situated  
in the Wood Lane car park as usual

15th August 8 am to 11.30 am.

29th November all day.

## What's Going On at the Hall?

There's plenty going on in the Church Hall in Birchanger Lane... Whether you want to keep yourself active and fit, or just want to make new friends, why not check out some of the things on offer in our village?

Monday	Tuesday	Wednesday	Thursday	Friday
Evening Ballroom	Afternoon Ballet	Morning Tap Classes  Afternoon Ballet, Tap & Modern  Evening Line Dancing	Afternoon Line Dancing  Evening Brownies	Morning Pilates  Evening Karate

The Hall is also available for private hire at weekends for Parties, Christenings, Quizzes, Bazaars, etc.  
***If you would like to find out more, please contact Janet Gage on 01279 813507.***