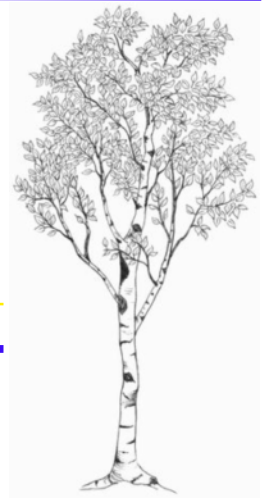




Birchanger Village Magazine

June 2017

Issue 173



Local Heroes Raise Over £1,300 for Cancer Charity



“All done for another year”! said a somewhat breathless Claire Jones, “I am so proud of me and Katie Martin, not just for the run but for the amount of money we raised and that's all thanks to you lovely people! Lots of emotions today but we made our angel in the sky proud”. Her running partner Katie went on to say; “My god that was tough - and hot - but I'm well chuffed! I'm just so proud of what we achieved and I know our angel would be just as proud. A big thank you from the bottom of my heart to each and every one of you for all the support you have given us today. Words cannot describe how grateful we are. The feeling when you cross that line is just amazing and so thank you all again until next year! - Now, where's the wine”? The Angel that the girls refer to is Claire's mum - Carol Monk - who sadly lost her battle with cancer in 2014. “We ran the 10k ‘Race for Life’ on Sunday 14th May in memory of my Mum” continued Claire “and in fact we have run this race for the last four years. Unfortunately I couldn't race last year due to the fact I was pregnant - but I still managed to run the last 100m with Katie! We started to run when my mum was diagnosed with cancer and we used to run under the team name ‘Carol's Angels’ but this year we ran as ‘Carol's our Angel’. It's always an emotional day as we like to make her proud and it brings back memories of when she used to come and cheer us on! My family and Katie's family are very close, more like one big family so when mum died it affected us all.

We will continue to run the ‘Race for Life’ every year as it not only allows us to remember those taken too early but it also helps us raise money for those still fighting. We hope one day to help ‘Cancer Research’ in finding the cure which could save lives. We did exceptionally well this year with both of us finishing in the top ten – me third and Katie tenth. Such an achievement, definitely made us want to do it all again. We raised in excess of £600 on Sunday thanks to our family, friends and club members who sponsored us and we also held a charity race night at the club on the 6th May which raised another amazing £751. So a very big thank you to everyone who supported us. We will race again next year and in addition we have also applied for a place in the ‘London Marathon’. So watch this space”.

Local Conservative Parliamentary Candidate visits Birchanger Sports & Social Club

Kemi Badenoch was recently selected as the local Conservative parliamentary candidate following Sir Alan Haselhurst's decision to stand down after 40 years as our local MP. Sir Alan had a 25,000 majority at the last election so it might be unwise to bet against Kemi being our next MP! Regardless of your politics, it's good to see she's got her priorities right by putting Birchanger Sports & Social Club very near the top of her ‘places to visit’ list in the first week of her campaign.

Kemi might also be hedging her bets. If she doesn't get elected on 8th June, she's maybe got another career in mind. Club Steward Del has already sounded her out! Kemi has degrees in Engineering and Law; she is a former Director of ‘The Spectator’ magazine (as was Boris) and a former associate director of Coutts



Bank. She is currently a member of the London Assembly, specialising in transport matters. Last month we had no idea who Kemi Badenoch was and she had no idea where Birchanger was. Next month she could be our MP and perhaps soon afterwards even a junior minister. She's very bright and bubbly and is almost certainly going places.



A letter from the Editor

Dear Readers,

At last we seem to be getting a little sun and the pitter patter of long awaited rain. Gardens have started to flourish and the smell of BBQ's is evident at the weekends. Could this be the start of summer? What ever happened to the warm balmy days of spring and hot sultry summer evenings of the 50's and 60's? Did I dream that the weather was better in 'those days' or am I looking through rose coloured glasses? I seem to remember my parents and grandparents always talking about the 'good old days' and that everything was better back then! Nowadays I find myself saying similar things to my children and grandchildren! I do believe I am morphing into my parents. Not that I have anything against that, Its just a bit worrying that's all!

Letters to the Editor

Dear Ed

On the evening of Sunday 14th May a Harrisons resident whose car was parked on their own drive had forgotten to lock it before retiring. On Monday morning they found that someone had entered the car and emptied the contents of the glove compartment and door boxes over the seats. They took about £7.00 in change but as there was nothing else in the car to take, left with just that. They used the courtesy light to see what they were doing and left it on, fortunately the car had a strong battery and the car started the next day.

The entry into the car was at 11.26 PM, so how do we know the time so exactly you ask? The household is covered day and night by HD high quality CCTV cameras which captured the incident completely. The event has been reported to the police and the CCTV footage has been reviewed with a view to prosecution. With a bit of luck the perpetrator will be recognised and will receive a visit of their own in the near future. Keep looking over your shoulder my friend as the police could be paying you a visit soon!

To ensure you are not a victim of this type of opportunistic crime, please make sure you lock your car day or night. You may not have much to steal but if your battery is weak you may not get your car started in the morning.

Name and address supplied but withheld by the editor.



Ryanair threats – Crying wolf or a Brexit reality?

Ryanair, which accounts for four out of every five passengers at Stansted, claims that it could stop flying from the airport in the next two years if the current "Open Skies" policy is not maintained in the course of Brexit negotiations. The Irish-based airline is calling on Prime Minister Theresa May to prioritise reaching a deal with the EU, similar to the one currently in place. Ryanair's chief marketing officer Kenny Jacobs has warned that airlines plan their flights

12 months in advance and would need to make contingency plans for 2019 if a deal is not agreed within the next year. Ryanair's chief financial officer Neil Sorahan said: "If there was a cliff-edge scenario with World Trade Organisation rules and no bilateral on open skies in place, there is a distinct possibility that there will be no flights for a period of time between Europe and the UK."

SSE needs your photographs!

Stop Stansted Expansion (SSE) is hoping to produce a Community Calendar for 2018 but we need your readers help. SSE has been producing an annual Community Calendar since 2003. This much loved calendar illustrates the beauty, diversity and heritage of the area which would be threatened by proposals to expand Stansted Airport but we need new photographs! The photographs are donated to SSE for no fee but the chosen photographers do receive a complimentary copy of the calendar. We are looking for interesting features such as landscapes, buildings, nature, people at work, and people at leisure and community events ideally within 10 miles of the airport. We need photos covering 12 months and we are often short of good images taken south of the airport. The landscape images inside the calendar are 29.6cm wide by 21.5cm high so we are looking for a width to height ratio of around 1.38. We also need good portrait shape images for the cover. The deadline is the end of June but, where possible, please send in your images by 25 June so that we can start making our initial selection. Please send your images to Peter Riding via peter@riding.co.uk as .jpg files giving details of where and approximately when they were taken.

Sales volunteers!

We also need a few more volunteers to sell for us this year as one of our long serving sellers is hanging up his boots. Can you sell 20 calendars to your friends or family? Or maybe sell a few at your village autumn or Christmas Fete? If you are able to help, please contact Sarah via info@stopstanstedexpansion.com Peter Sanders, Chairman - SSE

Don't forget, your magazine is only as good as the content it receives, so please keep sending me your news, views, notices, concerns and complaints. Advertisers are also welcome. All copy should be submitted by the 16th of the month preferably sooner and may be edited depending on space. Please contact me by E-mail, phone, or letter as shown below. Thank you and Kind Regards,

Peter Sampson



magazine@birchanger.com



01279 813193



2 Harrisons, Birchanger

VILLAGE NEWS

By Elizabeth Godwin



Juvenile graffiti in the recreation ground

Somewhere in Birchanger, or the immediate environs, there are children who at an early age seem to know the most obscene language and who are keen to share their knowledge with everyone who uses the play equipment by writing on any available space. The evidence has been removed at a cost which is very unfair to the parish. Sadly we know that these children are local, so we must ask the parents;

'do you really know what your children are doing when they go out'? If you don't, perhaps you should find out before someone in a higher authority does!

Birchanger Lane closed

Some new street lighting will be installed throughout Birchanger Lane in the week beginning Monday June 19th. This will mean the lane will be closed throughout the week at various times between the Three Willows and the children's playground. There is no indication as to when and where these closures will be as yet.

Don't forget to use 'Uttlesford Community Travel'

You have probably seen the large green minibus which regularly visits Birchanger but you may not know that Uttlesford Community Travel can supply other vehicles at very reasonable rates to take customers on shopping trips, to meetings, hospital appointments, theatres and much more when required. It is especially for the over 60's and people with disabilities of all ages. So if you need to get somewhere why not call Uttlesford Community Travel on 01799 519008 or 01371 875787. This is yet another service which you need to; 'use it or lose it'.



Will narrowing the road into Birchanger stop HGVs?

Everyone really hopes it will as HGVs in search of the M11 are constantly mistaking the entrance to Birchanger Lane as the entrance to the M11 due to the proliferation of signs on a bent signpost and an invitingly wide entrance. The Parish Council has been trying for over 20 years to achieve a solution!

No guarantee of any results! Will a few cobbles and a new signpost really do the trick? We will be the best judges of that!

Approval ratings for bus services are up

For those of you who took part in the transport survey last autumn you might be interested to know that the approval ratings for the bus service are up by some 7%. This may come as a bit of a surprise to some, especially as we are rather uncertain as to what is actually going to happen with our bus service. If Essex County Council does decide to cut it back from three buses on the route to two, this decision will badly affect anyone who wants to get to the station or Bishop's Stortford in the morning or home again in the evening. The results of the consultation have not been made public at the time of writing. If Essex County Council does decide to continue with the plan to reduce the number of buses, it is anticipated that passengers will be finding other means of transport to get to work. What this will mean to the approval ratings is fairly predictable, so the council had better think again, or expect their ratings to tumble next time.

Ray Gooding re-elected as Birchanger County Councillor

Congratulations to Ray Gooding who was re-elected as an Essex County Councillor. Ray has always been ready to listen to local issues and to help where he can. It is good to have a local face back in the saddle for another four years. Ray retains the portfolio for Education throughout Essex with an additional role in bus transport services, a somewhat vexed subject for Birchanger whilst our bus service is under review. Not a sought after role but Ray will take it all in his stride as usual.



Birchanger All Girls Society

Come along and join us on the last Wednesday of every month in the meeting room at the village church hall
Forthcoming Meetings:

28th June. A ramble through the fields of Birchanger with a pub stop on the way! We leave at 7.30 pm sharp from the hall
A warm welcome to all newcomers
Telephone for details Liza-815444
Rosemary-814678 Barbara-813007



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The lack of rain in the past few weeks has meant a very short bluebell flowering season this year in Birchanger Wood and the woodland pond is dry.

Sadly no tadpoles reached full maturity and therefore, we again have no frogs. This is where every pond whether large or small in a garden, is so important to wildlife. It is absolutely necessary for their very lives that there are places where birds and mammals can come and drink water. A small pond or a dish of water kept topped up with clean water is an absolute oasis.

The Birchanger Wood ash trees have broken out into leaf and we are waiting for the sweet chestnut to do likewise, whilst the horse chestnuts are already doing well - you can recognise them by the sets of conical pink and white flowers. Oak trees have also started to 'leaf-up' but this long period of drought in our part of England will certainly have a long term effect on all of our trees. Even if this does not outwardly appear to be an issue at the moment, this lack of water will cause them stress and will show in the growth rings of the trunks. Of course, all our trees will be in leaf when you read this article.

The local buzzards can be seen above the tree canopy and often at this time of year, a large group of parents and fledglings will be seen together, calling to one another. These large birds float seemingly effortlessly



using the warm thermals to gain height. They wing their way over to Stansted, and Manuden and over all the countryside between. In addition, there are now red kites frequently to be seen floating overhead. They are also 'large brown birds but can be easily distinguished from the buzzards by their pronounced forked tails.

Kites do not kill other animals and birds as do the buzzards but they are searching for already dead animals and birds. They therefore tend to drift around much lower whilst looking for their food - road kill mostly. They often glide along at a lower height and when the sun is shining above them you will see the most beautiful reds and browns of their feathers. *Daphne Wallace-Jarvis*, secretary@birchangerwoodtrust.org
www.birchangerwoodtrust.org

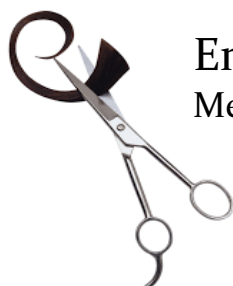
Watch out for your waste

'Out of sight out of mind'! That's what too many people think when they hand their rubbish over to someone without checking their credentials. When your old sofa, fridge or building materials are dumped in the countryside instead of the official council waste recycling centre dump, it causes unbelievable damage to the environment resulting in a high financial cost for the of clearing up of other people's rubbish. NFU Hertfordshire county adviser Niamh Kilgallen said: "Fly-tipping is the scourge of the countryside in Hertfordshire. Our



members are fed up with having to clean up other people's waste, waste that can harm wildlife, livestock and pollute the environment". "The fact is, the public can help reduce fly-

tipping and protect our beautiful countryside by ensuring their waste is disposed of responsibly by a licensed carrier. Householders have a legal 'duty of care' to check they're only giving waste to a licensed carrier". Before you hand over your rubbish to anyone other than the council, it's your responsibility to check they're registered with the Environment Agency. To check, go to www.environment.data.gov.uk/public-register or call the Environment Agency on 03708 506 506. If you give your waste to someone who approaches you, there's a reasonable chance that it will get fly tipped. Reputable companies don't usually make direct approaches.



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CM23 5RG

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ChrisPhysiotherapist@gmail.com

What's on in the village...



June 2017



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	Church hall: 9.30 Ballet for adults 11.00 Zumba Gold 15.45 Ballet for Juniors	Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults	1 Garden bin Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	2 Re-cycle bin BSSC Bottle draw Treasure Chest	3 BSSC 13.00 Meat draw	4 St Mary's Church 11.00am Matins BSSC Sunday Carvery
5 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	6 Church hall: 9.30 Ballet for adults 11.00 Zumba Gold 15.45 Ballet for Juniors	7 Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults	8 Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	9 Non re-cycle BSSC Bottle draw	10 BSSC 13.00 Meat draw	11 St Mary's Church 11.00am Holy Communion BSSC Sunday Carvery
12 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	13 Church hall: 9.30 Ballet for adults 11.00 Zumba Gold 15.45 Ballet for Juniors	14 Church hall: 09.30 Tai Chi 13.45 Lab Tots for Science 14.00 Tea Room 18.30 Dance for children & adults	15 Garden bin Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	16 Re-cycle bin BSSC Bottle draw Treasure Chest	17 BSSC 12.00 Family Fun Day The Trax Live 13.00 Meat draw	18 St Mary's Church 11.00am Family Service BSSC Sunday Carvery Fathers Day
19 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	20 Church hall: 9.30 Ballet for adults 11.00 Zumba Gold 15.45 Ballet for Juniors	21 Church hall: 09.30 Tai Chi 13.45 Lab Tots Science 14.00 Tea Room 18.30 Dance for children & adults	22 Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	23 Non re-cycle BSSC Bottle draw Wheel of Fortune Beer Festival & BBQ John David Live	24 BSSC 08.30 Brit Lions/All Blacks on the big screen 13.00 Meat draw Beer Festival & BBQ NobleOx Live / Lee Rivers Live	25 St Mary's Church 11.00am Holy Communion BSSC Beer Festival BBQ Red Head Band Live
26 Church hall: 10.00 to 15.00 Living with Dementia 19.30 Ballroom and Latin for adults BSSC: Quiz Nt	27 Church hall: 9.30 Ballet for adults 11.00 Zumba Gold 15.45 Ballet for Juniors	28 Church Hall: 09.30 Tai Chi 13.45 Lab Tots Science 14.00 Tea Room 18.30 Dance for children & adults 19.30 BAGS meet	29 Garden bin Church hall: 10.00 Alzheimers Group 12.45 Line dance for beginners 13.45 Line dance for advanced	30 Re-cycle bin BSSC Bottle draw Poker Dell's Farewll Bash, featuring 'Popgun' - sounds of the 80s	BSSC Curry Night Every Wednesday	Moorswood Summer Lunch Saturday 25th 12.30pm



BIRCHANGER
Sports & Social Club

Sports & Social Club News



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

Family Fun Day

Saturday 17th June
12.00pm

17th June 'The Grax' Live



Birchanger Beer Festival
23 - 25 June 2017
7pm Friday to 7pm Sunday

All welcome = No admission charge
Live music in Marquee. BBQ.

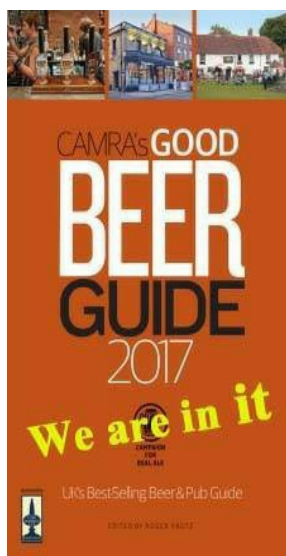
CAMRA award-winning Club
Wide range of real ales and
ciders all at £3.00 per pint



John David
Soloist/Bassist
Playing hits from
60s-80s
Friday 23rd June
08.30 - 11.00pm



Playing Live Saturday Afternoon 24th June



Treasure Chest

Try your luck and pick the right key, you could win some serious cash!

2nd June & 16th June

Wheel of Fortune

Don't forget to come along and spin the wheel
23rd June



Lee Rivers
Live at the Beer Festival
Saturday Evening
24th June

The Red Head Band
Live at the Beer Festival
Sunday Afternoon
25th June

Club Calendar at a Glance

Friday	2 nd	Treasure Chest
Friday	9 th	Bottle Draw
Friday	16 th	Treasure chest
Saturday	17 th	Family Fun Day
Thursday	22 nd	A Trip to the Races
Friday	23 rd	Wheel of Fortune
Friday	23 rd	Birchanger beer Festival
Friday	23 rd	John David Live
Saturday	24 th	Brit. Lions V All Blacks 08.30am
Saturday	24 th	Beer Festival & BBQ
Saturday	24 th	NobleOx Live in the afternoon
Saturday	24 th	Lee Rivers Live in the evening
Sunday	25 th	Beer festival & BBQ
Sunday	25 th	The Red Head Band Live
Friday	30 th	Del's Farewell Bash
Friday	30 th	Poker

Weekly Events

Day	Event	When
Mondays	Quiz Night	9.00 pm
Wednesdays	Curry Night	Evening
Thursdays	Bingo Night	08.30 pm
Fridays	Bottle Draw	Evening
Saturdays	Meat Draw	1.00 pm
Sundays	Fresh Carvery	12.00pm

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

Birchanger Primary School



A visit to the Houses of Parliament

With the news dominated by the general election this month children have been finding out about voting and democracy. As part of this, year 5 and year 6 year children in 'Owls Class' visited London for a tour of the Houses of Parliament.



The visit started in the Education Centre, tucked behind the Houses of Parliament and we all passed through airport-style security and were given important looking visitors badges. The group was then led across the access road into Westminster Palace and the tour began.

The children were impressed to enter through the Queen's Gate and followed the route taken by her on the State Opening of Parliament - several children attempted a regal look as they climbed the grand staircase! Inside the Queen's Dressing Room the children looked at the grand portraits and learned how the Queen would change into the special robes and crown for the annual ceremony. With parliament not sitting at the moment our tour was able to give us full access to the House of Lords and the House of Commons.



We went into the House of Lords and the children were able to stand between (but not sit on!) the red leather benches. The children heard how laws were debated here and understood the difference between the elected members of the House of Commons and the chosen and hereditary members of the Lords. Through to the House of Commons children found out about who sits where and the role of the speaker and other advisors. They spotted the

hanging microphones and speakers in the headrests - so members can still hear when the chamber gets noisy!

"The Children were really engaged"

After the elaborate carved wood and leather seats of the houses, parliament hall was quite austere and empty. The children learned that speeches to parliament were made here, such as those by Nelson Mandela and Barack Obama, and they discovered plaques on the floor remembering monarchs who had lain in state there. Throughout the tour the children really impressed with their engagement and interest - they answered questions about political parties, government figures and the election process. They remembered what they have learnt in history as they spotted portraits of Tudor monarchs, statues of former prime ministers and a copy of the Magna Carta.



Here are just a few of the comments made by the children:

"I liked finding out that the Queen has her own private toilet next to the dressing room!"

"I loved the dressing room, seeing the chair that only the Queen can sit on".

"There was gold everywhere - in the Lords Chamber where the Queen and Prince Charles have special chairs all made of gold".

"I liked the 'Yes' and 'No' rooms - you walk through to say yes or no in a vote. We went through the 'No' room".

"I learned about what they do in parliament. I liked finding out how they debate and seeing where they all sit and debate".



Helen Coop, Headteacher

Village Church Hall Future Events



Tea Room

The tearoom is open every Wednesday afternoon at 2pm. Anyone can come for refreshments and chat.

Summer Lunch at Moorswood

Sunday 25th June at 12.30pm - This has become an annual event where you can enjoy a three course meal for £10. Hosted by Liz and Pim Godwin you can contact Pam Lee on 07702171744 for further information and reservations.

Summer Sale with optional ploughman's lunch

Saturday 8th July from 11am to 3pm. We have some lovely homeware, bags and accessories, clothing, toys and books for sale all at reasonable prices - Free entry.

Summer Story Time for Children

Friday 28th July at 10.30am. We shall be hosting this free event every Friday throughout the school holiday period. Just turn up with your child or children on the day.

Soft furnishing improvements

Even though the hall was completely refurbished last year, there is always something that can be done to improve things for users if finances allow. Fortunately we have a strong base of regular hirers so in the last month we have been able to replace soft furnishings that have been lost due to the floods last year. Also, the tearoom now boasts a baby's high chair – bought from an auction that raises funds for people still living and suffering in Chernobyl.

Please note! For future bookings or enquiries for the hall please contact Pam on 07702171744

St Mary's Church News



Church services & events

4 th June	11.00 am	Pentecost - Matins
11 th June	11.00 am	Trinity Holy Communion
18 th June	11.00 pm	Family Service
25 th June	11.00 am	Holy Communion

Summer Concert 19th August with the Courtyard Quartet. In aid of the St Mary's Church fund. Time and entrance fee to be advised.

Thought for the Month by John Pritchard

*Give me a heart for simple things,
friends and family,
justice and love,
food and wine.
And make me thankful.*



Gordon Blue Restaurant Review

Green Man - Great Easton ****

This is another pub which has reinvented itself in the last few years. From the outside it looks like a traditional pub. Inside there is a large open fire, a very smart dining room and a marquee outside which can make it an ideal venue for functions of all sorts. For this reason it is best to call and book first. The food is very good and above average for pub food, prices are also a little above average pub prices but it is very worthwhile when you want something a little bit special without a huge bill at the end.



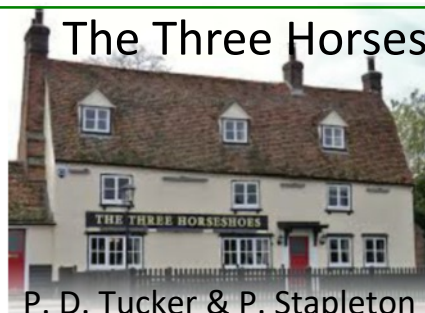
They do have several specials on offer at very reasonable prices. Wednesday nights are often tapas nights, where a selection of small tapas dishes to share can really hit the spot. Fish and meat are varied and also very good, as are the wines which are also reasonably priced.

When I was there with

Mr. Blue, the staff were both young and efficient and worked really hard. We found that five tapas portions to share were perfect for two. The New Zealand Sauvignon Blanc is highly recommended. Children can play in the large outdoor area which is equipped with a Wendy house and there are plenty of tables and benches outside for the whole family to dine together when the weather is right.



The Three Horseshoes

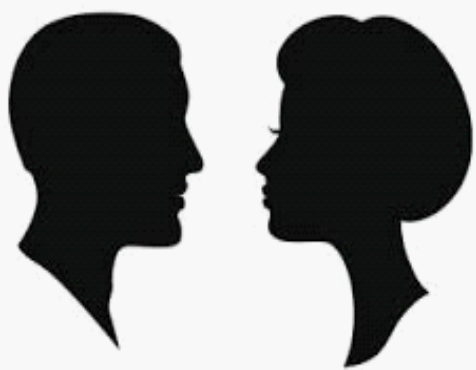


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The Village People

Who's Who In Birchanger!

Can you guess who this Birchanger resident is from the interview below?

Where were you born?

Enfield

The upper branches of your family tree?

Dad was in advertising, he worked for electronic Co. Phillips and Mum was a housewife.

The lower branches of your family tree?

I have two children, one of each.

Where and when did you meet your significant other?

We became neighbours in our teens, he moved in on the opposite side of the street to us. Although we went to different schools we used to meet regularly on the 107 bus on our way home. We have been together since we were sixteen.

Can you name one person throughout history you would most like to meet?

Florence Nightingale, I remember learning about her in school and the good work she did in nursing under very difficult circumstances.

Your favourite book, film or game (so that we all might enjoy it)?

I know this has been said before but it actually is my favourite. Les Miserables, the film lived up to the show and I love the music on the soundtrack CD

If you had not done the job you do, (or did), what would be your fantasy profession?

I decided on my career early on. But if I had to say something I would be a travel writer as it's a great way to see the world and get paid to do it!

Breakfast, lunch & dinner, where would you have them?

Overlooking Sognefjord in Balestrand, Norway would be my ideal spot for breakfast, followed by lunch in Venice, so beautiful and no traffic save a few tourist boats, and Dinner would be in a high rise restaurant in Manhattan overlooking the city at night.

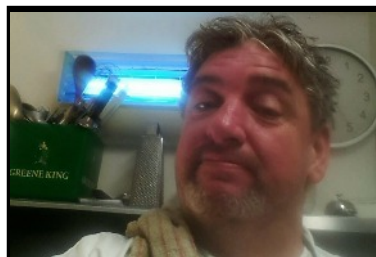
How do you think people see you, or how would you like to be seen?

I suspect people see me as quite shy as I'm not so happy in large groups. I think I am quite friendly and chatty with people I know well. I hope I am seen as someone who is reliable and there to help if needed.

How long have you lived here and can you see yourself ever leaving Birchanger?

29 years, well I've always thought it would be lovely to live by the coast but it doesn't look as though it will ever happen as I am not brave enough to make such a big move to a completely new area.

If you haven't guessed yet, the answer can be found on the back page.



Derek Clark leaving Birchanger Sports & Social Club!

After a successful couple of years at the club, Steward Del has decided to move on to richer pastures. Everyone at BSSC agrees that he really stepped up to the mark and made great improvements to the food and daily management at the club. He will be sadly missed.

The club is holding a farewell party for him so please come along and wish him farewell.

Friday 30th June - Del's Fancy Dress farewell bash

Featuring 'Popgun' - Sounds of the 80's

Health Matters

Doctors take on more responsibility

The West Essex Clinical Commissioning Group includes a great many of the surgeries which we use as patients in Birchanger. In all there are some 35 clinical practices in the West Essex Group, all with very differing catchment areas and needs. However, from April 1st, working with NHS England the West Essex Clinical Commissioning Group will be responsible for buying the medical services which they think we need. It is a big task to take on. The practices all have differing needs and opinions and bringing all these differing groups together will not be easy. We shall soon find out how it is working for us, and if it is not working we need to say so. Meanwhile, for everyone's sake, let us hope it is the right way forward.

Carers Card

There are many people who are carers in Birchanger. It may be that they are parents caring for a child with learning difficulties or ill health, or an adult with a terminal or long term illness. Often the people they are looking after are very vulnerable when they are admitted to hospital and it can be hard to explain the care they need in day to day matters on admission to a busy hospital ward.



The patient may be both confused and frightened by what is happening to them. Carers and relatives of patients are now entitled to a carer's card at Princess Alexandra Hospital. They are not always offered when the patient is admitted to hospital but they are there for relatives and carers on request. This is a new service designed to help relatives of those patients in vulnerable groups. The card entitles the carer or a relative to access to the ward at all times. They are vital for patients with special needs and are especially welcomed by relatives with patients receiving end of life care as the card means the relatives can visit day or night. Staff benefit too, as there is someone who can interpret and explain the patient's needs, making it easier for the patient to receive the right care.

Working all week - need to see a doctor?

For many of us it is simply not possible to see a doctor during the week. There are too many important meetings or special projects and the idea of taking time off to see a doctor does not go down too well with the boss. Well now you can go on a weekend by booking an appointment at your own surgery. The trouble is that the actual appointment may not be at your surgery but at whichever medical centre is on duty that particular weekend. Not ideal but a step in the right direction perhaps? For many of us who visit a doctor rarely it could be a helpful solution.

The beginning of the end for dementia?

Dementia has loomed over old age as the big inevitable for far too long but there is now new hope on the horizon which will be welcomed by sufferers and their families alike. Two drugs are currently being trialled which were initially being developed for other conditions and which are already showing positive results in the treatment of dementia. This combined with a major research funding boost has brought together additional expertise and new hope for us all.

Loneliness of the new mother!

There are very few people who can honestly say that they have never felt lonely at some point in their lives and loneliness for new mothers can be especially traumatic. After the flowers have faded, when the drooling relatives have departed, the partner has returned to work and the tough long sleepless nights have really set in. It can seem that you are the only person awake all night, even though there are thousands in just the same boat. Other mums can be contacted on a new website; <http://www.essexmums.com/>. You can also get in touch with the Red Cross for a list of all the organisations that can help you through the lonely periods of your life by calling them on 0207 75622050.

Finding the right treatment for autism

We are far more aware of autism these days and many agencies are trying to do something about it at an early stage. Most parents of children who go on to develop autism notice the change in their babies at the end of their first year but until recently nothing was actively done about the condition. Now teams in different parts of the country have identified 54 babies who are showing the very early signs of autism. The group was split in two with half receiving a form of therapy and the other half being allowed to develop as normal. In the group of babies who were receiving therapy the symptoms of autism were very much less pronounced than those in the non-controlled group. A great deal of work still needs to be done but if anyone does think that their once outgoing and smiley baby seems to be avoiding contact, maybe it is a good time to seek advice from a health professional. There is a great deal parents can do to prevent the condition becoming severe at an early age. The trick is to spot the problem early and seek advice but that is not always easy.

Travelling toe nail cutters

When you are young, the prospect of not being able to cut your own toe nails properly is something you would never dream of. However, as you get older, your feet seem to get further away and more difficult to reach. Your toe nails get tougher, thicker and very hard to cut. Chiropodists can be quite expensive and not always easy to find or get too but now there is a new regular service available at the Stansted Day Centre. You would need to find out more about this service but it could just meet your needs. You can contact the mobile chiropody service on 01245 423333. Alternatively, State Registered Chiropodist Julie Golden from Takeley offers a home visiting service and you can contact her on 07916075451.

Birchanger Over 60's Club

Birchanger over 60's is a small friendly club that is held on the 2nd and 4th Monday of each month from 2.0 pm to 4.0 pm in the rear hall of Birchanger Sports & Social Club. Activities include; bingo, light hearted quizzes and raffles with refreshments, occasional day trips and holidays. Why not pop along for a non-obligatory taster afternoon where you will receive a warm welcome. Our next meeting is on



Monday 12th June. The club has planned two day trips this year which are open to members and non-members. All are welcome but there is limited availability. Our first trip is planned for Monday 3rd July to Wroxham on the Norfolk Broads. The coach and boat cruise costs £28 per person. The second trip is on Monday 18th September to Wicksteed Park and includes the coach, a show; "Hooray for Hollywood", Lunch and afternoon tea at a cost of £37 per person. Both trips start from the Club. So why not book and have a great day out! If you are interested in either of these trips or coming to the club and would like more information please contact Jean Camp, Social Secretary on 08743707249.

Village Services and Activities

Alzheimers	Marian	07803 115826
Ballroom Dance	Fred Winters	01763 271942
Ballet	Wendy Mitchell	01992 812781
Birchanger Magazine	Peter Sampson	01279 813193
BAGS	Liza Clarke	01279 815444
Birchanger Voices	Peter Sampson	01279 813193
Birchanger Nursery	The Manager	01279 810800
Bird Food		01279 812248
Builders	Another Level	01279 814273
BSSC Club	Del	01279 813441
Chiropodist	Julie Golden	01279 873492
Car Service	D. Bonney	01279 813315
Dementia	Debbie Baker	07927 011345
Dance	Maxine Williams	07854 251528
Dog Grooming	Fiona	07484 673179
Essex Tai Chi	Mary Dann	01376 342416
Garden Services	GWB Horticulture	01799 543483
Line Dancing	Shelley	01279 864781
Laundrette	The Manager	01279 866183
Lab Tots	Sophie Mitchell	01763 274405
Men/Boys Hair	Emma Marks	01279 814273
Painting & Décor	David Debnam	07973861268
Parish Clerk	Keith Williams	01279 814773
Physiotherapy	Chris Lansdowne	07809 879868
The Three Horseshoes	Paul & Paula	01279 813429
The Three Willows	John	01279 815913
Village/Church Hall	Pam Lee	07702171744
Zumba Gold	Tam Coxall	07783 421311



The Hundred Parishes Society

As you travel about I hope you will enjoy the vegetation along roadside verges that adds much to the overall vision of the countryside. The species present will vary throughout the seasons and reflect the underlying geology and cutting regime of a particular stretch of verge. For road safety reasons, some verges are close-mown but these may be speckled with the flower heads of common daisy, dandelion and other species which thrive under such treatment. On busier roads, often only the first metre is cut on a regular basis, allowing taller wild flowers to survive further back.



Pennington Lane, Stansted Mountfitchet

During early summer our verges are dominated by swathes of the white frothy flowers of cow parsley or the chunkier white flowers of hogweed. Both are members of the carrot family and, perhaps surprisingly, thrive on the extra nutrients released by car exhausts. Although many species of insects visit their flowers, their tendency to shade out smaller plants reduces the overall variety of wayside flowers and potential food for other insects. Similarly, increased roadside nutrient levels encourage docks and stinging nettles which also overshadow delicate species including blue-flowered speedwells. Splashes of pink are provided by clumps of red campion; and blue or purple by vetches and several species of geranium. Thistles and scarlet poppies appear where bare soil is exposed. The presence of a large expanse of ox-eye daisy, with its white petals and yellow centre, is usually due to its inclusion in seed mixes sown alongside newer roads.



A number of verges have been identified as special roadside verges or roadside nature reserves. These are recognised for their floristic diversity or for the presence of rare species. The "What's On" section of our website shows a great many local activities throughout the Summer. For more information, log on to; www.hundredparishes.org.uk.
Tricia Moxey, trustee

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